



The Coffee Break Project: A community-driven model supporting farmer/rancher mental health and emotional well-being



Presented by: Dr. JC Carrica, Dr. Nancy Lucero, Bruce Fickenscher, and Jennifer Pollmiller

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What we will cover today:

- What is Rural Stress
- Building Advisory Groups
- Adopting COMET
- Communication to the Audience
- The Gun Shop Project (Colorado)
- Soil Health and Mental Health: Growing Together
- Resources Already Available

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The three legs of the Coffee Break Project

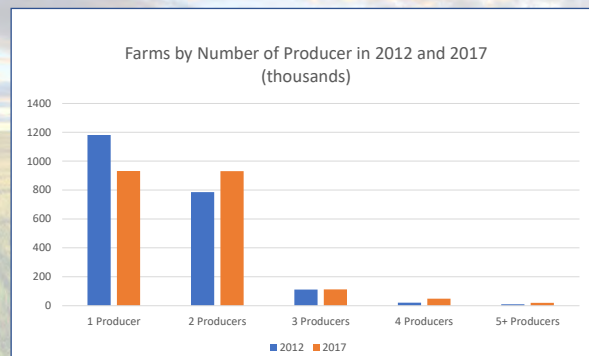
- COMET
- Advisory Councils
- The Gun Shop Project (Colorado)



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Knowing The Audience

In order to communicate effectively with an audience, it is important to know who they are.



From the 2017 Census of Agriculture:

- 3.4 Million Producers
- 57.5 years is the average age
- 2 Million Farms
- 95% of producers in the U.S. are white

https://www.nass.usda.gov/Publications/Highlights/2019/2017_Census_Farm_Producers.pdf

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Why it's Important

In a CDC study in 2016, males in the agriculture industry faced the fourth highest suicide rate, following the mining industry, construction, and the automotive repair industry.

Suicide Rates by Industry and Occupation — National Violent Death Reporting System, 32 States, 2016, reports a male suicide rate of 43.2 per 100,000 among farmers and ranchers in 2016, compared to 27.4 per 100,000 among male working aged adults across all occupations.



<https://www.cdc.gov/mmwr/volumes/69/wr/mm6903a1.htm>

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Why it's Important

Results from the first mental health survey of U.S. veterinarians show that they are more likely to suffer from psychiatric disorders, experience bouts of depression, and have suicidal thoughts compared with the U.S. adult population. Specifically, these data suggest that nearly one in 10 U.S. veterinarians might experience serious psychological distress, and more than one in six might have contemplated suicide since graduation.



<https://www.avma.org/javma-news/2015-04-01/study-1-6-veterinarians-have-considered-suicide#:~:text=Results%20from%20the%20first%20mental,with%20the%20U.S.%20adult%20population.>

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What Causes These Stressors in The Ag Industry?

- Farmers have said the long hours they work trying to keep their business going despite low returns leaves little time for socializing, relaxing, or spending time with their family.
- Other challenges include a lack of social opportunities, geographical isolation and declining business-related contact.
- Poor rural broadband and transport connections add to this sense of isolation, as well as a general feeling that the public has a limited understanding of what is involved in farming and the array of challenges farmers face in producing food and managing the countryside.



<https://www.morningagclips.com/long-hours-lone-working-key-factors-leading-to-loneliness-in-farming/>

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Culture and Stigma Prevent Care



The Agricultural mindset and values alone may get in the way of access to care.

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BUILDING AG ADVISORY GROUPS


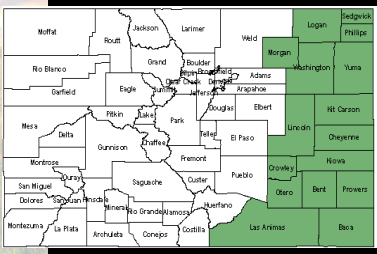
- Community designed;
- Community driven (can be region specific);
- It is culture specific;
- It is sustainable and easily replicable;
- There are both Gatekeepers and Investors (not \$)



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High Plains Research Network

- Established 1997
- Aims to translate the best scientific evidence into every day practice and to ensure that rural communities and practices are included in the health research conducted in Colorado and around the country.
- Works with 54 primary care practices and hospitals in the 16 county region of eastern CO
- Community Advisory Council
- Housed at the University of Colorado Department of Family Medicine

