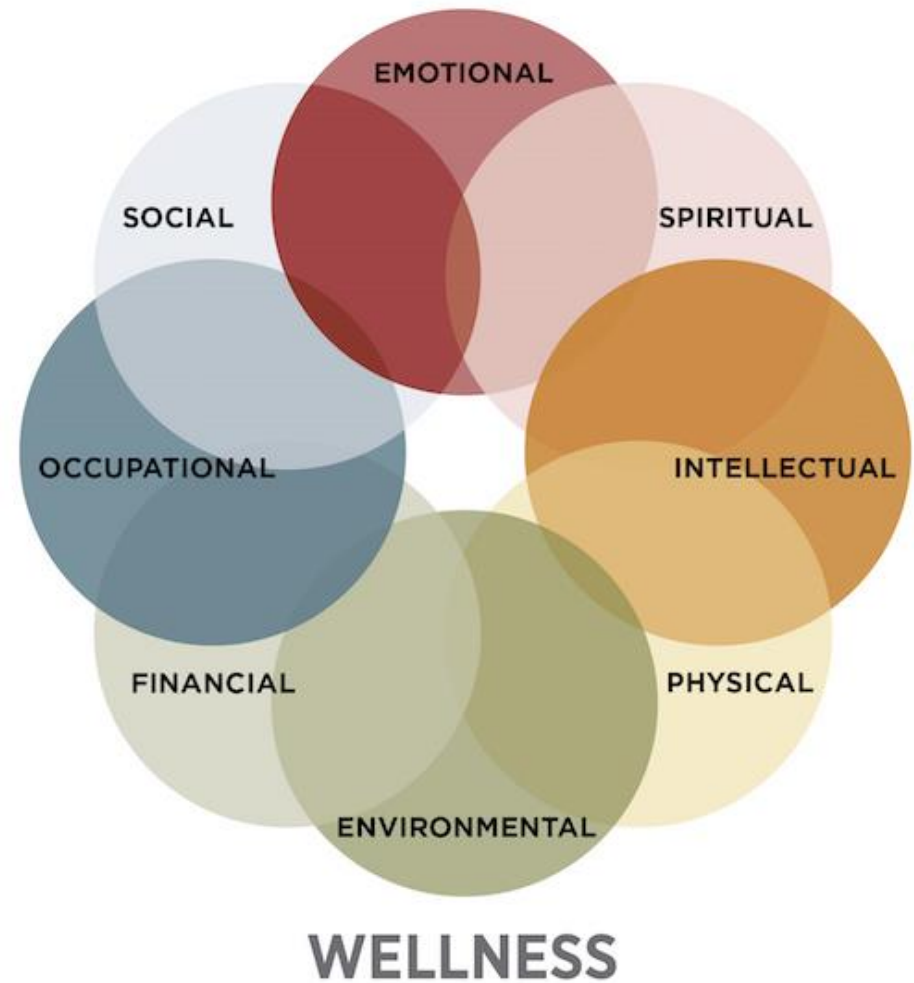


PROMOTING RESILIENCY WITH AGRICULTURAL CLIENTS THROUGH SAMHSA'S 8 DOMAINS OF WELLNESS



SAMHSA'S 8 DOMAINS OF WELLNESS: A whole-person, strength-based approach to resiliency



SAMHSA'S 8 DOMAINS OF WELLNESS: A WHOLE-PERSON, STRENGTH-BASED APPROACH

- Wellness is multifaceted. The wellness initiative identifies eight dimensions of wellness, along with basic needs related to each one. The dimensions influence one another and affect a person's overall health and quality of life.
- Learning about the eight dimensions of wellness can help you choose how to make wellness a part of your everyday life. Wellness strategies are practical ways to start developing healthy habits that can have a positive impact on your physical and mental health.

2023 AgrAbility NTW Quality of Life Update

Spokane, WA

Tuesday, March 21, 2023

10:45 am-12:15 pm

By **Robert J. Fetsch**, Extension Specialist & Professor Emeritus

NAP QOL Evaluation Committee Leader

& NAP Evaluation Committee

AANTW QOL 3.2123 CReznicek (Rev. 2.2823)

Our AgrAbility Vision

“The vision of AgrAbility is to enhance the quality of life for farmers, ranchers, and other agricultural workers with disabilities, so that they, their families, and their communities continue to succeed in rural America.”

Source: Retrieved from www.agrability.org/about/program/#mission

How Do We Define QOL?

- QOL is a multidimensional construct of a person's overall physical, emotional, social, financial, and spiritual well-being.

Sources:

Bogue P, Phelan J. Exploring the quality of life of farm families in Ireland: implications for extension. *J Int Agri Ext Educ*. 2005;12(1):79-90.

Cummins RA. Assessing quality of life for people with disabilities. In: Brown RJ., ed. *Quality of Life for Handicapped People*. Cheltenham, UK: Stanley Thomas, 1997:116-150.

Fetsch, R. J., & Turk, P. (2018). A quantitative assessment of the effectiveness of USDA's AgrAbility project. *Disability and Health Journal*, 11(2), 249-255. doi: <https://doi.org/10.1016/j.dhjo.2017.10.004>

Hagerty MA, Cummins RA, Ferriss AL. et al. Quality of life indexes for national policy: review and agenda for research. *Soc Indic Res*. 2001;55(1):1-96.

McGill Quality of Life Survey

- “Considering all parts of my life—physical, emotional, social, spiritual, and financial—*over the past two (2) days* the quality of my life has been:

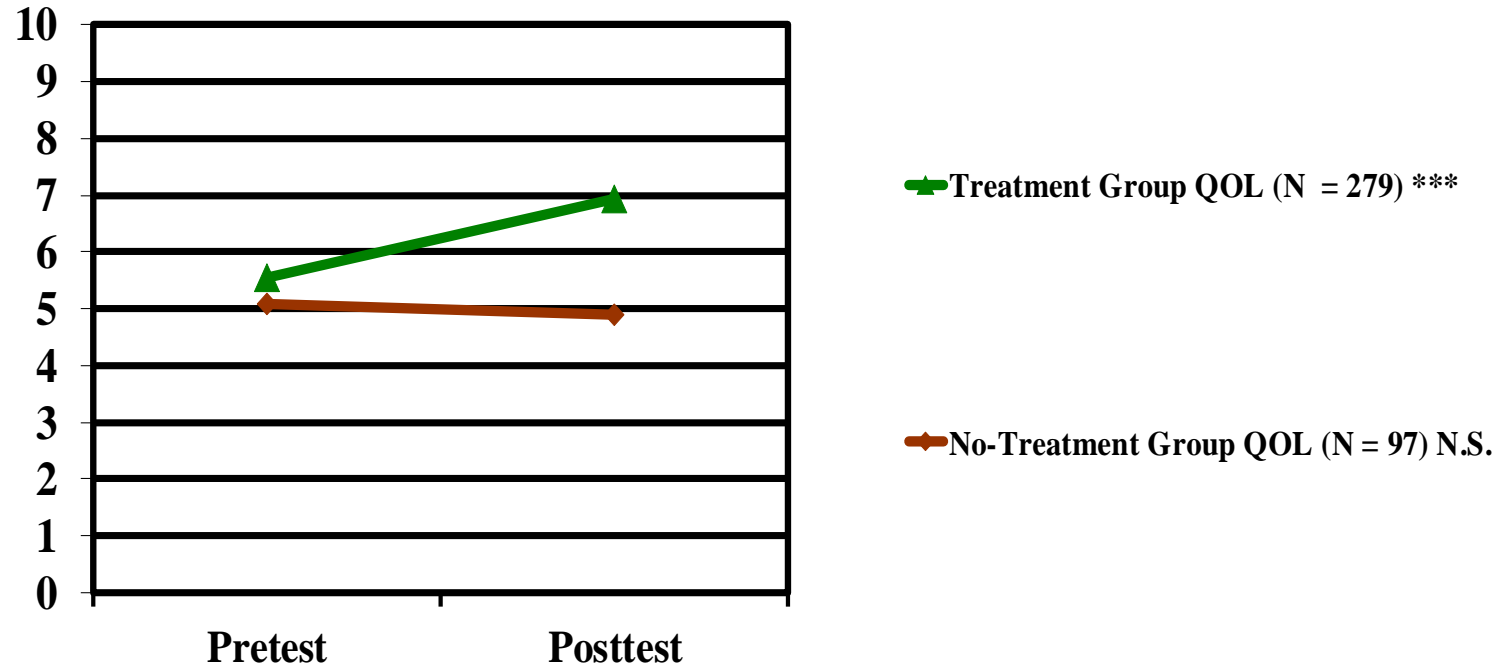
very bad 0 1 2 3 4 5 6 7 8 9 10 excellent”

Brad Rein Asked Us to Help Respond.

- So far **17 SRAP's** are collecting data from AgrAbility clients **with at least one on-site visit** (AR, CA, CO, GA, KS, ME, MO, NC, NE, OK, PA, TX, UT, VA, WA, WI, & WV).
- They email their QOL data to me at Colorado State University AgrAbility for data entry and analyses.

