

Behavioral Health Care Issues in the Farming Community



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**Agricultural Health and
Safety Course**
7-18-23

Where I'm from!



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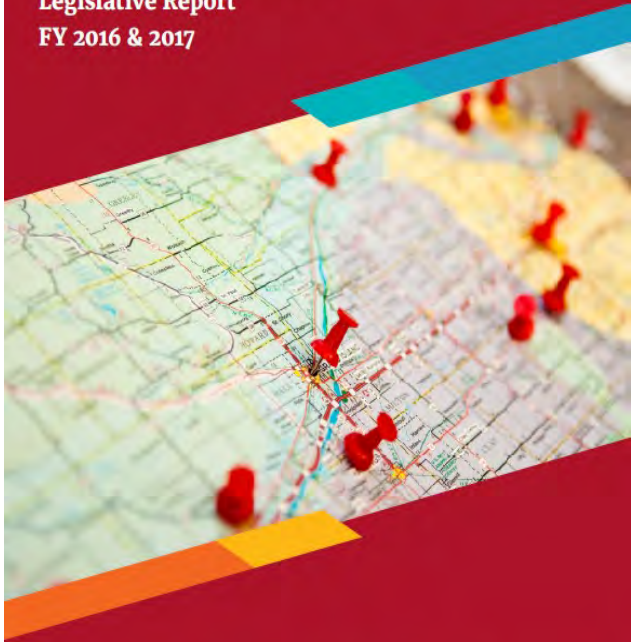
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What I do!

Behavioral Health Education Center of Nebraska

Legislative Report
FY 2016 & 2017



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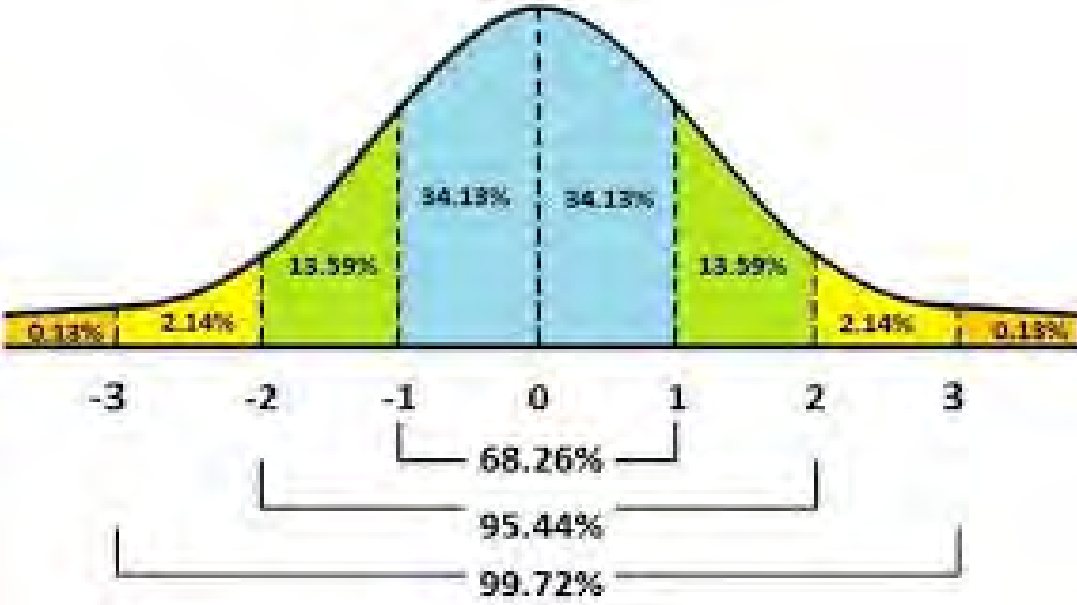
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Where are we headed?

- Define Agricultural Behavioral Health
- Barriers to Accessing Behavioral Health Support
- Behavioral Health Support Resources



What is “Behavioral Health?”

