

*Welcome to the webinar! We will begin shortly.*

# **An Iowa Farmer Shares: Families feel stress... talking about it helps**



## **Webinar Speaker:**

**Jason Haglund MS, CADC**

Fifth Generation Iowa Farmer;

Owner, Haglund Consulting, LLC.

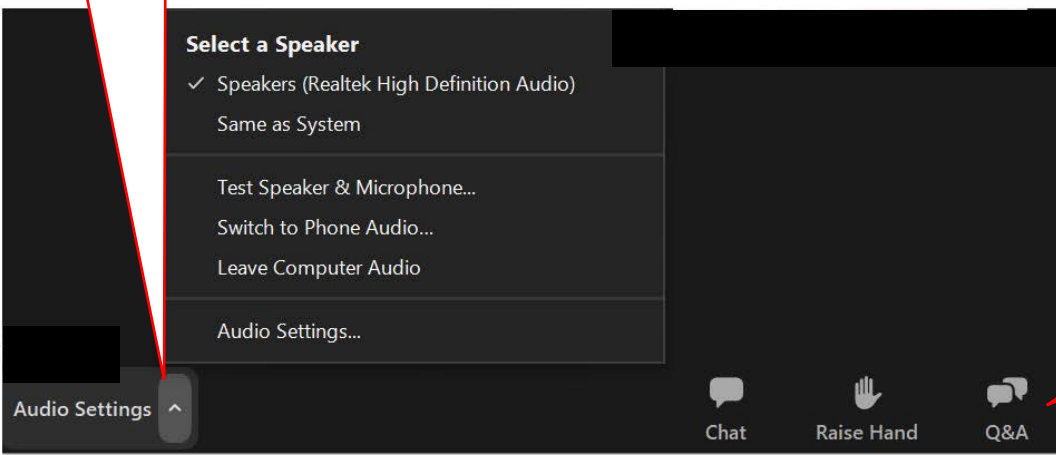
# Welcome to Iowa Farm Bureau's Margin Management Webinar Series



Move your mouse pointer to the very bottom of your screen to reveal:

Click  to Select a speaker and test speaker

Note: Your microphone and camera are not needed and will remain disabled.



Click  to ask questions



## **An Iowa Farmer Shares: Families feel stress... talking about it helps**

**Jason Haglund MS, CADC  
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# OPINION

## Iowans are helping Iowans with COVID-19 stress

■ CAROL HUNTER, executive editor  
■ LUCAS GRUNDMEIER, opinion editor  
■ ANDIE DOMINICK, editorial writer

■ RICHARD...  
■ ROX LAIRD, editor...



**Your Turn**  
Paul Lasley and Jason Haglund  
Guest columnists

with the Census Bureau has monitored the levels of anxiety and depression of Iowans. Since June, a steady 30% of all Iowans have expressed ongoing levels of anxiety and depression.

The overwhelming disruption goes further. Many Iowans are struggling with meeting basic needs while protecting themselves and their families from the disease. Families are forced to make difficult decisions of whether to send their children to school, or whether they can afford to stay home.

connections with their members and assist in ongoing community building efforts. They warn of increasing loneliness, anxiety and depression as the pandemic evolves. Their predictions are being born out of data showing increased substance abuse and suicides, as desperate people feel increasingly depressed and feel there is either no hope or that no one cares.

In addition to local efforts to provide aid to the victims of the pandemic, the state of Iowa is using Federal Emergency Management Agency funds through the Presidential Disaster Declaration to help Iowans impacted by the pandemic. We encourage everyone to check out the resources available at [www.covidrecoveryiowa.org](http://www.covidrecoveryiowa.org).

### Jason Haglund, MS. CADC Specialty Coordinator Ag, Rural, Mental Health & Addiction

COVID Recovery Iowa resources at a glance:

- Website: [covidrecoveryiowa.org](http://covidrecoveryiowa.org)
- Facebook: <https://www.facebook.com/covidrecoveryIowa>
- Twitter: <https://twitter.com/covidrecoveryia>
- Instagram: <https://www.instagram.com/covidrecoveryiowa/>
- Phone: Iowa Concern Hotline at 800-447-1985 or Iowa Warm Line at 844-775-9276

### Get help

COVID Recovery Iowa can be reached at [COVIDrecoveryiowa.org](http://COVIDrecoveryiowa.org) or 800-447-1985.

**COVID Recovery IOWA**  
HELPING IOWANS

COVID Recovery Iowa is a non-profit organization dedicated to providing support and resources to Iowans affected by COVID-19. We offer a variety of services including mental health counseling, financial counseling, and support groups. Our goal is to help Iowans navigate the challenges of the pandemic and build resilience.



# *Learning Objectives*

- Recognize the emotional and physical **cost of stress** on farmers and agriculture related business sectors in rural Iowa
- Differentiate **mental health** and mental health conditions
- Examine the **importance of resilience** in your community during prolonged disasters that compound normal stressors of farming
- Identify **increased substance use and suicide risks** of farmers, rural and agriculture related workers
- Give examples of your ability to better **promote mental health literacy**

# ***How do you talk about stress?***

America's agricultural producers represent a wide range of industries, occupations and work environments. They are often part of multi-generational farm workers and are an ever-changing landscape of people.

