FarmFirst

Resources and support for farmers

Peer Support Network

Working with farmers to reduce stress

Farm First

Farm First is a Vermont-based program that provides farmers and their families counseling and access to resources and information to reduce stress.

We are a public, not-for-profit program jointly sponsored by the Vermont Agency of Agriculture and the Vermont Agency of Human Services' Invest EAP Centers for Wellbeing.

Our staff include licensed counselors and an agricultural resource coordinator, all with an interest and experience in agriculture.

VERMONT
AGENCY OF AGRICULTURE, FOOD & MARKETS
www.Agriculture.Vermont.gov

INVEST EAP
Centers for Wellbeing

Vermont
Farm and Ranch Stress Assistance Network
FRSAN-VT

- Farmer peer network development
- Agricultural service provider training
- Education and outreach campaign
- Increased access to counseling services
- Behavioral wellness check-ups
- Expansion into farm worker community

Farmer Peer Network

Peers are trained in the basics of:

Core resources available to help farmers in Vermont.

How to offer non-judgmental active listening that helps others feel heard and reduces their stress.

We recruit peers from all corners of the state and from all types of farms. Then we begin with a community event.

Most Used Resources (aside from requests for counseling)

- Farm Viability- (Vermont Housing and Conservation Board) farm succession planning, business planning, business advising
https://vhcb.org/viability

- Agmediation (Environmental Mediation Center)- https://emcenter.org/vtamp/

- NAP-Non-insured crop disaster relief program
https://www.fsa.usda.gov/programs-and-services/disaster-assistance-program/noninsured-crop-disaster-assistance/index

- NOFA (New England Organic Farmers Association) Beginning farmers support, emergency funds, business support nofavt.org

More resources...

- NRCS-Vermont. Assistance with designing and implementing on farm flood restoration https://www.nrcs.usda.gov/conservation-basics/conservation-by-state/vermont

- Agency of Agriculture Flood Resources Page- https://agriculture.vermont.gov/agency-agriculture-emergency-flood-resources

- Hireability (Vermont Based- can help with hearing aids, adaptive equipment, paying someone to work temporarily while a farmer recovers, coaching// support for organization and planning,.....)- https://www.hireabilityvt.com

- Agrability (National Organization) list of adaptive equipment and on farm assessments- http://www.agrability.org/

Peer Network

Because Sometimes farmers need someone to talk to who understands what they are going through!

There are times when only other farmers would get it!

https://www.farmfirst.org/peer-support