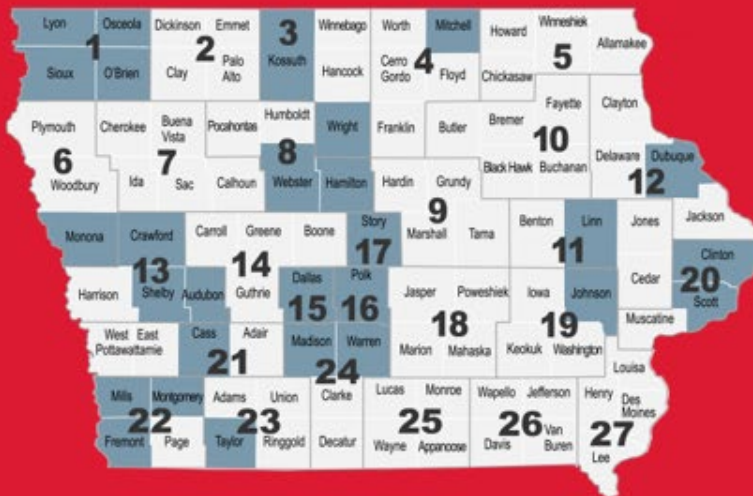


# INITIATIVE

# *Mental Health*





# Helping Iowans Help Each Other

# Objectives

- Describe ways extension councils can support their county staff and constituents during this stressful time.
- Review mental health programming/resources available for counties.
- Discuss how extension councils can best use their funds to support the mental health initiative.



# **Best Ways to Support Staff**

## Appreciation

# Best Ways to Support Staff

Time

# **Best Ways to Support Staff**

## Acknowledgement

# **Best Ways to Support Staff**

## **Respecting Mental Health**

# Best Ways to Support Constituents

## Focus on Help Seeking

**Why is this important?**

**How do we do that?**

- Partner with county organizations and host Mental Health First Aid Question.Persuade.Refer. or 4-H Mindful Teen class
- Make sure staff are trained as well





MENTAL HEALTH FIRST AID

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**IDENTIFY.  
UNDERSTAND.  
RESPOND.**

---

*Take a course. Save a life.  
Strengthen your community.*

IOWA STATE  
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Extension and Outreach

**Mental Health First Aid**  
**Adult**





# Mental Health First Aid Youth Professionals

YOUTH MENTAL HEALTH FIRST AID

**IDENTIFY.  
UNDERSTAND.  
RESPOND.**



**IOWA STATE  
UNIVERSITY**  
Extension and Outreach

# Mental Health First Aid

- **Adult Virtual Course or Youth Professional Virtual Course**
  - Eight hours total. Two hours self-study, six hours instructor led
  - \*\$35 per person
  - Register at [extension.iastate.edu/humansciences/MHFA](https://extension.iastate.edu/humansciences/MHFA)
    - \*Farm/Ag Professionals register for free using code “**AGPRO**”
    - \*Youth/4-H professionals register for free using code “**YOUTHPRO**”
- **Private classes** for community groups 10-20 upon request
  - Contact David Brown, [dnbrown@iastate.edu](mailto:dnbrown@iastate.edu) or Demi Johnson, [demij@iastate.edu](mailto:demij@iastate.edu)
- **In-person courses** available Fall 2021



QUESTION. PERSUADE. REFER.

Ask a  
question,  
save a life.

Three steps anyone can learn  
to help prevent suicide.

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**Question.Persuade.Refer.**  
**Ag Professionals**



QUESTION. PERSUADE. REFER.

Ask a  
question,  
save a life.

Three steps anyone can learn  
to help prevent suicide.

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**Question.Persuade.Refer.**  
**Youth Professionals**





QUESTION. PERSUADE. REFER.

Ask a  
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Three steps anyone can learn  
to help prevent suicide.