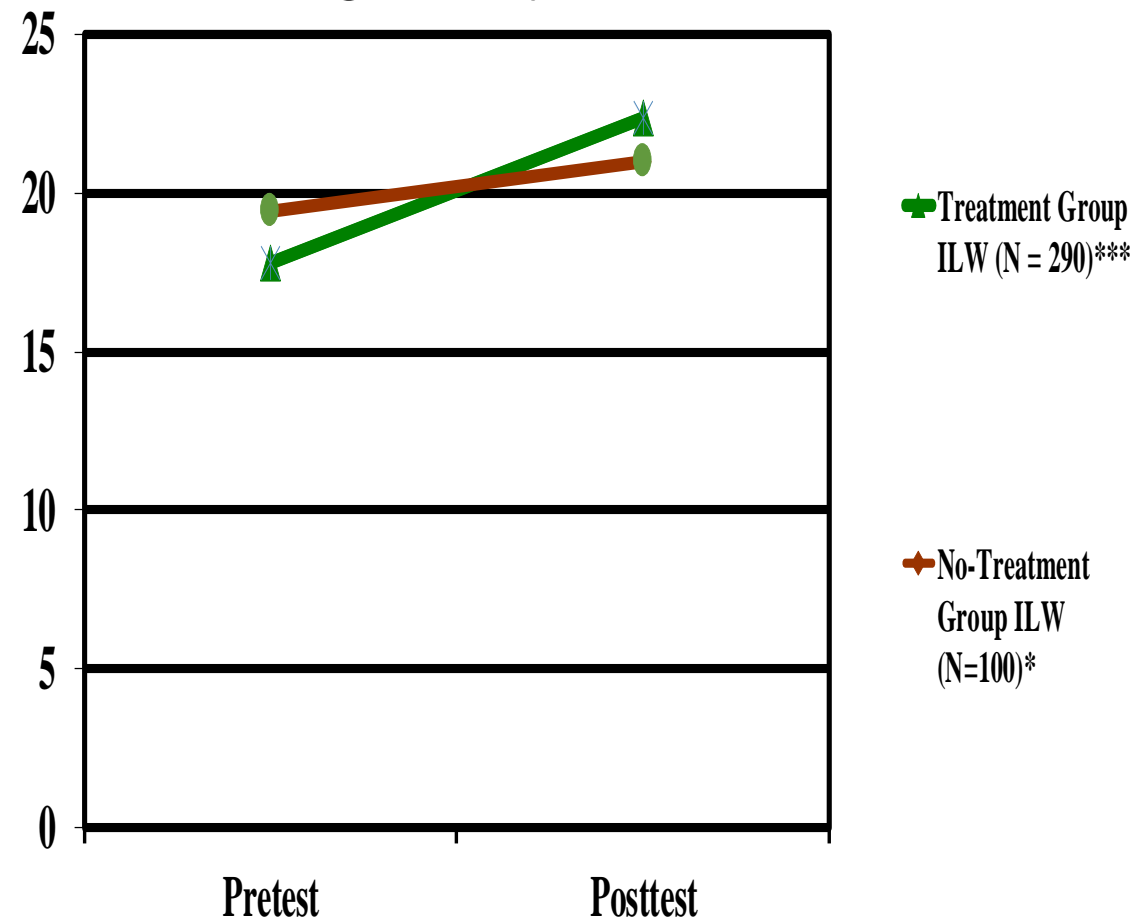
McGill QOL

Pretest-Posttest Total Score Changes for AgrAbility Treatment & Non-AgrAbilityTreatment Comparison Groups



Source: Fetsch, R. J., & Collins, C. L. (2018). The effects of AgrAbility on the mental/behavioral health of farmers and ranchers with functional limitations: A comparison study. *Medical Research Archives*, 6(2). <http://www.journals.ke-i.org/index.php/mra/article/view/1691/1762> & Fetsch AAMcGillQOL10.0522 (Rev. 2.2623)

ILW Pretest-Posttest Total Score Changes for AgrAbility Treatment and No-AgrAbility Treatment Groups



Source: Fetsch, R. J., & Collins, C. L. (2018). The effects of AgrAbility on the mental/behavioral health of farmers and ranchers with functional limitations: A comparison study. *Medical Research Archives*, 6(2). <http://www.journals.ke-i.org/index.php/mra/article/view/1691/1762> & Fetsch AAMcGillQOL10.0522 (Rev. 2.2623)

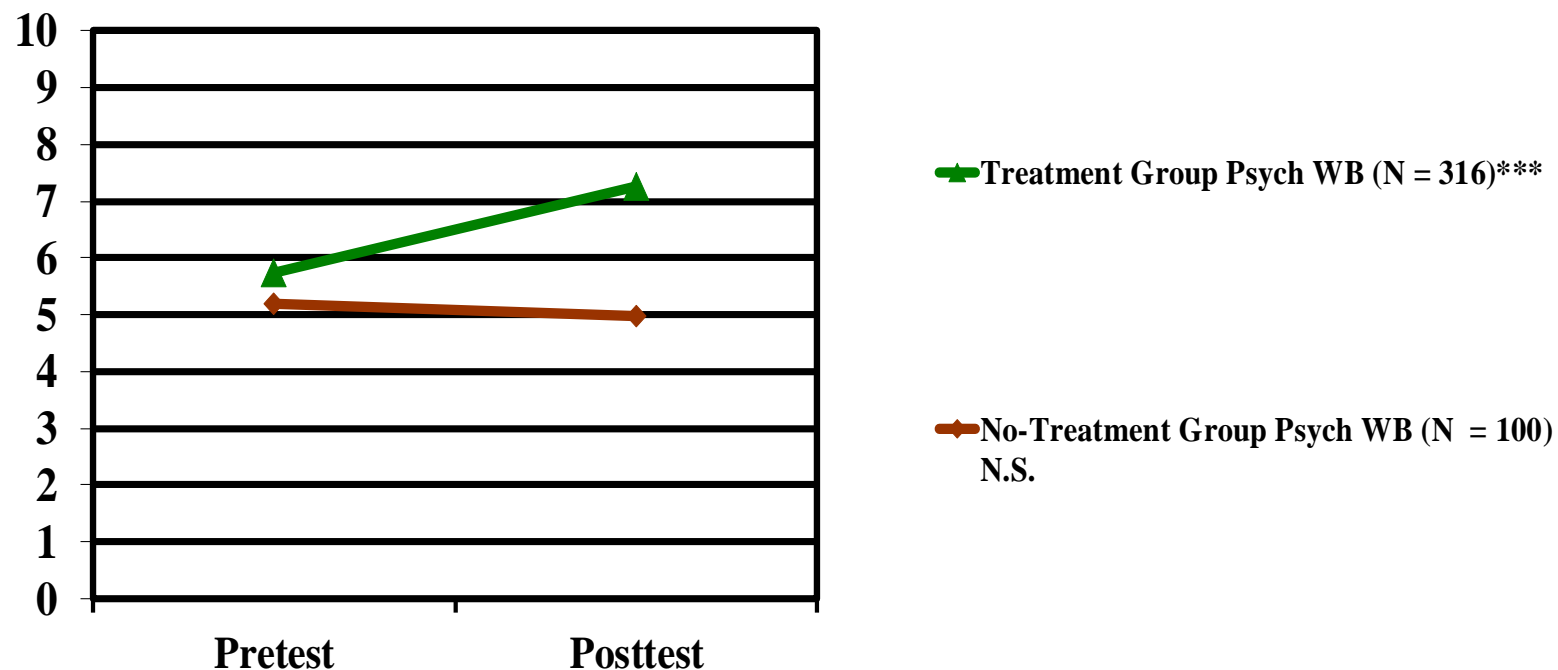
What Have We Learned So Far?

- The AgrAbility group's **psychological well being levels improved significantly** ($p < .001$) ($N = 316$) as compared with **no change** in a no-treatment comparison group ($N = 99$).
- By the time they completed posttests, AgrAbility participants were **less depressed, less nervous or worried, less sad, and more optimistic about the future.**

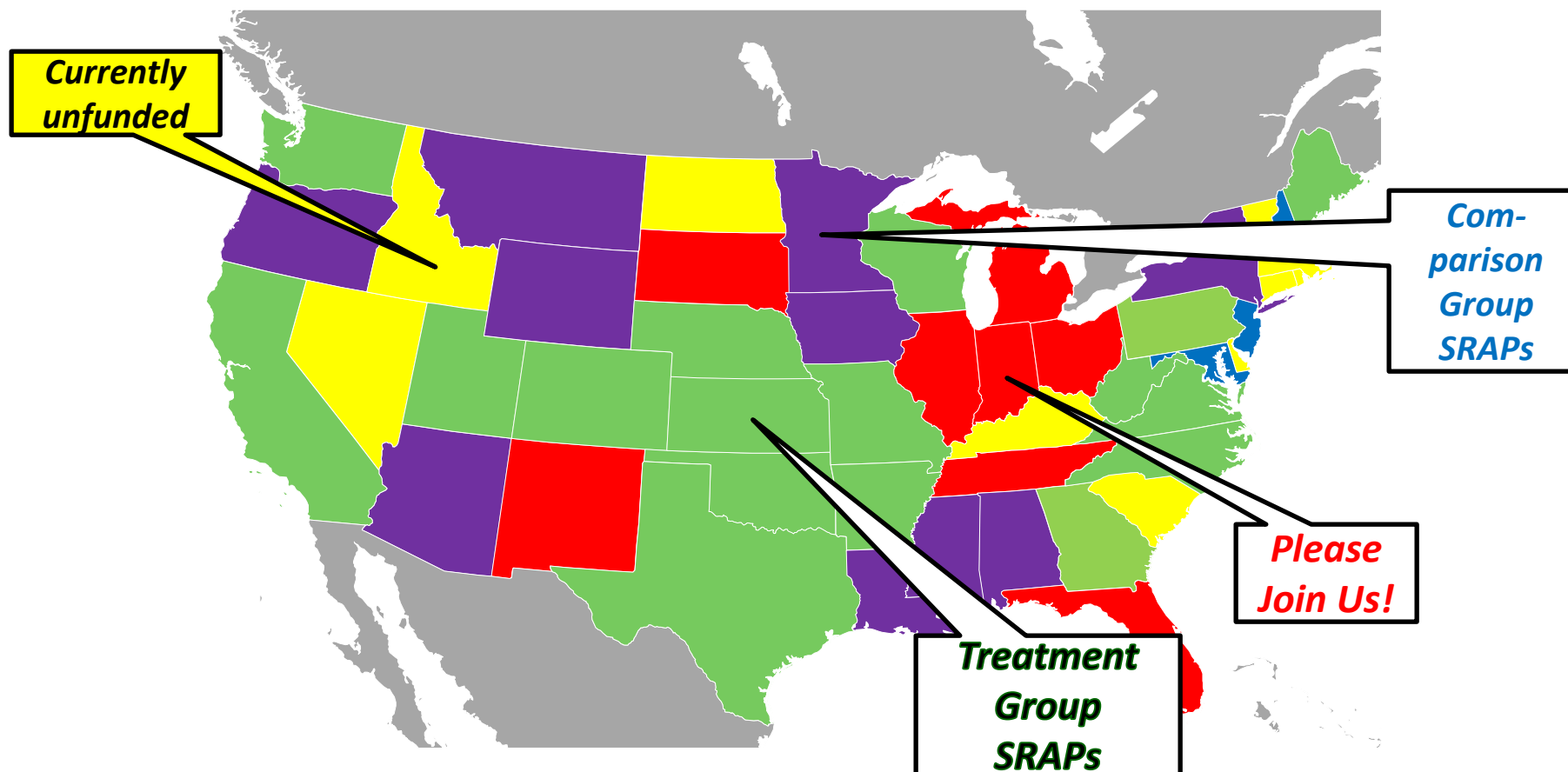
Source: Fetsch, R. J., & Collins, C. L. (2018). The effects of AgrAbility on the mental/behavioral health of farmers and ranchers with functional limitations: A comparison study. *Medical Research Archives*, 6(2). <http://www.journals.ke-i.org/index.php/mra/article/view/1691/1762> & Fetsch AAMcGillQOL10.0522 (Rev. 2.2623)

