



Peas in a Pod: Similar but Different Models for Peer Support

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Let's talk about....

- Three models of peer support for farmers & farm family members
- Similarities/differences among models including the who/what/when/where and how of:
 - Origin
 - Funding
 - Partners
 - Peer supporters
 - Referrals and pairing
 - Contacts
 - Reporting/follow-up
- Lessons learned & future directions
- What others are doing in the realm of peer support

Three Peer Support Programs



Farm Health Connectors



CareNet
Counseling

An affiliate of
Wake Forest Baptist Health



Farmer to Farmer Partners



Farmer to Farmer Selection, Training and Approach



- Application to become peer farmer
- Training
 - Farmer to Farmer Curriculum
 - Program overview
 - Active listening
 - Signs/symptoms of behavioral health concerns
 - What to expect from a behavioral health referral
 - Responding to a farmer in crisis
 - Resources
 - Reporting & follow-up
 - QPR, Mental Health First Aid or other similar suicide prevention training
- Approach is from a behavioral health/mutual aid perspective



Farmer to Farmer Process

- Farmer seeking peer referred by self, family member, Cooperative Extension Agent or another individual
- Screened by Agromedicine nurse to determine suitability peer support &/or need for behavioral health services
- Matched to peer in non-contiguous county based on demographics & other characteristics
- Contact occurs through mutually agreed upon means
- Peer completes encounter form and notifies nurse of any concerns
- Nurse follows up with peer and farmer periodically



Farm Health Connector Partners

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NC FARM & RANCH

**STRESS
ASSISTANCE
NETWORK**

Farm Health Connector Selection, Training and Approach

Farm Health Connectors



- Farm Health Connectors selected and paid by CareNet
- Training
 - Onboarding CareNet/Atrium Wake Forest Baptist
 - Overview of agriculture in North Carolina & programs offered by NC Agromedicine Institute
 - Farmer to Farmer Curriculum (optional)
 - QPR, Mental Health First Aid or other similar suicide prevention training
- Approach is from a social, spiritual and health perspective

Farm Health Connector Process



- Farmers/farm families identified by Farm Health Connectors (FHC) or a community partner
- Contact occurs through mutually agreed upon means
- FHCs complete contact reports & reach back to CareNet or NC Agromedicine Institute for assistance with referrals
- FHCs participate in CareNet staff meetings with other Faith Health staff; periodic one-on-one or group meetings with CareNet and NC Agromedicine Institute staff



The Veteran's Farm of NC (VFNC) Peer Support Partners

VFNC Training, Selection and Approach



- Peer Support Coordinators selected from among former students
- Training
 - Veterans Agricultural Training & Education Program
 - Farmer to Farmer
 - QPR, Mental Health First Aid or other similar training
 - Peer Support Certification training
 - Other training, as requested & or deemed necessary
- Approach is based on model for suicide prevention developed by The Veteran's Farm of North Carolina (VFNC)





