

# Mental/Behavioral Health Resources for the Drought Aftermath

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## Helplines

Rural Helplines (provided by AgriWellness [www.agriwellness.org](http://www.agriwellness.org))

- Iowa Concern: 800-447-1985
- Kansas Rural Family Helpline: 866-327-6578
- Minnesota Crisis Line: 866-379-6363
- Nebraska Rural Response Hotline: 800-464-0258
- North Dakota 2-1-1 Helpline: 800-472-2911
- South Dakota Rural Helpline: 800-664-1349
- Wisconsin Farm Center Hotline: 800-942-2474

Other farmer-friendly telephone lines:

- New York FarmNet: 800-547-FARM (3276)
- Vermont Farm First: 877-493-6216
- Farm Aid: 800-FARMAID (800-327-6243)

National Suicide Prevention Lifeline: 800-273-TALK (8255)

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## Drought-specific Resources

SAMHSA behavioral health resources useful in coping with drought

[http://www.samhsa.gov/dtac/dbhis/dbhis\\_drought\\_intro.asp?from=carousel&position=3&date=08292012](http://www.samhsa.gov/dtac/dbhis/dbhis_drought_intro.asp?from=carousel&position=3&date=08292012)

*Tips for Coping with Drought-related Stress* - Missouri Department of Public Health

[http://dmh.mo.gov/docs/diroffice/disaster/FarmStressCopingTips\\_001.pdf](http://dmh.mo.gov/docs/diroffice/disaster/FarmStressCopingTips_001.pdf)

*Making decisions and coping well with drought* - Dr. Robert Fetsch, Colorado State University

<http://www.ext.colostate.edu/pubs/consumer/10256.pdf>

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## Treatment Locators

Substance Abuse and Mental Health Services Administration (SAMHSA) Mental Health Services Locator <http://store.samhsa.gov/mhlocator>

SAMHSA Substance Abuse Treatment Facility Locator

<http://findtreatment.samhsa.gov/TreatmentLocator/faces/quickSearch.jspx>

National Alliance on Mental Illness

[www.nami.org/Template.cfm?Section=Your Local NAMI&Template=/CustomSource/AffiliateFinder.cfm](http://www.nami.org/Template.cfm?Section=Your_Local_NAMI&Template=/CustomSource/AffiliateFinder.cfm)

Mental Health America Affiliate Directory

<http://www.mentalhealthamerica.net/go/searchMHA>

Directory of Consumer-Driven Services (CDS), a project of the National Mental Health

Consumers' Self-Help Clearinghouse <http://www.cdirectory.org/database/search.php>

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## **Resources from State and Regional AgrAbility Projects**

### **Delaware/Maryland (R. Jester/C. Custer)**

[www.de-mdagrability.com](http://www.de-mdagrability.com)

Includes newsletters with short articles on mental/behavioral health topics, and publication on mental health in later life and stress

### **Colorado State University Extension AgrAbility (R.J. Fetsch)**

[www.agrability.cahs.colostate.edu](http://www.agrability.cahs.colostate.edu)

A collection of numerous Web sites from various sources that address mental/behavioral health issues. Includes links to a variety of publications dealing with coping and stress, emotions, suicide and family interactions.

[www.agrability.cahs.colostate.edu/resources/Default.aspx](http://www.agrability.cahs.colostate.edu/resources/Default.aspx)

Includes links to a series of family fact sheets for child/youth, elderly, relationships topics that include information on stress and coping, emotions, and family relationships

### **Indiana AgrAbility Project: Purdue University's Breaking New Ground Resource Center**

[www.ruralcare.info](http://www.ruralcare.info)

A link to the Rural Caregivers Web site that contains links to a variety of materials and resources for Caregiver Workshops

Link to a Purdue University publication "[Farm & Family Connections: Recognizing & Managing Stress. Farm Business Management for the 21st Century](#)"

## **University of Wisconsin - Extension**

[www.uwex.edu/ces/ag/issues/stress-safety/index.html](http://www.uwex.edu/ces/ag/issues/stress-safety/index.html)

Includes a link to a series of five fact sheets, "Recognizing, Responding To, and Relieving Stress," from the University of Wisconsin Extension

## **Virginia AgrAbility (R. D. Grisso)**

[www.agrability.ext.vt.edu](http://www.agrability.ext.vt.edu)

