



Reflecting on 2022 to Date

As fall finally appears to be settling in, I wanted to take a moment and pass on some of the work from the first year of the Colorado AgrAbility Project's Behavioral Health Specialization.

I had the pleasure of meeting a good number of you during our Winter Workshops where we presented information on Promoting Emotional Wellbeing in the Golden Years. We also partnered with the Colorado Agricultural Addiction and Mental

Health Program and Colorado Farm Bureau to put on 4 workshops across Colorado on Substance Abuse Prevention and Intervention for Parents of Rural Teens and will do another round in the winter of 2023, info will be available on our website once the dates and locations are confirmed. One of the partnerships formed this year was with the Farm Aid Hotline (1800-FARM AID) to help interested callers in the Western Region of the US to answer questions about behavioral health and, when

beneficial, to get them connected to appropriate services in their area. We have also offered free COMET (Changing Our Mental and Emotional Trajectory) trainings to extension agents and other community members to help learn to recognize warning signs and intervene before behavioral health crisis.

One of our other projects is called LandLogic and this is a therapy approach designed to address a wide range of issues and goals but created

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especially for people working in production agriculture.

We are pairing with AgriSafe to begin offering this training to therapists and social workers in rural communities beginning in January of 2023.

We are also set to begin hiring for 4 regional Behavioral Health Specialists who will work to serve the needs of their geographic region with outreach, education, and resource linking. We look forward to the Winter of 2023 and sharing information on Resiliency and Stress Management

on the Farm and Ranch at our CAP Winter Workshops. This theme on Resiliency or the process and outcome of successfully adapting to difficult or challenging life experiences will be woven into several projects for the coming year including two Farmer Wellness Weekend Workshops in Washington State and a 6-hour preconference workshop at the 2023 EcoFarm Conference in California.

Until our paths cross, we certainly wish all you the best in adapting to your challenges and celebrating your successes.

If you have questions or concerns regarding behavioral health information, trainings, services, or resources please contact me at 970-744-9011 or chad.reznicek@colostate.edu.

**Cordially,
Chad**



SAVE THE DATE 2023 Winter Workshops

Date	Location	Time
January 11th	Grand Junction, CSU Western Campus	10:10 am to 2:20 pm
January 12th	Montrose, Montrose Event Center	10:00 am to 2:30 pm
February 10th	Colorado Springs, State Extension Office	10:00 am to 2:30 pm
February 17th	Sterling, County Extension Office	10:00 am to 2:30 pm
February 23rd	Pierce, Fire Station	3:00 pm to 7:30 pm
March 1st	Limon, Community Building	10:00 am to 2:30 pm





FREE to attend for farmers, ranchers, families, and professionals who serve or work with them!
Light lunch or meal provided at all workshops.

WRASAP in Action



The **Western Regional Agricultural Stress Assistance Program (WRASAP)**, funded by a USDA Farm and Ranch Stress Assistance Network grant, is composed of lead agencies representing 13 states and 4 territories. WRASAP recognizes that high levels of stress have been present in our agricultural communities. It is their goal to bring culturally competent agricultural focused behavioral health professionals to rural America.

The first step is the creation of the Western Regional Agricultural Stress Assistance Program (WRASAP). Program activities are directly tied to the goals of this FRSAN as they share the following objectives:

- Establish a diverse, regionally-representative network of member organizations.
- Develop a clearinghouse of farmer assistance programs in the region.
- Educate your region about FRSAN activities and how they can access and use existing resources and programs by visiting their [website here](#).

Current FSA Loan Interest Rates

Have you been considering applying for a Farm Service Agency (FSA) farm loan?

The current rates as of October 1, 2022 are listed below:



Program	Interest Rates
Farm Operating– Direct	3.875%
Farm Operating– Microloan	3.875%
Farm Ownership– Direct	4.125%
Farm Ownership– Microloan	4.125%
Farm Ownership– Direct, Joint Financing	2.500%
Farm Ownership– Down Payment	1.500%
Emergency Loan– Amount of Actual loss	3.750%
For more information, call your county Farm Service Agency.	



Serving the needs of Colorado's Farm and Ranch Families with Disabilities

**AgrAbility Contact Details– Candy Leathers
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Gardening for Good: How Community Gardening Can Impact Your Neighborhood



Community gardening can have a positive impact on your neighborhood in many ways.

One of the most obvious benefits of community gardening is that it beautifies your neighborhood! A well-tended garden is a pleasant sight, and can make your neighborhood more attractive to potential homebuyers or renters. Gardening is known to relieve stress and community has a healthy social impact on all who are involved in the activities.

Community gardens also provide a green space for residents to enjoy, which can be especially valuable in urban areas. In addition to their aesthetic value, community gardens also have a number of practical benefits. Gardening can be a great way to get exercise and fresh air, and it can also teach children about where their food comes from. Community gardens can also provide a source of fresh produce for families who might not otherwise have access to it.

If you are thinking about starting a community garden in your neighborhood, there are a few things you should keep in mind:

First, you'll need to find a suitable location. Look for a spot that gets plenty of sunlight and has good drainage. You'll also need to make sure there is enough space for all the gardeners who want to participate. Once you've found a location, you'll need to gather some supplies. You'll need seeds or plants, gardening tools, and compost or fertilizer. You may also want to consider joining a community garden group, which can provide support and advice.

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Starting a community garden can be a great way to improve your neighborhood. Not only will you beautify your surroundings, but you'll also have the opportunity to meet new people, get exercise, and provide fresh produce for your family or community.

Community Gardening in Colorado

Colorado is a great place to garden! The climate is perfect for growing a wide variety of vegetables, fruits, and flowers.

Community gardens are a great way to get involved in your community and meet new people.

How Community Gardening in Colorado Impacts Your Neighborhood

Colorado is well-known for its many outdoor activities and scenic landscapes as well.

Community gardening is a type of agriculture where people grow food together in a shared space. This type of gardening can have many benefits for both the gardener and the community.

Some of the Benefits of Community Gardening Include:

Improved mental and physical health: Studies have shown that spending time in nature can improve mental health. Gardening can also provide a moderate form of exercise, which is good for physical health.

A sense of community: Community gardens can help people meet new friends and get to know their neighbors. They can also provide a sense of belonging and purpose.

Increased access to fresh produce: Community gardens can provide fresh fruits and vegetables to people who might not otherwise have access to them. This is especially important in food deserts, which are areas without easy access to healthy food.

A sense of community and social interaction: Community gardens provide a sense of community and

social interaction. This is especially important in food deserts, which are areas without easy access to healthy food.

Increased access to fresh, healthy food: Community gardens can provide fresh, healthy food to people who might not otherwise have access to them. This is especially important in food deserts, which are areas without easy access to healthy food.

A way to connect with nature: Community gardens can provide a way for people to connect with nature. This is especially important in urban areas, where green space is often limited.

A source of income: Community gardens can provide a source of income for the people who grow food in them. This can be especially important in low-income areas.

Which Plants to Choose?

Some plants are better suited for community gardens than others. When choosing plants, it is important to consider the climate in Colorado as well as the needs of the community garden.

Some plants that are known to do well in Colorado include:

- Lettuce
- Spinach
- Carrots
- Beans
- Peppers
- Cucumbers
- Squash
- Tomatoes

It's always wise to have a local gardening expert on your team to ensure that you are choosing plants that will thrive in your specific area.

Final Word

Community gardening in Colorado will definitely have a positive impact on your neighborhood. It provides many benefits for both the gardener and the community, including improved mental and physical health, a sense of community, increased access to fresh produce, and a source of income.