Behavioral health =

mental health disorders

+

substance use disorders

Agricultural Behavioral Health© –

- The Agrarian Imperative- Dr. Michael Rosmann (2010)
- The field of health involving the behavioral healthcare of the agricultural population.
- Agricultural behavioral health entails understanding the cultures of farmers, ranchers and others involved in the production of food and fiber.
- Agricultural behavioral health requires understanding the unique behavioral health issues of agricultural people and methods of restoring maladjusted behaviors to wellness.

**USDA-Agriwellness



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The Personal Nature of Agriculture

- Characteristics of Agricultural Communities and Culture
- Strong Core Values
- Behavioral Healthcare Issues Specific to Agricultural populations



Conditions Unique to Agriculture and Producers

UNIVERSAL ISSUES

Financial Pressure

Succession Planning

Overall Poor Health (inactive, overweight, irregular visits to the doctor)

Isolation, Loneliness, Stress

Disease Outbreak

Lack of Access to Services; Lack of Health Benefits

Weather, Government Policies, Poor Yields

Overworking; never being able to 'leave work'

Chemical Exposure (Cholinesterase-inhibiting pesticides such as organophosphates and carbamates have been linked to depression)

WOMEN SPECIFIC ISSUES

Worry about injury

Family Caregivers for Elderly Relatives

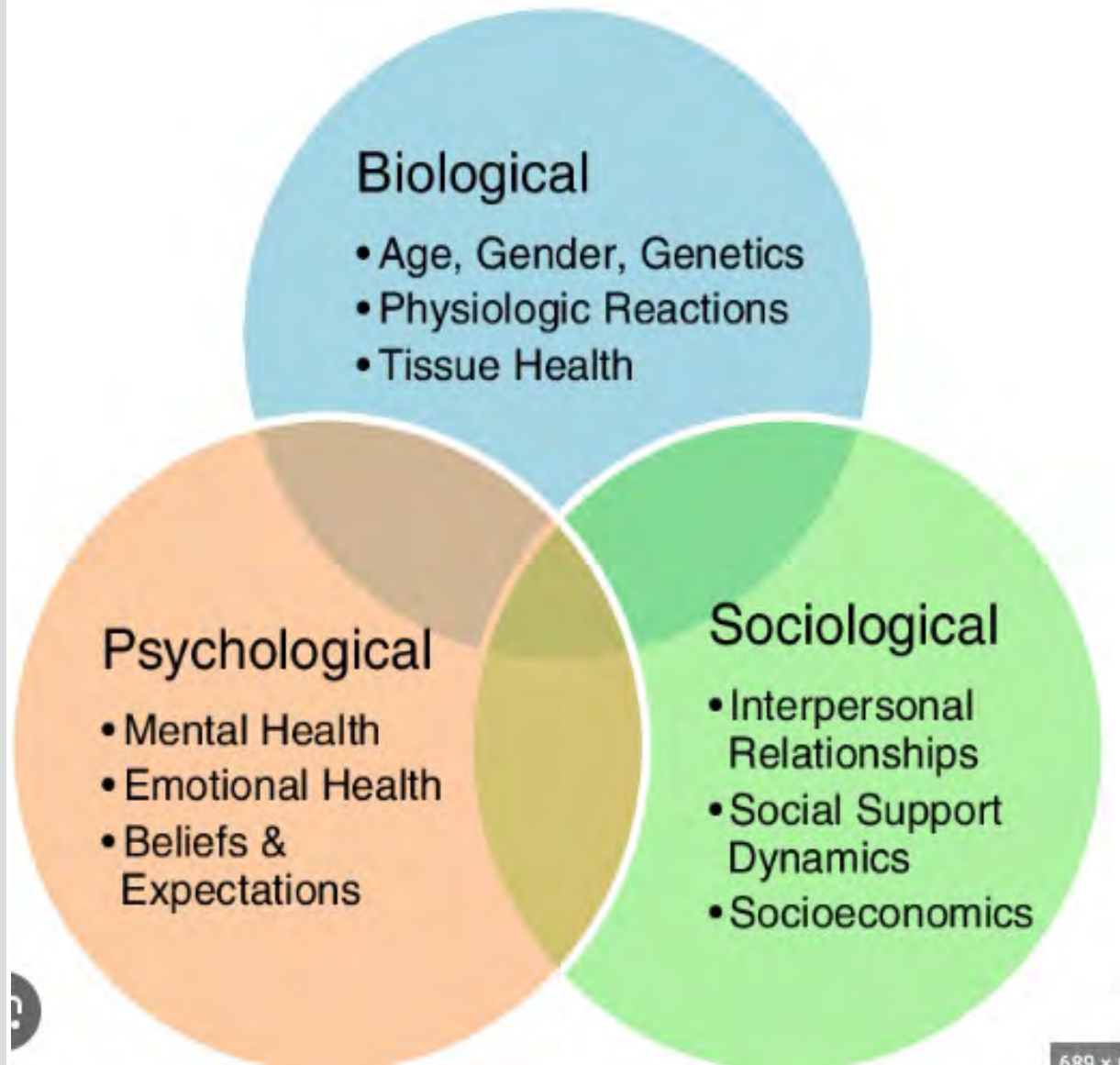
Women are the Family Counselors and Confidants

