



Cultivating Post-Traumatic Growth and Community Reintegration

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Boots-2-Bushels: Boot Camp for Market Gardeners

5 F's of Farming Risk



Heat wave and drought

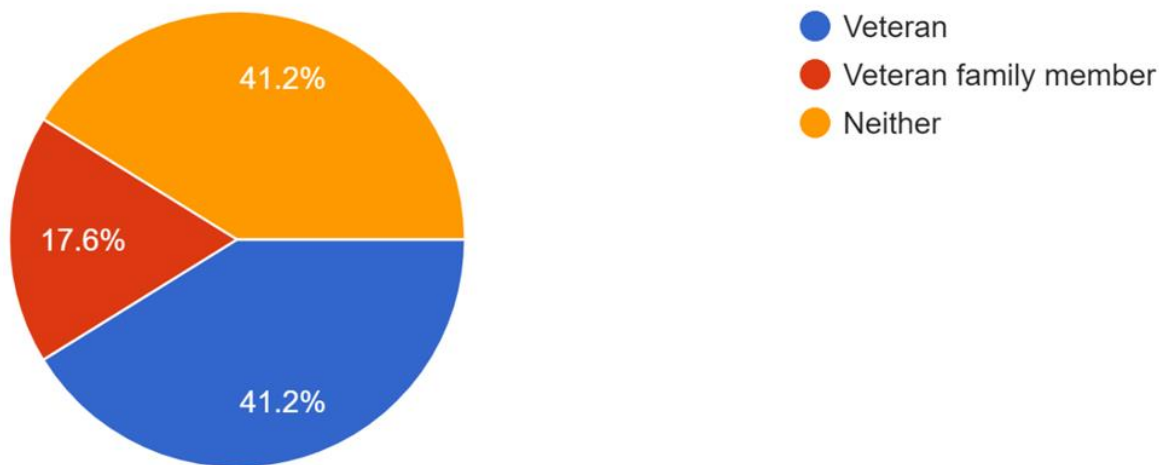
- **Farming** – production
- **Family** – internal and external relationships
- **Finances** – marketing, bookkeeping, taxes, insurance...
- **Future** – sustainability, exit plan
- **Fitness** – physical and mental