Grisso et al. (2008) - SF-36 Survey to assess depression in farmers (higher rate of injury among farmers with depression)

## **Wyoming AgrAbility (R.R. Weigel)**

[uwadmnweb.uwyo.edu/agrability](http://uwadmnweb.uwyo.edu/agrability)

<http://www.uwyo.edu/fcs/faculty-staff/weigel/life/personal-nature-agriculture/index.html>

Includes links to a variety of publications on stress, emotions, crisis, disasters, and coping from the University of Wyoming Extension

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## **Recommended Videos**

- "Responding to Farm Stress" This video helps to recognize signs of stress and ways to help farmers and farm families. It addresses stigma and shows a counselor working with an overly stressed farmer. Mercy Medical Center, Dubuque, Iowa (supported by Iowa Farm Bureau Federation) 1999, 10 minutes
  - "Green Blood Red Tears" is a documentary about a Kentucky farmer who committed suicide. Agriculture Media, Middletown, Kentucky
  - "Fierce Goodbye: Living in the Shadow of Suicide." Mennonite Media
  - "Shadow Voices: Finding Hope in Mental Illness." Mennonite Media
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## **Other National Mental Health Resources**

### **AgriWellness, Inc. (M.R. Rosmann)**

[www.agriwellness.org](http://www.agriwellness.org)

Sowing Seeds of Hope Project - Seven Midwestern states providing behavioral health services

to uninsured and underinsured farmers and ranchers; includes crisis hotlines (Iowa, Kansas, Minnesota, Nebraska, North Dakota, South Dakota, Wisconsin)

### **Val Farmer, PhD**

[www.valfarmer.com](http://www.valfarmer.com)

Contains Val Farmer's many writings on rural mental health and family relationships

### **National Alliance on Mental Illness (NAMI)**

[www.nami.org](http://www.nami.org)

NAMI is a strong grassroots organization that conducts tuition free courses for families of individuals with mental illness and organizes support groups for those individuals. Their Web site contains information on disorders, symptoms, treatment, medications and advocacy.

### **Mental Health America (MHA)**

[www.nmha.org](http://www.nmha.org)

MHA's goal is to educate the public about mental health and mental illness. It maintains the Suicide and Crisis Hotline, 800-273-8255, and provides information on disorders, symptoms, treatment, medications, clinical trials, referrals, appealing denials, payment help, advocacy, and community screenings. The site contains online screenings for various disorders that can be used to determine symptoms and direct the person to professional treatment if required--just type screening in the search window.

### **Mental Health America, Lafayette, Indiana**

[www.mhalafayette.org](http://www.mhalafayette.org)

This is a site from the Lafayette, Indiana, MHA program that includes a large amount of information; and especially useful is separate self-screenings for each of the following disorders: depression, alcohol, bipolar, eating, generalized anxiety, post-traumatic stress, and a brief screen for adolescent depression.

### **National Institute of Mental Health (NIMH)**

[www.nimh.nih.gov](http://www.nimh.nih.gov)

NIMH is dedicated to research, and its site contains clinical trials, research publications, and general information on disorders, medications, symptoms and treatment. A timely publication available here is, "Guide: Getting through Tough Economic Times."

### **Substance Abuse and Mental Health Services Administration (SAMHSA)**

[www.samhsa.gov](http://www.samhsa.gov)

SAMHSA is a federal agency that provides grants and national leadership and determines effective treatment and prevention. Its statistics and publications are delivered for the public in a not-too-technical format.

## **Stress Management**

<http://klinik.mb.ca/docs/booklets/CalmintheStorm.pdf>

Calm in the Storm: Coping with the Stresses of Life, a resource from Klinik Community Health Centre. Winnipeg, Manitoba.

[www.extension.iastate.edu/Publications/PM1265L.pdf](http://www.extension.iastate.edu/Publications/PM1265L.pdf)

A Link to an Iowa State University Extension Agency Publication: "Manage Stress to Increase Farm Safety - Safe Farm: Promoting Agricultural Health and Safety". Includes a Farm Safety and Stress Checklist

[Stress Management for Farmers](#)

Link to "Stress Management for Farmers" series, the University of Georgia Cooperative Extension Service and College of Agricultural and Environmental Sciences

<http://www.extension.umn.edu/family/tough-times/dealing-with-stress/education-series.html>

Dealing with Stress: A Web-based Educational Series. 11 on-line stress management workshops targeted to rural people.

