



## National AgrAbility Project Regional Workshop-NY December 1<sup>st</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> 2020

**This virtual event will focus on AgrAbility, farm stress and mental health. Speakers from the National AgrAbility Project and AgrAbility for Pennsylvanians will introduce you to AgrAbility and Worksite Assessment. Speakers from the National Suicide Prevention Lifeline, NY FarmNet, and NYCAMH will address the issues of farm stress and mental health.**

### SCHEDULE

#### Tuesday, December 1, 2020

**1:00 pm - 2:00 pm**

**Welcome & AgrAbility Overview-** Dr. Bill Field, Tess McKeel and JoBeth Rath

*The basics of AgrAbility, who is involved where the funding comes from, how funding is obtained, and how services are provided.*

**2:00 pm - 3:00 pm**

**Open Networking for anyone registered for either session**

**3:00 pm - 4:00 pm**

**The Human Side of Farming-** Kate Downes, NY FarmNet

*In this presentation Kate Downes, Outreach Director for NY FarmNet, a program of Cornell University, will talk about the Human Side of Farming. Farms are often thought of as "just" producing food and raising animals, but behind all of that work is a person or people who works 80 hours a week, 365 days a year. We'll take a look at the impacts of external forces on farm operations, and why those can have a detrimental impact on a farmer's mental health and well-being.*

#### Thursday, December 3, 2020

**1:00 pm - 2:00 pm**

**Worksite Assessment-**Abbie Spackman, AgrAbility for Pennsylvanians

*Agricultural worksite assessments are a key AgrAbility service. AgrAbility PA project assistant Abbie Spackman will provide an overview of AgrAbility worksite assessments, tips for completing successful assessments and specific examples of site assessment challenges. Abbie will share examples of assistive technology and modification recommendations based on assessments. A list of additional resources and a worksite assessment safety handout will also be provided to attendees.*

**2:00 pm - 3:00 pm**

**Open Networking for anyone registered for either session**

**3:00 pm - 4:00 pm**

**Farm Partners Program-**Kathy Smith, NYCAMH  
*Stress seems to be a part of our everyday life and some days are more stressful than others. How can people deal with their stress and still have a productive day? Be introduced to the Farm Partners Program and review some ideas and suggestions on ways to get you through your day and be ready for the next challenge that may be awaiting you.*

#### Friday, December 4, 2020

**1:00 pm - 2:00 pm**

**Self-Care for Busy People-** Shye Louis, NSPL

*Balancing all of the responsibilities and stressors in our busy lives can take a toll on our mental health. This session will clarify the need to make self-care a priority in your life. Participants will have a chance to assess their current level of self-care, learn 5 practical actions they can take to make self-care part of their regular routine and plan around potential barriers, and create a working self-care plan to take home. The session will also cover some practical suggestions for times when the self-care needed is to address a current personal crisis.*

**2:00 pm - 3:00 pm**

**Open Networking for anyone registered for either session**

**3:00 pm - 4:00 pm**

**STAND and NEFRSAN-** Kate Downes, NY FarmNet and Pam Tinc, NYCAMH

*Join Kate Downes, Outreach Director for NY FarmNet, and Pam Tinc, Junior Research Investigator for the Northeast Center, to learn about how agricultural organizations in New York and throughout the North East are coming together to support farmers. Discussion will include how mental health affects farmers in the North East, and give updates on projects that they're a part of - STAND (Stakeholders Take Action for Northeast Dairy) and the Farm and Ranch Stress Assistance Network - North East (FRSAN-NE).*

[\*\*REGISTER HERE\*\*](#)

*AgrAbility is a program sponsored by the US Department of Agriculture that provides assistance to farmers, ranchers and other agricultural workers, and farm family members impacted by disability, illness or chronic conditions.*

**For more details, please contact National AgrAbility Partners at Goodwill:**

Tess McKeel: [tmckeel@goodwillfingerlakes.org](mailto:tmckeel@goodwillfingerlakes.org)

JoBeth Rath: [jbrath@goodwillfingerlakes.org](mailto:jbrath@goodwillfingerlakes.org)

**Learn more at [www.agrability.org](http://www.agrability.org)**

**The National AgrAbility Project is supported by AgrAbility Project, USDA/NIFA Special Project 2016-41590-25880**