

# SIU SCHOOL *of* MEDICINE



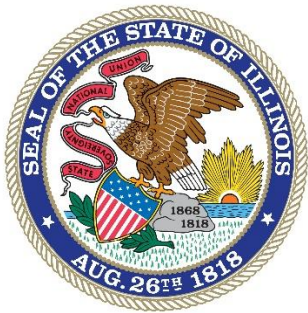
Karen Leavitt Stallman  
Ag Resource Specialist

# Center for Rural Health and Social Service Development

Southern Illinois  
University Carbondale

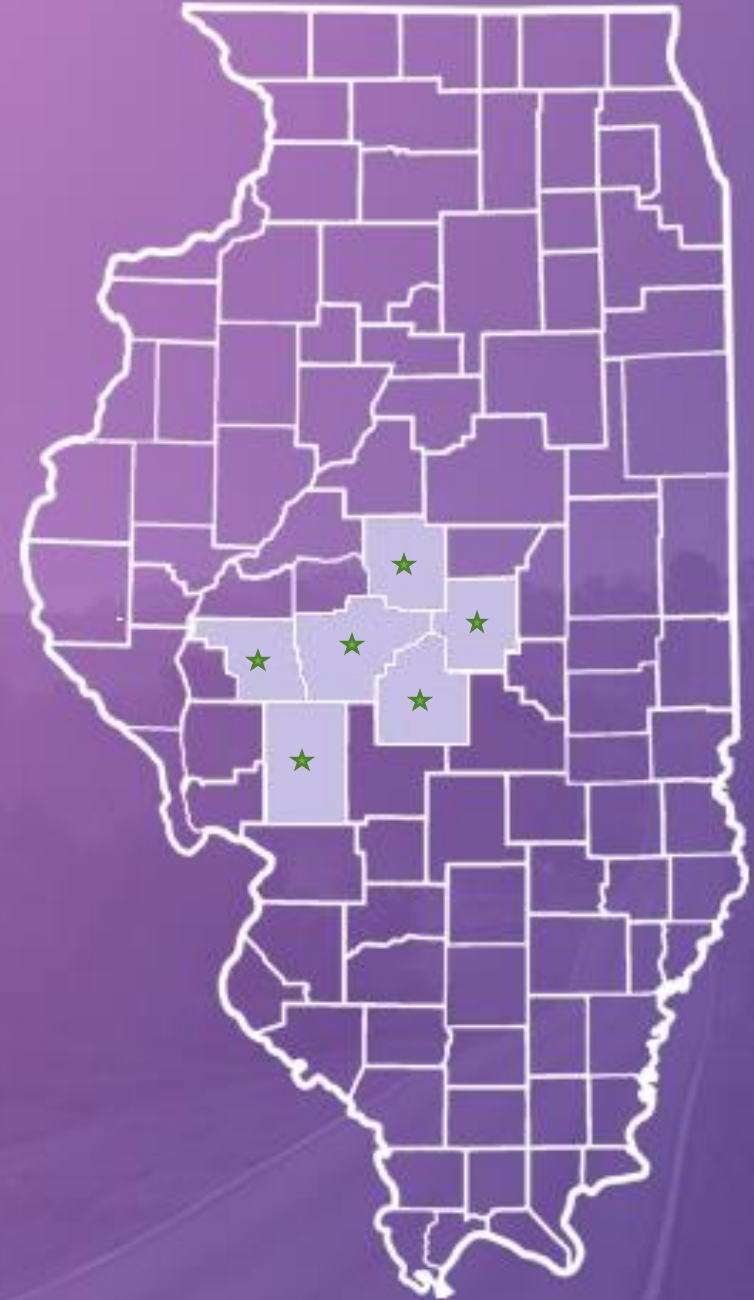


# Farm Family Resource Initiative (FFRI)



# FFRI pilot counties

Morgan  
Sangamon  
Macoupin  
Christian  
Logan  
Macon





# FFRI expansion

## **July 1, 2021:**

Increase in state appropriation to expand to southern 66 counties

## **September 1, 2021:**

USDA funding secured through Illinois Department of Agriculture  
102 counties

## **July 1, 2022:**

State funding increase allows us to continue to serve all counties



# FFRI

Seeks to improve the health and well-being of Illinois farm owners and families by:

- Identifying farm family needs, including mental health needs
- Compiling a list of available resources for farm families
- Creating new resources for farm families
- Developing a network of partners, both professional and otherwise to respond to farm family needs



# FFRI Advisory Council

Advisory Council made up of Agriculture industry professionals and others from throughout the state meet monthly to:

- Provide guidance
- Provide support
- Make recommendations
- Carryout efforts



# What do we know?

- A poll conducted on behalf of the American Farm Bureau Federation found that **61 percent** of farmers and farm workers said they experienced more stress and mental health challenges in 2021 than they did in 2020.
- Farmers are among the most likely to die by suicide compared to other occupations.
- Isolation a key factor





# What do we know?

- Farmers have historically been known as a stoic lot.
- Mantra is one of self –sufficiency and endurance of hardship without showing feelings or complaining
- It is important to support farmers in expressing their feelings and to reassure them that feelings are okay.



# Agrarian imperative

“Farmers are providers with a deep commitment to feeding their communities and caring for their land. The Agrarian Imperative impels farmers to hang onto their land at all costs. The Agrarian Imperative instills farmers to work incredibly hard, to endure unusual pain and hardship, and to take uncommon risks.”

-Dr. Michael Rosmann, farmer and psychologist 2010

## Farm stressors:

- Financial concerns
- Personal or family concerns
- Work-related injuries
- Change in farm policy
- Loss of crop or livestock
- Weather
- Markets
- Farm succession
- Health insurance

*On a farm there is no more valuable asset than the farmer.*



# FFRI website

- [siumed.org/farm](https://siumed.org/farm)
- Recorded webinars
- Resources – state and national
- Blogs
- Podcasts



# Farm helpline

CALL OR TEXT

**1-833-FARMSOS**

(833-327-6767)

EMAIL

FarmFamilyResourceHelpline@mhsil.com

**WE ALL NEED SOMEONE  
WE CAN TALK TO**

CALL OR TEXT  
**1-833-FARMSOS**  
(833-327-6767)

