



Iowa Farm Bureau's Margin Management Webinar Series presents:

## Stress on the Farm: Strategies to Help Each Other

**Monday January 6, 1:00 pm**

Speaker:

David Brown, Behavioral Health State Specialist,  
Iowa State University Extension and Outreach

Sponsored by:



**Stress on the Farm:  
Strategies to Help  
Each Other**

**Dr. David N. Brown**  
Behavioral Health State Specialist  
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“The rise and fall of economic well-being is directly correlated to rate of self-imposed farmer death.”

~ Dr. Michael Rosmann, psychologist

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## **What You Will Learn**

- To recognize the risk and protective factors of suicide
- To recognize the warning signs of suicide
- How to help each other
- To know where to find resources and which resources to use

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## **Risk Factors**

- Gender and age
- Depression
- Use of alcohol or other substances
- Unwillingness or barriers to seeking treatment or help
- Loss
- Physical illness
- Organized plan
- Previous suicide attempt

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## **Protective Factors**

- Easy access to mental health care and support for help seeking
- Support of family and friends—talk and more talk
- Support from ongoing health care relationships
- Skills in problem solving and conflict resolution
- Cultural and religious beliefs that discourage suicide

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## **Warning Signs: When to Become Concerned**

- Posting or writing on social media about death, dying or suicide
- Rage, anger, seeking revenge
- Increasing alcohol or drug use
- Feeling trapped, like there's no way out
- Dramatic change in mood



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## **Warning Signs: When to Become Concerned**

- No reason for living, no sense of purpose in life
- Giving items away
- Threatening to hurt or kill himself or herself
- Seeking access to lethal means



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## Scenario 1

Sam farms 1,500 acres of which he rents 1,200. Since 2012, he has seen his net worth decline and cash reserves disappear. He is now borrowing more money to operate and his lender is asking many questions. His “cash flow budget” shows that he will continue to reduce his net worth unless he has great yields and great prices. He has been trying to get his rent reduced and has had some luck. His lender is also wanting him to reduce his family living expenses, but that is difficult with health insurance costing \$12,000 a year. His wife has a job but she can’t get health insurance, since she only works part-time so she can care for their two children. Last year he refinanced the farm loan, which he is also struggling to pay. During a church meeting, he tells you that his family would be better off if he were dead. He smiles and gives you the keys to his utility vehicle and tells you to take good care of it.

## How to Help – CORN Model

**C**hoose to engage.

**O**ffer support, listen and respectfully ask,  
“Are you thinking about killing yourself?”

**R**efer person to helplines, lifelines or local resources.

**N**ever leave the person alone or without a plan, and never leave the person without **hope**.

# How to Help

**C**hoose to engage.

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# How to Help

**O**ffer support by listening and respectfully asking the tough question:

**“Are you thinking about killing yourself?”**

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## How to Help

**R**efer person to helplines, lifelines or local resources.

- If in crisis, assist to a hospital emergency room or call the National Suicide Prevention Lifeline together at 1-800-273-8255 (TALK) or access other crisis lines.
- If person becomes belligerent or aggressive, call 911.

### If Stressed...

Iowa Concern Hotline  
1-800-447-1985

### If in Crisis...

National Suicide Prevention Lifeline  
1-800-273-8255 or chat at  
[suicidepreventionlifeline.org/chat](https://suicidepreventionlifeline.org/chat)

Crisis Text Line

Text HOME to 741741

Veterans Crisis Line

1-800-273-8255 and press 1

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## How to Help

**R**efer person to helplines, lifelines or local resources.

- If not in crisis, but distressed, call the Iowa Concern Hotline together at 1-800-447-1985.
- Or help individual set up an appointment with a primary care provider, a minister or mental health provider.

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## How to Help

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Time for a short recording break;  
we will continue in less than 30 seconds!

