

# How can you help a farmer?

## Get Farm Stress Certified!



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

January 12, 1:00—3:30 pm  
February 9, 9:30—Noon  
March 9, 9:30—Noon  
June 1, 1:00—3:30 pm  
July 19, 9:30—Noon

Instructors: Bridget Britton  
Sarah Noggle  
Jamie Dellefield

#### 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

January 24, 9:30—Noon  
February 16, 1:00—3:30 pm  
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](http://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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