McGill Psychological Well Being Pretest-Posttest

Changes for AgrAbility Treatment & Non-AgrAbilityTreatment Comparison Groups



Source: Fetsch, R. J., & Collins, C. L. (2018). The effects of AgrAbility on the mental/behavioral health of farmers and ranchers with functional limitations: A comparison study. *Medical Research Archives*, 6(2). <http://www.journals.ke-i.org/index.php/mra/article/view/1691/1762> & Fetsch AAMcGillQOL10.0522 (Rev. 2.2623)



Won't You Join Us? Here's How:

Send me an email at
robert.fetsch@colostate.edu.

Questions?
Thank you very much!

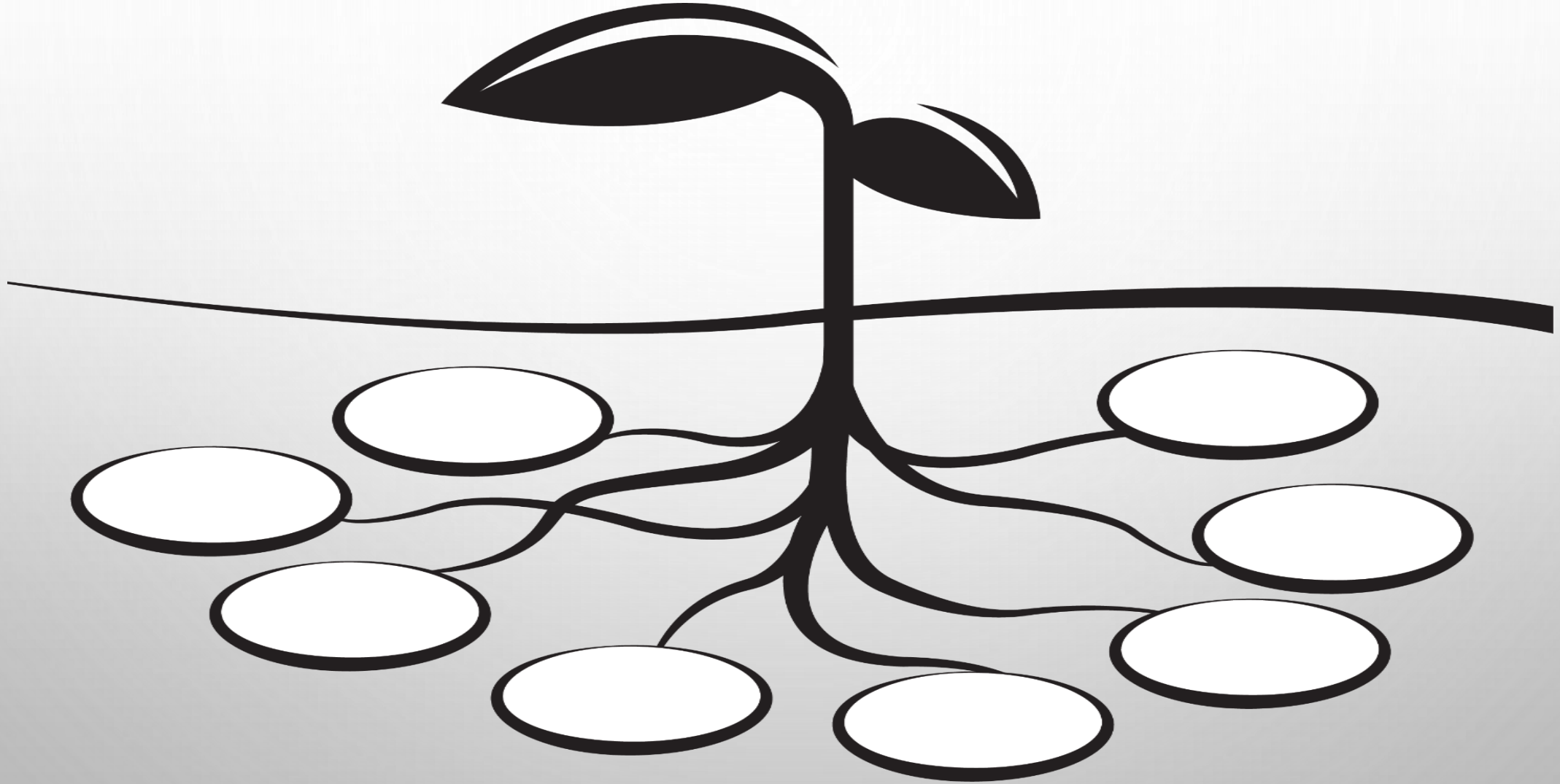
WELLNESS REPORT CARD

Taking stock of our wellbeing

Take a moment to review the following descriptions and then give yourself an alphabetical grade A-F for each domain based on how well you currently see yourself doing in each domain:

Domain	Grade
Occupational: Personal satisfaction and enrichment from one's work	
Emotional: Coping effectively with life and creating satisfying relationships	
Financial: Satisfaction with current and future financial situations	
Physical: Recognizing the need for physical activity, healthy foods, and sleep	
Environmental: Enjoying good health by occupying pleasant, stimulating environments that support well-being	
Social: Developing a sense of connection and belonging; and having a [good] support system	
Spiritual: Expanding one's sense of purpose and meaning in life	
Intellectual: Recognizing creative abilities and finding ways to expand knowledge and skills	

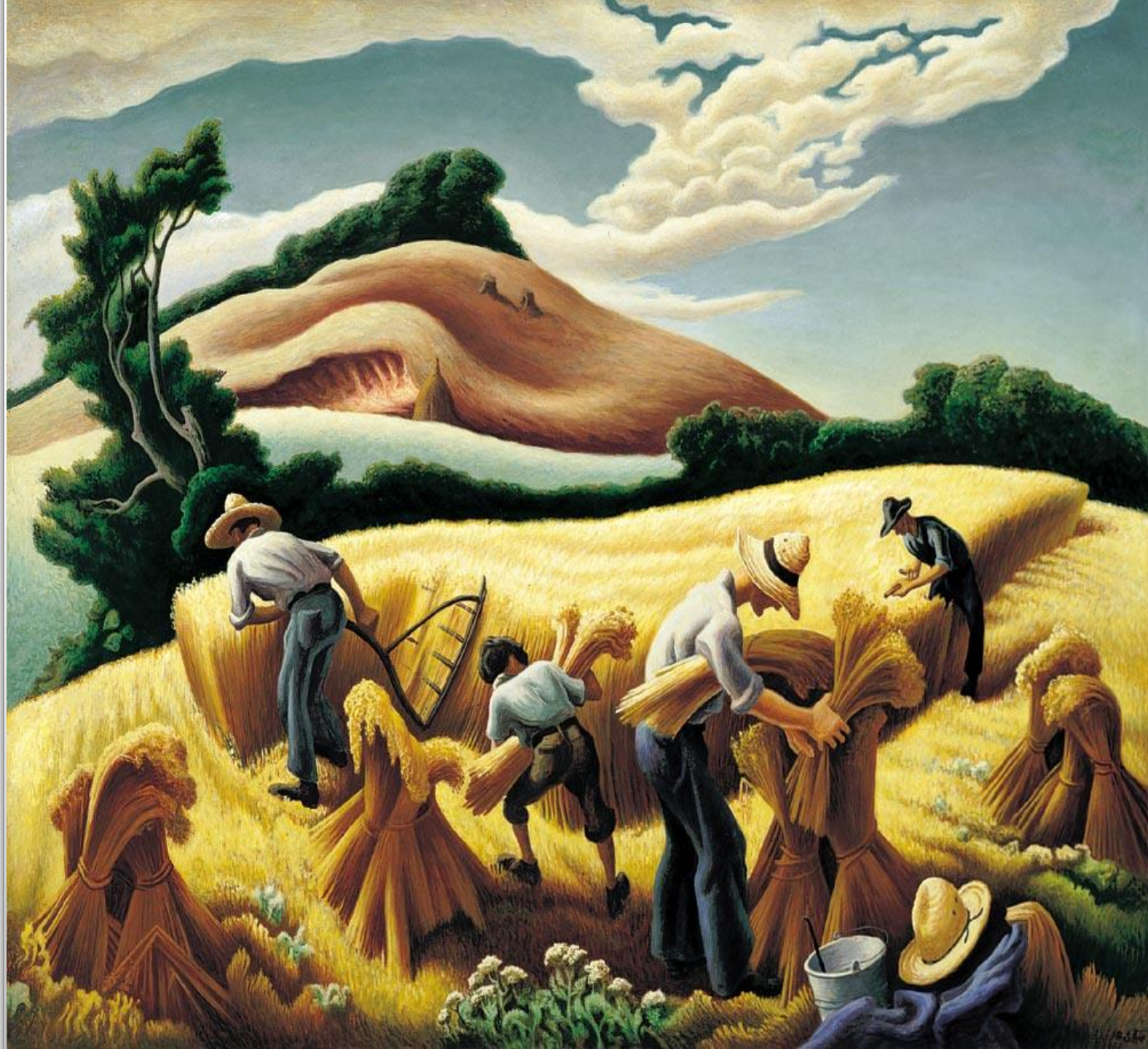
As we go through the 8 domains we encourage you to brainstorm and think of one activity, skill, or practice you could utilize to increase your overall wellbeing. There is one oval for each domain and we will pause at the end of each section to give you a chance to identify the roots of your wellness plan



