

HOW DO WE MAINTAIN FARMER MENTAL HEALTH DURING AGRICULTURAL CRISES?

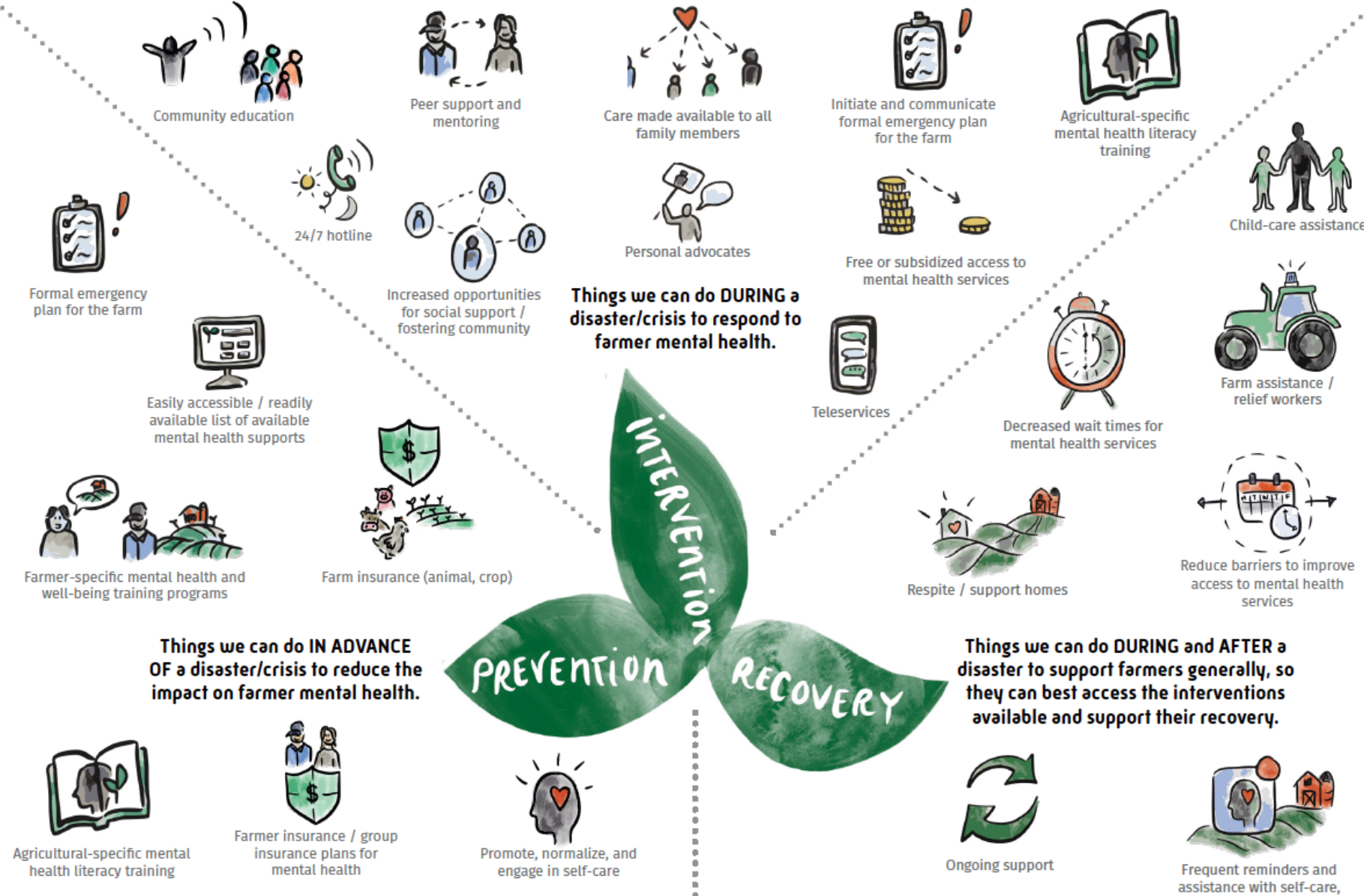
DR. BRIANA HAGEN
DEPARTMENT OF POPULATION MEDICINE
ONTARIO VETERINARY COLLEGE
UNIVERSITY OF GUELPH