Depression, Alcohol and Farm Stress: Addressing Co-Occurring Disorders in Rural America, SAMSHA April, 2020

## Typical Ag related Stressors

- Constant Responsibilities
- Location
- Multigenerational
- Stigma
- Access to Relevant Care

## Extrodinary Ag related Stressors

- Weather
- Market prices and tariffs
- Debt and Cash Flow
- Health Care Costs

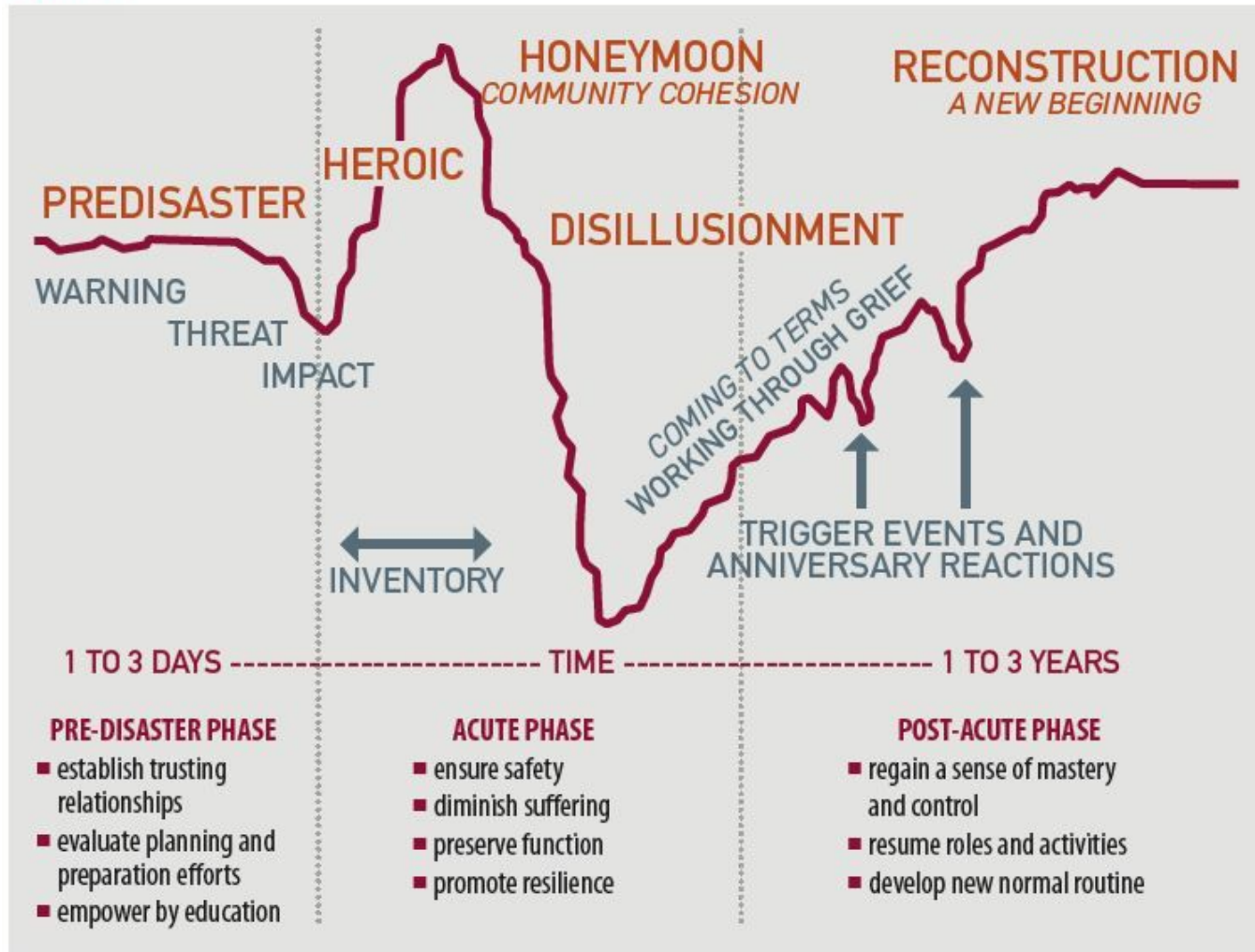


# *What is a disaster?*

- Sudden, calamitous event that seriously disrupts the functioning of a community or society and causes human, material, and economic or environmental losses that exceed the community's or society's ability to cope using its own resources (International Federation of Red Cross and Red Crescent Societies, 2020)
- Though often caused by nature, disasters can have human origins.
- Differs from Emergency
  - a state in which normal procedures are suspended and extraordinary measures are taken in order to avert a disaster (World Health Organization, 2002).



