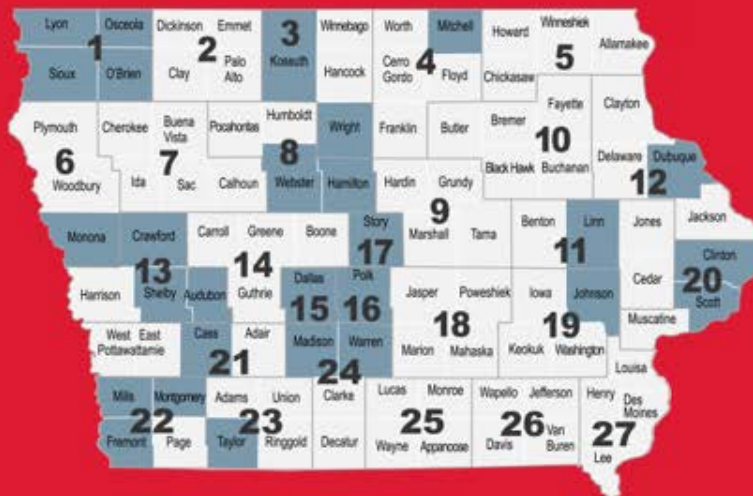


# INITIATIVE

## *Mental Health*



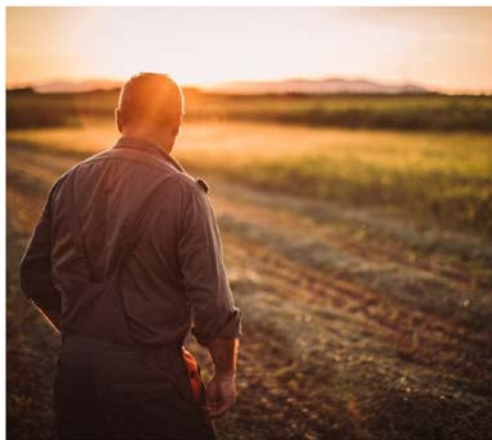


# Helping Iowans Help Each Other

# Objectives

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

# Mental Health First Aid (Adult)



MENTAL HEALTH FIRST AID

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**IDENTIFY.  
UNDERSTAND.  
RESPOND.**

---

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

IOWA STATE  
UNIVERSITY  
Extension and Outreach



YOUTH MENTAL HEALTH FIRST AID

**IDENTIFY.  
UNDERSTAND.  
RESPOND.**



**IOWA STATE  
UNIVERSITY**  
Extension and Outreach

## **Mental Health First Aid (Youth Professionals)**

***Available  
Feb. or March 2021***

# Mental Health First Aid – Details

- Adult Course: 8 hours - 2 hrs. self-study, 6 hrs. instructor led
- Youth Professional Course: 6 hours. - 2 hrs. self-study, 4 hrs. instructor led
- \$35 cost\*
- Register at [extension.iastate.edu/humansciences/MHFA](https://extension.iastate.edu/humansciences/MHFA)
  - \*Use code "**AGPRO**" for Farm/Ag Professionals to register for free
  - \*Use code "**YOUTHPRO**" for Youth/4-H professionals to register for free
- Private classes for community groups of 10-20 upon request. Contact Dr. David Brown at [dnbrown@iastate.edu](mailto:dnbrown@iastate.edu) or Demi Johnson at [demij@iastate.edu](mailto:demij@iastate.edu)

# Question.Persuade.Refer. (Ag Professionals)

QUESTION. PERSUADE. REFER.  
**Ask a  
question,  
save a life.**  
Three steps anyone can learn  
to help prevent suicide.

IOWA STATE  
UNIVERSITY  
Extension and Outreach





QUESTION. PERSUADE. REFER.

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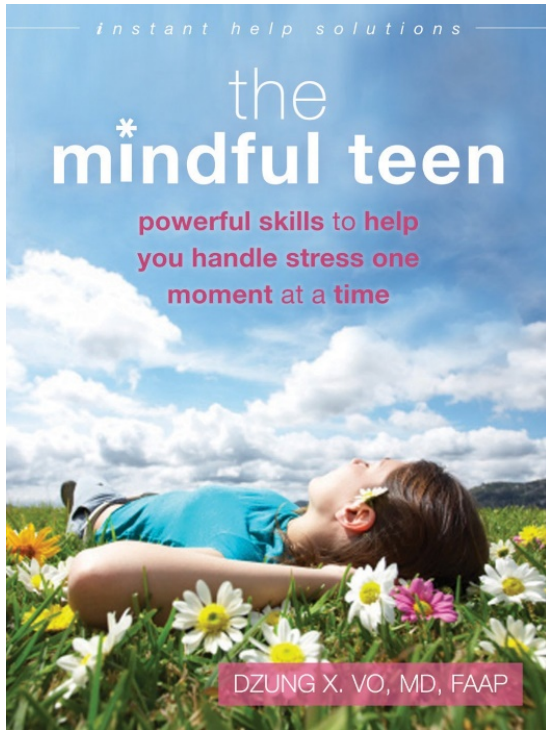
IOWA STATE  
UNIVERSITY  
Extension and Outreach