- CANADIAN FARMERS EXPERIENCE INCREASED PREVALENCES OF DEPRESSION, ANXIETY, BURNOUT, AND STRESS (JONES-BITTON, 2020)
- CANADIAN FARMERS HAVE SIGNIFICANTLY LOWER RESILIENCE (JONES-BITTON, 2020)
- CANADIAN FARMERS ARE LESS LIKELY TO SEEK MENTAL HEALTH SUPPORTS (HAGEN, 2020)
- FARMERS HAVE AN INCREASED RISK OF SUICIDE (KLINGLESCHMIT, 2019)
- CANADIAN FARMERS UNIQUELY EXPERIENCE THE CLIMATE CRISIS (HAGEN, 2020)
- AGRICULTURAL EMERGENCIES (E.G., EXTREME WEATHER EVENTS) HAVE INCREASED AND HAVE SIGNIFICANTLY IMPACTED FARMER MENTAL HEALTH (HAGEN, 2020)



WHY IS AN EMERGENCY RESPONSE MODE IMPORTANT FOR CANADIAN FARMERS?



EMERGENCY RESPONSE MODEL

for MENTAL HEALTH DURING AGRICULTURAL CRISES

PREVENTION



Agricultural-specific mental health literacy training

...so that people are better equipped to recognize signs of mental health struggle in themselves or others, and access appropriate supports.



Easily accessible / readily available list of available mental health supports

... with supports most ideally being provided by people and organizations who are both qualified mental health providers and familiar with farming and understand agricultural realities.



Farm insurance (animal, crop)

...was described by some participants as being able to help decrease the financial impact of the crisis and associated stress.



Formal emergency plan

...and ready access to resources to implement the plan. A plan for what to do in the event of specific agricultural emergencies was described as important by many participants as it helped to reduce stress among both the farmers affected and the people providing support to farmers.



**EMERGENCY RESPONSE MODEL FOR MENTAL HEALTH
DURING AN AGRICULTURAL CRISIS**

PREVENTION



Farmer insurance / group insurance plans for mental health

...many participants spoke of financial barriers to mental health supports (e.g. private therapy and medications) given a lack of benefits. Several participants discussed wanting financial support for mental health treatment, or access to better group insurance plans.



Farmer-specific mental health and well-being training programs

...would help to promote mental health and well-being generally, and potentially reduce the impact of the crisis event promoting quicker recovery.



Promote, normalize, and engage in self-care



**EMERGENCY RESPONSE MODEL FOR MENTAL HEALTH
DURING AN AGRICULTURAL CRISIS**

LET'S TALK ABOUT:

WHAT'S MISSING?

WHAT DO YOU THINK?



