



INTRODUCTION TO FARM FOUNDATION®

FOUNDED IN 1933. A 501(C)(3) NON-PROFIT AT THE
INTERSECTION OF FOOD & AGRICULTURE





Farm Foundation is an
ACCELERATOR
of practical solutions for agriculture.

We accelerate
PEOPLE AND IDEAS
into
ACTION.



OUR MISSION AND VISION GUIDE OUR WORK

MISSION:

To **build** trust and understanding at the intersections of agriculture and society.

VISION:

To **build** a future for farmers, our communities and our world.

STRATEGIC PRIORITIES FOR OUR WORK: ACCELERATING PEOPLE & IDEAS

- **Building a future** for farmers, our communities and our world.
- **Building trust and understanding** at the intersections of agriculture and society.





FEEL BETTER. FARM BETTER.

Whether it's the ongoing stresses of farming, COVID or family life, we've got something for your family:

- **Iowa Concern: Education and referral service** for all Iowans—help with financial issues, legal concerns or disaster needs. 24/7 phone support: 1-800-447-1985.
- **Personal Assistance Services (PAS): Pre-paid coaches and wellness services**—free and confidential for all Iowa farm families, accessible by call, text, live chat, online, app.
 - **1-833-999-FARM** for 24/7 phone support
 - **farmfamilywellness.com** for online live chat, eM Life wellness/coaching app access, free resources
- Access a **broad set of ongoing wellness services** for needs including mental health; marriage, parenting and family resources; health and nutrition services; substance use and more.

Sponsored by the Iowa Farm Family Wellness Alliance



IOWA STATE UNIVERSITY
Extension and Outreach

Iowa Farm Bureau –
marketing support





THANK YOU



Farm Family Wellness

Free Services for your Iowa Farm Family

(833) 999-FARM
www.farmfamilywellness.com

In partnership with the Iowa Farm Family Wellness Alliance

Ranching and Farming Stressors

- Uncontrollable factors
 - Weather/disaster
 - Commodity Markets
 - Uncertainty
- Illness/injury
- Isolation
- Competition
- Increased need for competency
- Irregular/uncertain income
- Transition/Succession
- Long/solitary work hrs
- Barriers to help
 - Lack of services
 - Attitudes & perceptions
 - Health Insurance

Warning Signs



- Isolation
- Mood Changes
- Abrupt Sales
- Disrepair
- Injury and Illness
- Altered Sleep Patterns
- Increased Substance Use
- Lack of Motivation
- Unpaid Bills
- Hopelessness
- Family Exhibiting Stress



Farm Family Wellness

Free Services for your Iowa Farm Family

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www.farmfamilywellness.com

In partnership with the Iowa Farm Family Wellness Alliance

What is PAS?

- Personal Assistance Services in partnership with Iowa Farm Family Alliance
- To address the growing concerns of rural mental health
- Access to an extensive array of ***free and confidential*** counseling, coaching, and consultation services that help employees thrive in life and at work
- Provides support through the entire spectrum of life events
PAS is a Life Event Company
- 20 different Life Management services dedicated to enhance well-being

What Does PAS Include?

