





# U.S. Agricultural Safety and Health Centers


## Mental Health Projects








All of the U.S. Agricultural Safety and Health Centers are doing important outreach and research and improve mental health in agricultural communities. A list of ongoing mental health projects has been compiled. If you would like to know more about a specific project, please reach out to the center contact, who can introduce you to project personnel. The eleven Safety and Health Centers ([www.cdc.gov/niosh/oep/agctrhom.html](http://www.cdc.gov/niosh/oep/agctrhom.html)) are funded by the National Institute for Occupational Health and Safety.


U.S. Ag Center Name (Logo)	Location and Contact Information	Projects (with links provided, if available)
<p>Central States Center for Agricultural Health</p> 	<p><b>UNMC College of Public Health</b> 984388 Nebraska Medical Center Omaha, NE 68198</p> <p><b>Contact:</b> Ellen Duysen, Center Coordinator and Outreach Specialist <a href="mailto:ellen.duysen@unmc.edu">ellen.duysen@unmc.edu</a></p>	<ul style="list-style-type: none"> <li>✓ Funded a pilot project looking sources of stress and prevalence of anxiety and depression symptoms among young farmers and ranchers in the upper and western Midwest.</li> <li>✓ Funded a pilot project examining substance abuse in agricultural populations.</li> <li>✓ Partnering with members of the American Foundation for Suicide Prevention on a <i>Firearms and Suicide Prevention Campaign</i>. <a href="https://afsp.org/about-suicide/firearms-and-suicide-prevention/firearms-and-suicide-prevention-program/">https://afsp.org/about-suicide/firearms-and-suicide-prevention/firearms-and-suicide-prevention-program/</a></li> <li>✓ Promoted and co-hosted a week-long series on mental health related to stressors and anxiety around the Midwest flooding disaster. <a href="https://www.unmc.edu/bhecn/education/webinar-series-2019-Flood.html">https://www.unmc.edu/bhecn/education/webinar-series-2019-Flood.html</a></li> <li>✓ In 2019, partnered with AgriSafe on a flood hazards webinar discussing stress and mental health related to flooding in the Midwest: <a href="https://attendee.gototraining.com/r/3044877948417814274">https://attendee.gototraining.com/r/3044877948417814274</a></li> </ul>

<p>High Plains Intermountain Center for Agricultural Health and Safety</p> 	<p><b>Colorado State University</b> Fort Collins, CO 80523</p> <p><b>Contact:</b> Whitney Pennington, Outreach Program Coordinator <a href="mailto:whitney.pennington@colostate.edu">whitney.pennington@colostate.edu</a></p>	<ul style="list-style-type: none"> <li>✓ In 2014, completed a survey of stress including mental and physical health implications among dairy farm workers in Colorado</li> <li>✓ Working with South Dakota extension to conduct focus groups and surveys among dairy farm workers in South Dakota.</li> <li>✓ Analyzing data from survey of farm owner-operators and spouses to identify the relationship between stress indicators and injuries.</li> </ul>
<p>Western Center for Agricultural Health and Safety</p> 	<p><b>University of California – Davis</b> One Shields Ave Davis, CA 95616</p> <p><b>Contact:</b> Heather Riden, Center Manager <a href="mailto:heriden@ucdavis.edu">heriden@ucdavis.edu</a></p>	<ul style="list-style-type: none"> <li>✓ Funded an emerging issues project looking at sexual harassment of Hispanic women farmworkers in the agricultural workforce. <a href="https://aghealth.ucdavis.edu/research/emerging-issues">https://aghealth.ucdavis.edu/research/emerging-issues</a></li> <li>✓ Funded a pilot project looking at organizational risk factors for sexual harassment and the consequences for agricultural work teams. <a href="https://aghealth.ucdavis.edu/funding/projects/small-grant-program">https://aghealth.ucdavis.edu/funding/projects/small-grant-program</a></li> <li>✓ Funded a pilot project exploring the risk and protective factors affecting alcohol misuse, anxiety disorders, and depression in indigenous Mexican farmworkers. <a href="https://aghealth.ucdavis.edu/funding/projects/small-grant-program">https://aghealth.ucdavis.edu/funding/projects/small-grant-program</a></li> <li>✓ Funded a pilot project exploring stressors and psychological distress of hired Mexican migrant agricultural workers in California. <a href="https://aghealth.ucdavis.edu/funding/projects/small-grant-program">https://aghealth.ucdavis.edu/funding/projects/small-grant-program</a></li> </ul>
<p>Great Plains Center for Agricultural Health</p> 	<p><b>University of Iowa</b> 145 N Riverside Drive Iowa City, IA 52242</p> <p><b>Contact:</b> Jenna Gibbs, Center Coordinator <a href="mailto:jenna-gibbs@uiowa.edu">jenna-gibbs@uiowa.edu</a></p>	<ul style="list-style-type: none"> <li>✓ In 2018, conducted a needs assessment survey of more than 500 farmers, with questions on level of stress, common stressors, and coping.</li> <li>✓ Published guest editorial on mental health and faith-based communities during National Farm Safety week, “In times of strife, farmers connect with the church.” <a href="https://www.desmoinesregister.com/story/opinion/columnists/iowa-view/2018/09/12/times-strife-farmers-connect-church/1279054002/">https://www.desmoinesregister.com/story/opinion/columnists/iowa-view/2018/09/12/times-strife-farmers-connect-church/1279054002/</a></li> <li>✓ Funded a pilot project at Michigan State University to look at a text messaging intervention system to help farmers cope with stress. <a href="https://gpcah.public-health.uiowa.edu/wp-content/uploads/2019/02/Holmstrom_final_2_27_19.pdf">https://gpcah.public-health.uiowa.edu/wp-content/uploads/2019/02/Holmstrom_final_2_27_19.pdf</a></li> </ul>