Figure 2. Changing Goals of Recovery at Different Phases of Disaster<sup>11</sup>



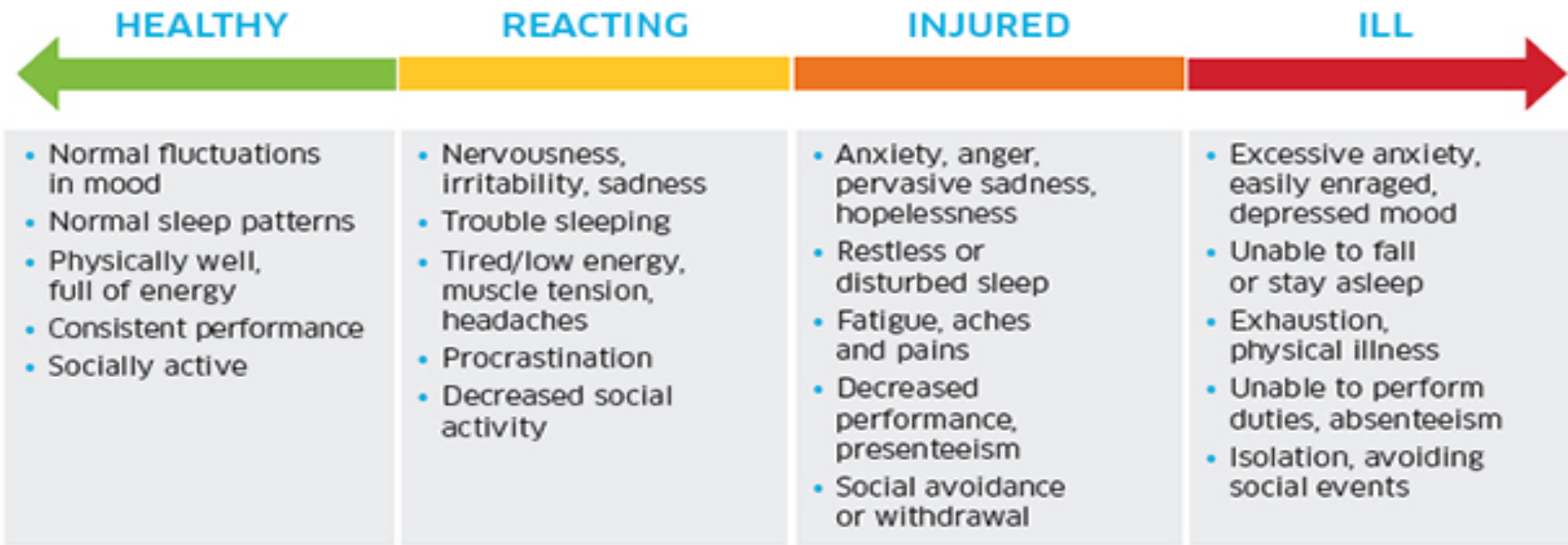
Gertie Quitangon, MD, Psychiatric Times, October 2020; Managing Distress in Health Care Workers During COVID-19

# *Stress response system*

Initially stress reactions are helpful

As the stress reactions increase, *however*, there is a greater chance that they will *become maladaptive and disruptive*

# MENTAL HEALTH CONTINUUM MODEL



## Actions to Take at Each Phase of the Continuum

<ul style="list-style-type: none"> <li>• Focus on task at hand</li> <li>• Break problems into manageable chunks</li> <li>• Identify and nurture support systems</li> <li>• Maintain healthy lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>• Recognize limits</li> <li>• Get adequate rest, food, and exercise</li> <li>• Engage in healthy coping strategies</li> <li>• Identify and minimize stressors</li> </ul>	<ul style="list-style-type: none"> <li>• Identify and understand own signs of distress</li> <li>• Talk with someone</li> <li>• Seek help</li> <li>• Seek social support instead of withdrawing</li> </ul>	<ul style="list-style-type: none"> <li>• Seek consultation as needed</li> <li>• Follow health care provider recommendations</li> <li>• Regain physical and mental health</li> </ul>
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Nash WP. Us Marine Corps and Navy combat and Operational Behavioral Health. 2011:193-214 Adapted

How are you doing?



## National Center for Health Statistics Household Pulse Survey

### *Adapted PHQ-2 questions:*

- Over the **last 7 days**, how often have you been bothered by ... having little interest or pleasure in doing things? Would you say not at all, several days, more than half the days, or nearly every day? *Select only one answer.*
- Over the **last 7 days**, how often have you been bothered by ... feeling down, depressed, or hopeless? Would you say not at all, several days, more than half the days, or nearly every day? *Select only one answer.*