**EMERGENCY RESPONSE MODEL FOR MENTAL HEALTH
DURING AN AGRICULTURAL CRISIS**

IN THE KNOW: MENTAL HEALTH LITERACY TRAINING FOR CANADIAN AG



**IN THE KNOW: MENTAL HEALTH LITERACY TRAINING
FOR CANADIAN AGRICULTURE**

PREVENTION



4 hours



In-person



Small groups

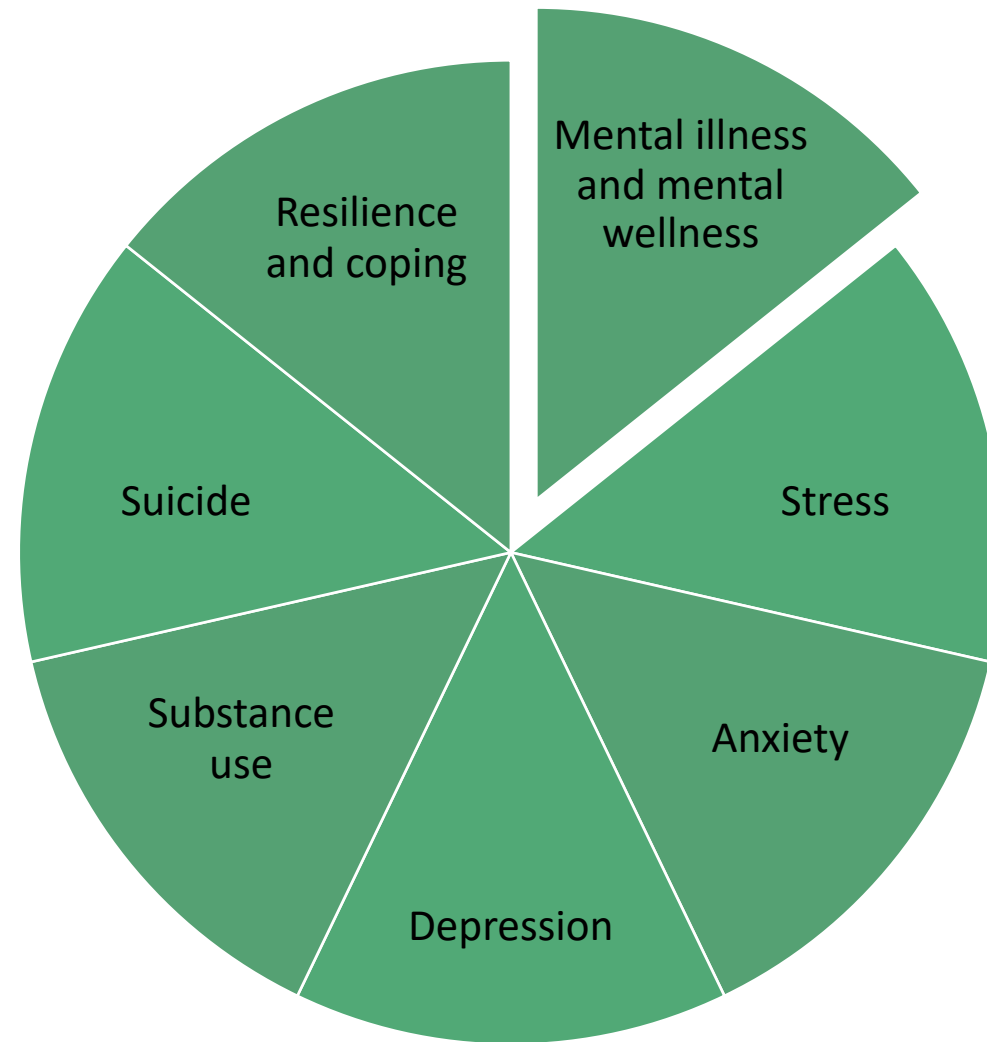


Lecture/
discussion based