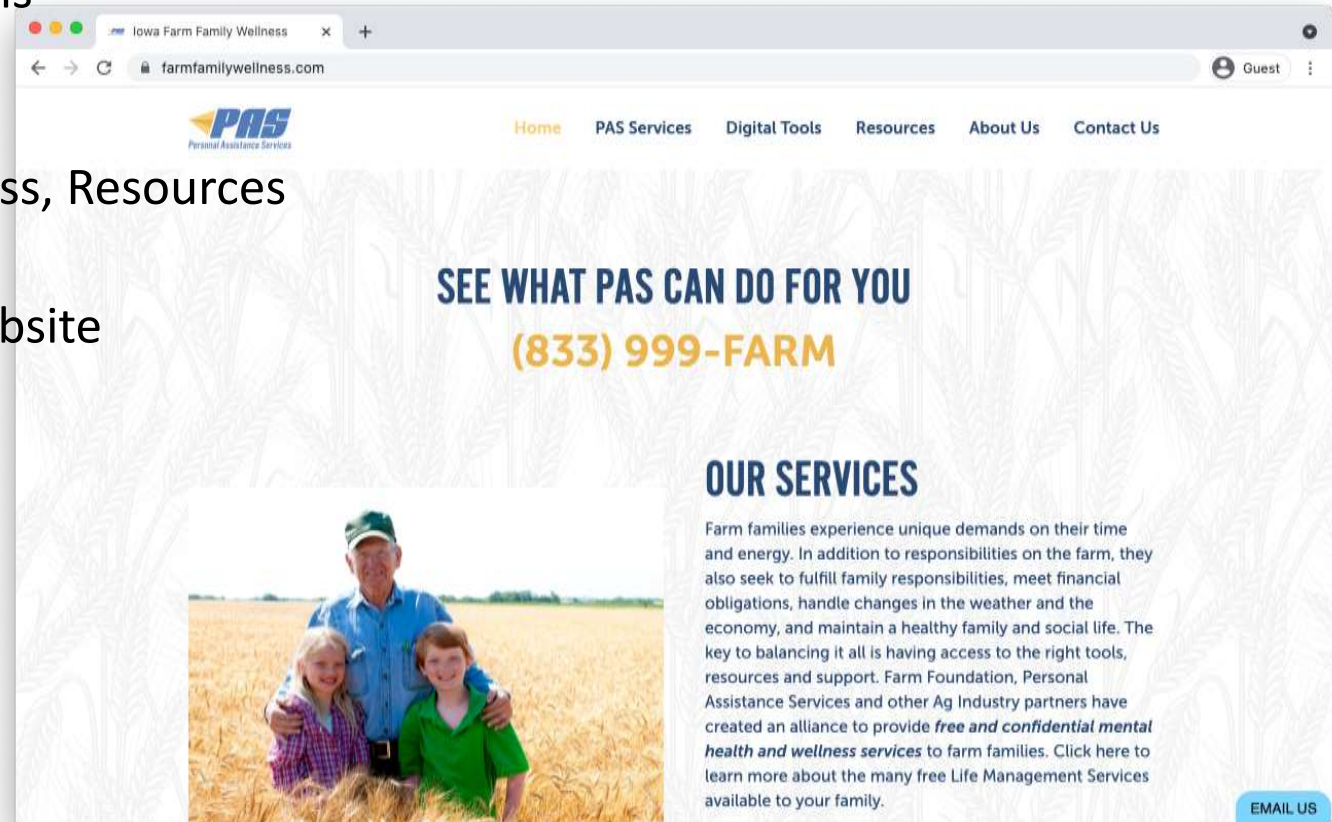
- 24/7/365 Helpline 833-999-FARM
 - *Immediate* support by Master's level counselors
- Access via phone, video, email, live chat or text
- Short-term solution focused counseling
 - In-person, telephonic, tele-video
- Life management services
- Well-being coaching
- Digital tools
- Online educational information on a wide variety of topics

Costs and Eligibility

- PAS is prepaid for farm families living in Iowa
- There is **no charge** to your family
 - Children, even if not living in the household, up to 26 years of age
 - Family members permanently living with you
- Family members over the age of 18 can initiate services on their own
- Not associated with health insurance

Accessing the PAS Services

- **1-833-999-FARM (3276)**
 - 24-hours a day, live Master's level clinicians
 - Concierge
- www.farmfamilywellness.com
 - Information, Legal forms, Financial wellness, Resources
- Live Chat
 - Access in the lower right corner of the website
 - 9AM-5PM Central Time
 - Monday through Friday
- Email
 - Response in 1 business day
- Text
 - 314-451-5727
 - 9AM-5PM Central Time
 - Monday through Friday



