

2018 LOCATIONS

JANUARY 30 **WILLMAR**

Ridgewater College, Rm A-240, Building A

JANUARY 31 **MARSHALL**

Southwest Minnesota State University
Lower Ballroom

FEBRUARY 21 **AUSTIN**

Riverland College, WEST A237/A240

FEBRUARY 22 **NORTH MANKATO**

South Central College, Heritage Hall

MARCH 14 **GRAND RAPIDS**

Itasca Community College
Rm 015 Backus Student Center

MARCH 15 **THIEF RIVER FALLS**

Northland Community & Technical College
Assembly Rm. #203

Choose 9:00 a.m. to 12 p.m.
or 1:30 to 4:30 p.m.

HOW TO REGISTER

[www.mdadownonthefarm.
eventbrite.com](http://www.mdadownonthefarm.eventbrite.com)

Sessions are limited to 50.

QUESTIONS?

Call 651-201-6012

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Minnesota Association of
Wheat Growers

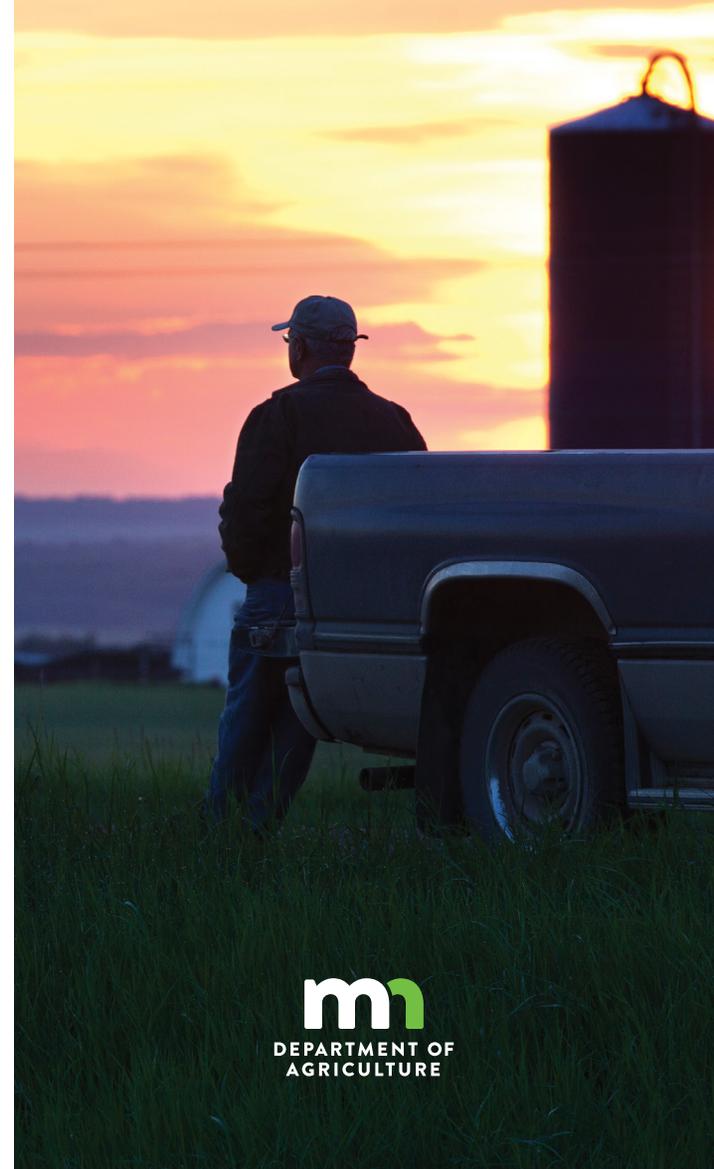
Minnesota Farm Bureau

Minnesota Farmers Union

OCIA MN #1

DOWN ON THE FARM

SUPPORTING FARMERS IN STRESSFUL TIMES





LEARNING OBJECTIVES:

- Recognize the signs of mental and emotional distress and crisis.
- Learn to use active listening skills.
- Learn about local and regional resources available to farmers in distress or crisis.
- Improve your confidence about delivering difficult information to farmers.
- Be able to use anger de-escalation strategies when necessary.
- Understand how and why to take care of your own emotional and mental health in stressful situations.

PRESENTERS

- **Ted Matthews, M.Ed.**
Director of Mental Health Outreach; Ted works exclusively with farmers and farm families statewide
- **Randy Willis**
Deputy Director for Professional Development, Minnesota Sheriffs' Association
- **Michelle Page**
Executive Officer, USDA Farm Service Agency
- **Meg Moynihan**
Senior Advisor, MN Department of Agriculture

CONTINUING EDUCATION CREDITS

We've requested three CECs from Certified Crop Adviser, Minnesota Board of Social Work, and Minnesota Veterinary Association. We will verify attendance for nurses, who are responsible for determining whether this course meets the MN Board of Nursing's continuing education requirements. To confirm CEC offerings, call 651-201-6616.

PURPOSE

Stress factors are on the rise for Minnesota farmers. Many face financial problems, price and marketing uncertainties, farm transfer issues, production challenges, and more. You may know farmers who are struggling with stress, anxiety, depression, burnout, feelings of indecision, or suicidal thoughts.

Maybe you want to help, but aren't sure what to say or do. Or maybe you find yourself having to deliver difficult news to farmers. This three hour workshop will help you recognize and respond when you suspect a farmer or farm family member might need help.

WHO SHOULD ATTEND?

Anyone who interacts with farmers on a regular basis, including county, state and federal agency staff, veterinarians, bankers, crop consultants, clergy, farm organization staff and board members, social service workers, nurses and other medical professionals, farm management and high school ag instructors, Extension staff, and others.



COST

Generous underwriting support means we can offer this \$100 course at no cost to you.