**IN THE KNOW: MENTAL HEALTH LITERACY TRAINING
FOR CANADIAN AGRICULTURE**

PREVENTION



**IN THE KNOW: MENTAL HEALTH LITERACY TRAINING
FOR CANADIAN AGRICULTURE**

PREVENTION



6 sessions across Ontario



n=97



Pre, post, 3-month, and 6-month follow-up

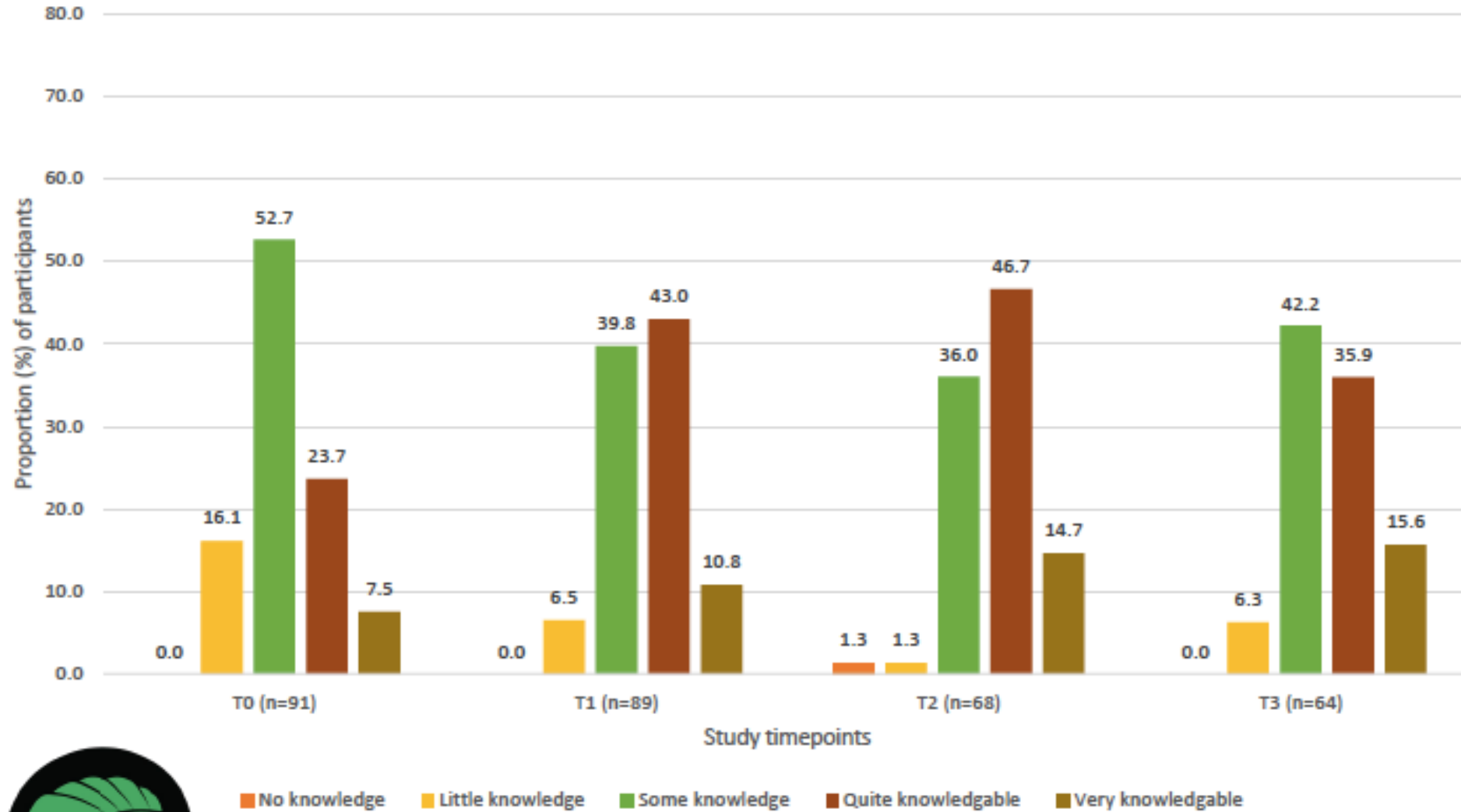


Wilcoxon Signed-rank tests