Confidential
In-person, Phone, Virtual, Text
Flexible hours
Nationwide

- Financial worries
- Farm stress
- Substance abuse
- Anxiety, excessive worry
- Sleep improvement
- Grief & loss
- Work/ Life Balance
- Marital/ relationship
- Multi-generational communication
- Trauma/ Abuse
- Loneliness
- General stress
- Parenting concerns
- Depression

Life Management Services

Confidential
Phone Sessions
Convenient Appointments

- Childcare Consultation
- Homebound Learning
- Parenting Consultation
- Education Planning
- Career Coaching
- Health and Wellness
- Weight and Nutrition
- Fitness Coaching
- Tobacco/Nicotine Cessation
- Financial Consultation
- Identity Theft
- Will Preparation
- Legal Consultation
- Retirement Coaching
- Elder Care Management
- Organization/Productivity
- Life Coaching
- LifeMart

Life Management Services

Childcare Consultation

- Help to find resources & vacancy verification
- Daycare, camps, summer programs
- Tutors
- Special need programs
- Nanny/au pair
- Adoption assistance



Life Management Services

Homebound Education

- Homeschooling expertise
- Working with multiple age levels at home
- Managing remote work and school
- Creating schedules
- Curriculum and resource suggestions
- Utilizing local resources



Life Management Services

Parenting Consultation

- Discipline, sleep issues, reinforcement strategies, potty training
- Developmental milestones
- Individual education plans



Life Management Services

Education Planning

- Undergraduate, graduate, technical vocational
- Continuing education
- Admissions
- Financial aid
- Scholarships
- Day camps



Life Management Services

Career Coaching

- Assessing your work skills
- Exploring your life and work values
- Setting career goals
- Improving networking skills
- Developing and refining your resume
- Preparing for interviews



Life Management Services

- General Health and Wellness Coaching
 - Lifestyle changes
 - Communicating with your doctor
- Weight & Nutrition Consultation
 - Goal setting and accountability
 - Specific diagnosis education
- Fitness Coach
 - Creating structured fitness plan
 - Adapting fitness plans



Life Management Services

Tobacco/Nicotine Cessation

- Reasons to quit/fears about quitting
- Personal triggers
- Methods to address triggers and handle cravings
- Alternate habits and behaviors
- Establish a quit date
- How to stay quit



Life Management Services

Financial Consultation

- Farm lending resources
- Decision making support
- Cash flow & budget plans
- Debt reduction
- Credit management
- Bankruptcy prevention
- Financial planning priorities
- Changes in finances due to retirement, death, disability or divorce



Life Management Services

Identity Theft

- Telephonic consultation with identity theft recovery specialist
- Instructions to restore identity
- Tip sheets



Life Management Services

Legal Consultation

- Family law
- Housing and real estate matters
- Consumer and financial matters
- Wills and probate
- Auto-related matters
- Veteran benefits
- Social security
- Enhanced online resources and forms



Life Management Services

Will Preparation

- Simple individual and spousal wills
 - Last Will and Testament
 - Living Will/Advance Health Directives
 - Online access through our website, under the state you live in
 - Legal consultation



Life Management Services

Retirement Coaching

- Guidance in planning for non-financial aspects
- Health issues
- Family relationships
- Succession planning
- Spiritual life
- Skills, leisure activities, volunteer work, hobbies