- As producers and professionals, you are the experts. The goal of the 8 domains are to help provide some structure and direction but think of them as possible ingredients that you can pick and choose from as you create your wellness recipe.



OCCUPATIONAL
DOMAIN: Personal
satisfaction and
enrichment from one's
work



THE AGRARIAN IMPERATIVE THEORY EXPLAINS MUCH ABOUT SUCCESSFUL FARMERS, AND THEIR MAJOR STRUGGLES

“An **innate connection** to the land that drives agricultural producers’ industriousness, resilience, and determination to protect it at all costs.”
(Rosmann, 2010)

Who Are You?

What makes you come alive?

Who are you beyond a farmer or a rancher?



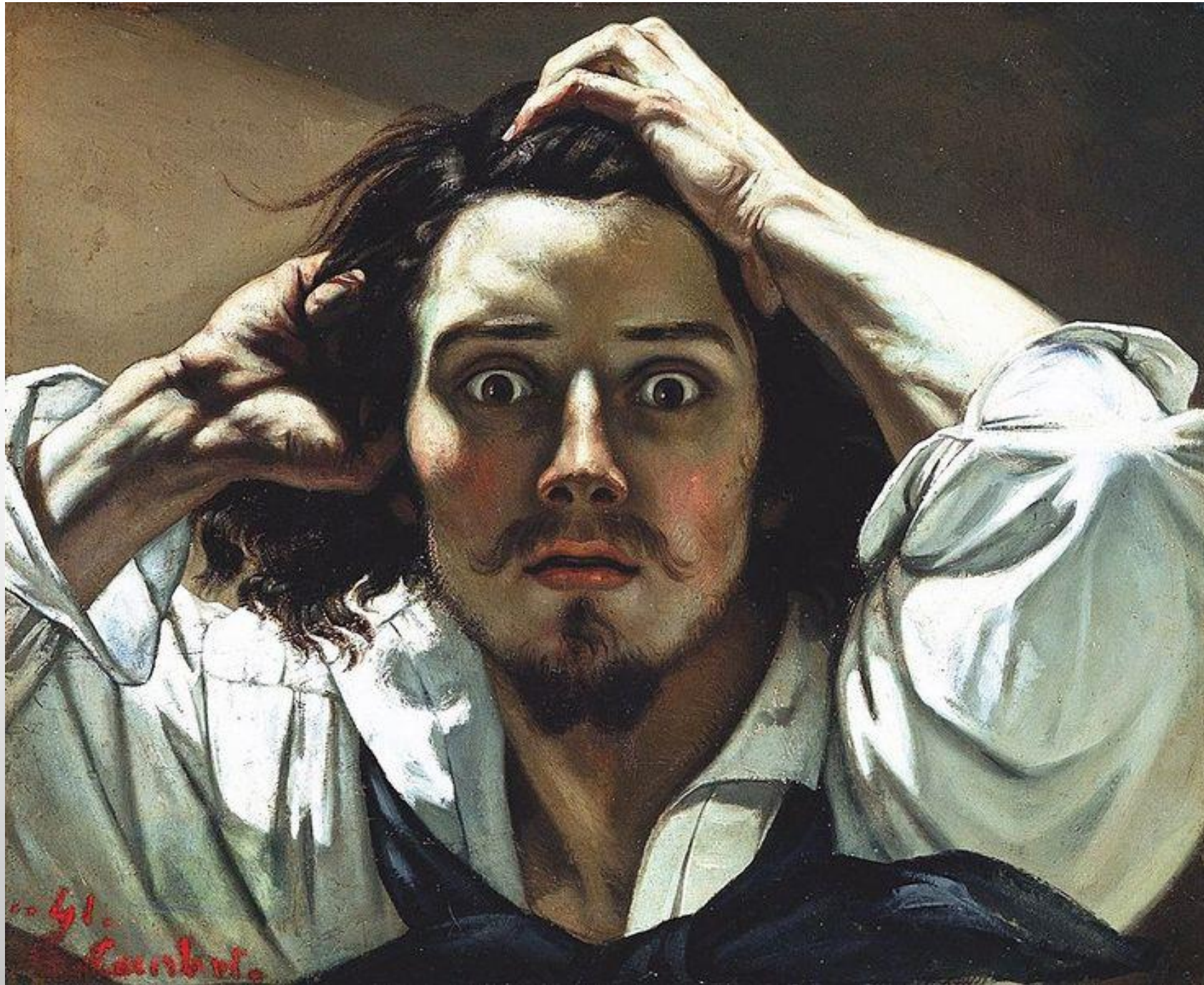
LandLogic™ illustrations by Andrea Rochat, MFA www.RochatCreative.com

DOMAIN REFLECTION

What is one thing
you can do to take
better care of your
Occupational needs?

EMOTIONAL

DOMAIN: Coping effectively with life and creating satisfying relationships



EMOTIONAL DOMAIN

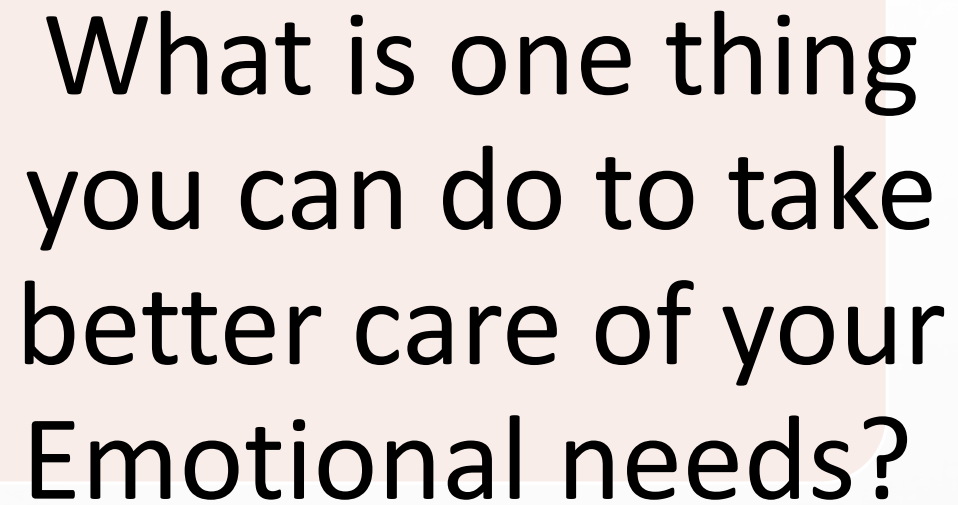
- Farmers/ranchers are reporting high stress, anxiety, fear, and depression levels.
- We are seeing higher levels of anxiety and fear.
- Most effective treatments of depression?
- In the past two decades, suicide rates have been consistently higher in rural America than in urban America. Between 2000-2020, suicide rates increased 46% in non-metro areas compared to 27.3% in metro areas. [SUICIDE IN RURAL AMERICA | CSELS | OPHSS | CDC](#)
- 5 problems:
 - Stigma
 - Cost
 - Find “agri-culturally sensitive” BH provider.
 - Make first visit with BH provider
 - Follow through

BEHAVIORAL WELL-BEING IS A KEY TO HEALTHY FOOD PRODUCTION

- The most important asset for consumers in the food chain is the agricultural producers
- Farmers' and ranchers' behavioral health is positively correlated with optimal livestock health, crop production, sound decision-making, personal and family well-being
- Unlike the weather, government policies, consumer preferences, and COVID, farmers can control their behavior for the most part

ROSMANN, MR 2021 UNDERSTANDING AND IMPROVING THE BEHAVIORAL HEALTH AND RESILIENCE OF FARMERS, ANNIE'S PROJECT, LSU PRESENTATION

EMOTIONAL DOMAIN REFLECTION



What is one thing
you can do to take
better care of your
Emotional needs?