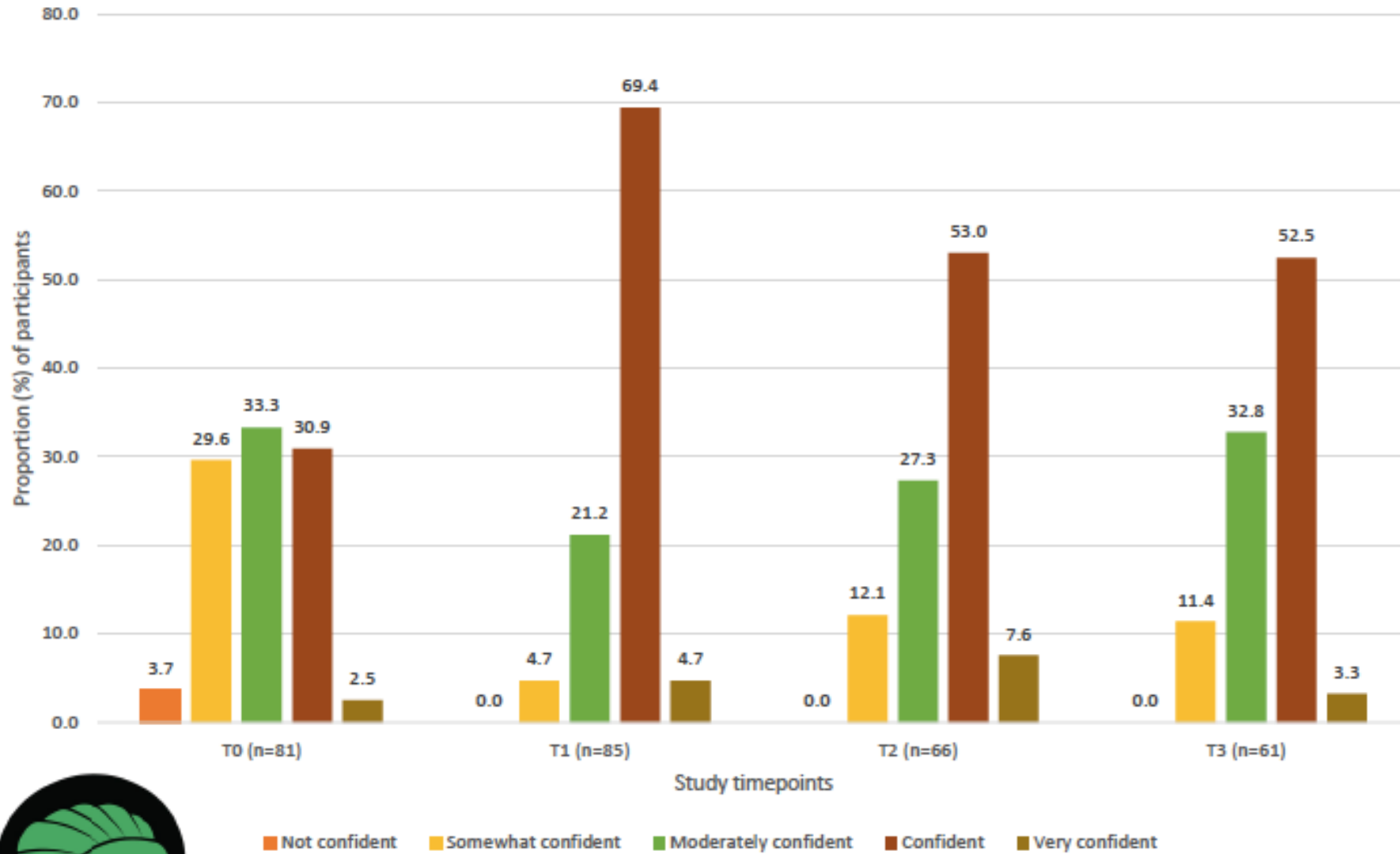
**IN THE KNOW: MENTAL HEALTH LITERACY TRAINING
FOR CANADIAN AGRICULTURE**

PREVENTION



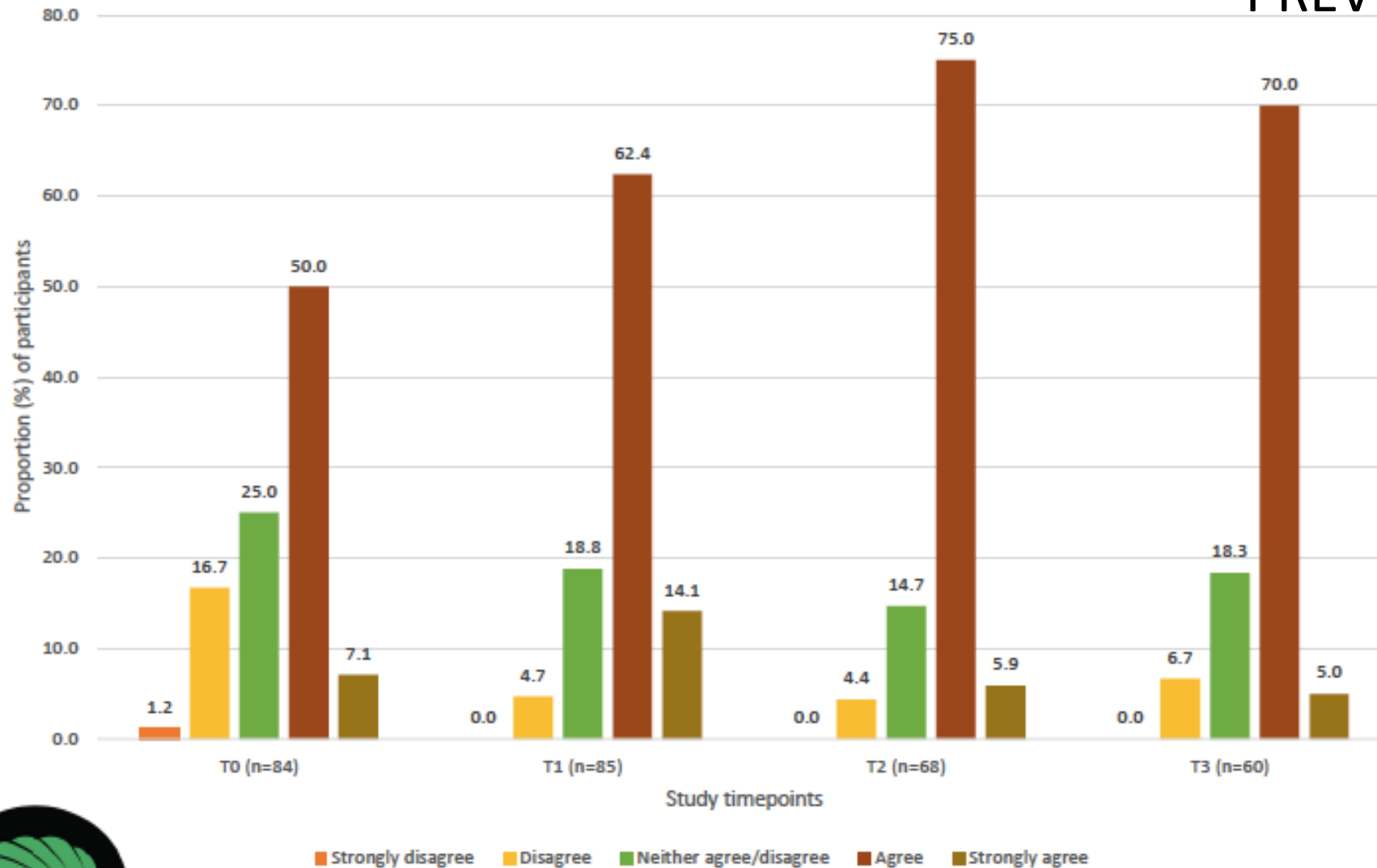
SELF-REPORTED LEVEL OF GENERAL MENTAL HEALTH KNOWLEDGE AT FOUR TIMEPOINTS: PRE-TRAINING (T0), POST-TRAINING (T1), 3-MONTH POST (T2), AND 6 MONTHS POST (T3)