IOWA STATE  
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**Question.Persuade.Refer.**  
**Faith Communities and Leaders**

# Question.Persuade.Refer.

- **Fully virtual until Fall 2021**
  - One hour commitment (1.5 hours in-person)
  - No cost to counties at this point (grant funds)
  - Register at [extension.iastate.edu/humansciences/qpr](https://extension.iastate.edu/humansciences/qpr)
    - Youth professional focus - March & April 2021
    - Faith community and leaders - May & June 2021
  - **In-person courses** available Fall 2021
- **Private virtual classes** for community groups of 10-30 upon request.  
Contact Demi Johnson at [demij@iastate.edu](mailto:demij@iastate.edu)



“  
**MINDFUL TEEN**  
helped me feel  
accepted, calm, relaxed  
and more in control of  
my body & emotions.  
”

# **4-H Mindful Teen: From Surviving to Thriving in a Busy World**



IOWA STATE UNIVERSITY  
Extension and Outreach



# 4-H Mindful Teen

- **In-person and virtual options**

- Six-hour commitment - Six 60-minute lessons
- For groups of up to 15 youth - grades 7-12
- Cost for county: In-person \$300, virtual \$260

- Program has been offered at no cost

- **Contact**

Tiffany Berkenes, 4-H Youth Program Specialist, [berkenes@iastate.edu](mailto:berkenes@iastate.edu)

Laura Liechty, 4-H Healthy Living Specialist, [lliechty@iastate.edu](mailto:lliechty@iastate.edu)

# Other Key Programs

What About Me? My Wellbeing



[www.extension.iastate.edu/humansciences/mental-health-and-wellbeing](http://www.extension.iastate.edu/humansciences/mental-health-and-wellbeing)  
Contact local Human Sciences Specialist to schedule.

On their Own and OK



[www.extension.iastate.edu/4h/their-own-and-ok-0](http://www.extension.iastate.edu/4h/their-own-and-ok-0)



**NO JUDGEMENT.  
JUST HELP.**

# IOWA CONCERN

- Call or Text -

**800-447-1985**

24/7 \* CONFIDENTIAL \* FREE

Connect with emotional support.

Discuss financial concerns.

Learn about your legal rights.



[www.extension.iastate.edu/iowaconcern](http://www.extension.iastate.edu/iowaconcern)



IDENTIFY. UNDERSTAND. RESPOND

## MENTAL HEALTH FIRST AID

6-hour online certification course  
Training options focused on adults  
or youth (ages 12-18)

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[www.extension.iastate.edu/humansciences/MHFA](http://www.extension.iastate.edu/humansciences/MHFA)

# Care Package Idea

Example: Care packages for farmers during planting and harvest season

- Resource list and publications
- Care items
- ISU Extension and Outreach branded swag



**Guthrie County Care Package**



# Care Package Suggestions

## SAFE FARM

Promoting Agricultural Health and Safety



### Manage stress to increase farm safety

Farming often is listed as one of the most stressful occupations, yet most farmers say they wouldn't trade it for any other job. The love of farming, in spite of all the hassles, indicates farmers must be doing something right to manage their stress.

However, stress that goes unrecognized and is not managed well can play havoc with the farm family and the farm operation. When stress levels get too high, farmers are more likely to make poor farming decisions and be involved in farm injuries. Relationships between spouses and between parents and children also suffer during stressful times, as can health.

This publication will help you recognize things many farmers consider stressful, common symptoms of stress, and effective ways to manage stress. "Stressor" refers to the things that may cause stress; "stress" is the reaction you may have to that stressor.

#### Common stressors

Farming has many ongoing situations that can cause stress, such as large debt loads, the presence of government regulations, high interest rates, and lack of control over the weather. Farmers also face daily hassles including machinery breakdowns, long work hours, weather delays, livestock problems, unexpected interruptions, crop yield uncertainty, and disagreements with other family members in the operation.

No event or situation by itself is stressful. However, some kinds of events are likely to add more stress than other kinds of events.

Negative events are most likely to produce stress. Although all change can bring stress, situations considered undesirable, such as bad weather or trouble with livestock, are more likely to cause stress than situations viewed as less negative.

Uncontrollable or unpredictable events are stressful. Many situations in farming are beyond human control, such as the weather, prices, government policies and operating costs.

Ambiguous events are often stressful. Stress is more likely to occur when it isn't clear what the problem is or how you can cope with it. (For example, how global events will change farm profits.)

Long lasting problems are more dangerous than short-term ones. Most families can get by for a while with a difficult situation. When the stress continues to build over months and years, it's harder to handle.

