

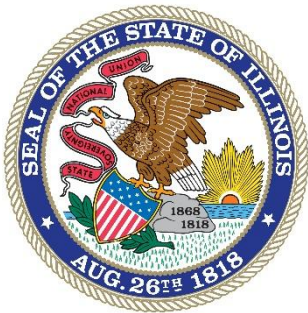
Center for Rural Health and Social Service Development

Southern Illinois University
Carbondale





Farm Family Resource Initiative (FFRI)



FFRI

Seeks to improve the health and well-being of Illinois farm owners and families by:

- Identifying farm family needs, including mental health needs
- Compiling a list of available resources for farm families
- Creating new resources for farm families
- Developing a network of partners, both professional and otherwise to respond to farm family needs



What do we know?

- Farming ranks in the top 10 most stressful occupations in the U. S.
- Farmers are among the most likely to die by suicide compared to other occupations (2022 study by Centers for Disease Control and Prevention).
- 2022 study also shows suicide rates overall had grown by 40% in less than 2 decades.



What do we know?

- 2022 AFBF study showed that 75% of rural adults and 66% of farmers/farmworkers say it is important to reduce stigma about mental health in the agriculture community.
- The same study showed a majority of rural adults agree cost, accessibility, availability, embarrassment, and stigma would be a barrier if they were seeking help for a mental health condition.



What is farm stress?

The stress experienced by farmers and their families as a result of the unique agricultural work environment.



Why so much stress?

- Weather
- Prices
- Costs
- Farm and family financial stress
- Personal stresses
- Complicated or strained decision making-tendency to make worse decisions under stress
- Lower net income
- Growing debt levels
- Undetermined profitability
- Cash flow on farm
- Arranging financing
- Long hours, sometimes working multiple jobs
- Facing the challenge of having to leave the farm (generational legacy)



FFRI Advisory Council

Advisory Council made up of Agriculture industry professionals and others from throughout the state meet monthly to:

- Provide guidance
- Provide support
- Make recommendations
- Carryout efforts



FFRI website www.siumed.org/farm

- Recorded webinars
- Resources – state and national
- Blogs and podcasts
- Trainings – professional development opportunities
- Grief Support Group
- Order form



Farm helpline

CALL

1-833-FARMSOS

(833-327-6767)

EMAIL

FarmFamilyResourceHelpline@mhsil.com

**WE ALL NEED SOMEONE
WE CAN TALK TO**

CALL OR TEXT
1-833-FARMSOS
(833-327-6767)