## **Lay or Self Screenings**

[counsellingresource.com/quizzes/cesd/index.html](http://counsellingresource.com/quizzes/cesd/index.html)

Counseling resource Web site for the Center for Epidemiologic Studies Depression Scale (CES-D), A Screening Test for Depression:

[counsellingresource.com/quizzes/alcohol-mast/index.html](http://counsellingresource.com/quizzes/alcohol-mast/index.html)

Counseling resource Web site for the Michigan Alcohol Screening Test (MAST) for alcohol abuse

[counsellingresource.com/quizzes/drug-abuse/index.html](http://counsellingresource.com/quizzes/drug-abuse/index.html)

Counseling resource Web site for the Drug Abuse Screening Test (DAST)

[www.nmha.org/go/help/finding-help/take-a-screening](http://www.nmha.org/go/help/finding-help/take-a-screening)

Mental Health America's Web site for an online stress screener

[chipts.ucla.edu/resources/?did=289](http://chipts.ucla.edu/resources/?did=289)

This site presents the 12 question General Health Questionnaire (GHQ) that measures current mental health condition and screens for non-psychotic psychiatric disorders.

[www.nmha.org](http://www.nmha.org)

Type "screening" in the search window for Mental Health America's screenings for various disorders.

[www.mhalafayette.org](http://www.mhalafayette.org)

Lafayette Indiana Mental Health America contains online screenings for many disorders.

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**Peer-reviewed, Research-based Resources Regarding Stress and Disaster (from CYFERNET website) Compiled by Dee Love, Purdue Human Development Extension Specialist**

**Tip Sheet Series from the University of Arizona Cooperative Extension:**

**Supporting Families Following a Disaster**

<http://cals.arizona.edu/pubs/family/az1341/az1341a.pdf>

**Stress Management After a Disaster: Promoting the Health and Well-Being of Families During Difficult Times**

<http://cals.arizona.edu/pubs/family/az1341/az1341e.pdf>

**Understanding the Impact of Disasters on the Lives of Children and Youth**

<http://cals.arizona.edu/pubs/family/az1341/az1341c.pdf>

**Promoting a Family's Physical and Mental Health and Well-Being (during difficult times)**

<http://cals.arizona.edu/pubs/family/az1341/az1341b.pdf>

**Supporting Children and Youth Following a Disaster**

<http://cals.arizona.edu/pubs/family/az1341/az1341d.pdf>

**Family Financial Management—Interventions Following a Disaster**

<http://cals.arizona.edu/pubs/family/az1341/az1341j.pdf>

**Encouraging Family Communication After a Disaster**

<http://cals.arizona.edu/pubs/family/az1341/az1341f.pdf>

**Understanding Depression Following a Disaster**

<http://cals.arizona.edu/pubs/family/az1341/az1341h.pdf>

**Other Resources:**

**A Guide to Promoting Resilience in Children: Strengthening the Human Spirit (The International Resilience Project)**

[http://www.leedsinitiative.org/uploadedFiles/Children\\_Leeds/Content/Standard\\_Pages/Levels\\_of\\_Need/Resilience\\_new.pdf](http://www.leedsinitiative.org/uploadedFiles/Children_Leeds/Content/Standard_Pages/Levels_of_Need/Resilience_new.pdf)

**After a Disaster: A Guide for Parents and Teachers**

<http://library.adoption.com/articles/after-a-disaster-a-guide-for-parents-and-teachers.html>

**Why Ranchers and Farmers are Reluctant to Seek Counseling and How Family Practitioners Can Help**

<http://ncsu.edu/ffci/publications/2003/v8-n2-2003-may/fa-1-ranchers.php>

**Disaster Information Resources—LSU AgCenter**

<http://www.lsuagcenter.com/NR/rdonlyres/E7BD883E-58BD-4C95-B4AF-1E2A4F7AFA01/26131/Pub2668StormRecoveryGuide2006LOWRES.pdf>

<http://www.ready.gov/>

**Ready—FEMA website has multiple articles that may be helpful**