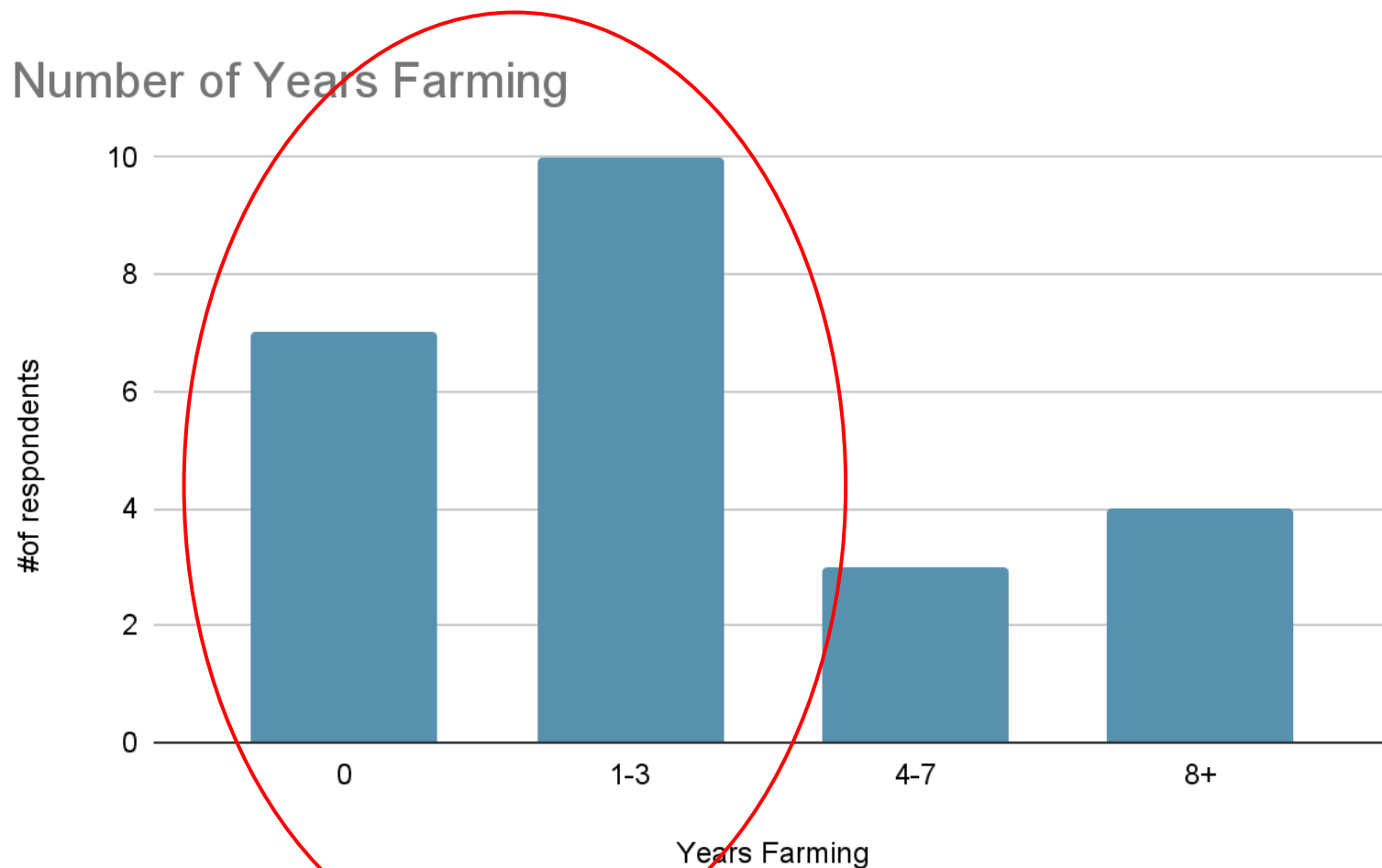
From Seed-to-Salary in 9-months

2022 B2B demographics

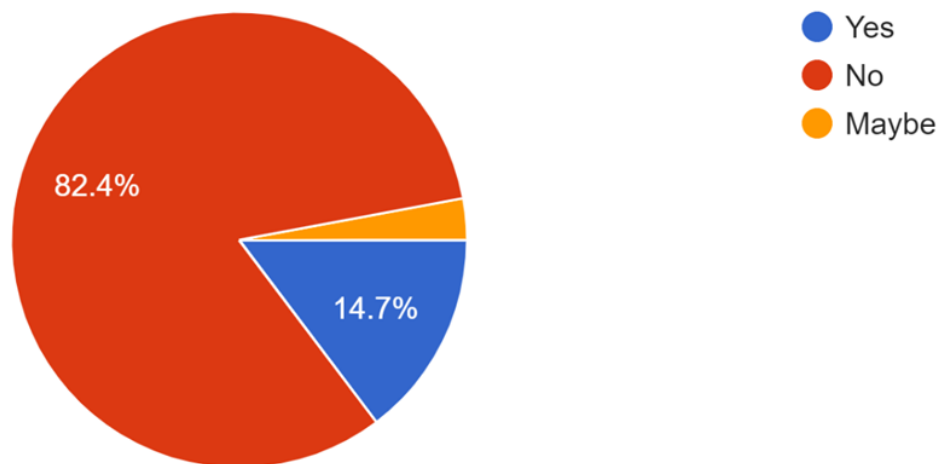
1. What is your veteran status?