<p>Great Plains Center for Agricultural Health, cont.</p>		<ul style="list-style-type: none"> <li>✓ Funded a pilot project for a radio and podcast series called <i>TransFARMation</i> to raise awareness about mental health and acknowledge farmer stress. <a href="https://www.rfn.com/transformation/">https://www.rfn.com/transformation/</a></li> <li>✓ Funded a pilot project with the Iowa Harm Reduction Coalition to provide Opioid Overdose Prevention Training for local farmers.</li> </ul>
<p>Upper Midwest Center for Agricultural Safety and Health</p> 	<p><b>University of Minnesota</b>  420 Delaware St SE  Minneapolis, MN 55455</p> <p><b>Contact:</b> Diane Kampa, Center Coordinator  <a href="mailto:dkampa@umn.edu">dkampa@umn.edu</a></p>	<ul style="list-style-type: none"> <li>✓ Created a website on stress and mental health, a compilation of resources and activities, at <a href="http://umash.umn.edu/stress/">http://umash.umn.edu/stress/</a></li> <li>✓ Partnered with University of Minnesota Extension and American Agri-Women to produce 6-part webinar series to cultivate resiliency among women in agriculture. <a href="http://umash.umn.edu/cultivating-resiliency/">http://umash.umn.edu/cultivating-resiliency/</a></li> <li>✓ Partnered with Ag Health and Safety Alliance to produce new mental health motion graphic video, expand Gear Up for Ag Health and Safety Program and survey students on stress and mental health. <a href="http://umash.umn.edu/gear-up/">http://umash.umn.edu/gear-up/</a></li> <li>✓ Partnered with mental health practitioner to create Signs and Symptoms of Stress resource and develop a discussion guide for mental health motion graphic video. <a href="http://umash.umn.edu/stress/">http://umash.umn.edu/stress/</a></li> <li>✓ Partnered with the National Alliance on Mental Illness (NAMI) in Minnesota to use stories and provide training in rural communities to build resilient agricultural communities. <a href="http://umash.umn.edu/nami/">http://umash.umn.edu/nami/</a></li> <li>✓ In 2018, hosted a forum called “Building Resilient Agricultural Communities”. Presentations made at the forum are available online. <a href="http://umash.umn.edu/agresilience/">http://umash.umn.edu/agresilience/</a></li> </ul>

<p>Northeast Center for Occupational Health and Safety</p> 	<p><b>Bassett Healthcare Network</b>  New York Center for Agricultural Medicine and Health  One Atwell Road  Cooperstown, NY 13326  <b>Contact:</b> Karen Anderson, Outreach Supervisor  <a href="mailto:karen.anderson@bassett.org">karen.anderson@bassett.org</a></p>	<ul style="list-style-type: none"> <li>✓ Provides free and confidential mental health counselling and caseworker assistance to farm owners, family members and farm workers at homes and worksites.</li> <li>✓ Provides training in Narcan administration training for NEC staff and farm safety trainers, and is working to provide similar trainings on farms as part of ongoing Farm First Aid and CPR instruction provided at worksites.</li> <li>✓ In 2018, hosted a three-day workshop entitled STAND (Stakeholders Team-up for Action in NY Dairy) to develop a strategic plan for nearly 40 NY organizations to address toxic stress in the dairy industry. The workshop presentation slides are available online. A video on the workshop is forthcoming.  <a href="https://www.agriculture.ny.gov/DI/MMAC-20180921-Advisory%20Board%20Presentation.pdf">https://www.agriculture.ny.gov/DI/MMAC-20180921-Advisory%20Board%20Presentation.pdf</a></li> <li>✓ Funded a project with Fishing Partnership Support Services to provide Narcan training to fishing boat captains and to train peer recovery coaches to assist fishermen attempting to end Opioid addiction.  <a href="https://www.southcoasttoday.com/news/20160317/narcan-entering-safety-health-plans-for-services-supporting-new-bedfords-fishing-industry">https://www.southcoasttoday.com/news/20160317/narcan-entering-safety-health-plans-for-services-supporting-new-bedfords-fishing-industry</a></li> </ul>
<p>Pacific Northwest Center for Agricultural Safety and Health</p> 	<p><b>University of Washington</b>  Magnuson Health Sciences Building  Seattle, WA 98195  <b>Contact:</b> Marcy Harrington, Center Coordinator  <a href="mailto:marcyw@uw.edu">marcyw@uw.edu</a></p>	<ul style="list-style-type: none"> <li>✓ Funded a pilot project looking at sexual harassment issues in farmworkers. This has led to several resources and tools available online. <a href="https://deohs.washington.edu/pnash/sexual-harassment">https://deohs.washington.edu/pnash/sexual-harassment</a></li> <li>✓ Developed an audiotape survey tool to assist in the diagnoses of Spanish-speaking farm worker patients with depression or mental illnesses. <a href="https://deohs.washington.edu/pnash/feasibility-diagnosis-mental-illness-among-farmworkers-range-literacy">https://deohs.washington.edu/pnash/feasibility-diagnosis-mental-illness-among-farmworkers-range-literacy</a></li> </ul>
<p>Southeast Center for Agricultural Health and Injury Prevention</p>	<p><b>University of Kentucky</b>  Lexington, KY 40506</p>	<ul style="list-style-type: none"> <li>✓ Funded a pilot project looking at predictors of farmer suicide mortality among states reporting violent deaths from 2002-2016.</li> <li>✓ Funded a pilot project to exploring stress among farmers and their family members.</li> </ul>