### *Adapted GAD-2 questions:*

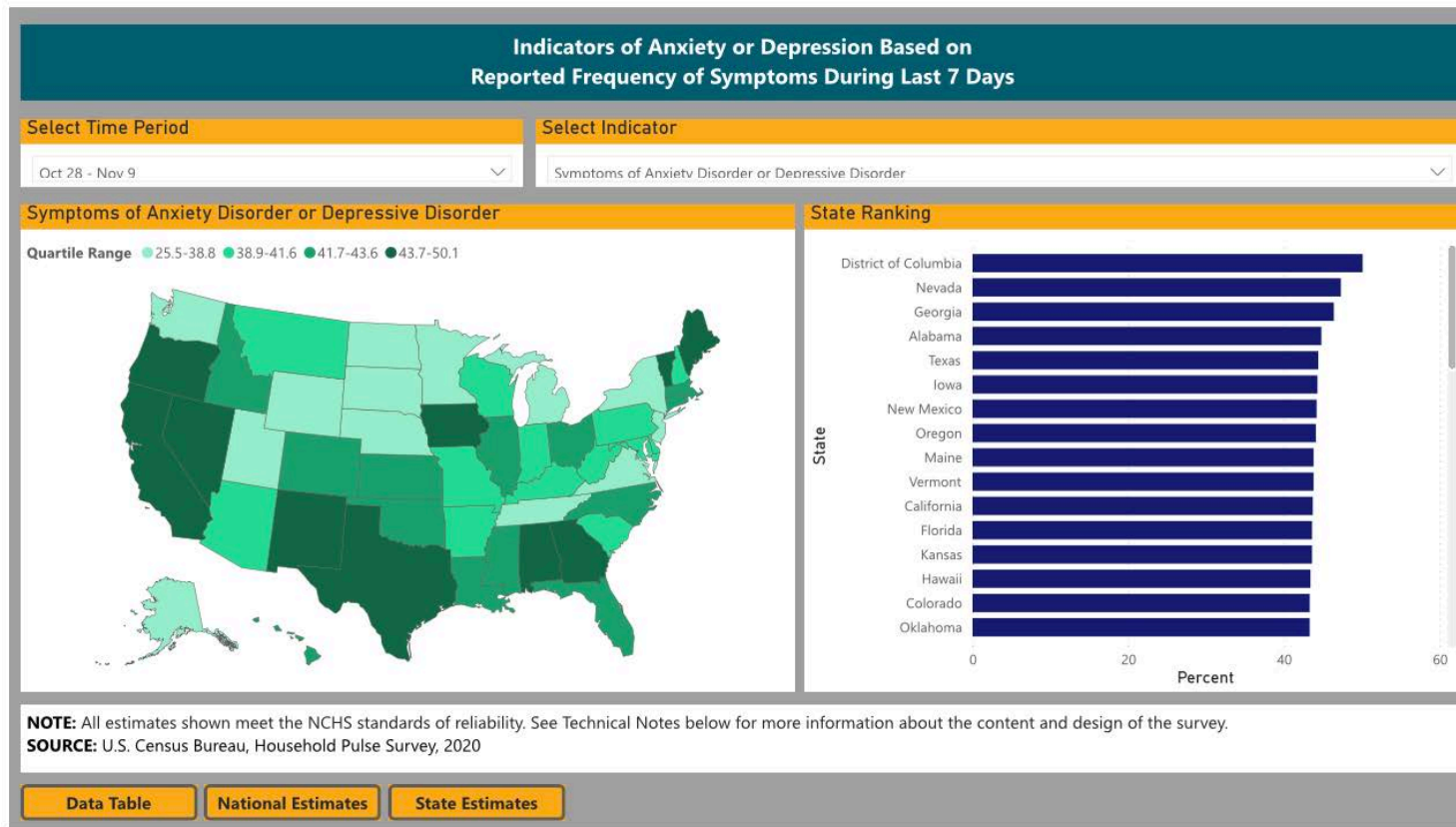
- Over the **last 7 days**, how often have you been bothered by the following problems ... Feeling nervous, anxious, or on edge? Would you say not at all, several days, more than half the days, or nearly every day? *Select only one answer.*
- Over the **last 7 days**, how often have you been bothered by the following problems ... Not being able to stop or control worrying? Would you say not at all, several days, more than half the days, or nearly every day? *Select only one answer.*

**Symptoms of Anxiety and Depression** as reported in weekly survey utilizing adapted PHQ-2 and GAD-2

Household Pulse Survey- US Census bureau in collaboration with five other federal agencies

Designed to gauge the social and economic impact of the Pandemic on American households

- 11% January-June 2019 United States (18yo and over)
- 41.4% November 25-December 7, 2020 United States
- 36.1% November 25- December 7, 2020- Iowa



# *Surge Capacity*

Surge capacity is a collection of adaptive systems-mental and physical - that humans draw upon for short term survival in acutely stressful situations such as natural disasters-Anne Masten, PhD, University of Minnesota

Pandemics are different...they go on, and on, and on.....