Multiple Roles; mother, wife, financial planner, caregiver, employee,

"Third Shift" Workers: work outside the home, care for the family, and work on the farm

Lack of Recognition for work

Mental Health Model





Challenges!

- Nebraska has seen it's share of challenges in the past 5 years
 - Bomb Cyclone
 - Blizzards
 - Flooding
 - Ag prices dropping
 - Weather related challenges
 - COVID
 - And(fill in the blank)
- Where are we now? and How can we manage?

- Prevalence of mental health conditions is similar between rural and urban: 21% or 7.3 million
 - **HOWEVER.....**
- Depression rates have been found to be higher in rural areas as compared to urban areas
- Higher rates of suicide in rural areas especially among men
 - In the Midwest, Suicide is the 2nd leading cause of death for ages 15-34 and the 4th leading cause of death for ages 35-54
- Higher rates of Substance Use Disorders
 - Gale, Janis, Coburn, & Rochford 2019
 - National Survey on Drug Use and Health, SAMHSA, 2019

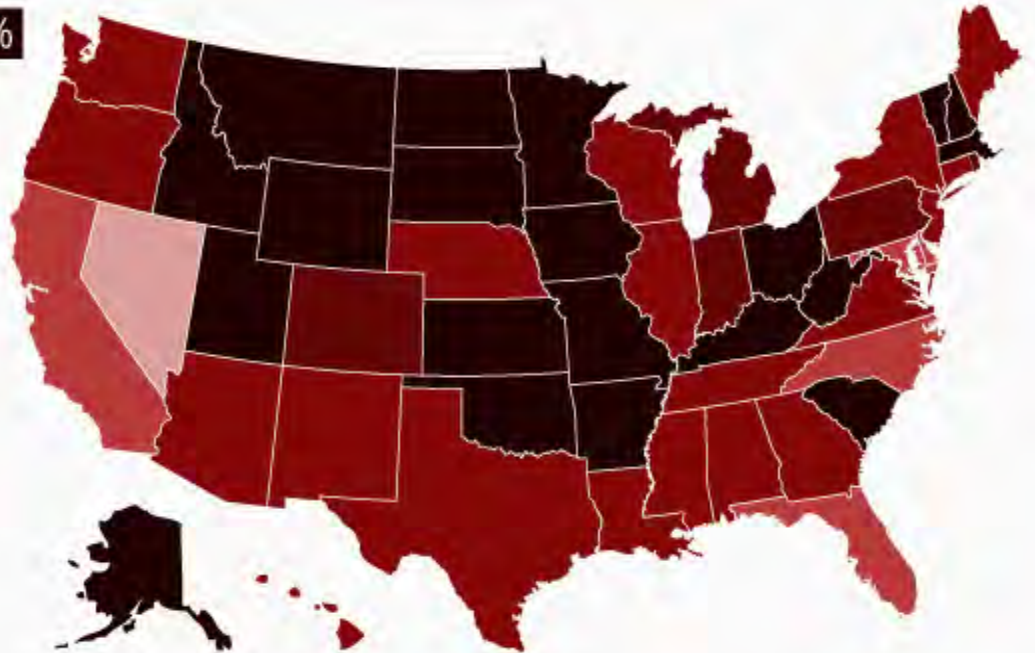
Suicide Rates Have Risen Sharply Across The U.S.