EMAIL  
FarmFamilyResourceHelpline@mhsil.com

FREE | CONFIDENTIAL | 24/7  
**SOMEONE YOU CAN TALK TO**



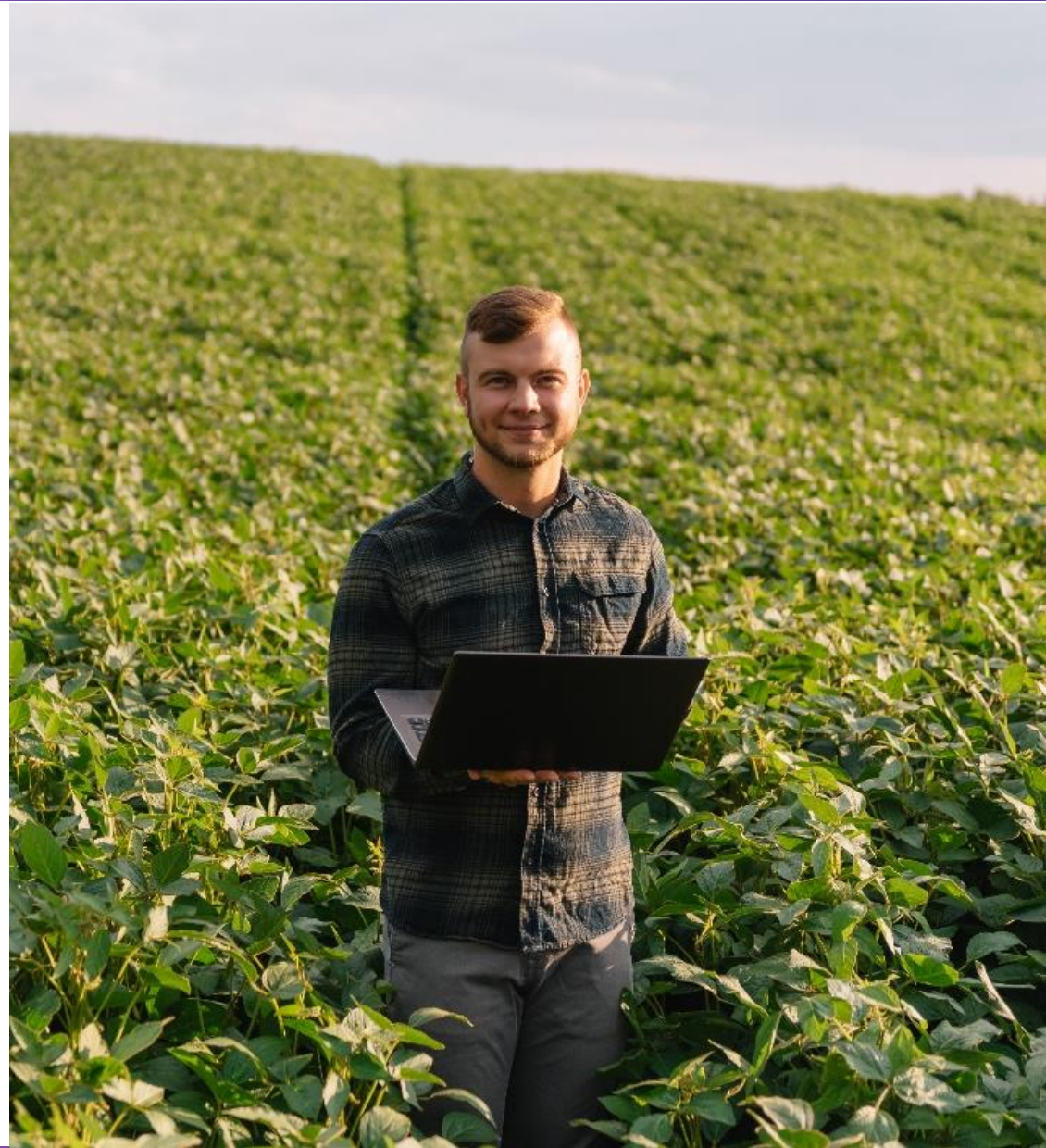
Someone is always here to listen. Anytime. Anywhere.  
We know the struggles of farming and are here to help.





# Telecounseling

- Follow up counseling sessions for callers who need additional support.
- Up to 6 counseling sessions with SIU School of Medicine counselors
- Individual | Group | Couple
- Provided at no cost. Paid for by grant.



# Wallet cards



## SOMEONE YOU CAN TALK TO

**CALL OR TEXT: 1-833-FARM-SOS** (1-833-327-6767)

**EMAIL:** FarmFamilyResourceHelpline@mhsil.com

**VISIT:** [siumed.org/farm](http://siumed.org/farm)

**FARM FAMILY  
RESOURCE INITIATIVE**



# FFRI Resource Guide

- National, state, county resources
- To be used by helpline staff and others
- Working document
- Listed as resources on website



# Rural Mental Health Summit

An opportunity for dialogue between Illinois agricultural leaders and health professionals to share, learn and develop relationships so we can better serve Illinois rural residents together.

**Thursday, March 28** | Springfield





# Nurse Scholar Program

Partnership with  
Farm Credit Illinois  
AgriSafe



**AgriSafe Nurse Scholar**

The AgriSafe Nurse Scholar program is an online learning experience taught by expert health & safety educators. The course helps nurses increase their competence in prevention, identification, and assessment of diseases and conditions commonly experienced by people working in agriculture.

**20 HOURS OF CONTINUING NURSING EDUCATION**

We know that nurses are extremely busy, that is why this program is accessible OnDemand 24/7!

Upon completion of the program, nurses receive a digital badge to acknowledge and share their accomplishment.

