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: 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

**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
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

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
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

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
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

Choose to engage.

Offer support, listen and respectfully ask, “Are you thinking about killing yourself?”

Refer person to helplines, lifelines or local resources.

Never leave the person alone or without a plan, and never leave the person without hope.
How to Help

Choose to engage.

How to Help

Offer support by listening and respectfully asking the tough question:

“Are you thinking about killing yourself?”
How to Help

Refer 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
Crisis Text Line
Text HOME to 741741
Veterans Crisis Line
1-800-225-5454 and press 1

How to Help

Refer 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.
How to Help

Never leave the person alone or without a plan, and never leave the person without hope.

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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,
Iowa State University Extension and Outreach
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.

How to Help

Choose to engage.

Offer support, listen and respectfully ask, “Are you thinking about killing yourself?”

Refer person to helplines, lifelines or local resources.

Never leave the person alone or without a plan, and never leave the person without hope.
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.

How to Help

Choose to engage.

Offer support, listen and respectfully ask, “Are you thinking about killing yourself?”

Refer person to helplines, lifelines or local resources.

Never leave the person alone or without a plan, and never leave the person without hope.
Resources

If stressed...
Iowa Concern Hotline 1-800-447-1985

If in crisis...
• National Suicide Prevention Lifeline 1-800-273-8255 or chat: suicidepreventionlifeline.org/chat
• Veterans Crisis Line 1-800-273-8255; press 1
• Crisis Text Line Text HOME to 741741

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
Resources

• ELEVATE: Taking Your Relationship to the Next Level
  www.extension.iastate.edu/humansciences/elevate

• What About Me? My Wellbeing
  www.extension.iastate.edu/humansciences/wellbeing

• Writing Your Retirement Paycheck
  www.extension.iastate.edu/humansciences/retirement

• Smart Choice: Health Insurance
  www.extension.iastate.edu/humansciences/health-insurance

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
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

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
Thank You

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Questions?
Please fill out a brief evaluation by clicking: [https://tinyurl.com/webstress](https://tinyurl.com/webstress)

Recordings of this webinar and materials will be available at www.iowafarmbureau.com

Direct Link: [https://tinyurl.com/brownweb](https://tinyurl.com/brownweb)

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References


References


References


