

Oregon's Farm and Ranch Stress Assistance Network

*State Board of Agriculture
September 15, 2021*

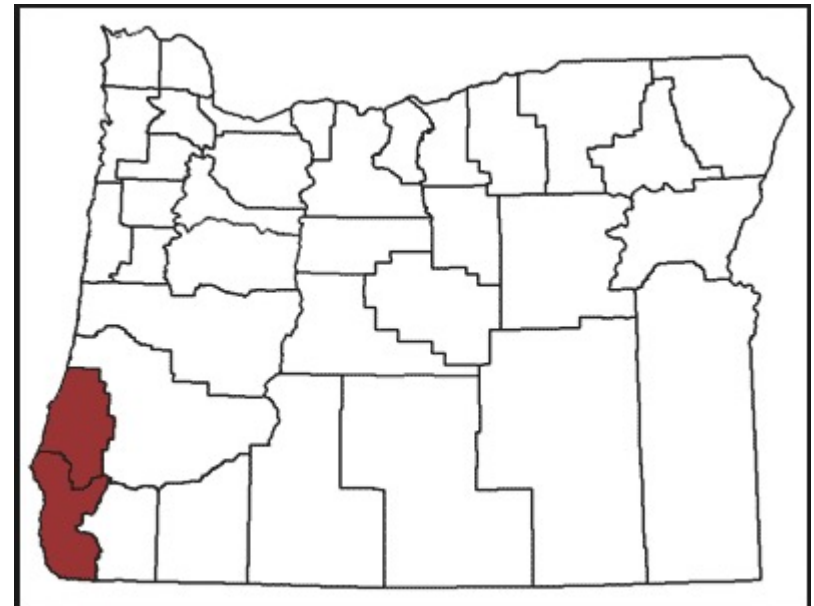


**Oregon State
University**



Ag Extension, Coos/Curry counties

- Commercial horticulture
- Community horticulture
- Livestock and forage production
- Pesticide education
- Small farms
- Noxious weed management



Agricultural-specific Stressors

Production

Weather

Yields

Pests and diseases

Animal health

Long hours

Equipment breakdowns

Injuries

Financial

Fluctuating markets

High input costs

Debt loads

Operational

Multigenerational farm

Family dynamics

Work/lifer balance

Off-farm occupation

Rate of farmer suicide is higher than that of the general population (all industries and occupations)

Farm and Ranch Stress Assistance Network

- WSU & OSU 2020-21
- ODA & OSU 2021-22



FRSAN Objectives 2021-2022

- Provide education and resources for suicide prevention:
 - Further develop networks
 - FRSAN website & resource clearinghouse
 - QPR trainings
 - Develop programming in response to regional farmer survey





Via Good Free Photos (CC0) (Cropped from original)

Farm and Ranch Stress Assistance Network
For Providers and Professionals
En Español
Podcasts
Rural Resilience: Farm Stress Training (FREE)
Project Team

Agriculture can be stressful, but you are not alone.

[Share](#)

[Print](#)

Agriculture is an occupation full of potential stressors like weather, changing economic markets, animal health and machinery breakdowns. When these start to compound, many farmers experience excessive amounts of stress, making it hard to remain positive and move forward through the hard times.

Due in part to the stresses that are faced, agricultural workers have high rates of suicide. The loss of a spouse, parent, sibling, child or friend can be avoided. If you or someone you know is experiencing excessive stress or thoughts of suicide, please reach out to a confidential crisis support line.

OSU and the Farm and Ranch Stress Assistance Network is not a crisis center. If you are in need of immediate assistance, reach out to the National Suicide Prevention Lifeline at 1-800-273-8255.

[Beav.es/farm-stress](https://beav.es/farm-stress)

Sep 21

[QPR Suicide Prevention Training for Farmers & Ranchers](#)
3:00 pm - 5:00 pm PDT Online

Sep 21

[Entrenamiento sobre la prevención del suicidio de QPR para agricultores y ganaderos \(en español\)](#)
6:00 pm - 8:00 pm PDT Online

Oct 14

[Western Region Agricultural Stress Assistance Program \(WRASAP\) Network Quarterly Meeting Registration](#)

Feedback

QPR Trainings

- Question, Persuade, Refer
 - Emergency response
- Monthly trainings beginning next week
 - English
 - Spanish
- Information sessions at educational events



2021 regional survey results (preliminary)

- Top 5 reported stressors:
 - Lack of time
 - Workload
 - Interpersonal stress
 - Ag-related legislative issues
 - Production costs
- Top 5 coping strategy interests:
 - Financial assistance
 - Relationship support
 - Succession planning
 - Sleep
 - Physical activity

18.6% moderate – severe depression
National average = 8.7%

Preferred delivery

- Fairly low response rate
 - Suggests low help-seeking behavior
 - High depression and stress scores
 - Combatting stigma = important strategy
- Self-paced online courses
- Health & wellness discussions at informal events





Contact Info
cassie.bouska@oregonstate.edu
541-290-2287



Oregon State
University