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Farm / Ranch Stress: Behavioral Health Approach

DECEMBER 13, 2022

 @FarmToFarmServices

 @farm_to_farm_services

Hello and thank YOU-

- ▶ My name is Becky Kopp Dunham
- ▶ I'm a Licensed Clinical Social Worker in North Dakota and Minnesota
- ▶ I provide in person and tele-health services to rural individuals and families through the Farm-to-Farm Services program. Farm to Farm Services is a part of Together Counseling
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Speaking points:

- **Special needs of the rural / farm / ranch population(s)**
- **Data / trends**
- **What I have learned from other states**
- **Importance of tele-health**
- **Collaborative efforts**
- **Resources needed to best serve**



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Special needs:

- ▶ Cultural understanding
- ▶ Ag-informed providers
- ▶ Internet/high-speed internet accessibility across the state as well as strong cell service/data.
- ▶ Financial support-services are cost prohibitive, high-deductible insurance (catastrophic care)
- ▶ Access to resources-meet them where they're at



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Data and trends:

- ▶ 58% increase in suicide rate in ND (1999-2017) - #1 increase in the nation.
- ▶ Farming ranks in the top 10 most stressful occupations in the US
- ▶ Together Counseling has seen about 70-100 unique clients under this grant with about 700+ sessions in less than 2 years.
- ▶ 70% of clients are being seen via tele-health, therefore 30% in person.
- ▶ 25,000+ copies of the “Bootstrap” brochure have been printed and distributed.



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What I've learned from other states:

We're all struggling with cultural barriers

Ag-informed providers are critical and in short supply

High deductible insurance is a barrier

Tele-health is critical

Internet and cell access deficits



Collaborative efforts

- ▶ NDSU
- ▶ NDSU Extension
- ▶ Annie's Project
- ▶ First Link
- ▶ Farm Rescue
- ▶ ND Livestock Alliance
- ▶ ND Stockmen's Association
- ▶ ND Department of Agriculture
- ▶ Farm Service Agency
- ▶ ND Bankers Association



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Resources needed to best serve



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Cultural understanding

Accessibility

Financial support

Wi-Fi and cell service across state

Ag-informed providers

Thank you!

- ▶ Thank you for having me, for listening, and for supporting people in ag.



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