PHYSICAL DOMAIN:

Recognizing the need for physical activity, healthy foods, and sleep



Upstream Physical Health Basics

- Nutrition
- Hydration
- Breathe
- Sleep
- Exercise





Nutrition

Benefits of Healthy Eating for Adults

- Helps brain function and mental health
- May help you live longer
- Keeps skin, teeth, and eyes healthy
- Supports muscles
- Boosts immunity
- Strengthens bones
- Lowers risk of heart disease, type 2 diabetes, and some cancers
- Supports healthy pregnancies and breastfeeding
- Helps the digestive system function
- Helps achieve and maintain a healthy weight



Hydration

- Regulates body temperature
 - Supports healthy Blood pressure
 - Keeps joints lubricated
 - Prevents infections
 - Delivers nutrients to cells
 - Keeps organs functioning properly
 - Improves sleep quality
 - Improves Cognitive alertness
 - Improves short term memory
- "The amount of water a person should drink can vary depending on their age, activity level, and more."



Pause
Breathe
Resume

Breathe

BOX

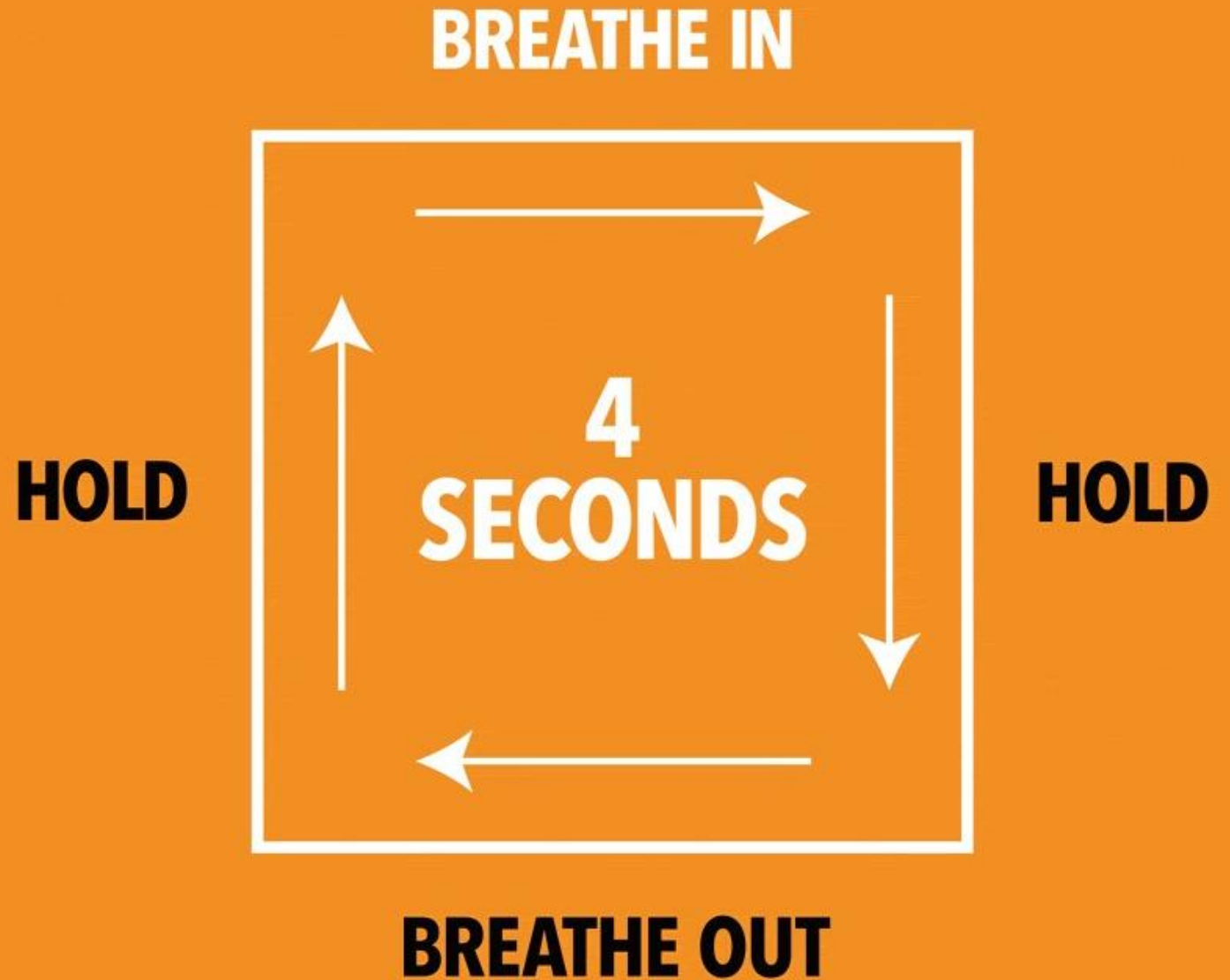
BREATHING

Calms the nervous system

Increases focus

Regulates blood pressure

Improves sleep



Sleep

Living on less sleep is not a badge of toughness

Adults need 7-9 hours

Youth need 8-10 hours

Regular sleep schedules improves alertness, alertness, mental clarity, recovery time, immune immune system, heart function, efficiency and and reduces the need and dependance on stimulants and depressan

Lack of sleep is linked to depression and weight weight gain.

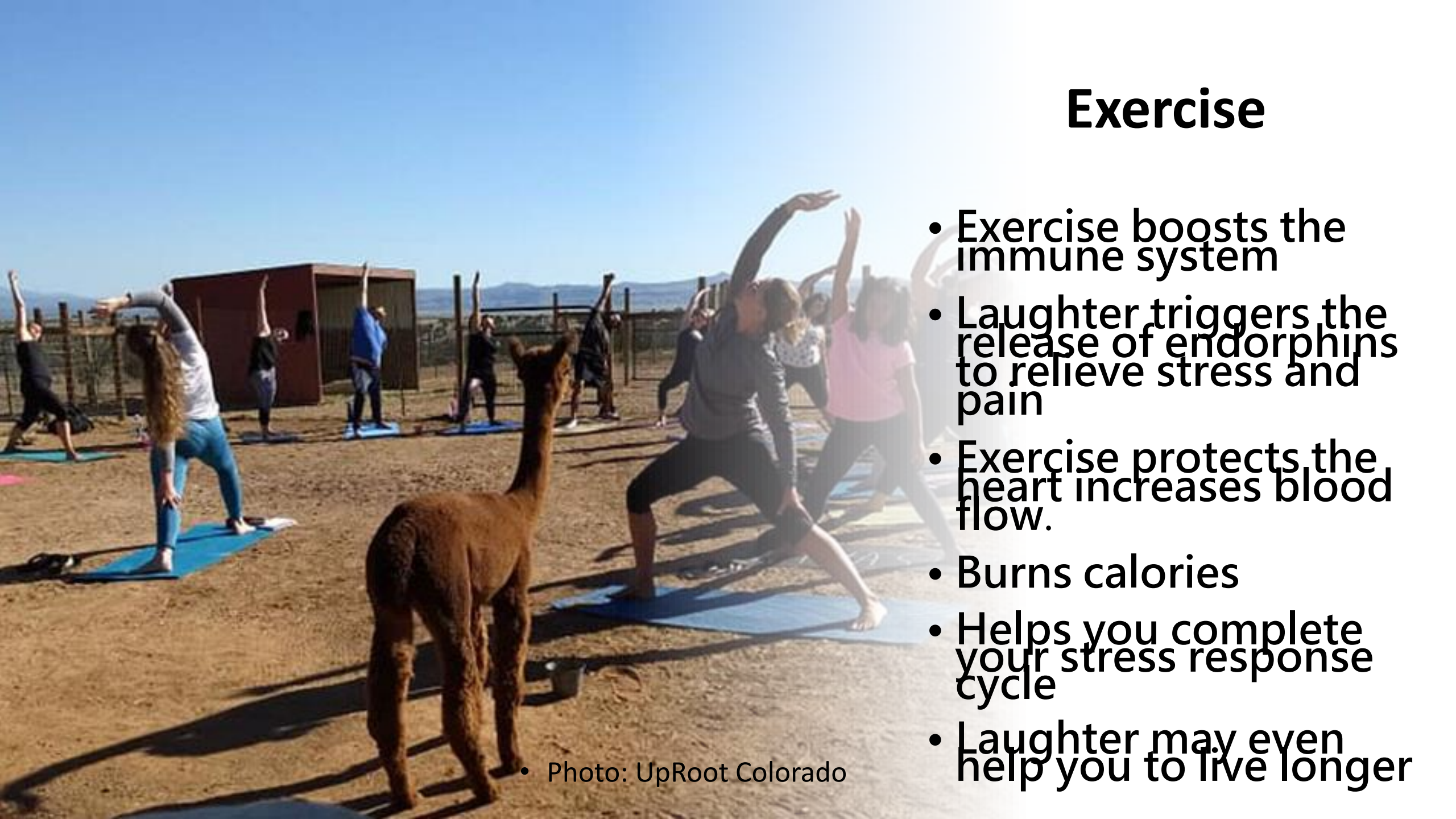
Trouble sleeping, speak to your doctor
What can you do to aid and prioritize sleep? sleep?



Exercise

- Exercise boosts the immune system
- Laughter triggers the release of endorphins to relieve stress and pain
- Exercise protects the heart increases blood flow.
- Burns calories
- Helps you complete your stress response cycle
- Laughter may even help you to live longer

• Photo: UpRoot Colorado





Connected to Yourself

“The most common form of despair is not being who you are.”

Soren Kierkegaard

You can think and feel at the same time

Your nervous system is regulated.

You accept who you are

No need to pretend or perform.

You have a sense of your own needs

Physically, emotionally, spiritually.

How our bodies determine safety

- **Feel firmly rooted inside yourself**
- **Know where you are in any given setting (proprioception)**
- **Feel spatial relationship between your body parts to one another as well as your own body relationship to the space around you (Interoception)**

Can you Breathe?