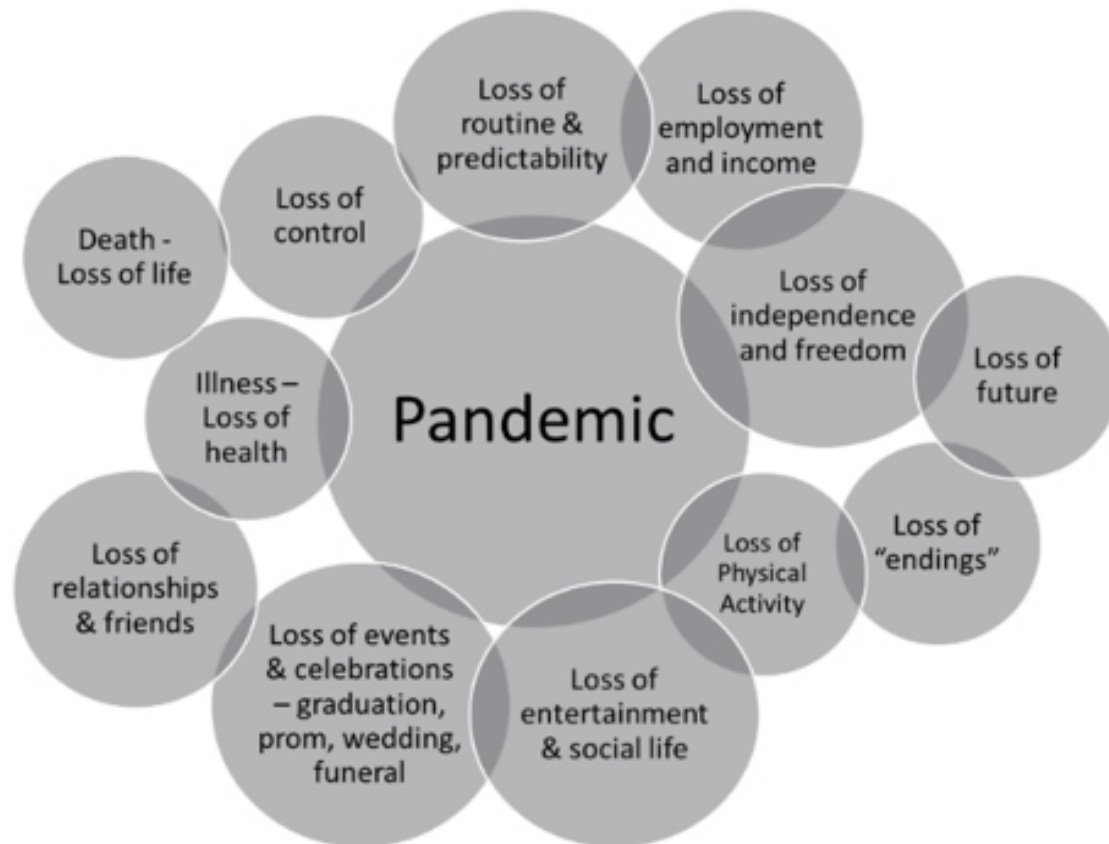
# *Warning signs and indicators*

- Change in behavior/routines
- Behavior that is odd or unusual for that person
- Decline in the care of farm equipment and animals
- Isolated/Quiet
- Hygiene/Personal Care Issues
- Low Energy/Fatigue Crying
- Restlessness
- Decrease in farm appearance
- Signs of Prolonged Stress
- Fidgety
- Tense
- Distracted
- Fatigue
- Avoidant or Reclusive Behavior
- Missing deadlines
- Increase in Illness
- Absenteeism
- Presenteeism
- Increase in farm accidents

Reflection: Do you see these signs in your neighbors and/or coworkers?



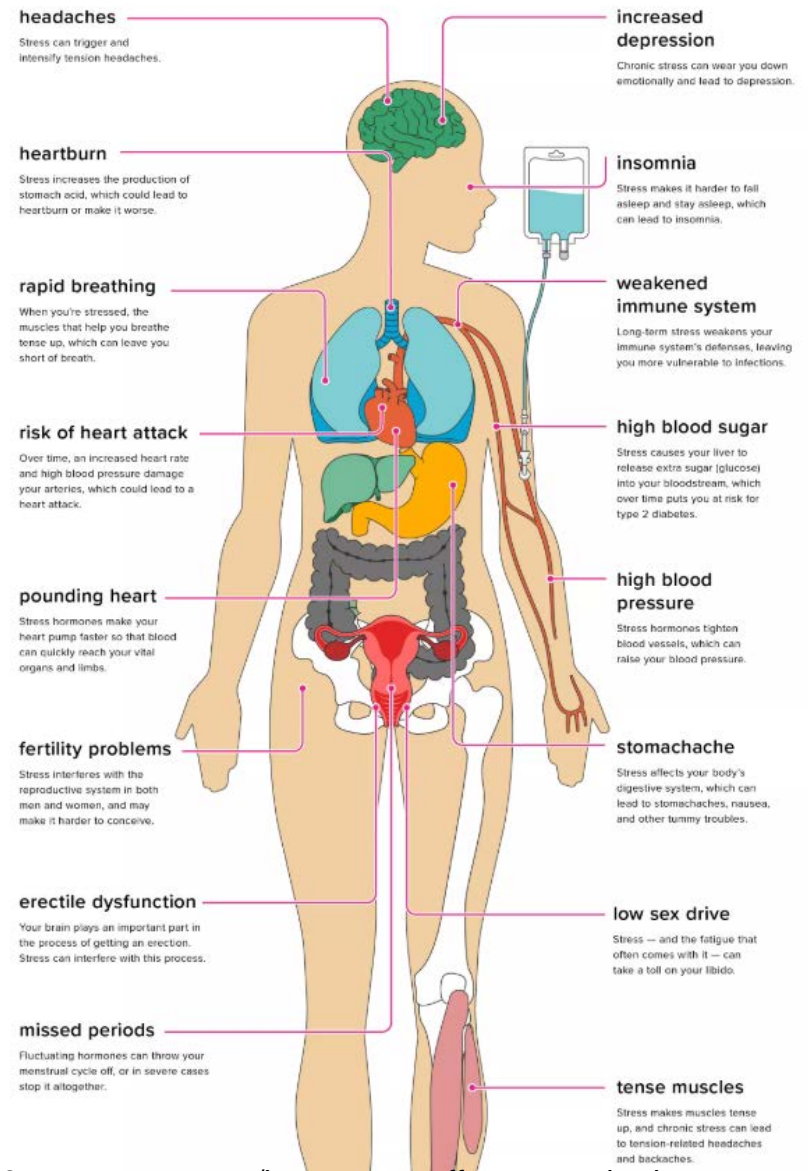
# *Changes in routine and rituals*



Uncertain Times — Coping With Loss During the COVID-19 Pandemic *By Tami Micsky, DSW, MSSA, LSW, CT*