Percentage change in suicide rate in U.S. states from 1999 to 2016

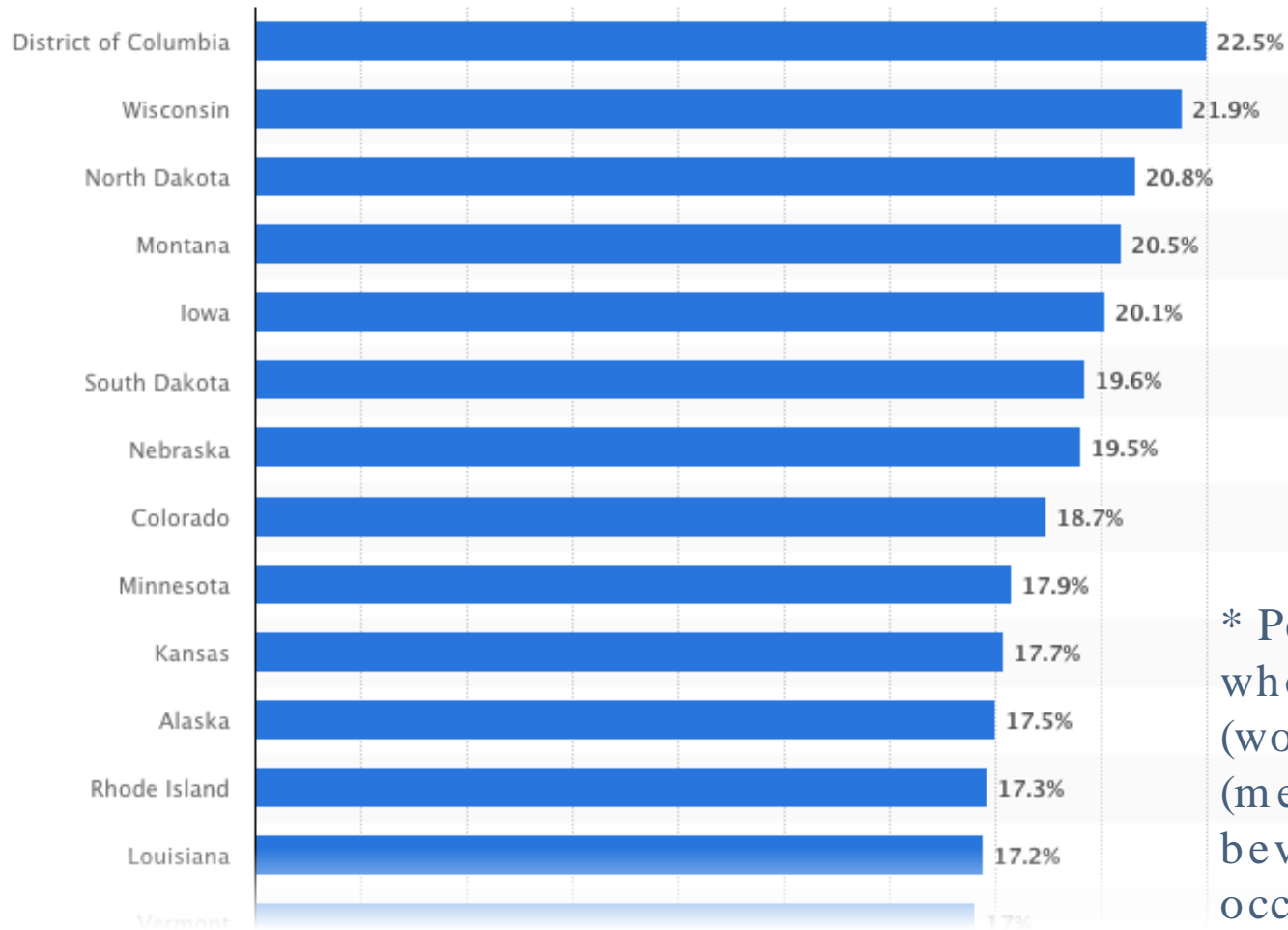


Highest percentage increase
(1999 to 2016)