Stress on the Farm:  
Strategies to Help Each Other



Speaker:

David Brown, Behavioral Health State Specialist,  
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## Scenario 2

After finishing college and getting married, Jimmy started farming with his parents. To make it work he built a new hog barn. He did pretty well, but then had to restructure debt to lower his payments. Now the contractor wants new feeders, waterers, and ventilation in the hog barn. Jimmy also started a seed business that has done well. His wife begged him to get rid of the hogs and row crops and just sell seed. He knows that once he pays for the row crop losses and the machinery payments there's not much left. And if he borrows more to renovate the hog barn that will cut profits from the seed business. He can't decide what to do. His wife just told Jimmy she does not want to be married to a hog farmer any more. Jimmy has been drinking heavily and stops by your house. He says he has some sick pigs that he needs to dispose of and wants to know if you have a gun he can borrow.

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## Scenario 3

John has done very well. He started farming in the 1960's. Bought his first farm in the 1980's after prices came down and has been growing ever since. He has 4,000 acres that he runs with the help of his son. He and his wife own 640 acres. He always wanted a nice place to work and to take care of his equipment, so he built a new shop in 2010. When the ethanol plant started up he thought he could make money storing grain so he borrowed \$750,000 to put up a new grain leg, dryer and more storage. He and his wife have talked about slowing down so he picked up a real bargain on a house on a lake. It's a great place to get away and the grandkids like to fish. One of his landladies passed away last year so he thought he would buy it. Turns out the lender had a different strategy and he pushed John to sell the lake home and pay down debt. The cash flow is tight with the rent, grain facility payment, the shop and the lake home. He has recently had to rollover operating loans and the bank doesn't want to stick with him unless he shows a profit. He tells the morning coffee group that his back really hurts and he does not have a reason to live anymore.

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## Resources

### If stressed...

**Iowa Concern Hotline** 1-800-447-1985

### If in crisis...

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1-800-273-8255 or chat: [suicidepreventionlifeline.org/chat](https://suicidepreventionlifeline.org/chat)
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## Finding Answers Now

- One stop for trusted resources
  - personal finance
  - stress and relationships
  - nutrition and wellness
- Materials available in Spanish

[www.extension.iastate.edu/humansciences/content/finding-answers-now](http://www.extension.iastate.edu/humansciences/content/finding-answers-now)

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## Resources

- ELEVATE: Taking Your Relationship to the Next Level  
[www.extension.iastate.edu/humansciences/elevate](http://www.extension.iastate.edu/humansciences/elevate)
- What About Me? My Wellbeing  
[www.extension.iastate.edu/humansciences/wellbeing](http://www.extension.iastate.edu/humansciences/wellbeing)
- Writing Your Retirement Paycheck  
[www.extension.iastate.edu/humansciences/retirement](http://www.extension.iastate.edu/humansciences/retirement)
- Smart Choice: Health Insurance  
[www.extension.iastate.edu/humansciences/health-insurance](http://www.extension.iastate.edu/humansciences/health-insurance)

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## Develop Additional Skills - MHFA

### Mental Health First Aid (MHFA)

- 8-hour training focusing on mental health literacy and skills to help someone experiencing a mental health crisis
- 2020 trainings:

Sioux City, March 5	Spencer, May 14
Chariton, March 26	Muscatine, May 28
Dubuque, April 16	Council Bluffs, September 10
Urbandale, April 30	Mason City, September 24

For more information, contact Dr. David Brown, [dnbrown@iastate.edu](mailto:dnbrown@iastate.edu)

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## Develop Additional Skills - QPR

### Question.Persuade.Refer. (QPR)

- 1-1½ hour program designed to teach lay people and professionals about the warning signs of a suicide crisis and the appropriate responses
- Can be offered as a stand alone program or as a breakout session at larger conferences

For more information, contact Dr. David Brown, [dnbrown@iastate.edu](mailto:dnbrown@iastate.edu)

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## Summary

Today we learned:

- How to identify the warning signs of suicide
- About risk and protective factors of suicide
- How to help a person who is distressed or suicidal
- About helpful resources

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**Thank You**

to

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Agricultural Safety and Health**

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**Questions?**



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Iowa Farm Bureau's Margin Management Webinar Series presents:

## Stress on the Farm: Strategies to Help Each Other

Please fill out a brief evaluation by clicking:

<https://tinyurl.com/webstress>

Recordings of this webinar and materials will be available  
at [www.iowafarmbureau.com](http://www.iowafarmbureau.com)

Direct Link: <https://tinyurl.com/brownweb>

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