# Impact on Health...

- In 2020 Iowa Alcoholic Beverages Division reported liquor sales increased 8%
- America's Health Ranking lists Iowa among top 5 states with an excessive drinking rate (22.5% of Iowans)

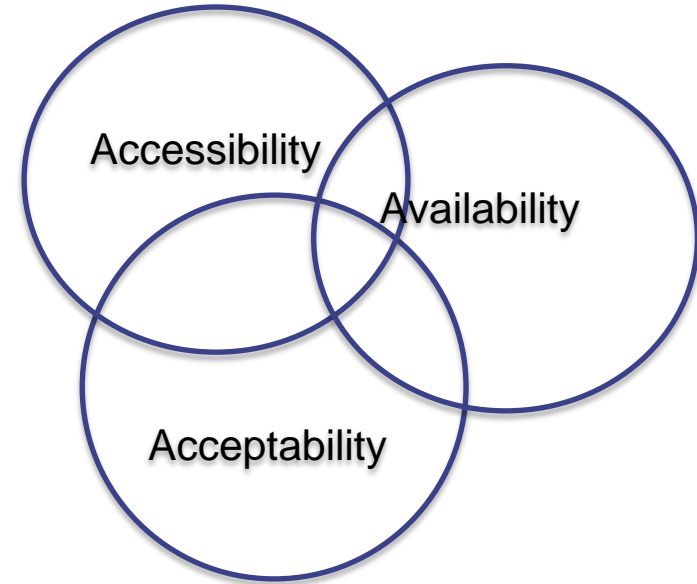


How Stress Affects Your Body.” The American Institute of Stress, 2019. [www.stress.org/how-stress-affects-your-body](http://www.stress.org/how-stress-affects-your-body).

# Rural Healthcare Challenges

Limited access to healthcare

- Distance, transportation concerns
- Lack of mental health treatment services
- Changes to telehealth guidelines may help here
- Pharmacy availability limited
- Nutrition: Food deserts
- Limited acceptability
- Self-stigma, embarrassed to seek services, fear
- Limited availability of providers
- May not have expertise in treating mental health conditions
- OBGYNs, critical care specialists, pediatricians may not be available



Depression, Alcohol and Farm Stress: Addressing Co-Occurring Disorders in Rural America, SAMSHA April, 2020

# *Rural community and increased suicide risk factors:*

- Rates of suicide and suicide attempts are increasing across the country
- Rural communities have higher rates of suicide than urban areas
- People who face the highest risk of dying by suicide include men and middle-aged adults
- Suicide is also more common in counties with lower social cohesion, more gun shops, and more veterans

Source: Steelesmith et al. (2019). *JAMA Network*

# Access to Lethal Means...

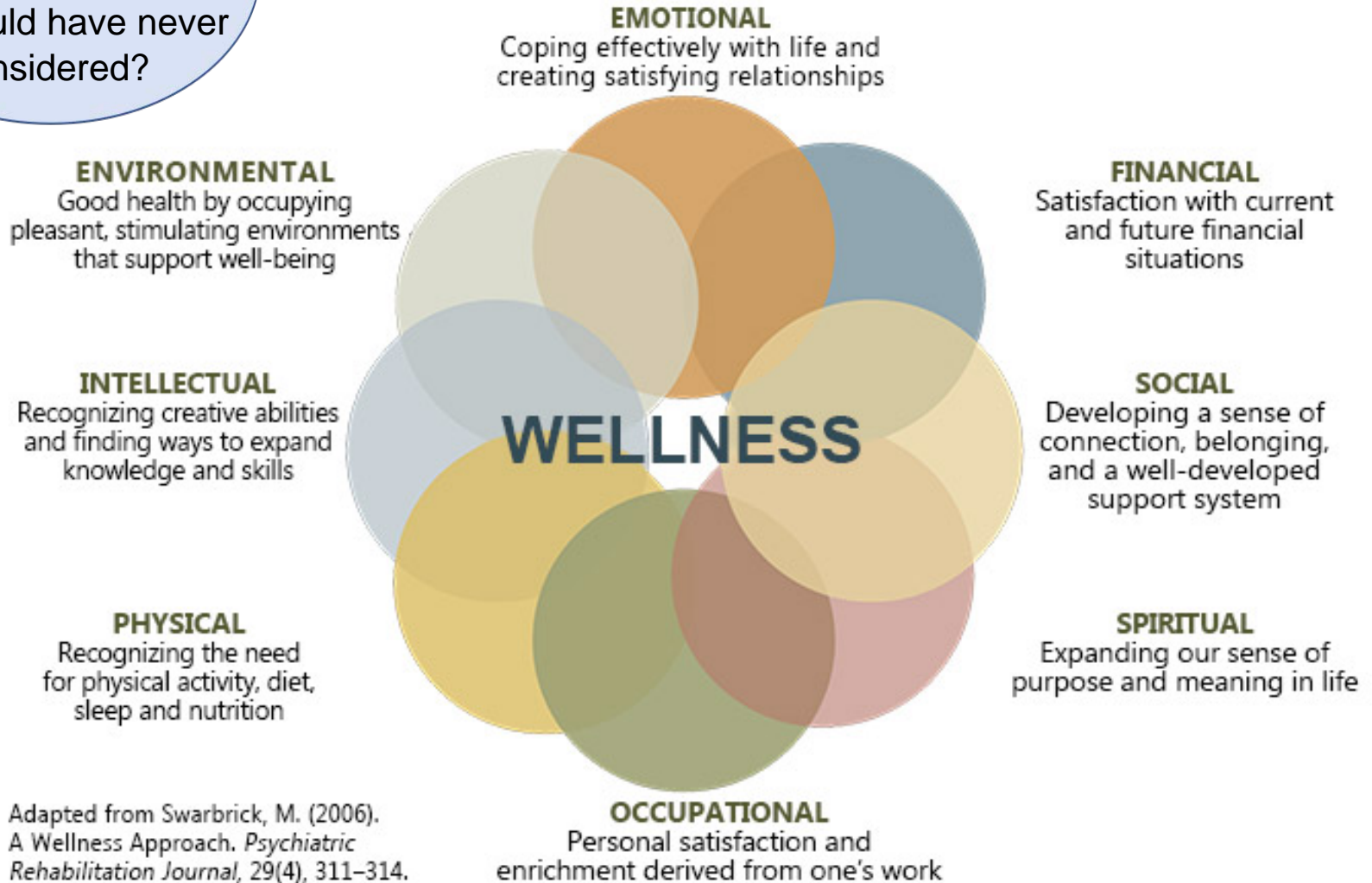
Simple steps to reduce access:

- Suicidal crisis can escalate quickly
  - A suicidal crisis is hard to predict
  - Best to reduce access prior to a crisis
- ☑ Store firearms for safety
  - ☑ Lock and limit medications
  - ☑ Learn other ways to get help

Suicide Prevention Resource Center

Reflection: What are you doing now that prior to the Pandemic you would have never considered?

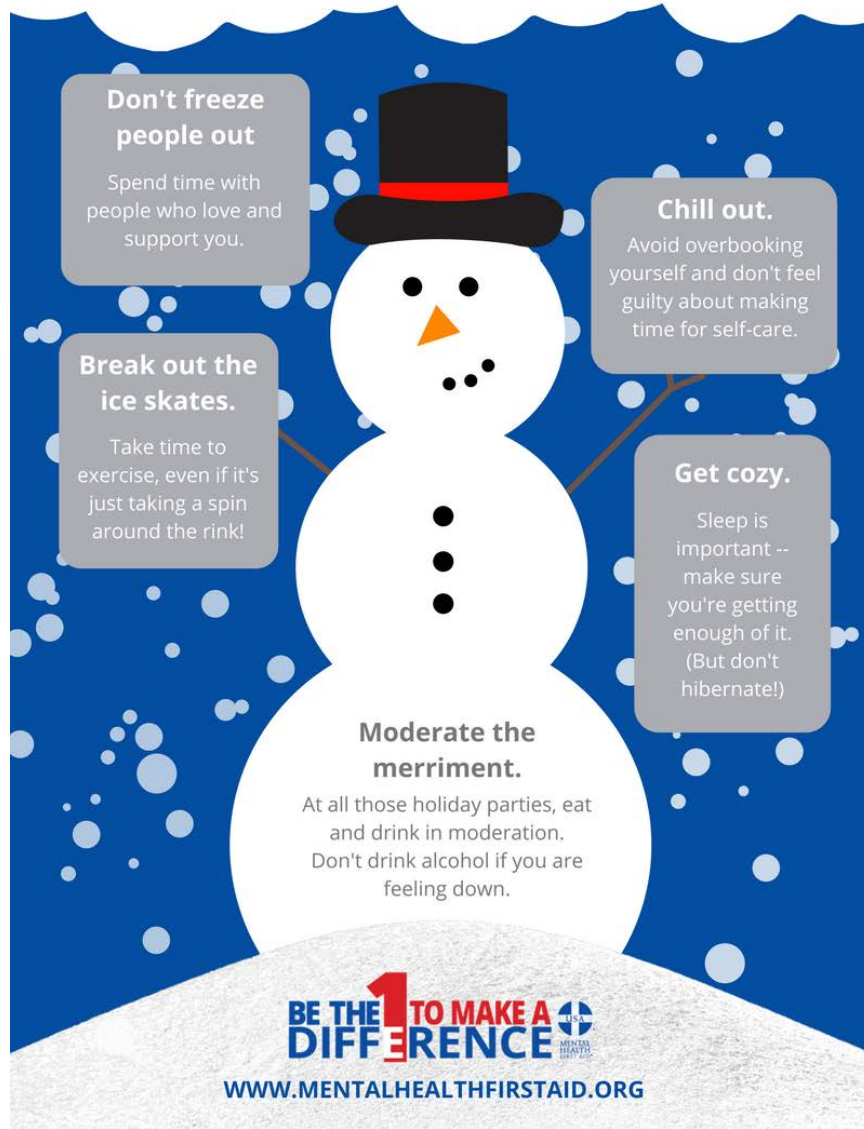
# Next steps... YOU!



Adapted from Swarbrick, M. (2006).  
A Wellness Approach. *Psychiatric  
Rehabilitation Journal*, 29(4), 311-314.