North Dakota	57.6%
Vermont	48.6%
New Hampshire	48.3%
Utah	46.5%
Kansas	45.0%
South Dakota	44.5%
Idaho	43.2%
Minnesota	40.6%
Wyoming	39.0%
South Carolina	38.3%



Binge Drinking Rates By State *2023



* Percentage of adults who had 4 or more (women) or 5 or more (men) alcoholic beverages on a single occasion in the past 30 days.

Research Findings Closer to Home

THE JOURNAL OF
RURAL HEALTH



LITERATURE REVIEW  Free to Read

Substance use disorders in the farming population: Scoping review

Shinobu Watanabe-Galloway PhD , Christine Chasek PhD, Aaron M. Yoder PhD, Jesse E. Bell PhD

First published: 06 May 2021 | <https://doi.org/10.1111/jrh.12575> | Citations: 3

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Research Findings Close to Home

> [J Rural Health](#). 2023 Feb 9. doi: 10.1111/jrh.12749. Online ahead of print.

A cross-sectional study of alcohol, opioid use, and anxiety in agriculturally based occupations

[Christine Chasek](#)¹, [Shinobu Watanabe-Galloway](#)², [Rachel Rutt](#)², [Ashley Olson](#)³, [Aaron Yoder](#)²

Affiliations + expand

PMID: 36759592 DOI: [10.1111/jrh.12749](#)

Abstract

Purpose: Although there are many studies that have examined substance use and mental health concerns in rural areas, there is a paucity of research related to the prevalence of substance use and mental well-being in agriculturally based occupations. This study aimed to determine the prevalence of alcohol and opioid misuse and anxiety among adults in agriculturally based occupations in the rural Midwest and to determine the risk factors for alcohol misuse.



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Nearly

1 in 5

Nebraskans
have a

**mental
illness.**



**Together,
they would fill
MEMORIAL
STADIUM
3 times
on game day.**



**Why don't we talk about
Behavioral Health?**

STIGMA

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Nebraska rural poll (2019)

– Most rural Nebraskans agree that the following items bring shame to a person

- Going to AA or alcohol treatment: 45%
- Seeking Mental Health Care: 46%
- Going to Drug treatment: 46%



- Nebraska Rural Health Poll, UNL (2019)