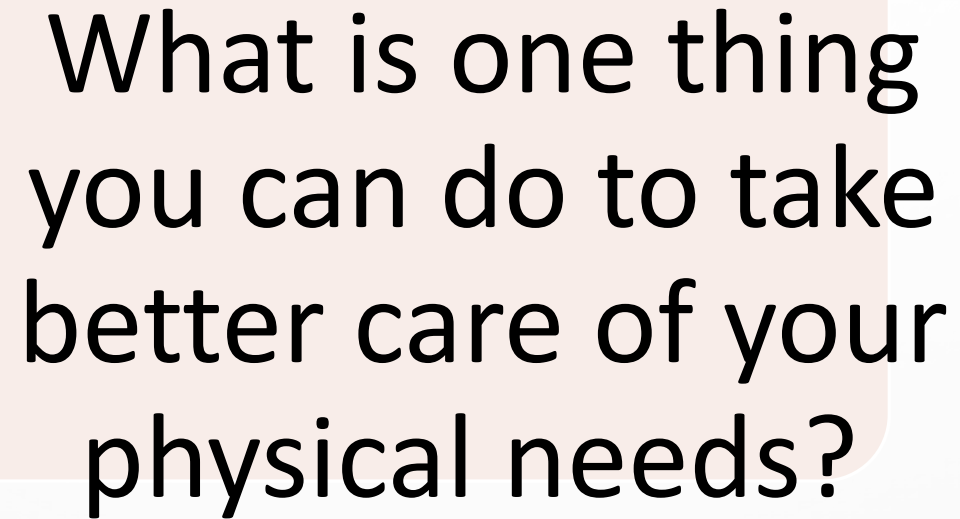
Can you take deep lung filling breaths in the environment

- Breath is vital for life; without it all living things will die.
- Fresh clean air in any environment is vital, if you don't have it find it.
- Close your eyes and breath!
- Book: Breath James Nester



JUST BREATHE

PHYSICAL DOMAIN REFLECTION



What is one thing
you can do to take
better care of your
physical needs?

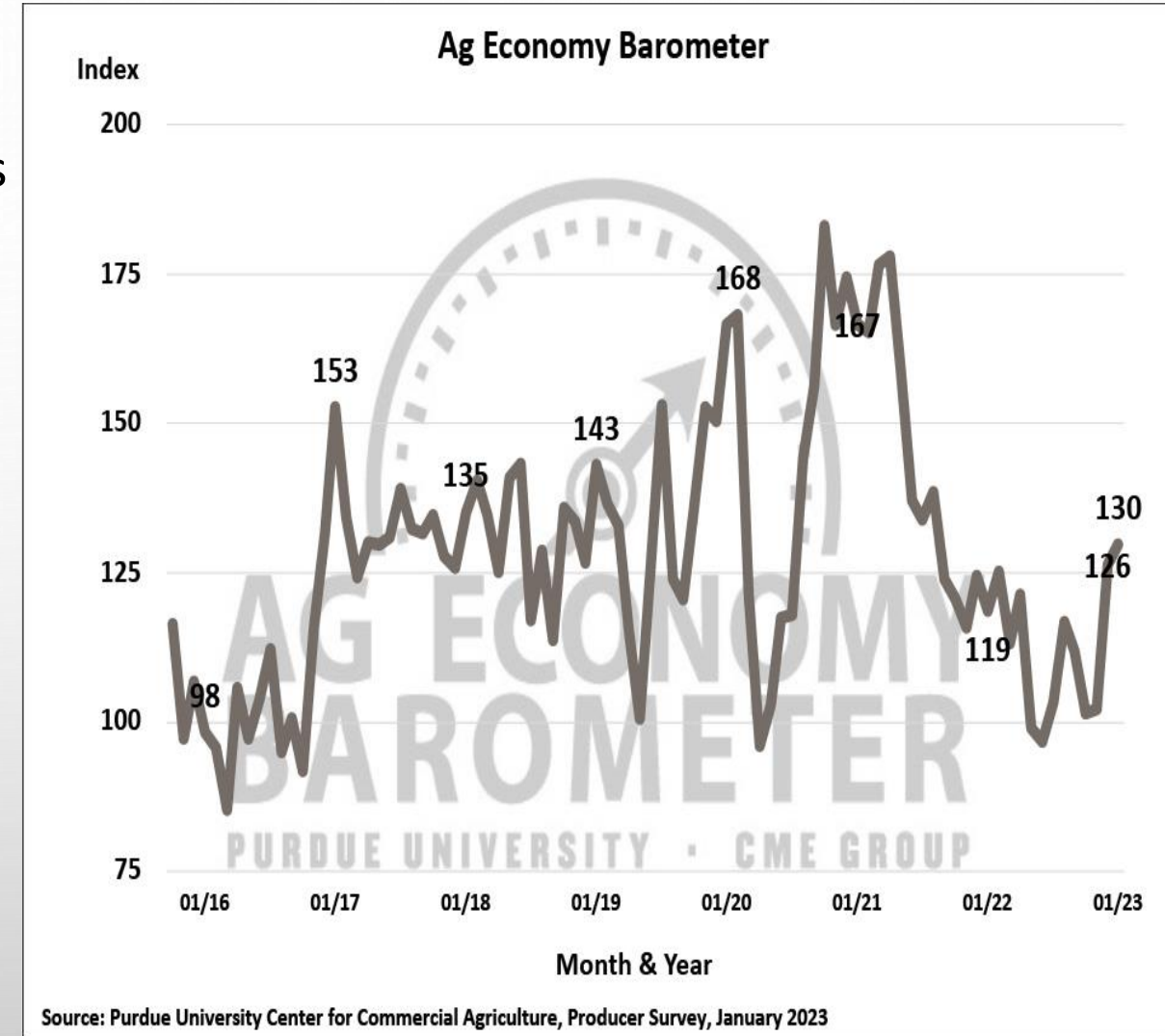
FINANCIAL DOMAIN:

Satisfaction with
current and future
financial situations

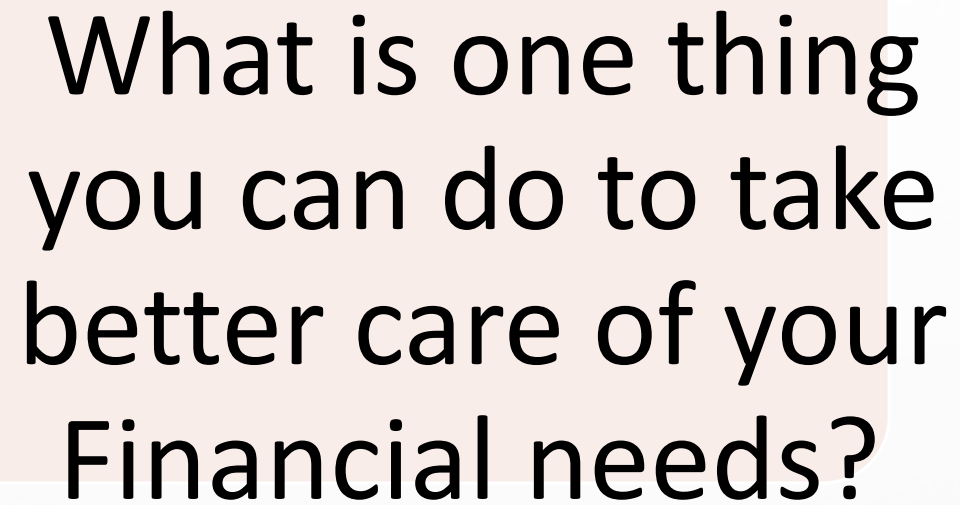


FINANCIAL DOMAIN

- “Financial worries” was listed as one of the top three stressors listed by 796 agricultural producers who completed a baseline report in the western region. [Agriculture producer stress western regionl aggregate report \(farmstress.Us\)](#)
- Record keeping is often a key starting point and being able to take an accurate and objective assessment of one’s financial situation is key.
- County extension agents can be a good starting point to see resources available in your area.
- [AGFTAP | RESOURCES](#)



FINANCIAL DOMAIN REFLECTION



What is one thing
you can do to take
better care of your
Financial needs?

INTELLECTUAL DOMAIN:

Recognizing creative abilities and finding ways to expand knowledge and skills



INTELLECTUAL DOMAIN: Recognizing creative abilities and finding ways to expand knowledge and skills

- Spend time in stimulating environments
- Read
- Looking for ways to use creative and critical thinking skills outside of work
- Engage in stimulating hobbies or interests that require you to learn new skills (music, art, and language)
- Multi-sensory Patterned Repetitive Movement

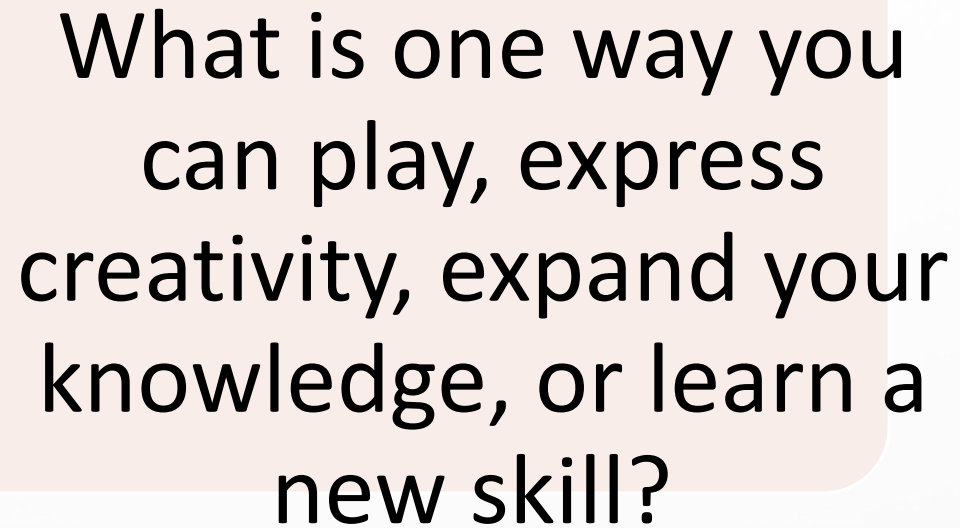




Play

- **Play helps alleviate stress and generate joy as you allow yourself to get lost in an activity without stakes**
- It's time spent without purpose.
- It's something you don't want to end.
- It leads to a loss of self-consciousness.