# Build Your Self-Care Snowman

Have a happy, healthy holiday season with these quick self-care tips.




**Don't freeze people out.**  
Spend time with people who love and support you.

**Chill out.**  
Avoid overbooking yourself and don't feel guilty about making time for self-care.

**Break out the ice skates.**  
Take time to exercise, even if it's just taking a spin around the rink!

**Get cozy.**  
Sleep is important -- make sure you're getting enough of it. (But don't hibernate!)

**Moderate the merriment.**  
At all those holiday parties, eat and drink in moderation. Don't drink alcohol if you are feeling down.

**BE THE #1 TO MAKE A DIFFERENCE**   
[WWW.MENTALHEALTHFIRSTAID.ORG](http://WWW.MENTALHEALTHFIRSTAID.ORG)

Reflection: How can you focus on what you really have control and choice over?

Stress is not the problem...strategies to cope and be well must be actively promoted...like safety and calm. Don't get stuck!



## 1918

Spanish Flu pandemic and Tornadoes cause significant disruption and damage across Boone county

## 2020

COVID-19 pandemic and Derecho cause significant disruption and damage across Boone county



Building Resiliency for 103 years...



# **Promote health literacy in your community today!**

The term 'health literacy' refers to knowledge and beliefs about health issues; higher health literacy translates into an improved ability to prevent, recognize, and manage health problems.

Mental health literacy is a related concept, referring to knowledge, beliefs, and perceptions about mental wellness.

# Mental Health First Aid

Mental health problems are  
**COMMON.**

Learn how to **NOTICE** when  
someone needs help

**STIGMA** is associated with mental  
health problems.

Promote **UNDERSTANDING.**

**PROFESSIONAL HELP** is not always  
on hand.

Encourage community members to  
**SUPPORT ONE ANOTHER.**

Individuals with mental health  
problems often **DO NOT SEEK HELP**

Help more people **GET THE HELP  
THEY NEED.**

Many people are not well informed  
and don't know **HOW TO RESPOND.**

Learn how to **INTERVENE.** You  
might **SAVE A LIFE.**

COVID Recovery Iowa is a FEMA/SAMSHA Disaster Response administered by the Iowa Department of Human Services with local agencies providing virtual services directly. In addition to one-on-one crisis counseling, a host of other supports can be accessed. These include interactive video groups and activities, educational webinars and trainings, workplace debriefings and grief support.

This pandemic is different from previous disaster responses. The work of supporting the emotional rebuilding, developing resiliency in those impacted, and moving forward will continue for some time. The primary aim for the remainder of this program is to:

- **Promote local mental health resources that are available to all Iowans.**
- **To normalize mental health as a part of physical health and the importance of emotional wellness.**
- **Actively address stigma of mental health and substance use and/or misuse.**

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515-450-3004

[jdhaglund@me.com](mailto:jdhaglund@me.com)

COVID Recovery Iowa resources at a glance:

- Website: [covidrecoveryiowa.org](https://www.covidrecoveryiowa.org)
- Facebook: <https://www.facebook.com/covidrecoveryiowa>
- Twitter: <https://twitter.com/covidrecoveryia>
- Instagram: <https://www.instagram.com/covidrecoveryiowa/>
- Phone: Iowa Concern Hotline at 800-447-1985



# COVID RECOVERY IOWA

is here to help.

A pandemic and a derecho. Two things you did not ask for and definitely not the norm. In the aftermath, you still have to live your life.

You may be wondering what steps to take? COVID Recovery Iowa may be able to assist. Free, virtual services such as counseling, group education and stress reduction activities are available to you.

**WE HEAR YOU. WE SEE YOU.  
WE ARE HERE TO HELP.**

COVID Recovery Iowa's counselors will assess your needs and make referrals to community-based disaster relief services and agencies to extend support services to you. [www.COVIDrecoveryiowa.org](https://www.COVIDrecoveryiowa.org). The site translates into 65 languages.

**Iowa Warm Line 844-775-WARM (9276):** Provides confidential access to peer counseling and can connect you upon request with COVID Recovery Iowa services. Provides confidential access to virtual counselors and information and referral services for a wide variety of topics, including COVID-19 services. Language interpretation service is available.

**Iowa Concern: 800-447-1985:** Provides confidential access to stress counselors and an attorney for legal education focusing on rural and agricultural issues. Iowa Concern services are available 24 hours a day, seven days per week at no charge. Language interpretation service is available.

**541-800-3687 Answered Live in Spanish:**

Se responde en vivo en español. Proporciona acceso confidencial a consejeros virtuales, información, y una variedad de servicios de remisión que incluyen servicios relacionados a COVID19.

**WE'RE STRONGER TOGETHER EVEN IN THESE UNCERTAIN TIMES!**



*Thanks for your participation!*

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Families feel stress...  
talking about it helps**



**Webinar Speaker:**  
**Jason Haglund, MS, CADC**  
**Fifth Generation Iowa Farmer;**  
**Owner, Haglund Consulting, LLC.**

**Host: Ed Kordick, [ekordick@ifbf.org](mailto:ekordick@ifbf.org)**

A recording of this webinar and materials will be available at the Iowa Farm Bureau website: [www.iowafarmbureau.com](http://www.iowafarmbureau.com)