**DELIVERING SPECIALIZED CARE REQUIRES SPECIALIZED TRAINING!**

*"I am a farm owner/operator alongside my husband and a nursing professor as well as a doctoral student in population health nursing. This fit right into every aspect of my life and career."*

-Susan Tracy, Nurse Scholar 2020

AgriSafe's Nurse Scholar 2022 - Webinar Series  
Joint Provided by

 **UNIVERSITY of LOUISIANA LAFAYETTE** | **Nursing Professional Development Program**

In order to receive full contact hour credit for continuing nursing education, the participant must complete each webinar in its entirety, score an 80% or higher on each post-test, and complete and submit each evaluation form. No partial credit can be awarded at this time.

**TOTAL CONTACT HOURS: 20.0**

**ANCC Accreditation Statement:**  
University of Louisiana at Lafayette College of Nursing and Allied Health Professions is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

 **FARM CREDIT ILLINOIS**  
Helping Farm Families Succeed

 **SIU MEDICINE**  
CENTER FOR RURAL HEALTH & SOCIAL SERVICE DEVELOPMENT

**CONTACT DETAILS**  
Email: [nursescholar@agrisafe.org](mailto:nursescholar@agrisafe.org)  
[learning.agrisafe.org/nurse-scholar-program](https://learning.agrisafe.org/nurse-scholar-program)

   
Protecting the People Who Feed the World

The Nurse Scholar program continues to underscore the importance of understanding and assessing the total spectrum of health and safety in an agricultural environment.

- provides 20 hours of continuing nursing education supported by the American Nurses Credentialing Center and the University of Louisiana-Lafayette
- is offered completely online/on-demand.
- Upon completion, a digital badge recognizing professional excellence is presented.
- addresses health and safety issues that are unique to agricultural workers and their families
- Invited guest faculty that represents a wide range of safety and health expertise across the country.



#### Nurse Scholar Program Webinar Series

Joint Provided by UL Lafayette Continuing Nursing Education Program & AgriSafe Network



UNIVERSITY of  
LOUISIANA  
LAFAYETTE

Continuing Nursing  
Education Program

In order to receive full contact hour credit for continuing nursing education programs, the participant must attend the program in its entirety, complete and submit the evaluation form.

**CONTACT HOURS: 20.0**

#### ANCC Accreditation Statement:

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# Women in Agriculture Series

Women in agriculture are faced with a multitude of challenges. This webinar focuses on strategies to confront these challenges head on through improving our sense of wellbeing, both as individuals and in our relationships.

**Thursday, March 9** | Learning to Love Ourselves

**Thursday, March 23** | Building and Maintaining Healthy Relationships in Times of Stress

**Thursday, March 30** | Bend Don't Break: Becoming Resilient



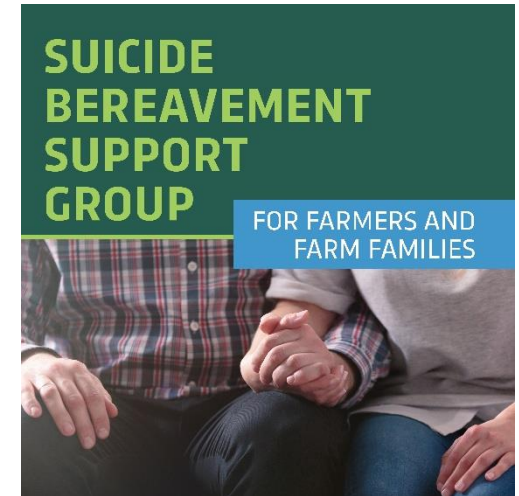
PRESENTER:  
**Monica Kramer McConkey,**  
LPC



# Suicide Bereavement Support Group

With suicide on the rise within the agriculture community, the FFRI has launched an open support group for farmers and farm family members 18 years and older who have lost a loved one.

**First Wednesday of each month**  
3:30-4:30 pm | Virtual



PRESENTER:  
**Bonnie Landwehr, LCSW**



# Community Forums

A discussion on succession planning strategies and steps for different transferring options for aging farmers and their families.