## Question.Persuade.Refer. (Youth Professionals)



# Question.Persuade.Refer. – Details

- 1 hour commitment
- Fully virtual
- No cost (at this point)
- Register at [extension.iastate.edu/humansciences/qpr](https://extension.iastate.edu/humansciences/qpr)
  - Ag professional focus January & February 2021
  - Youth professional focus March & April 2021
- Private virtual classes for community groups of 10-30 upon request. Contact Demi Johnson at [demij@iastate.edu](mailto:demij@iastate.edu)



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



# 4-H Mindful Teen - Details

- Six hour commitment - Six 60-minute lessons
- For groups of up to 15 youth - grades 7-12
- In-person and virtual options
- Cost for county: In-person \$300, Virtual \$260.
- Program has been offered at no cost.
- Facilitator trainings open to ISUEO staff, community and school partners, and any caring adult volunteer
- Contact: Tiffany Berkenes, 4-H Youth Program Specialist at [berkenes@iastate.edu](mailto:berkenes@iastate.edu) or Laura Liechty, 4-H Healthy Living Specialist at [lliechty@iastate.edu](mailto:lliechty@iastate.edu)

# Other Key Programs Available

- What About Me? My Wellbeing

- [extension.iastate.edu/humansciences/event\\_details/a004p000006sVmOE/AU/What%20About%20Me?%20My%20Wellbeing](https://extension.iastate.edu/humansciences/event_details/a004p000006sVmOE/AU/What%20About%20Me?%20My%20Wellbeing)



- On their Own and OK

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



# Coming Soon: “Add-On” Slides

## Add to:

- Presentations (end or beginning)
- Meetings / trainings during breaks
- Advertisement loop on TV in office

### **IOWA CONCERN** *hotline*

CONFIDENTIAL - FREE – 24/7

Connect with **emotional support**.  
Discuss **financial concerns**. Learn  
about your **legal rights**.

CALL or TEXT  
1-800-447-1985



# Resource Care Package Suggestions

Care packages for groups, such as farmers during planting and harvest season.

- ISUEO Publications
- Iowa Concern magnets or cards
- Water bottles
- Hand sanitizer
- First aid supplies
- Snacks
- Spend Smart/Eat Smart recipe cards



Guthrie County's  
Care Package

# Farm Family Wellness Alliance

Pilot project to offer prepaid stress management and one-on-one coaching to farm families.

Also includes 24/7 counseling services including access via phone, text, telehealth offered by Personal Assistance Services (PAS).



**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.**



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

Download or see this list later here: <https://iastate.box.com/s/afbv47q8j2i2dn7q3j4jq7q02ytbk44>

I-Team Staff	Phone	Email	County's Served:
Tiffany Berkenes	515- 985-9724	<a href="mailto:berkenes@iastate.edu">berkenes@iastate.edu</a>	Polk, Dallas, Madison
Cindy Gannon	515-294-0498	<a href="mailto:cgannon@iastate.edu">cgannon@iastate.edu</a>	Monona, Shelby, Audubon
Demi Johnson	641-210-8631	<a href="mailto:demij@iastate.edu">demij@iastate.edu</a>	Mitchell, Warren, Montgomery
Donna Mills	712-737-7295	<a href="mailto:donnam@iastate.edu">donnam@iastate.edu</a>	Story, Lyon, Osceola, Sioux, Obrien
Sam Genson	563-659-5125	<a href="mailto:sgenson@iastate.edu">sgenson@iastate.edu</a>	Clinton, Webster, Kossuth, Scott
Tim Christensen	515-493-8232	<a href="mailto:tsc@iastate.edu">tsc@iastate.edu</a>	Taylor, Fremont, Cass, Mills, Crawford
Dr. David Brown	515-294-0860	<a href="mailto:dnbrown@iastate.edu">dnbrown@iastate.edu</a>	Wright, Hamilton
Dr. Larry Tranel	563-583-6496	<a href="mailto:tranel@iastate.edu">tranel@iastate.edu</a>	Johnson, Dubuque, Linn



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

# Questions and Discussion



Additional  
thoughts?

# Thank You

## Mental Health Initiative Team

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Dr. Larry Tranel, [tranel@iastate.edu](mailto:tranel@iastate.edu), Agriculture and Natural Resources

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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)