PREVENTION



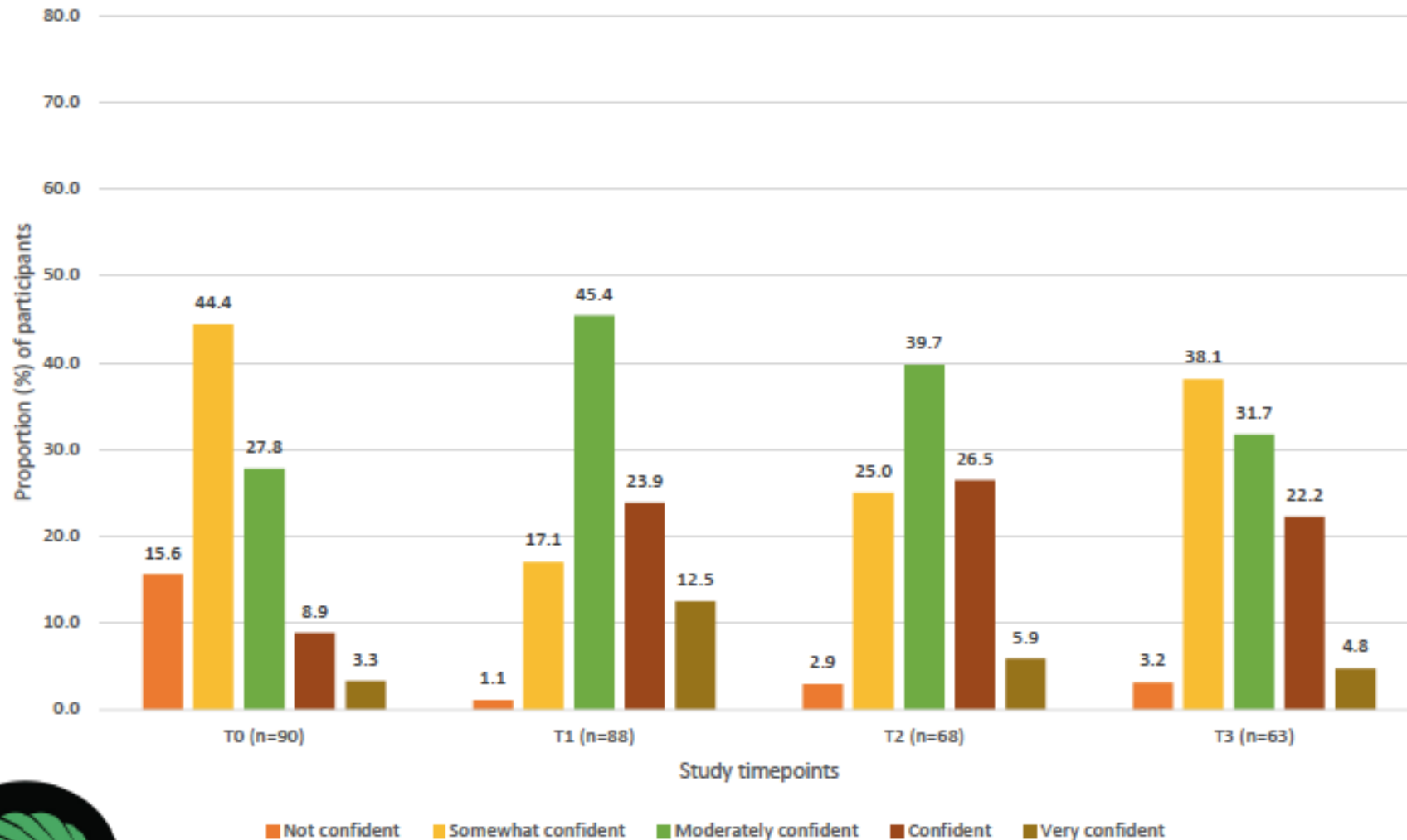
SELF-ASSESSMENT OF CONFIDENCE IN RECOGNIZING SIGNS AND SYMPTOMS OF MENTAL HEALTH STRUGGLE AT: PRE-TRAINING (T0), POST-TRAINING (T1), 3-MONTH POST (T2), AND 6 MONTHS POST (T3)