<p>Southeast Center for Agricultural Health and Injury Prevention, cont.</p> 	<p><b>Contact:</b> Christin Kane, Project Manager  <a href="mailto:christin.kane@uky.edu">christin.kane@uky.edu</a></p>	<ul style="list-style-type: none"> <li>✓ Funded a pilot project looking at farmer suicide and mental health and the role of socio-economic factors, climate and policy changes, and rural mental health infrastructure.</li> <li>✓ In 2018, held a day-long workshop called <i>Suicide Prevention Taskforce</i> with the Cattlemen’s Association and the Kentucky Department of Ag</li> <li>✓ Conducted 2 QPR (Question/Persuade/Refer) Suicide Prevention trainings with the Kentucky Suicide Prevention Center, for farmers and service providers at the Bluegrass Stockyards Educational Center in Lexington (October 2018).</li> <li>✓ In 2019, sponsored the keynote speaker (Dr. Michael Rosmann) at the Annual Southeastern States Occupational Network (SouthON) Meeting. The keynote was titled <i>Suicide Prevention in the Agricultural Industry</i>.</li> <li>✓ Co-sponsored two Future Farmers of America (FFA) Essay Contests about Farmer Suicide with the Kentucky Department of Agriculture.</li> </ul>
<p>National Children’s Center for Rural and Agricultural Health and Safety</p> 	<p><b>Marshfield Clinic</b>  1000 North Oak Ave  Marshfield, WI 54449</p> <p><b>Contact:</b> Marsha Salzwedel, Youth Agriculture Specialist  <a href="mailto:salzwedel.marsha@mcrf.mfldclin.edu">salzwedel.marsha@mcrf.mfldclin.edu</a></p>	<ul style="list-style-type: none"> <li>✓ Conducting a review of the current mental health first aid trainings to revise the curriculum to make it more appropriate for rural and agricultural audiences.</li> </ul>
<p>Southeastern Coastal Center for Agricultural Health and Safety</p> 	<p><b>University of Florida</b>  Gainesville, FL 32611</p> <p><b>Contact:</b> Claire Mitchell, Project Coordinator  <a href="mailto:claire77@ufl.edu">claire77@ufl.edu</a></p>	<ul style="list-style-type: none"> <li>✓ Funded a pilot project looking at patterns of mental, physical, and occupational health issues among migrant farmworkers with different socio-cultural networks.  <a href="http://www.scahs.org/index.php/pilot-projects/">http://www.scahs.org/index.php/pilot-projects/</a></li> <li>✓ Funded a pilot project to further understand the scope of the opioid epidemic for agricultural industries.  <a href="http://www.scahs.org/index.php/pilot-projects/">http://www.scahs.org/index.php/pilot-projects/</a></li> </ul>

<p>Southeastern Coastal Center for Agricultural Health and Safety, cont.</p>		<p>✓ Leading four mental health workshops to prepare for disaster recovery. <a href="http://www.sccaahs.org/index.php/2019/02/05/mental-health-workshops-to-prepare-for-disaster-recovery/">http://www.sccaahs.org/index.php/2019/02/05/mental-health-workshops-to-prepare-for-disaster-recovery/</a></p>
<p>Southwest Center for Agricultural Health, Injury Prevention, and Education</p> 	<p><b>University of Texas Health Sciences Center at Tyler</b>  11937 US Highway 271  Tyler, TX 75708  <b>Contact:</b> Amanda Wickman, Program Director  <a href="mailto:amanda.wickman@uthct.edu">amanda.wickman@uthct.edu</a></p>	<p>✓ Funded a pilot project to examine the indicators of stress in the agricultural industry after Hurricane Harvey.</p>