**Tuesday, March 14** | Mount Vernon

**Wednesday, March 15** | Springfield

**Thursday, March 16** | Macomb

STARTING THE CONVERSATION

## Planning for the Farm's Future and Yours



### PRESENTERS:

**Wesley Tucker**, Field Specialist in Agricultural Business, University of Missouri Extension

**Monica McConkey**, Agricultural Mental Health Counselor, Minnesota

**Haley Jones**, AgrAbility Coordinator of Illinois AgrAbility, Illinois Extension



# What could you do?

Wallet  
stand with  
cards

Hand out  
materials at  
events

Ad/article  
in local  
paper

Fairs



# What could you do?

Annual  
meeting

Board  
meetings

Winter  
meetings

Other



# What could you do?

Most important asset anyone has to offer is a true connection of caring and a desire to help.

*Be a good neighbor.*







Agricultural producers and workers have worse mental health than the general population.

**We are here to help.**

### Who we are

15 organizations, including Cooperative Extensions, non-profits, academic institutions, and public health organizations committed to helping agricultural producers and workers in the Midwest.

Contact Josie Rudolphi ([josier@illinois.edu](mailto:josier@illinois.edu)) or Courtney Cuthbertson ([cuthbert@illinois.edu](mailto:cuthbert@illinois.edu)) with questions or to collaborate.

Visit [www.farmstress.org](http://www.farmstress.org) for resources by state.

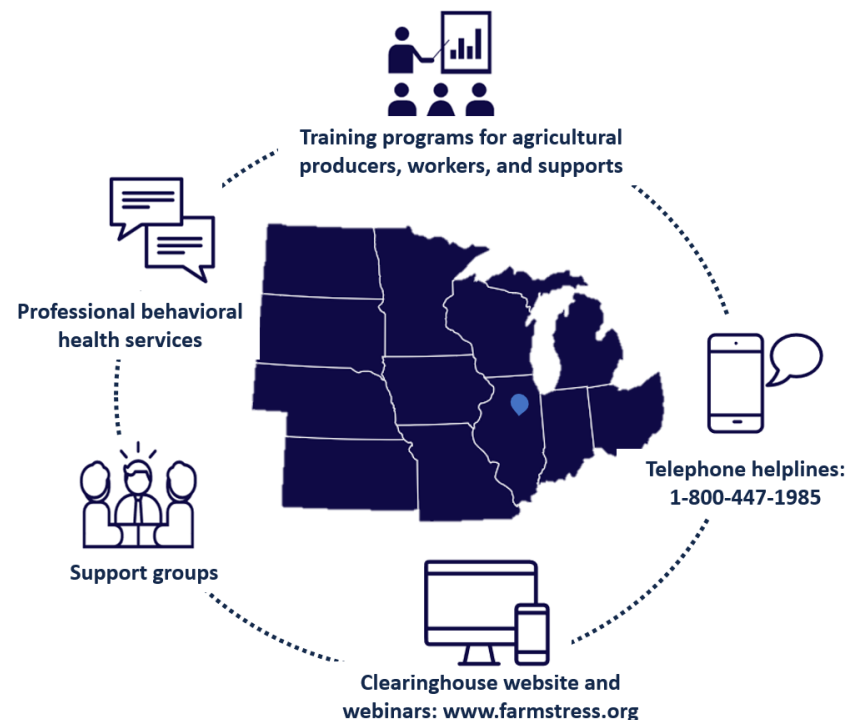


**Illinois Extension**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

### What we do

Develop, expand, and deliver farm stress and mental health resources and services via training programs, professional services, support groups, websites, and telephone helplines.



Funded by USDA-NIFA 2020-70028-32728

# FFRI Team members

Jeff Franklin

Nicholas Weshinsky

Karen Stallman

Stephanie Cullen

LaDean Scheurer

Lynn Weis



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# Contact

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Social Service Development

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618.713.0759

[Siumed.org/farm](http://Siumed.org/farm)