PREVENTION



SELF-ASSESSMENT OF CONFIDENCE IN SPEAKING TO OTHERS ABOUT A MENTAL HEALTH STRUGGLE AT: PRE-TRAINING (T0), POST-TRAINING (T1), 3-MONTH POST (T2), AND 6 MONTHS POST (T3)

PREVENTION



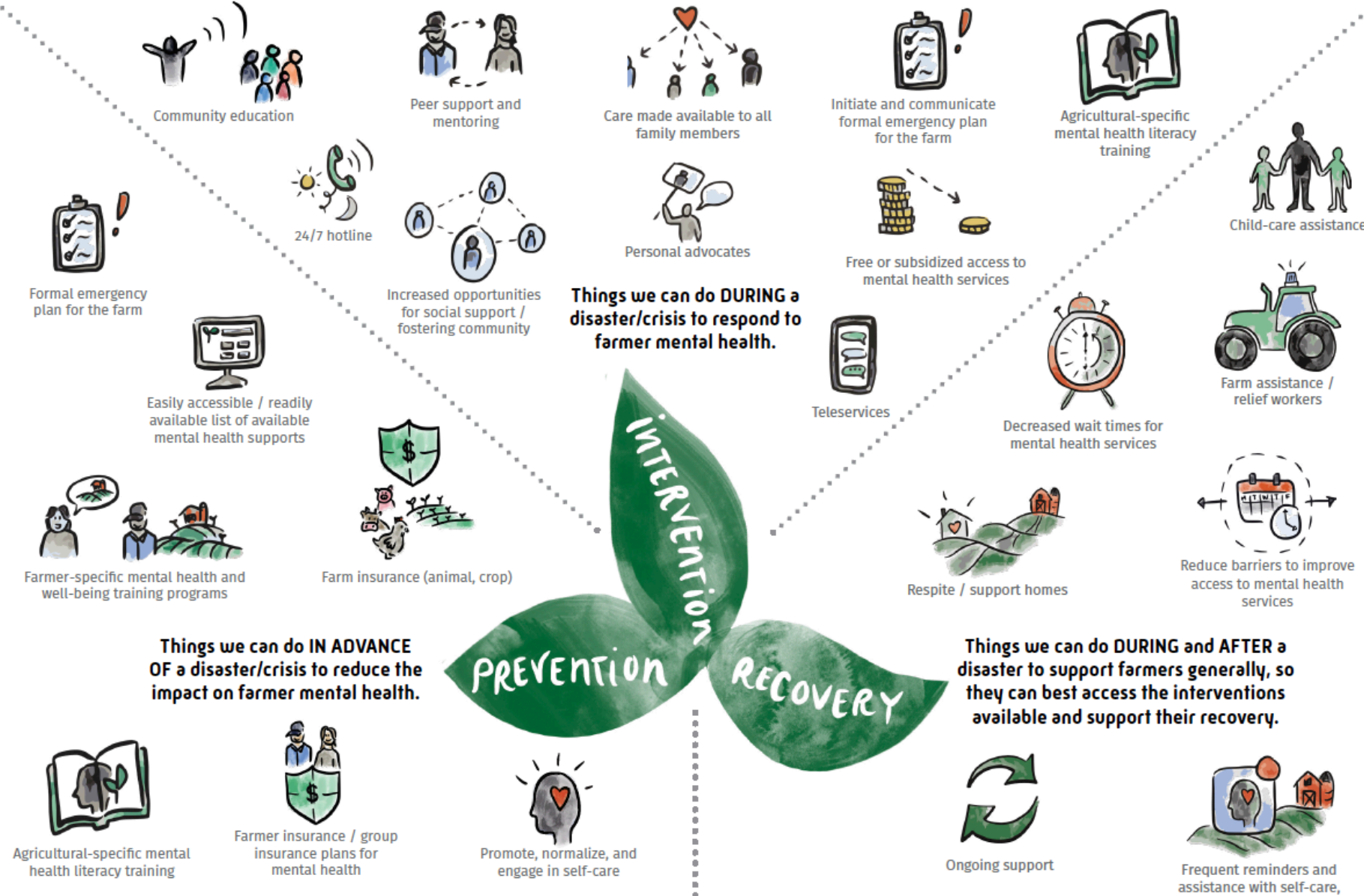
SELF-ASSESSMENT OF CONFIDENCE IN HELPING OTHERS WITH A MENTAL HEALTH STRUGGLE AT: PRE-TRAINING (T0), POST-TRAINING (T1), 3-MONTH POST (T2), AND 6 MONTHS POST (T3)