34 responses



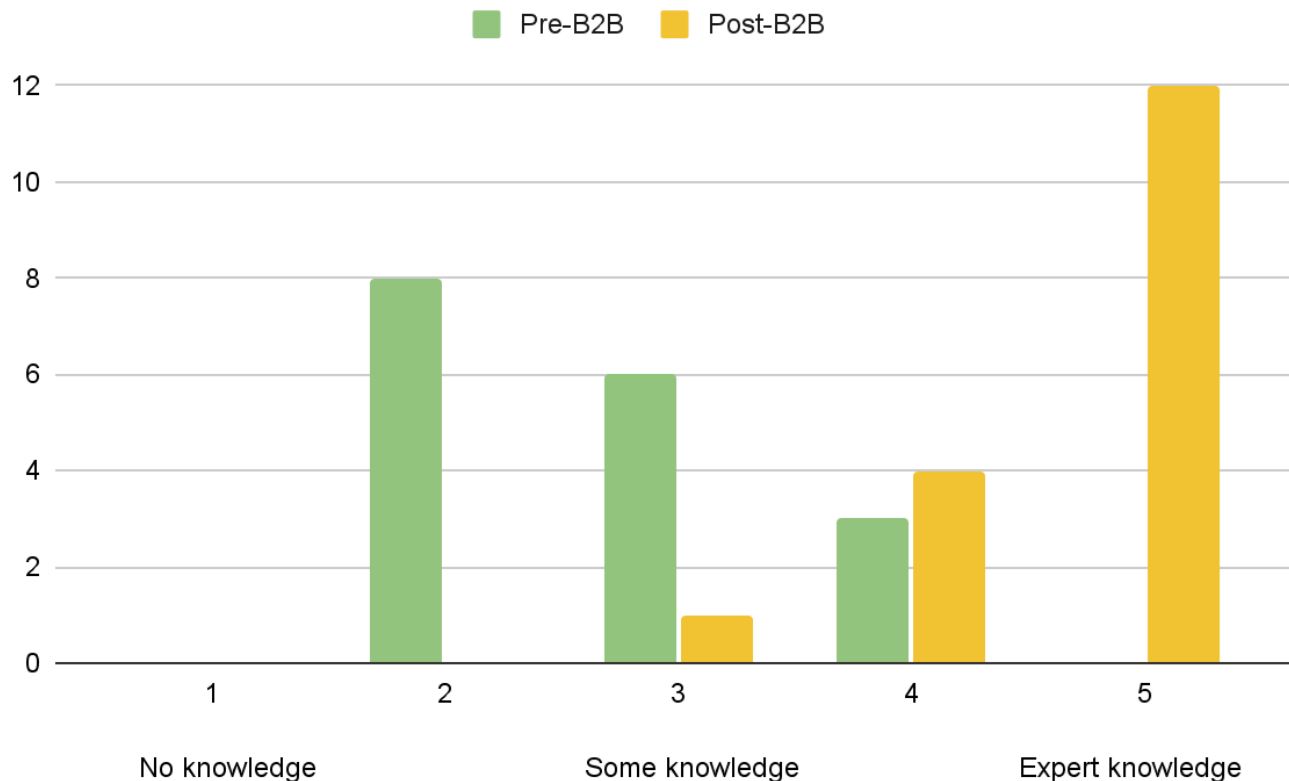


Chronic illness, limitation or disability N=34



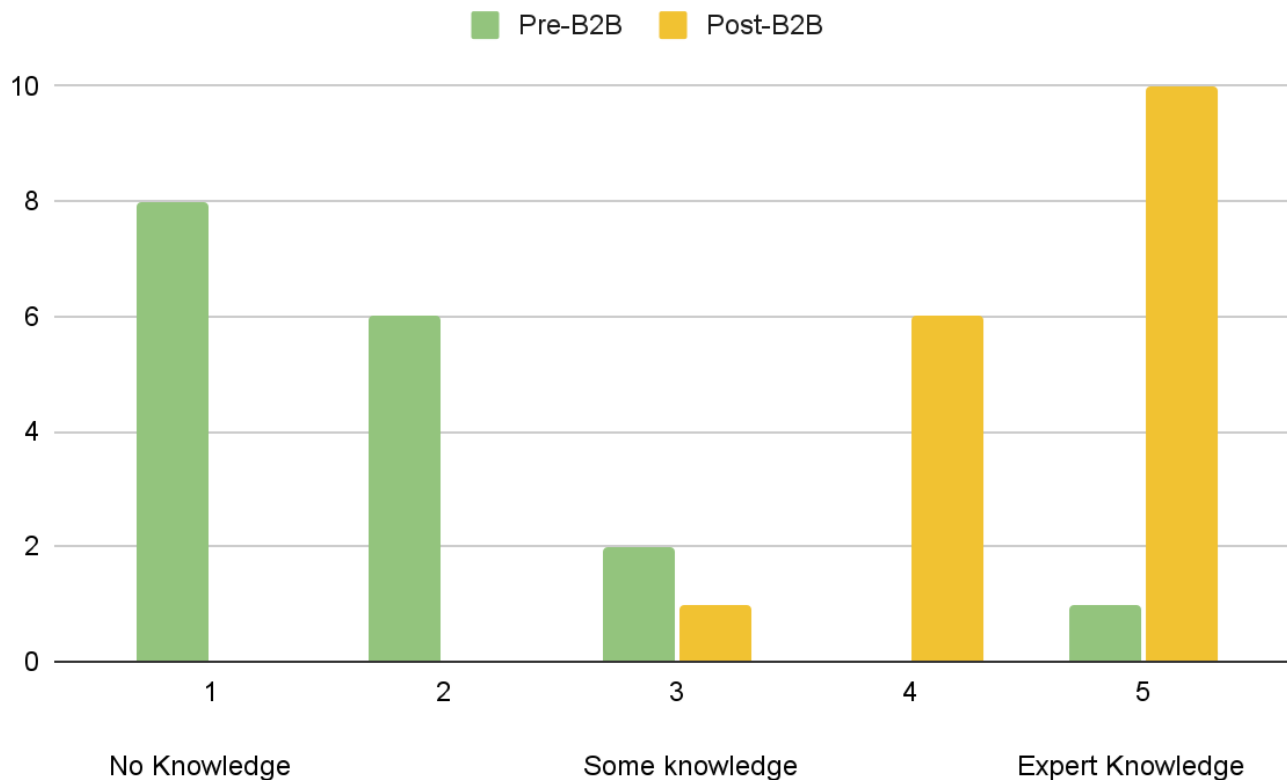
Pre and Post Course Comparison