Glore Psychiatric Museum St. Joseph Missouri



Boxes





The Wheel

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The Swing

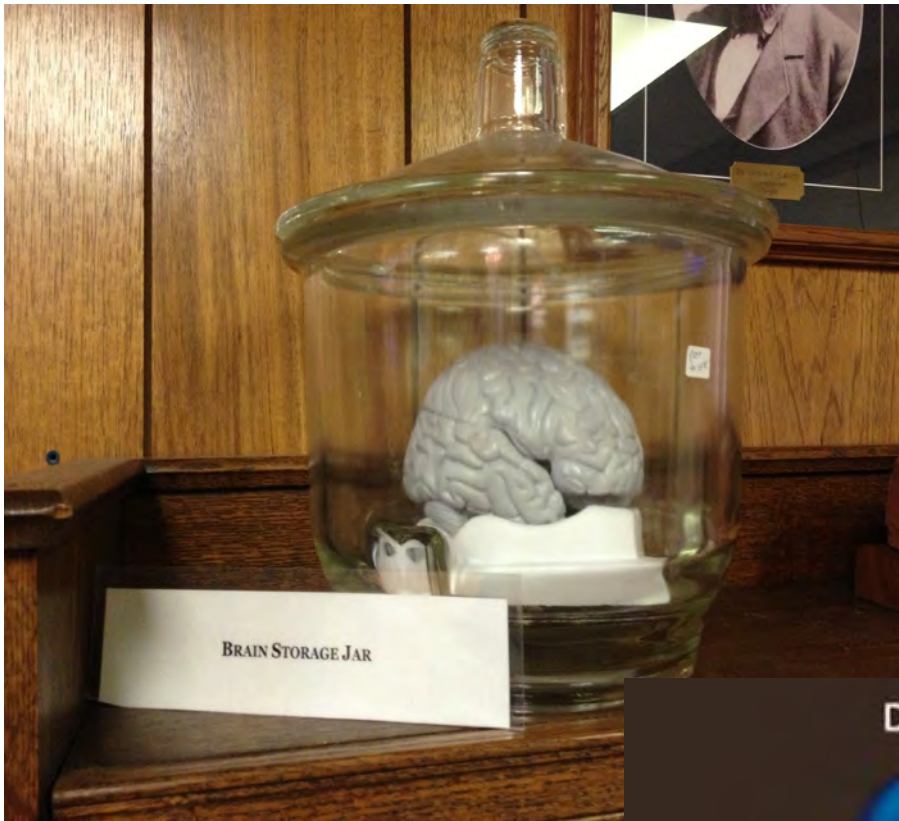


The Chair



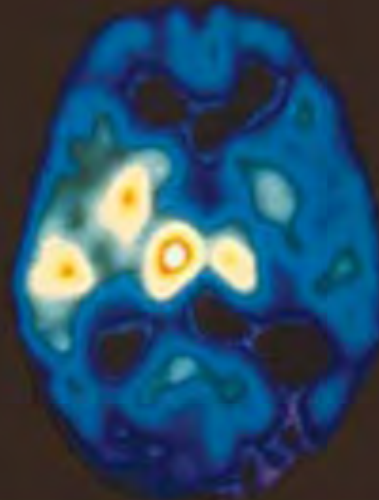
The Bath The Leeches



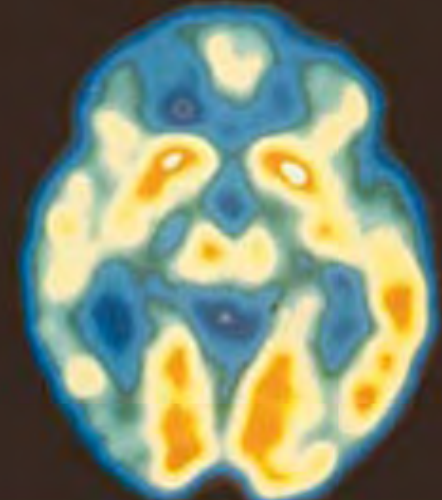


The Brain!

Depressed



Not depressed



Strategies to Address Rural Behavioral Health Stigma



Assessment of Behavioral Health Issues

- **Am I**
 - stressed,
 - depressed, or
 - over-blessed?



Practical Things to Do

- ❖ Get Medical Care
- ❖ Social Support
- ❖ Eat Right
- ❖ Sleep
- ❖ Exercise
- ❖ Communicate
- ❖ Practice Gratitude
- ❖ Spirituality/Faith
- ❖ Self Growth
- ❖ Live in a rural area!



Formal Supports



Rural Response Hotline 1-800-464-0258



COMHT (Counseling, Outreach, and Mental Health Therapy) Program



No-cost vouchers and information on confidential mental health issues for persons affected by the rural crisis are available. Funding for the COMHT Program is provided in part, through the Nebraska Department of Health & Human Services, Office of Rural Health, and Community Service Block Grant.