EMAIL
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FREE | CONFIDENTIAL | 24/7
SOMEONE YOU CAN TALK TO

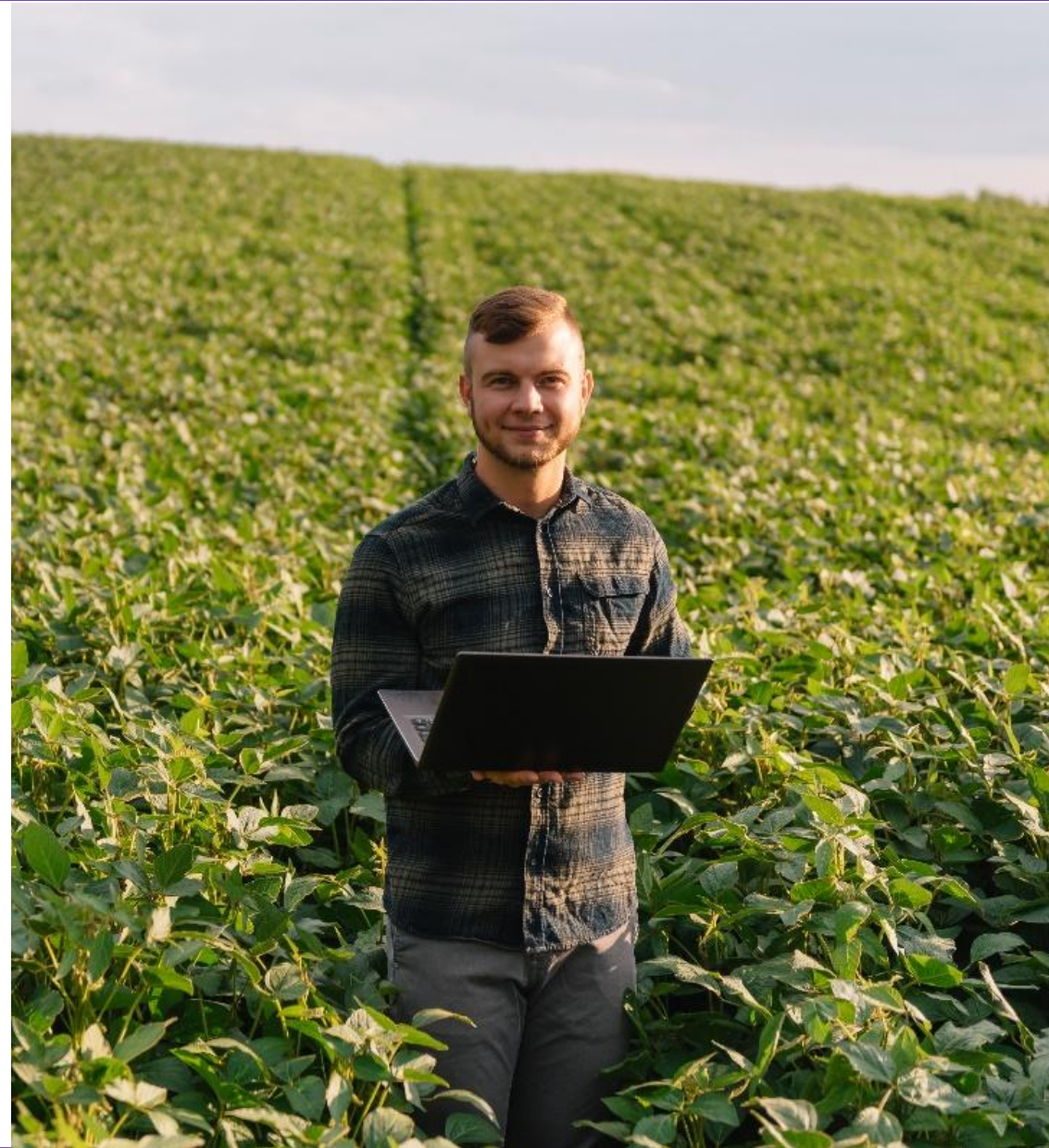


Someone is always here to listen. Anytime. Anywhere.
We know the struggles of farming and are here to help.



Telecounseling

- Follow up counseling sessions for callers who need additional support.
- Up to 6 counseling sessions with SIU Medicine counselors
- Individual | Group | Couple
- Provided at no cost. Paid for by grant.



Nurse Scholar Program



FFRI has partnered with Farm Credit Illinois and AgriSafe for the Nurse Scholar program is a distance learning opportunity designed for rural nurses. Experienced health & safety educators share their expertise in prevention, identification, and assessment of diseases related to agricultural work exposures. Classes are in the form of webinars to be viewed on your own time. Nurses who complete this course will be eligible for 23 hours of continuing nursing education.