Knowledge and skill level of GROWING veggies and small fruit



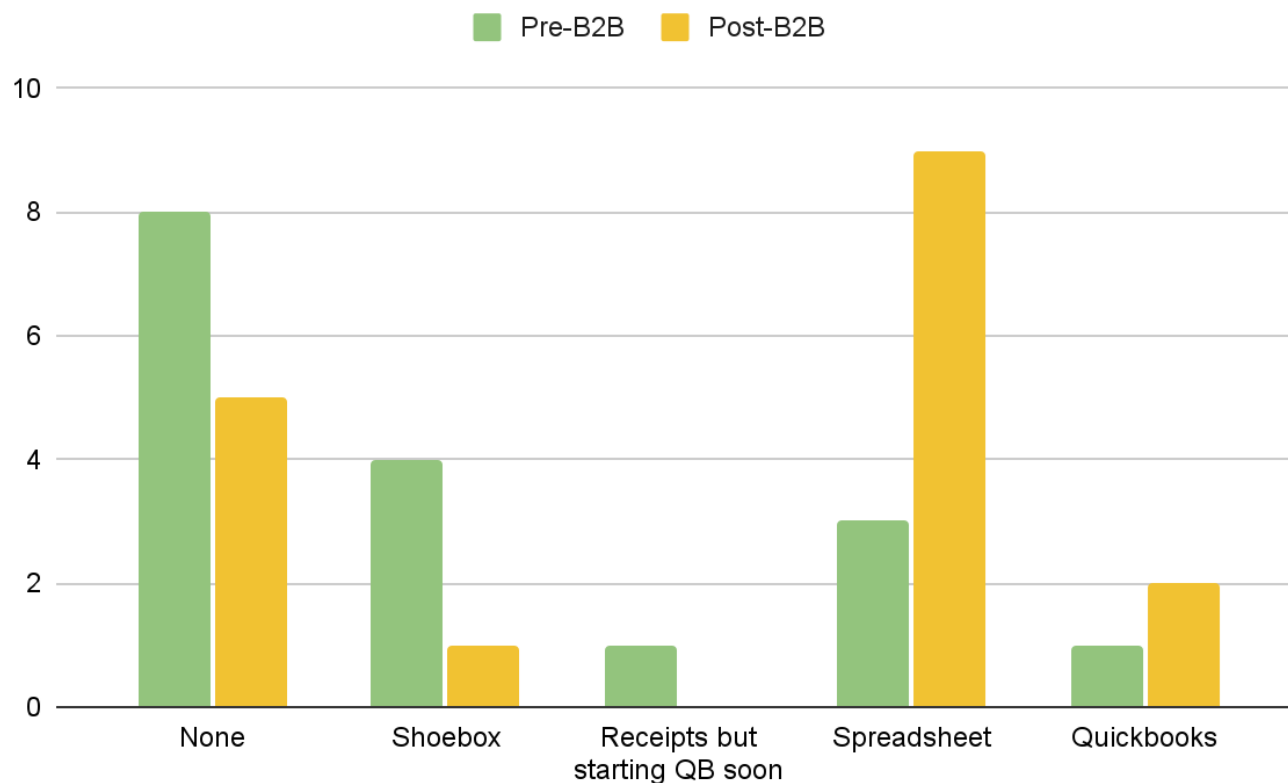
76% increased at least 2 levels

Knowledge and skill level of MARKETING veggies and