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COMET
CHANGING OUR MENTAL & EMOTIONAL TRAJECTORY

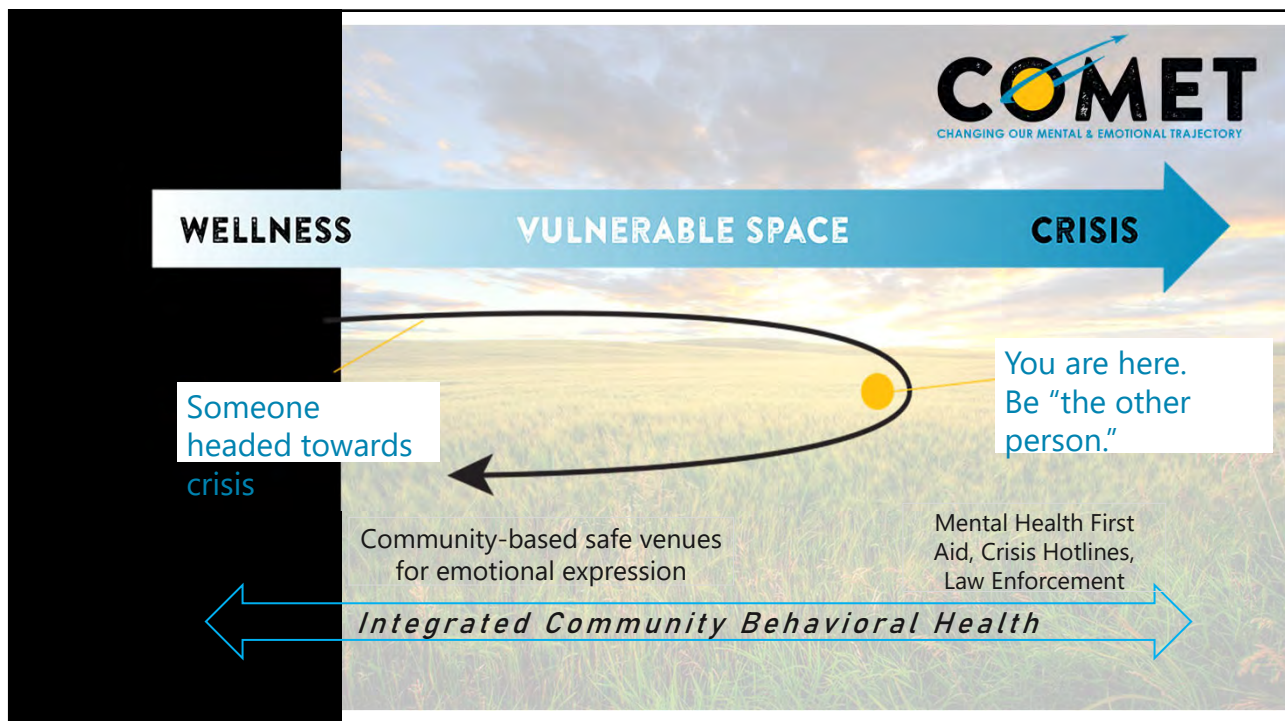
Developed BY and FOR rural communities:

- Based on evidence from rural people
- Developed by researchers and rural community members
- Includes a very intentional set of questions and guidelines – not random questions.



HIGHPLAINS
RESEARCH NETWORK

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The Gun Shop Project


Colorado Department of Public Health & Environment

2018 Colorado Health Information Dataset Mortality Statistics

Intentional Self harm (suicide) deaths=2558
 ➤ by discharge of firearm=1294
 ➤ this accounts for nearly 51%

Drug induced deaths=2,117

Alcohol induced deaths=2,193



https://cohealthviz.dph.state.co.us/t/HealthInformaticsPublic/views/COHIDFullDeathQuery_StateDemographyPopEstimates/MortalityStatistics?iframeSizedToWindow=true&embed=y&.showAppBanner=false&.display_count=no&.showVizHome=no

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Soil Health & Mental Health: Growing Together

A soil science group with facilitators Erik Tucker Rancher/Consumer, Colorado State University-Extension Office, Arkansas Valley Seeds, and Southeast Health Group.



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A Few of Our Efforts So Far

DO YOU LOOK AFTER YOUR NEIGHBORS AS CLOSE AS YOUR CROP OR HERD?

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Outreach Efforts

SECO NEWS
About the valley
SECO NEWS

La Junta, February 18 & 19
For Parents & Care Givers
LICENSED COUNSELOR
PEER SUPPORT
PARENTING TOOLS
ADDICTION EDUCATION
RESOURCE IDENTIFICATION
SAFETY PLANNING
Adolescent Addiction Workshop
CAAMHFORTECHNICAL

All roads lead to it
Rural Route

01: Introduction of members

FREE Coffee & Donuts
MON & WED
6am - 10am
955 Swink Ave
Rocky Ford, CO
Hosts:
Hanna Bates & JC Carrica

Upcoming Trainings:		Training Location:
Dec. 6th	11am-1pm	955 Swink Ave
Jan. 10th	11am-1pm	Rocky Ford, CO 81067
Feb. 7th	11am-1pm	

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Questions?

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Some of Our Favorite Resources:

<https://agrability.colostate.edu/> The vision of AgrAbility is to enhance quality of life for farmers, ranchers, and other agricultural workers with disabilities, so that they, their families, and their communities continue to succeed in rural America.

<http://www.caamhpforhealth.org/>: Behavioral health vouchers for farmers, ranchers, and rural community members. Good for up to six sessions with a licensed, CAAMHP certified counselor. The program is ag-friendly, remotely accessible, and anonymous.

<https://www.caamhpforhealth.org/family-addiction-workshop>: These workshops provide a supportive environment where parents and other adolescent care givers can work together with a licensed behavioral health professional to identify available resources, learn about addiction, grow in constructive parenting styles specific to addiction, and create safety plans.

<https://www.rd.usda.gov/taxonomy/term/365>: Rural Development USDA is committed to helping improve the economy and quality of life in rural America. Through our programs, we help rural Americans in many ways.

<https://ranchmanagement.com/succession-assets-vs-management/>: Who controls what? How are business decisions made? How do we help the outgoing generation step aside with confidence?

<https://www.ruralhealthinfo.org/topics/farmer-mental-health#understanding-concerns>: Tons of links to other sites, research, and peer-reviewed sources.

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Contact Us

www.thecoffebreakproject.org

Dr. Carrica: jcarrica@shgco.org

Dr. Lucero: nancy.lucero@du.edu

Bruce: Bruce.Fickenscher@ColoState.edu

Jennifer: jpollmiller@shgco.org