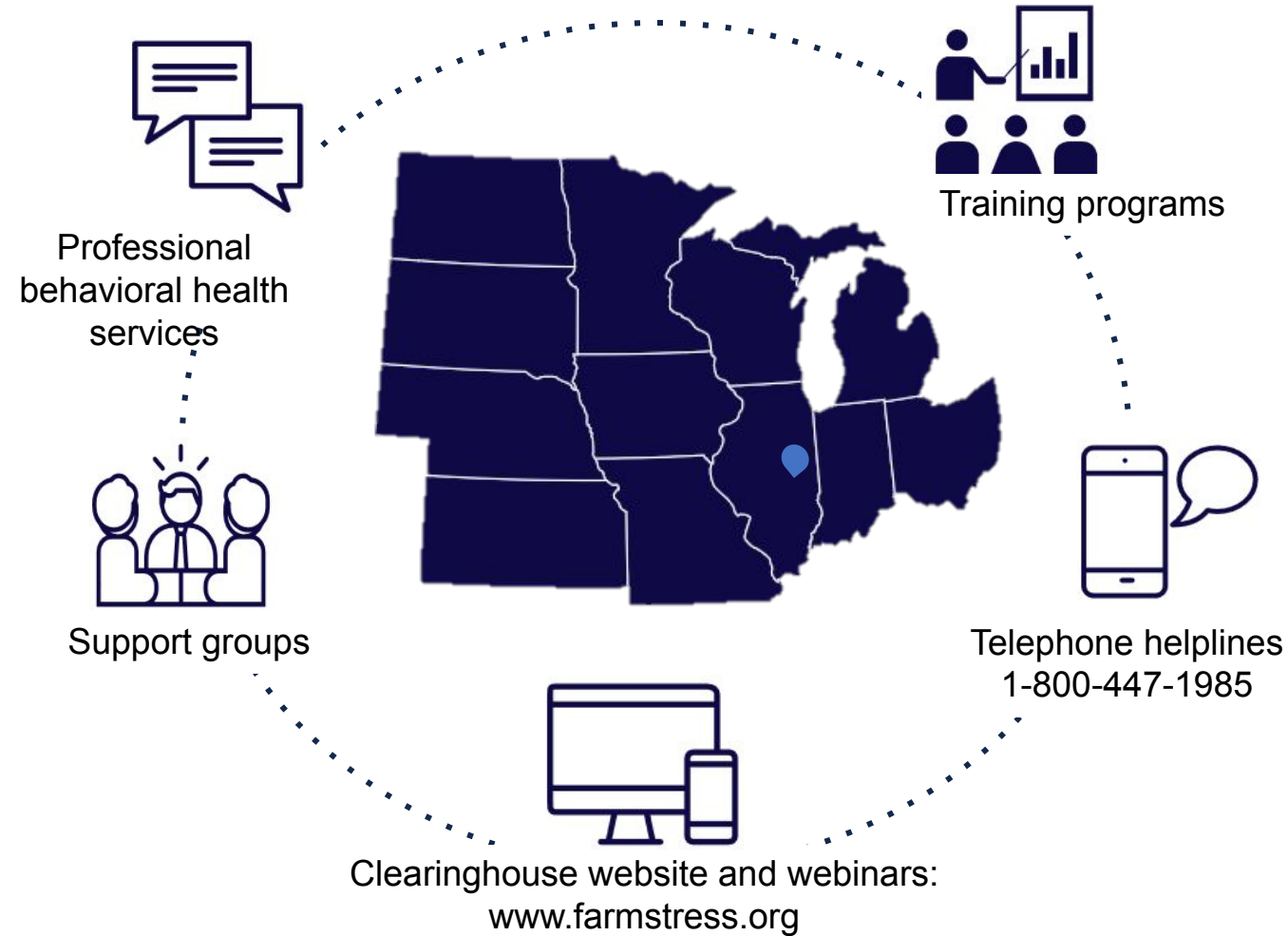
Scholarships available for 125 individuals.

To be eligible to receive a scholarship, nurses must:

- Be employed by a rural health clinic, FQHC, government agency, non-profit hospital or organization, or work in academia
- Demonstrate an interest and ability to integrate learnings into their practices
- Work in a rural and medically



North Central Farm and Ranch Stress Assistance Center



“There is no health without mental health”

David Satcher, Former US Surgeon General



Contact

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www.siumed.org/farm