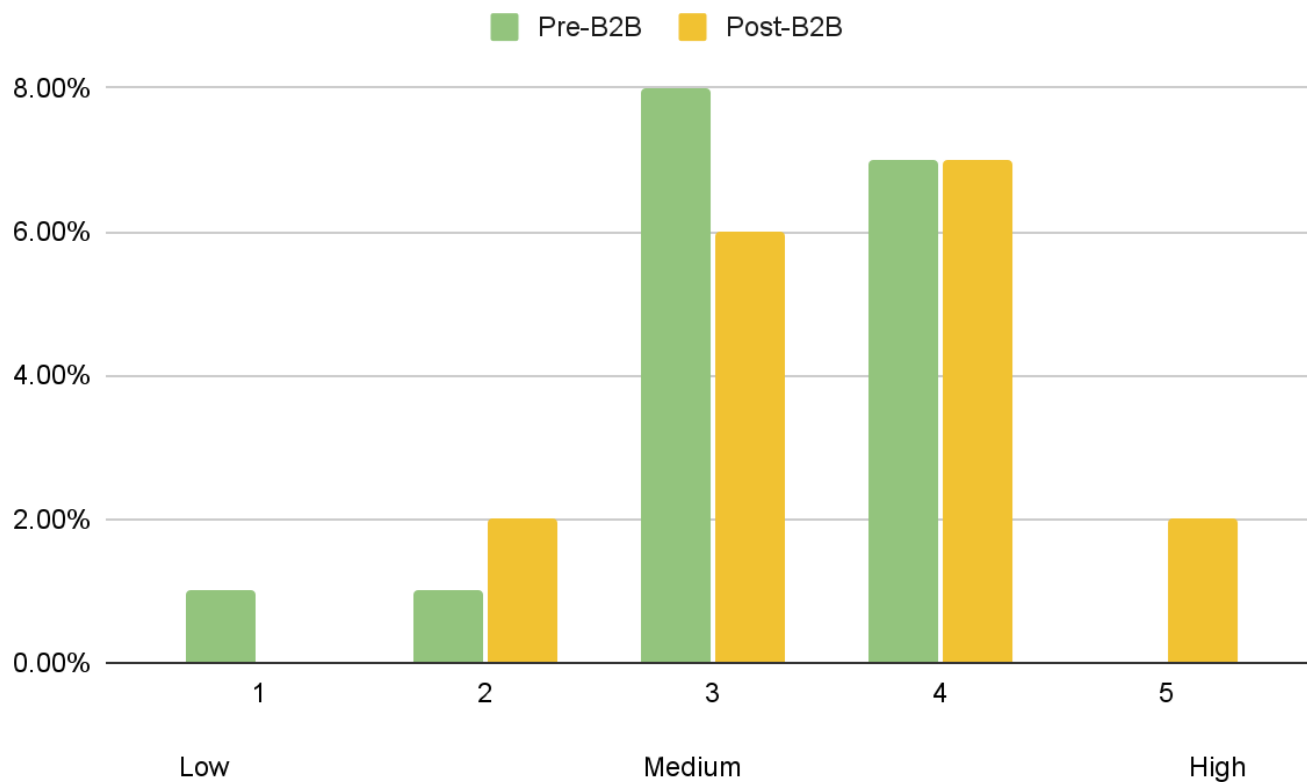


88% improved at least 2 levels
59% improved 3 and 4 levels

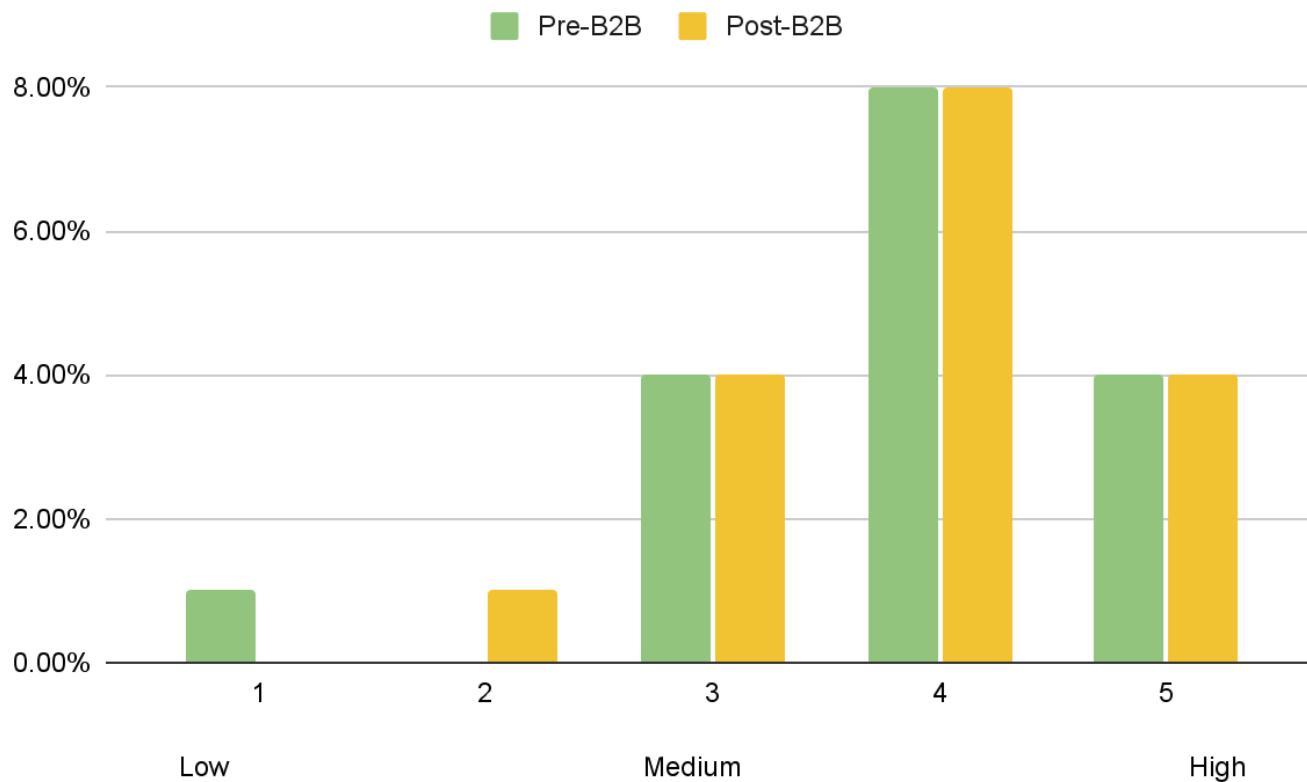
What bookkeeping system do you use?



