

MIGRANT/SEASONAL FARMWORKERS: STRESS ISSUES AND SOLUTIONS

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Interpersonal Sources of Stress



- Family Problems
- Relationship Issues
- Mental health
- Addiction
- Cultural norms about help seeking and mental health
- Being away from family and community
- History of Trauma

What is a healthy family?

- Question I explore with farm workers and their families
- How do we identify interpersonal factors contributing to farm worker family health?
- How do we help increase farm workers understanding?





Symptoms of Mental Health or Stress Problems

Symptoms of



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- Sleeping/Withdrawn
- Drug/Alcohol issues
- Family Violence/Problems with Anger
- No interest in participating in family activities
- Loss/Increase of Appetite
- Family/Community Connection

Barriers to seeking help for stress and mental health in farm workers

- Social/Cultural Isolation
- Poverty
- Documentation status
- Limited English Proficiency
- Limited resources
- Cultural norms



Concepts of Help Seeking



Barriers for mental health/stress services

Cultural Norms

- ★ Taboos around mental health
- ★ Gender role issues
- ★ Importance of family/community/religion
- ★ Cultural Concepts of health and mental health



Struggle with Work/Life Balance

Many immigrants come with history of trauma

Many immigrants experienced traumatic circumstances in their native country, including extreme poverty, mental health, exposure to war, and natural disasters.

For instance, the U.S. Department of State's 2003 mental health problems in Persons Report revealed that the practice of mental health exposed women and children to rape, torture, HIV/AIDS and other sexually transmitted and infectious diseases.

-American Psychological Association

Effects of Trauma and Mental Health in Farm Workers

Behavior we see in triggered traumatized individuals appears impulsive, very out of touch with what is going on in the environment; they are responding to internal stimuli

A history of trauma **can** make it difficult to:

- Cope with stresses of everyday life
- Trust others
- Benefit from relationships
- Maintain memory, attention, thinking
- Regulate behavior
- Control expression of emotions



PEOPLE WHO HAVE EXPERIENCED TRAUMA ARE:



Culturally Affirming Care with Farm Workers



Efforts to create more access



Framing the Issue

- Spirituality
- Oral History of Culture
- Synergistic view of health
- Informal approach to help seeking



Strategies for Service Providers

- Arts-based
- Storytelling
- Connecting the dots
- Understanding the cultural context
- Screen everyone



Simple Strategies



- Breathing exercises
- Community Connection and Support
- Use art to talk about feelings
- Identify what alleviates stress: music, faith, talking
- Identify supports available in area or other resources
- Education about mental health and stress

Resources

- National Suicide Prevention Helpline in Spanish: 1-888-628-9454
- Mental Health American Crisis Center Connection: 1-888-628-9454 or text MHA at 741741
- National Sexual Assault Hotline: 1-800-656-4673
- Crisis Text Line: 741741
- Trevor Project: 1-866-488-7386