INTELLECTUAL DOMAIN REFLECTION



What is one way you
can play, express
creativity, expand your
knowledge, or learn a
new skill?

ENVIRONMENTAL DOMAIN:

Enjoying good health by occupying pleasant, stimulating environments that support well-being





HEALTHY SPACE TO LIVE, MOVE, THINK AND BREATHE

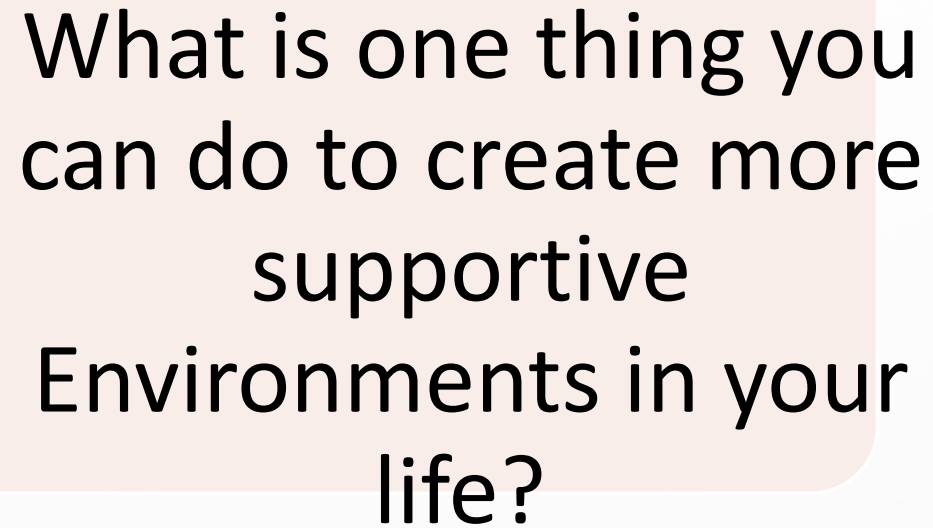
JUST LIKE PLANTS AND ANIMALS WE NEED SPACE TO BREATHE, TAKE IN SUN, FRESH AIR, MOISTURE, WITH ABILITY TO MOVE/GROW. INTERNALLY AND EXTERNALLY.

- GET RID OF CLUTTER AND OVERCROWDING IN OUR LIFE BOTH PHYSICALLY AND MENTALLY.
- TAKE A MEDIA HOLIDAY
- PASS ON ITEMS THAT YOU KNOW LONGER NEED. GIVE THEM TO SOMEONE THAT CAN USE THEM.
- SURROUND YOUR SELF WITH ART, PLANTS AND THINGS THAT BRING YOU COMFORT AND JOY.



Get Outside! Be in Nature! Observe Beauty!

ENVIRONMENTAL DOMAIN REFLECTION



What is one thing you
can do to create more
supportive
Environments in your
life?

SPIRITUAL DOMAIN:

Expanding a sense of purpose and meaning in life



LandLogic ModelSM

A picture is worth a **1,000** words



Murphree Farms



McClintock Dairy



Connealy



Jackson

SOCIAL DOMAIN: Coping effectively with life and creating satisfying relationships



SOCIAL CONNECTIVENESS

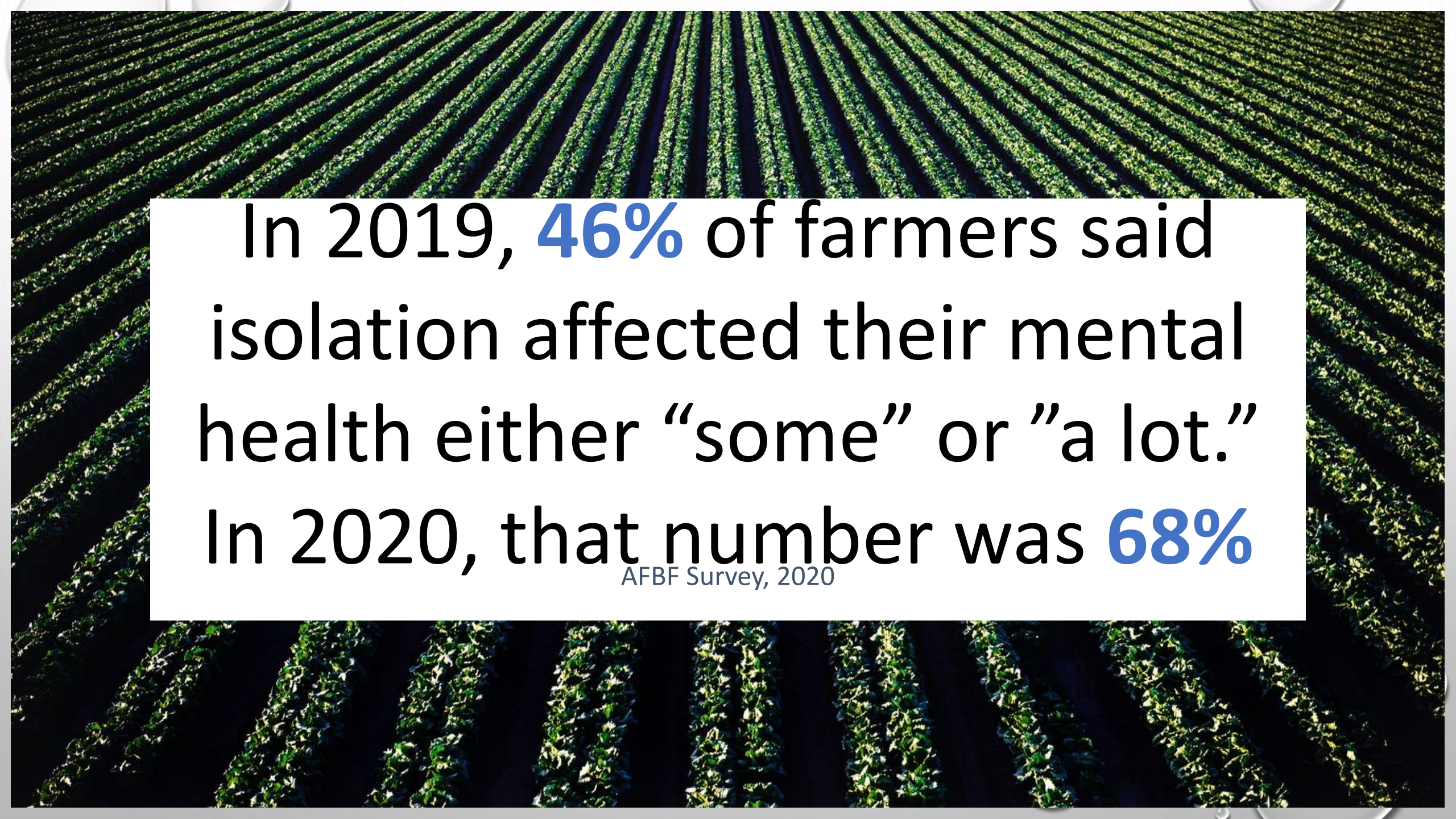
May be one of our most important protective factors

- HARVARD HAPPINESS STUDY: [ROBERT WALDINGER: WHAT MAKES A GOOD LIFE? LESSONS FROM THE LONGEST STUDY ON HAPPINESS | TED - YOUTUBE](#)
- The project has followed 724 men since they were teenagers in 1938. (Approximately 60 men, now in their 90s, are still left.) The group consisted of men from various economic and social backgrounds, from boston's poorest neighborhoods to harvard undergrads. (President john F. Kennedy was even part of the original group.) Over the years, the researchers have collected all kinds of health information, and every two years they ask members questions about their lives and their mental and emotional wellness. They even interview family members.

[THE SECRET TO HAPPINESS? HERE'S SOME ADVICE FROM THE LONGEST-RUNNING STUDY ON HAPPINESS - HARVARD HEALTH](#)


- “The clearest message that we get from this 75-year study is this: good relationships keep us happier and healthier” harvard psychologist and grant study director robert waldinger — the latest of four generations of scientists working on the project

[WHAT MAKES A GOOD LIFE: REVELATORY LEARNINGS FROM HARVARD'S 75-YEAR STUDY OF HUMAN HAPPINESS – THE MARGINALIAN](#)



In 2019, **46%** of farmers said
isolation affected their mental
health either “some” or “a lot.”
In 2020, that number was **68%**

AFBF Survey, 2020

The background image is a composite of two parts. The top part shows the dark, intricate branches of a large tree against a warm, orange-hued sky. The bottom part shows a silhouette of an elderly person with a cane standing next to a park bench, looking out over a sunset or sunrise. The overall mood is contemplative and solitary.

Feeling alone has a long term biological impact on our brains

Cacioppo, International Journal of Psychophysiology

A garden sign with a colorful geometric pattern of triangles in various shades of red, orange, yellow, green, and blue. The sign is surrounded by lush green foliage and purple leaves. The text "You belong." is written in a large, yellow, outlined font. The word "You" is on the top line, "belong." is on the bottom line, and a period follows the word "belong.".

You
belong.

“A deep sense of love and belonging is an **irreducible need** of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we were meant to.

We break.

We fall apart.