#### Symptoms of stress

People experience stress in different ways. Some people react to stressful situations physically, others have emotional responses, and some respond with changes in behavior or relationships. Most people react to stress in more than one way at the same time. High levels of stress can affect several areas of people's lives.

Stress can show itself in physical symptoms, such as headaches or stomach problems, or in emotional symptoms, such as angry outbursts or depression. Behavior changes, like increased smoking or drinking, also can be a reaction to stress. In most people, stress affects their relationships with others, such as having difficulty getting along because of irritability or feelings of sadness.

#### Differences among farmers

Even under similar circumstances, farm operators vary in the amount of stress they experience. Some people may have many negative stressors, but experience low levels of stress because they have developed effective ways to cope. For other farm men and women, however,

#### Farm safety and stress

##### Check your stress level

Take this quiz to find out how stress may affect your life. For each statement, consider whether you feel that way:

- a) rarely
- b) sometimes, or
- c) often.
- ... 1. I feel tense or anxious.
- ... 2. People or animals make me feel irritable.
- ... 3. I drink, smoke, or take drugs to relax.
- ... 4. I have tension headaches or pain in the neck or shoulders.
- ... 5. I have trouble going to sleep or staying asleep.
- ... 6. I find it difficult to concentrate on what I'm doing.
- ... 7. I have a difficult time finding time or being able to relax.
- ... 8. I feel sad or depressed for no good reason.
- ... 9. I feel tired even after I rest or sleep.
- ... 10. I argue with family or co-workers.
- ... 11. I give others the "silent treatment" when I'm upset.

See box on back for scoring.

## Example Package Ideas

- [ISU Extension and Outreach reusable grocery bags](#)
- [ISU Extension and Outreach gift bags](#)
- [Promotional items on the Extension Store](#)
- Publications on [Extension Store](#)
- [Iowa Concern magnets](#)
- [Spend Smart Eat Smart recipe cards on the Extension Store](#) plus ingredients
- Snacks
- Hand sanitizer
- First aid supplies

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AE 3609 Revised June 2017

# Iowa Farm Family Wellness Alliance

- Pilot project to offer prepaid stress management and 1:1 coaching to farm families.
- Also includes 24/7 counseling services including access via phone, text, telehealth offered by Personal Assistance Services.

[www.farmfoundation.org/iowa-farm-family-wellness/](http://www.farmfoundation.org/iowa-farm-family-wellness/)



**PAS**  
Personal Assistance Services

**THIS PRE-PAID SERVICE IS FREE TO YOU AND YOUR DEPENDENTS.**  
CALL 1-833-999-FARM (3276)  
TEXT 1-314-451-5727

**FEEL BETTER. FARM BETTER.**



# County Liaisons

## Set up a meeting with your county's I-Team liaison

- Tiffany Berkenes, [berkenes@iastate.edu](mailto:berkenes@iastate.edu): Polk, Dallas, Madison
- Cindy Gannon, [cgannon@iastate.edu](mailto:cgannon@iastate.edu): Monona, Shelby, Audubon
- Demi Johnson, [demij@iastate.edu](mailto:demij@iastate.edu): Mitchell, Warren, Montgomery
- Donna Mills, [donnam@iastate.edu](mailto:donnam@iastate.edu): Story, Lyon, Osceola, Sioux, O'Brien
- Sam Genson, [sgenson@iastate.edu](mailto:sgenson@iastate.edu): Clinton, Webster, Kossuth, Scott
- Tim Christensen, [tsc@iastate.edu](mailto:tsc@iastate.edu): Taylor, Fremont, Cass, Mills, Crawford
- Dr. David Brown, [dnbrown@iastate.edu](mailto:dnbrown@iastate.edu): Wright, Hamilton
- Dr. Larry Tranel, [tranel@iastate.edu](mailto:tranel@iastate.edu): Johnson, Dubuque, Linn



# Questions and Discussion



# Thank You

## Mental Health Initiative Team

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Sam Genson, [sgenson@iastate.edu](mailto:sgenson@iastate.edu), Clinton County

Donna Mills, [donnam@iastate.edu](mailto:donnam@iastate.edu), Sioux County

Mental Health I-Team listserv - [cr-mentalhealth](mailto:cr-mentalhealth)