VFNC Peer Support Process

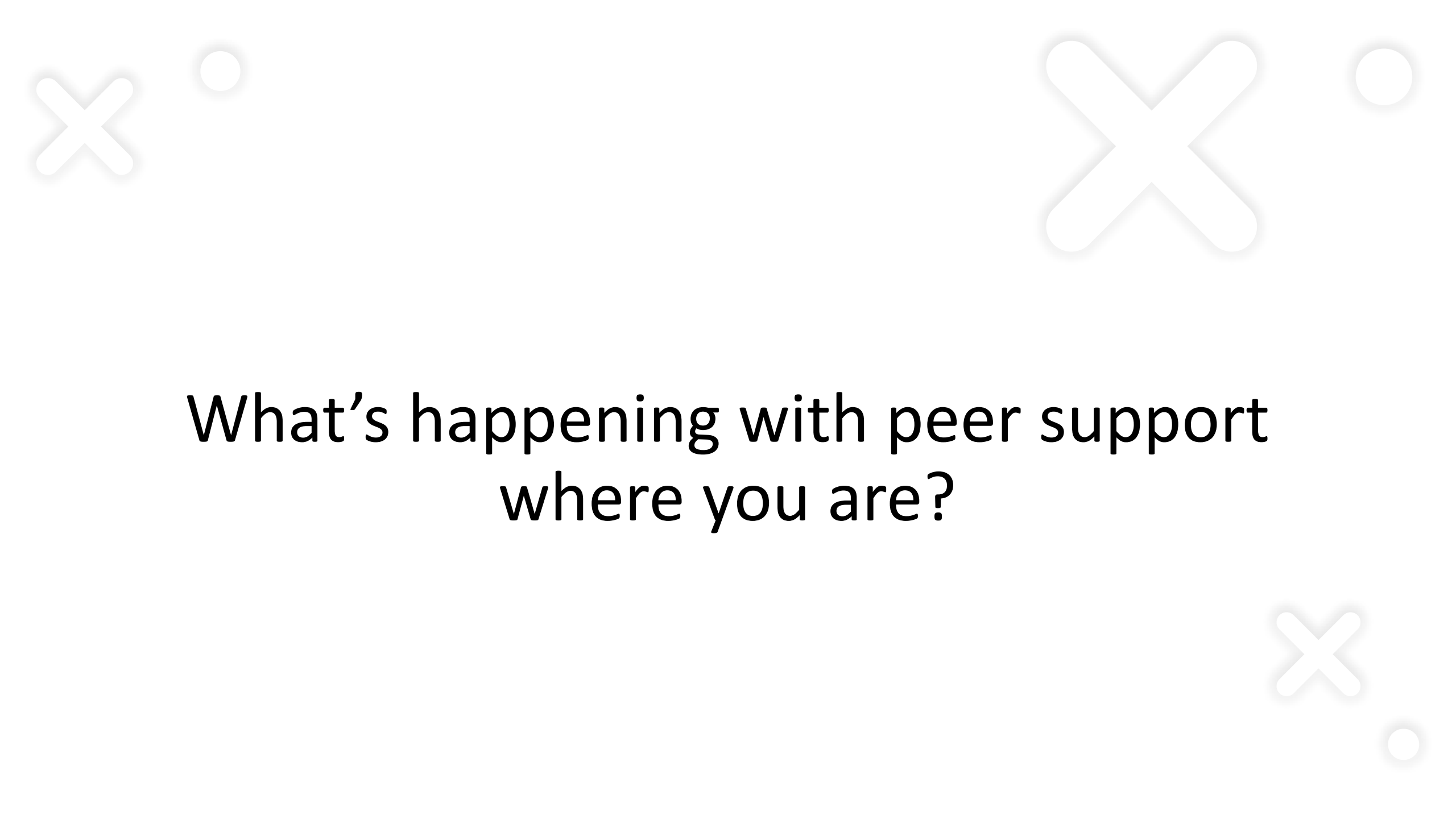
- Peer Support Coordinators (PSCs) provided with list of former VFNC students
- Contact occurs through mutually agreed upon means
- PSCs complete encounter documentation; reach back to VFNC Executive Director and/or NC Agromedicine Institute staff, as needed for assistance with referrals
- Team meets every two weeks to review client needs, logistics, resources and program development



Lessons Learned: Peer support....

- Is not one size fits all
- Requires recognition and ability to respect that support is not 'doing for'
- Must consider welfare of both the individual receiving peer support and the peer supporter, especially in times of crisis
- May lead to behavioral health referral or occur at the same time as behavioral health services
- Requires an exit strategy
- Occurs organically through other means
- Continues to evolve; requires continuous quality improvement and training refreshers



A decorative graphic consisting of three 'x' symbols and three 'o' symbols arranged in a pattern around the central text. One 'x' is in the top left, one 'o' is to its right, one 'x' is in the top right, one 'o' is to its right, one 'x' is in the bottom right, and one 'o' is to its right.

What's happening with peer support
where you are?

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