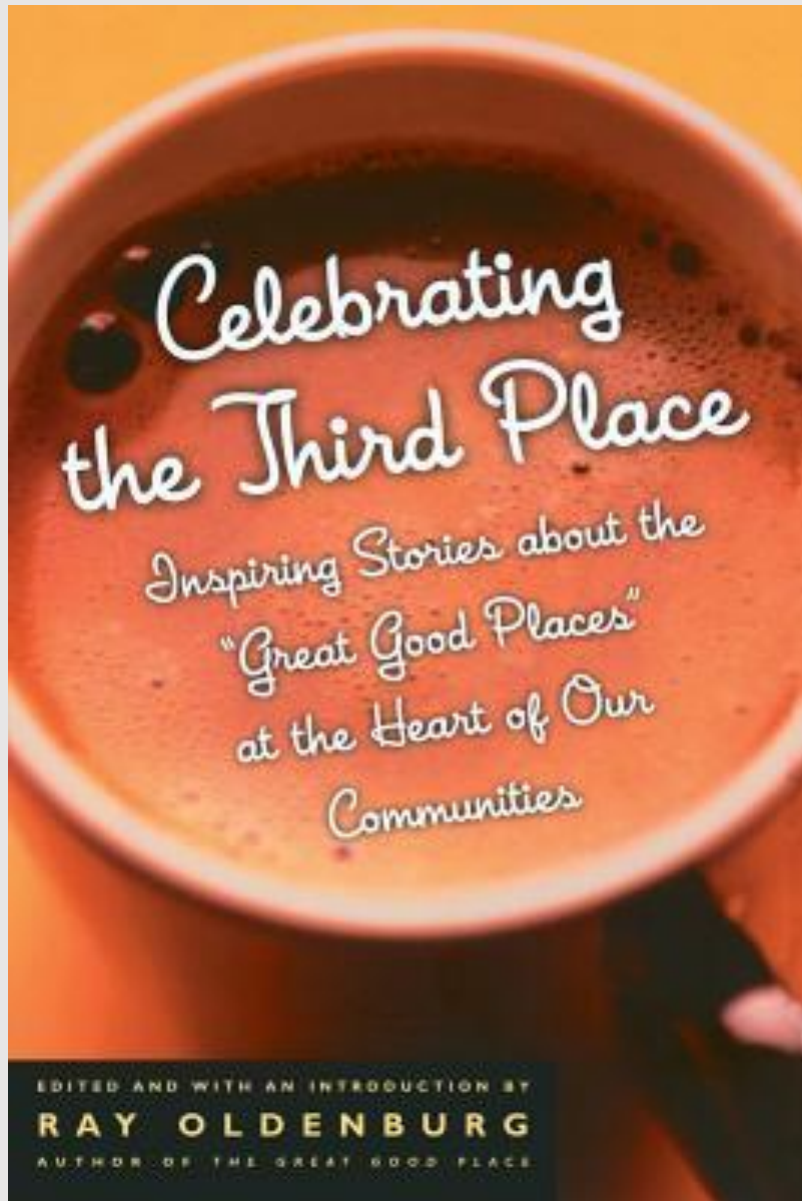
We numb.

We ache.

We hurt others.

We get sick.”

-- Brene Brown

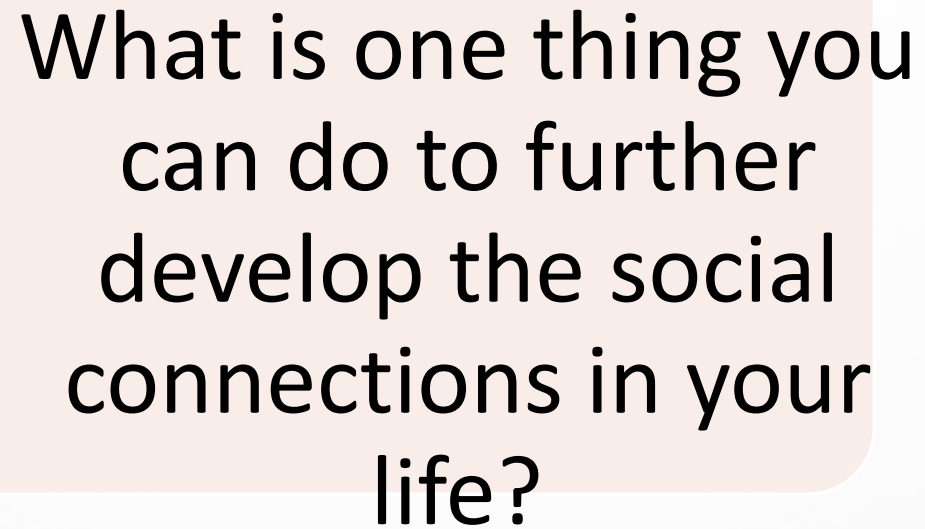


Third Places

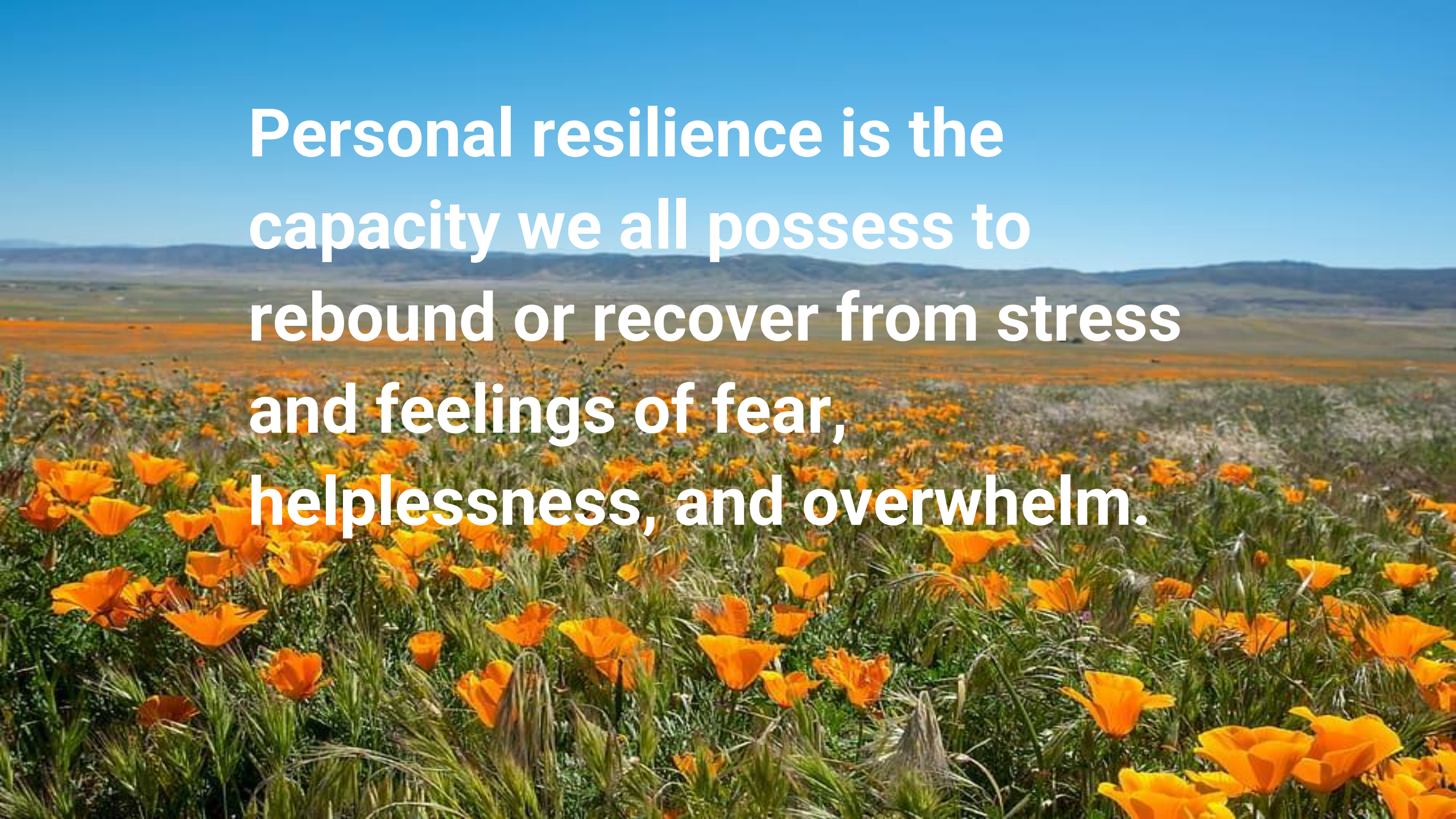
1. Home
2. Work
3. Barber shops, taverns, diners, living rooms, dining rooms, church basements, bookstores, town squares, cafes, VFW, etc.

Where can people gather outside of home & work?

SOCIAL DOMAIN REFLECTION



What is one thing you
can do to further
develop the social
connections in your
life?

A vibrant field of orange poppies in full bloom, interspersed with green grass. In the background, rolling hills and mountains are visible under a clear, bright blue sky. The scene is bathed in natural light, suggesting a sunny day.

**Personal resilience is the
capacity we all possess to
rebound or recover from stress
and feelings of fear,
helplessness, and overwhelm.**

MAKING YOUR RESILIENCY PLAN

WHAT ARE 2 ACTION STEPS YOU COULD COMMIT TO TAKING IN THE NEXT WEEK?

- 1. _____
- 2. _____

THE END

Thank you all for your time and attention today and especially for your dedication to this most noble of occupations and the incredible families that give so much back to the world through agriculture



QUESTIONS AND COMMENTS?

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- CLINTON WILSON CLINTON.WILSON@RMFU.ORG
- CHAD REZNICEK CHAD.REZNICEK@COLOSTATE.EDU