Level of PHYSICAL fitness



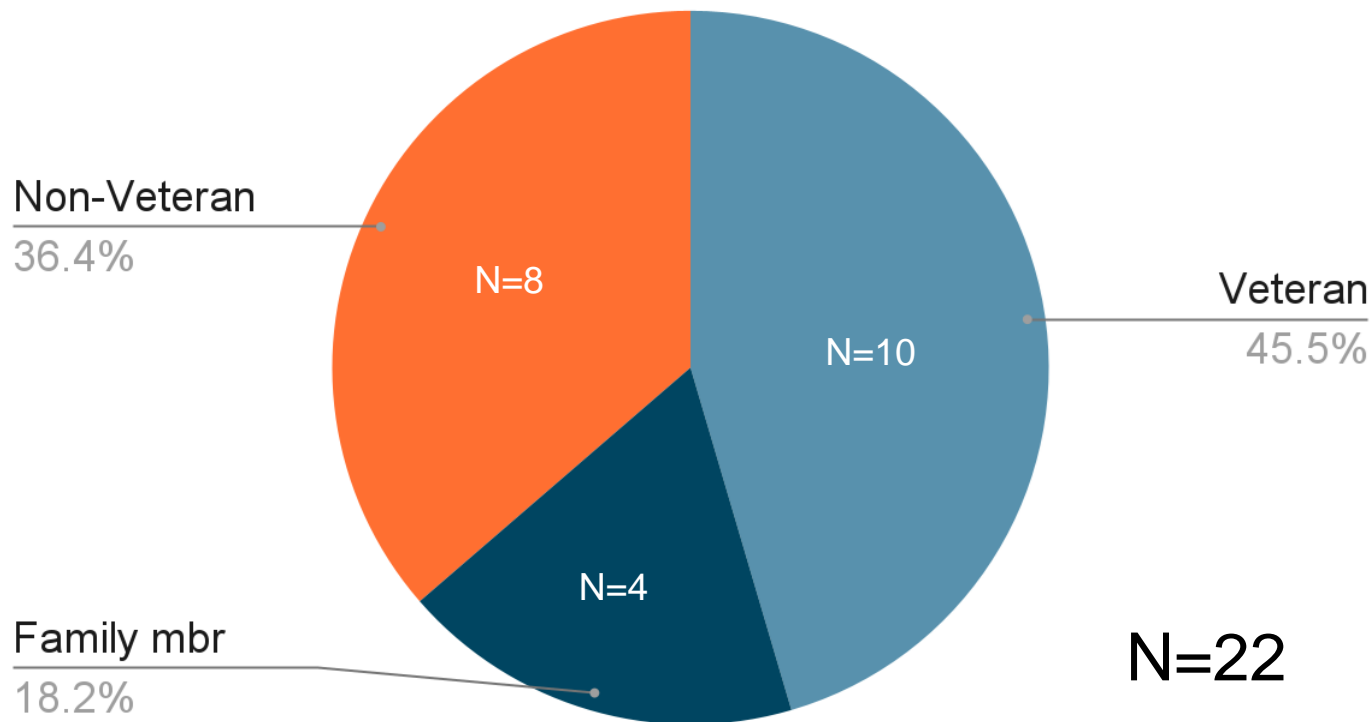
Level of mental fitness?



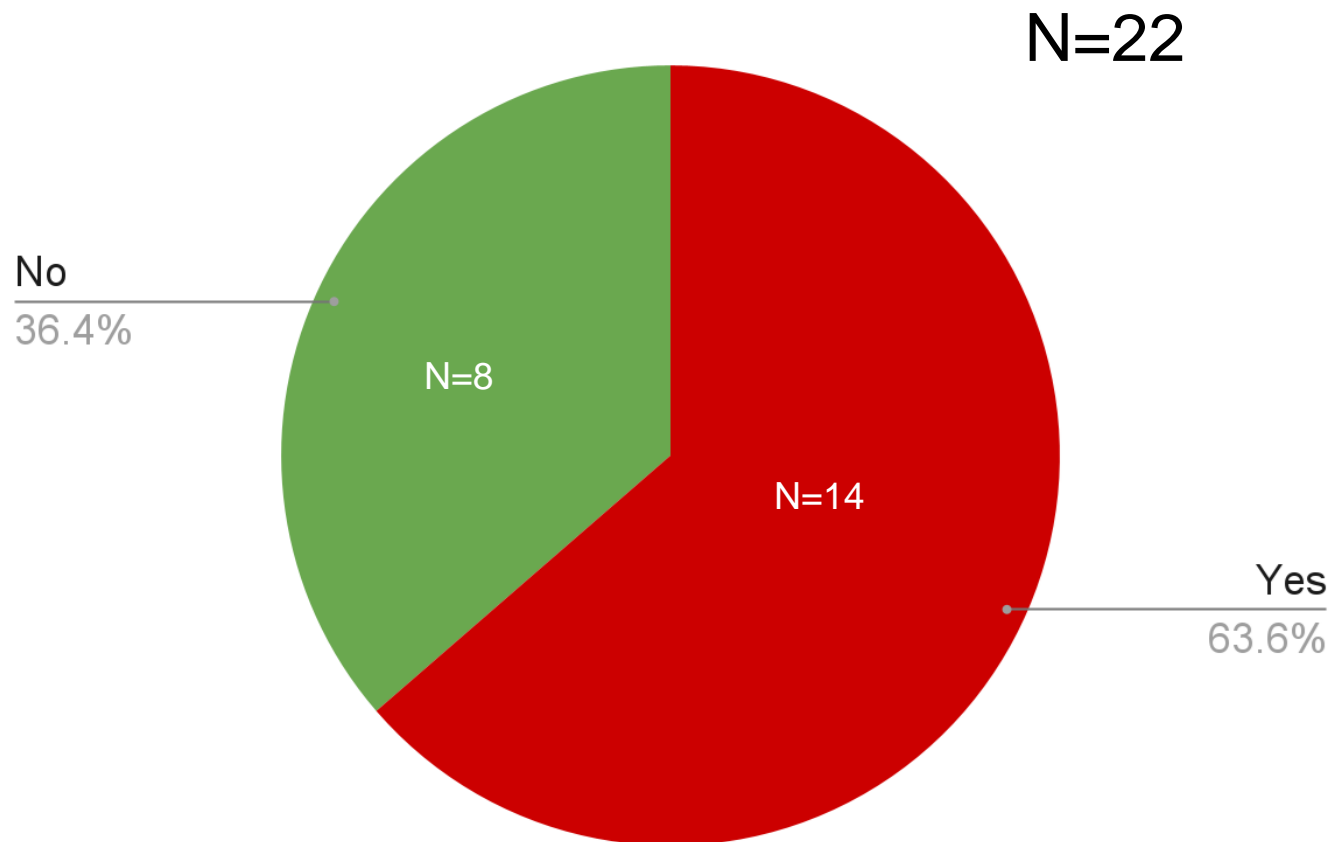
CULTIVATING POST-TRAUMATIC GROWTH AND COMMUNITY REINTEGRATION: A VETERAN-TO-FARMER PROGRAM EVALUATION

