

How can you help a farmer? Get Farm Stress Certified!



This three-course program is designed to give mental health professionals the understanding and resources needed to assist the agricultural community

Module Objectives

1: Farming 101

- * Identify unique stressors in the agriculture industry
- * Examine the structure of Ohio's farming community
- * Recognize the barriers to seeking mental health treatment for the rural communities
- * Discuss how weather plays a much larger role of stress for our farmers than we realize

January 12, 1:00—3:30 pm
February 9, 9:30—Noon
March 9, 9:30—Noon
June 1, 1:00—3:30 pm
July 19, 9:30—Noon

Instructors: Bridget Britton
Sarah Noggle
Jamie Dellefield

2: Managing the Farm

- * Assess how passing on the farm affects the farm family
- * Evaluate the impact of agriculture economic fluctuation
- * Recognize the stress as a result of legal complexities in the farming community

January 24, 9:30—Noon
February 16, 1:00—3:30 pm
March 21, 9:30—Noon
April 26, 1:00—3:30 pm
May 17, 9:30—Noon

Instructors: Chris Zoller
David Marrison

3: Farming-The Real World

- * Examine the Agrarian Imperative
- * Illustrate the impact of full-time farming on the family
- * Evaluate health care system issues for the agricultural community
- * Question farmers about the challenges they face and its mental health impact

March 18, 1:00—3:30 pm
April 22, 9:30—Noon
May 10, 1:00—3:30 pm
June 7, 1:00—3:30 pm
July 13, 9:30—Noon

Instructors: Ken Martin
Dee Jepsen
Farmer panel

Register for all three modules today at
go.osu.edu/farmstresscertified

\$100 value for free thanks to a grant from
the Ohio Department of Agriculture

Continuing Education Credits

2.5 hours per module available from:

- * Ohio Counselor, Social Worker and Marriage and Family Therapist Board (CSWMFT)
- * Ohio Chemical Dependency Professionals Board



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