Life Management Services

Eldercare Management and Resources

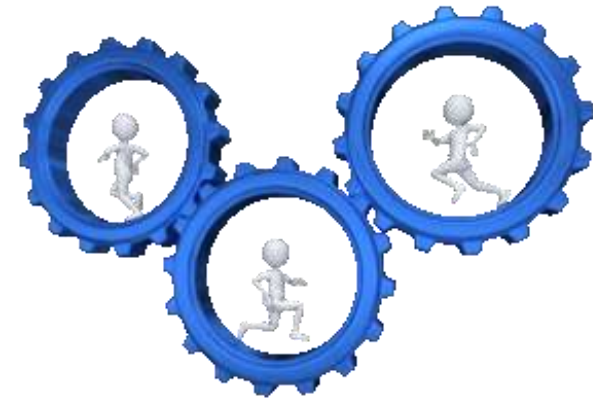
- Care Coordination
 - Assistance in placement
 - Needs assessment and care plan
 - Referral to community resources
 - Support for long distance caregivers
 - Crisis intervention and prevention
- Financial Consultation
 - Medicaid/Medicare eligibility assessment
 - Advice and assistance with Medicare Supplement insurance plans
 - Assessment of veteran's benefit eligibility
 - Medicaid planning and asset protection



Life Management Services

Organization and Productivity Coaching

- Time management and prioritization skills
- Ways to improve workflow process
- How to organize your home or office
- Skills to minimize procrastination and stay focused



Life Management Services

Life Coaching

- Personalized guidance and support
- Identify and achieve goals
- Consultation when making major life transitions
- Assist with work/ life balance
- Help you be the best you can be



Life Management Services

PAS Discount Center

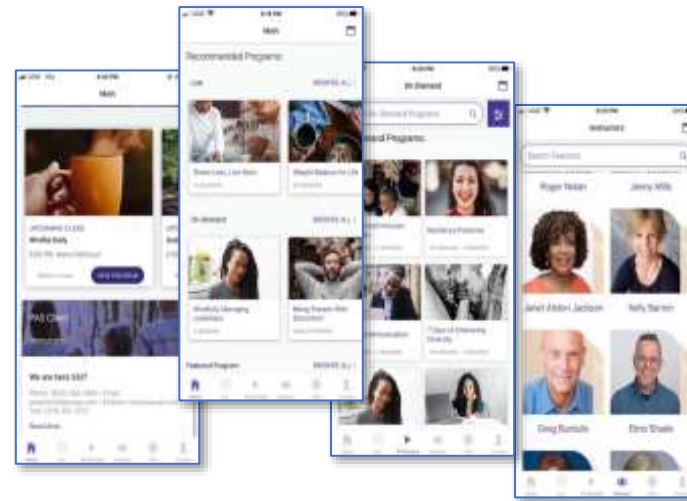
- Powered by LifeMart
- Discount shopping online
- Travel
- Electronics
- Flowers and gifts
- Events
- Entertainment



PAS Digital Tools



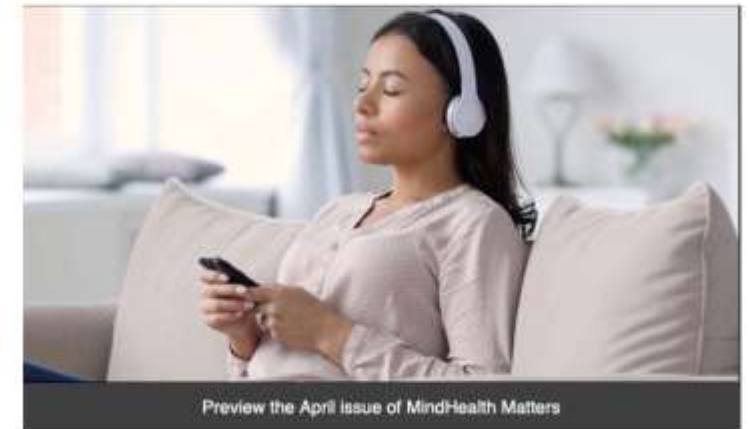
WayForward
Cognitive Behavioral
App



emLife Mindfulness app



For your employees:
The April issue of MindHealth Matters
is now available.



MindHealth Matters
monthly wellness
newsletter

Website Review

www.farmfamilywellness.com



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Reminders

Free for Iowa Farm Families

Confidential

24-hour support

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