CFAES

How can you help a farmer?

Get Farm Stress Certified!

FARM CERTIFIED STRESS

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

February 9, 9:30—Noon
March 9, 9:30—Noon
April 8, 1:00—3:30 pm
June 1, 1:00—3:30 pm
July 19, 9:30-Noon

Instructors: Bridget Britton
Sarah Noggle
Jamie Dellifield

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

February 16, 1:00—3:30 pm
February 17, 9:30—Noon
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

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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CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.

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