Christine Ann Beguin-Fernald BSN, RN, CEN
2020 DNP-PMHNP Cohort

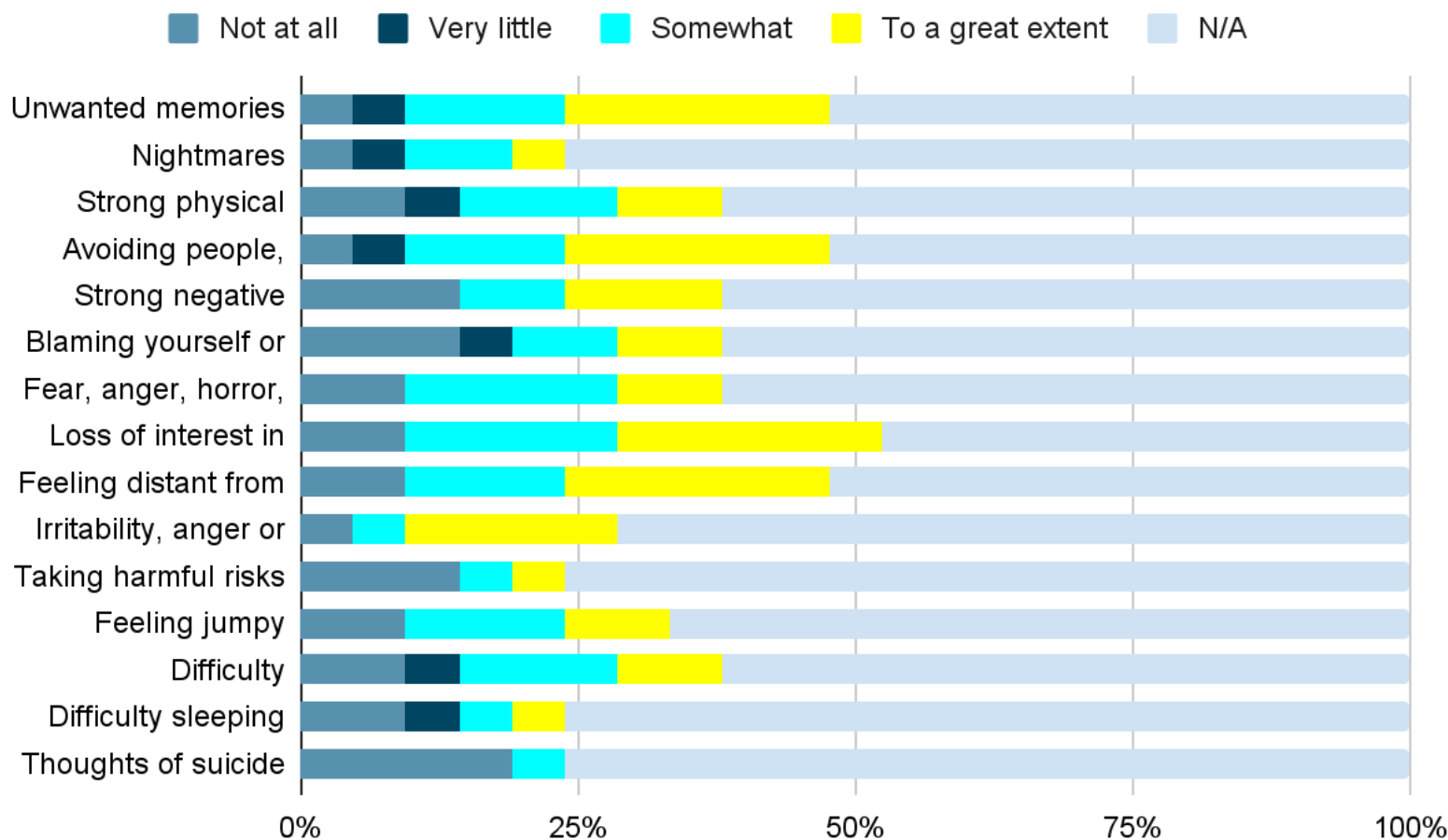
All participants B2B 2020-2022 (N=72) were
as follows by Veteran Status (N=22)