Get information into the industry

Talk about it on the radio

Put articles in the paper

Work with doctors and medical providers

Advocate for support groups

Develop school programs

Work with church groups to offer support

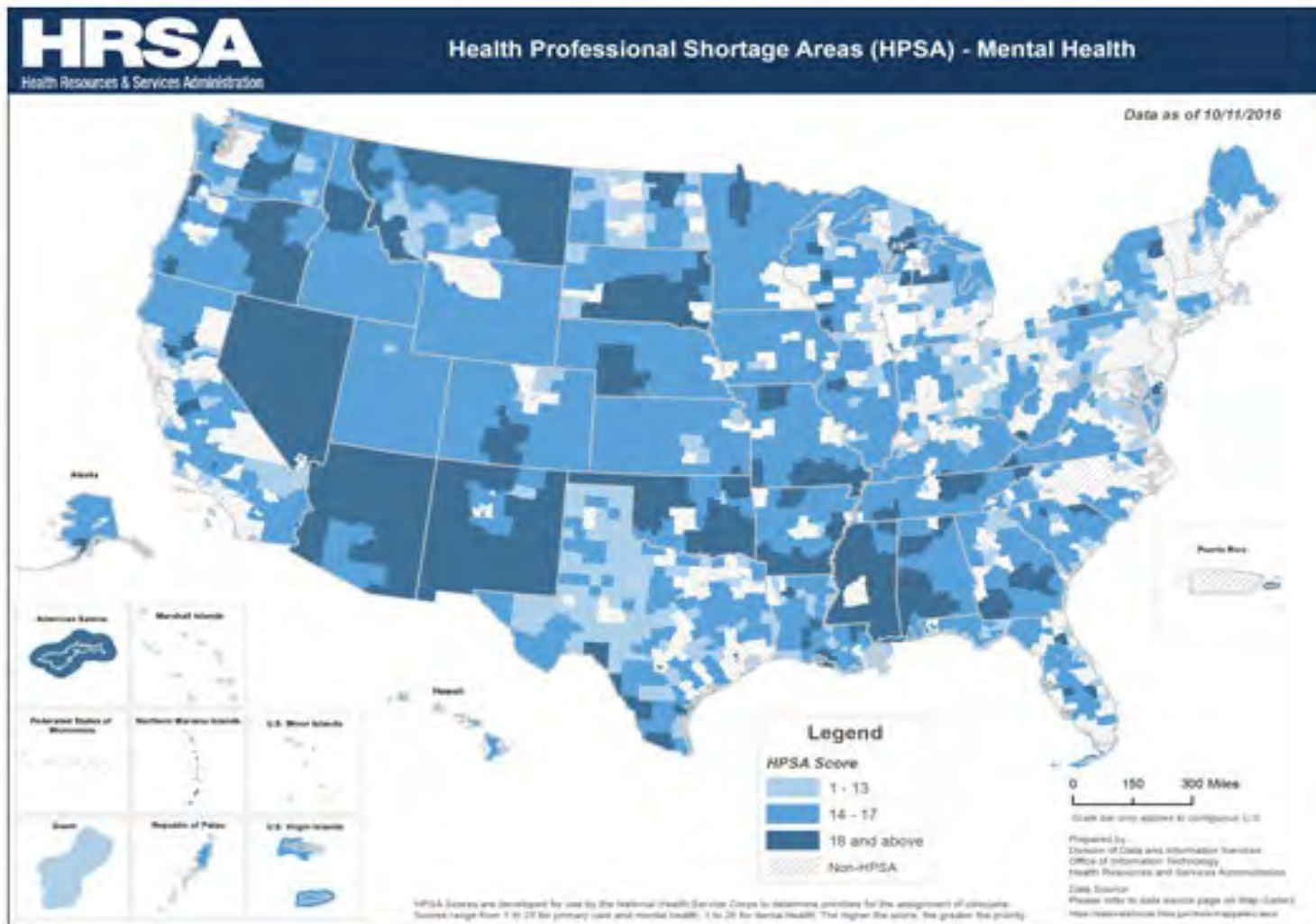
Share your story

Be visible in the community

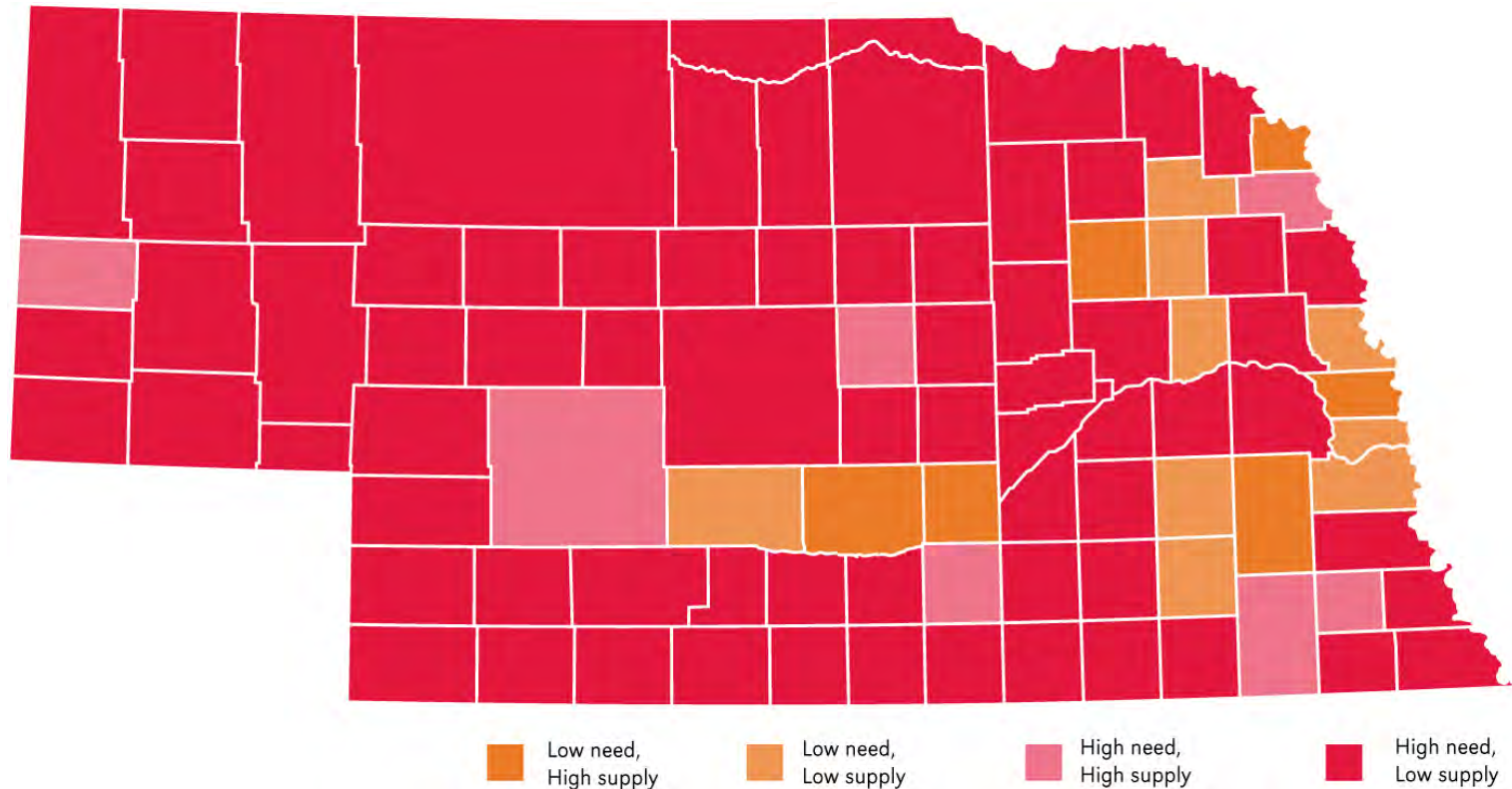
Normalize it!



National shortage of BH providers



Need for Mental Health Services and Supply of Psychiatrists in Nebraska



Source: Nebraska Center for Rural Health Research, College of Public Health, University of Nebraska Medical Center, 2013.



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Contact BHECN

<https://www.unmc.edu/bhecn/>