TAKE HOME MESSAGES

IN THE KNOW WAS SHOWN TO SIGNIFICANTLY INCREASE PARTICIPANTS:

- KNOWLEDGE AROUND MENTAL HEALTH
- CONFIDENCE IN RECOGNIZING MENTAL HEALTH STRUGGLES
- CONFIDENCE IN SPEAKING ABOUT MENTAL HEALTH WITH OTHERS, AND
- CONFIDENCE IN HELPING SOMEONE WHO MAY BE STRUGGLING WITH MENTAL HEALTH





EMERGENCY RESPONSE MODEL

for MENTAL HEALTH DURING AGRICULTURAL CRISES

INTERVENTION



Increased opportunities for social support / fostering community

...many participants spoke of feeling ostracized / isolated during crisis events related to animal infectious disease.



Peer support and mentoring

...being put in touch with someone who has gone through something similar would help to debrief the situation, normalize the experience and feelings, discuss ideas for recovery, etc.



Community education

...on the risks associated with affected farmers feeling ostracized/isolated.



24/7 hotline

...many participants spoke of the need to have mental health support available at all times of day, especially in the evenings when feelings were often particularly intense and others may not be around.



EMERGENCY RESPONSE MODEL FOR MENTAL HEALTH DURING AN AGRICULTURAL CRISIS

INTERVENTION



Teleservices

...many participants spoke of barriers to access to traditional psychology services including geographical barriers, time barriers, and financial barriers.



Personal advocates

...to help connect affected individuals with mental health service supports, to help organize things at home, and deal with other issues associated with the crisis (e.g. insurance paperwork), which are especially difficult to manage in affected state of mind.



Free or subsidized access to mental health services

...like counselling, medications, etc. would help to address some of the financial barriers to mental health services.



Care made available to all family members

...recognizing the impact of the crisis on each member of the family, including the impact on family caregivers and supporters.



Agricultural-specific mental health literacy training



EMERGENCY RESPONSE MODEL FOR MENTAL HEALTH DURING AN AGRICULTURAL CRISIS

LET'S TALK ABOUT:

WHAT'S MISSING?

WHAT DO YOU THINK?



**EMERGENCY RESPONSE MODEL FOR MENTAL HEALTH
DURING AN AGRICULTURAL CRISIS**

RECOVERY



Farm assistance / relief workers

...to help with farm tasks would reduce the pressure on affected farmers and afford them the time and space to devote to their recovery.



Respite / Support homes

...like that used in Quebec (Au Coeur des Families Agricoles), to allow farmers to get time away from their farms, where they can receive rest, and mental health supports as needed. Qualified support workers would look after the farm in their absence.



Child-care assistance

...similar to farm assistance, child-care assistance would help reduce pressure and afford parents time and space to devote to their recovery.



Reduce barriers to improve access to mental health services



**EMERGENCY RESPONSE MODEL FOR MENTAL HEALTH
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RECOVERY



Frequent reminders and assistance with self-care
...including farmer-specific self-care apps to provide self-care reminders, advice, guidance, etc.



Decreased wait times for mental health services
...were discussed by many participants.



On-going support
...it is important that supports around the event are on-going (i.e. don't end once the crisis is "cleaned-up").



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THANK YOU!

Email: bhagen@uoguelph.ca

Twitter: [@brihagen9](https://twitter.com/brihagen9)

Website: ajbresearch.com



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