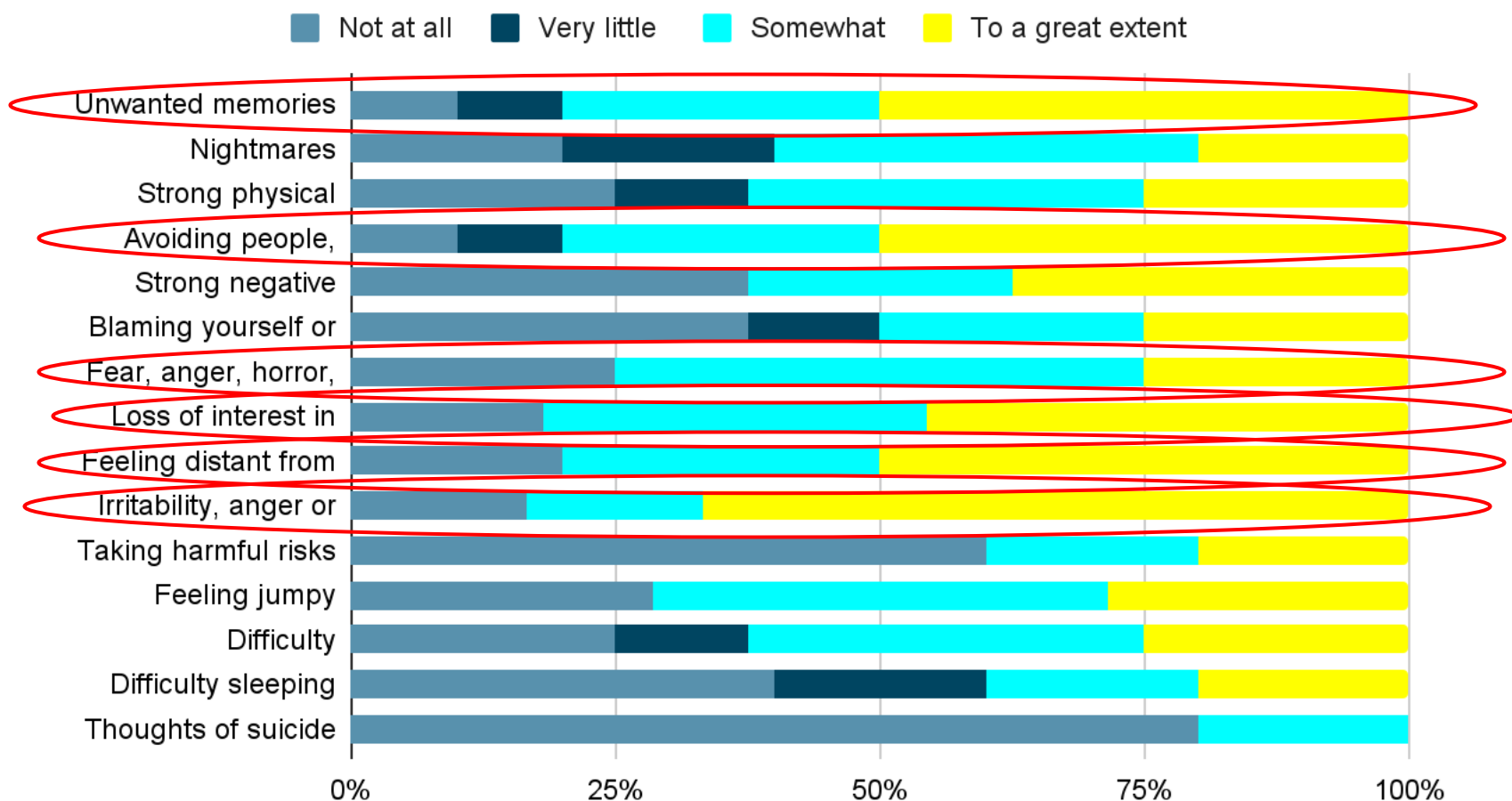
Have you experienced trauma?



To what extent did participating in the B2B program IMPROVE these symptoms? (N=21)



To what extent did participating in the B2B program IMPROVE these symptoms? (without N/A responses)



- Challenge: Nearly 50% attrition rate
 - Family life responsibilities
 - Lack of interest in farming*
 - Distance from home for farm visits
 - Overwhelmed by content
 - Quickbooks least favorite content (too hard, too advanced)

- Response
 - Open up to more participants
 - All beginning farmers veterans throughout New England
 - Recruit host farms based on student geography
 - Transitioning to Brightspace
 - Focus on Bookkeeping not Quickbooks
 - Business plan development

Current 2023 Cohort

- 44 participants - includes 3 returning from 2022
- Just over 50% involved in production Ag
 - 35% less than 3 years experience
- 80% veterans or family members
- 85% have experienced trauma (regardless of veteran status)

**Extension Risk Management Education Grant
Supports B2B through 2024**

**Contact me if you are
interested in setting up a
similar program in your state!**

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