

# Farm/Ranch Family Stress Resource List\*

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<http://www.agrability.chhs.colostate.edu/>

CSUCE Fact Sheets are available from CSU's "University Resource Center" at 970/491-6198 or via:

<http://www.ext.colostate.edu/pubs/pubs.html>

- Children's anger and tantrums (no. 10.248)
- Managing stress during tough times (no. 10.255)
- Making decisions and coping well with drought (no. 10.256)
- Farming and ranching: Health hazard or opportunity? (no. 10.201)
- Ranching and farming with family members (no. 10.217)
- Youth and suicide (no. 10.213)
- Transitions and changes: Who copes well? (no. 10.215)
- Transitions and changes: Practical strategies for making new beginnings (no. 10.214)
- Dealing with our anger (no. 10.236)
- Dealing with others' anger (no. 10.237)
- Dealing with couples' anger (no. 10.238)
- Manage anger through family meetings (no. 10.249)

Farming and ranching in Colorado are two of the most dangerous occupations we have in the State. Because ranching and farming are so dangerous, a number of our farm and ranch families have one or more family members with a missing finger, hand, arm, leg, etc. Many of them have learned to adapt to their condition, disability, or disease and are doing well. Others could benefit from the **Colorado AgrAbility Project**. AgrAbility provides free information, education, and service to assist Colorado farmers and ranchers with disabilities to continue to do what they love—farm and ranch. If you know of someone who can use AgrAbility information, contact Bob Fetsch, Director of the Colorado AgrAbility Project (970-491-5648, [robert.fetsch@colostate.edu](mailto:robert.fetsch@colostate.edu)).

<http://www.agrability.chhs.colostate.edu/>

The following is a useful site about **farming and disabilities**:

<http://www.nasdonline.org/browse/194/farming-with-disabilities.html>

Colorado is one of about 30 states to offer a mediation program that has been certified by the USDA. In 2002, the Colorado Department of Agriculture created the **Colorado Agricultural Mediation Program** to help farmers and ranchers resolve issues with other individuals,

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businesses and government agencies. Mediators handle issues involving public and private creditors, crop insurance, wetlands, grazing, water rights and land. The fee for mediation begins at \$50 per party for the first four hours and \$25 per hour thereafter. For more information about CAMP or a copy of the USDA publication, contact the Colorado Department of Agriculture's Farm Products Section at 888-358-8837 or 303-477-0054.

The following website provides information about **stress management for farmers** while addressing issues of depression and farm safety. The links have practical solutions to these issues faced by farmers. The article, [Watch for warning signs of financial and emotional stress](http://www.uwex.edu/ces/ag/issues/stress-safety/index.html), provides friends and families of farmers with a list of stress warning signs to consider.  
<http://www.uwex.edu/ces/ag/issues/stress-safety/index.html>

The following website has a **helpful quiz for helping to identify how stressed a farmer really is**. The site also explains the effects of stress, names some common stressors, describes symptoms, explains how farmers differ when dealing with stress, and offers a few solutions in a brief and concise way. A phone number, 1-800-447-1985, is also offered as a line that farmers can call to discuss financial, legal, and family transition issues.  
<http://www.extension.iastate.edu/Publications/PM1265L.pdf>

The following website helps farmers to identify **what stress is, and how to become a more successful stress manager**.  
<http://agecon.uwyo.edu/riskmgt/humanrisk/ManagingFarmStress.pdf>

The following website has a table that is helpful for outlining the **differences in stress experienced by farming families, especially during drought**. It urges farmers to get in touch with either physicians or community mental health facilities if stress or depression is severe.  
[http://dmh.mo.gov/docs/diroffice/disaster/FarmStressCopingTips\\_001.pdf](http://dmh.mo.gov/docs/diroffice/disaster/FarmStressCopingTips_001.pdf)

The following website offers multiple **solutions for managing farm stress**. Suggestions include: managing stress tips, working together with the family, taking care of one's self, managing money, networking with others, and having fun.  
<http://ohioline.osu.edu/aex-fact/pdf/0693.pdf>

The following website offers multiple resources to help farmers, including production issues, teenagers and children, and safety. There is an excellent link to an article titled "[Coping with Losing a Family Member to a Farming Accident](http://www.nlm.nih.gov/medlineplus/farmhealthandsafety.html)". A short article about farming stress, put out by the National Safety Counsel, is also included in a link.  
<http://www.nlm.nih.gov/medlineplus/farmhealthandsafety.html>

The following website offers an acronym to remember when dealing with stress: STEPS. It also offers the address and phone number listed below for **help in designing a personal stress plan**:

Farm Partners Program  
New York Center for Agricultural Medicine & Health  
One Atwell Road, Cooperstown, NY  
Phone 1-800-343-7527

<http://nasdonline.org/document/887/d000721/managing-farm-stress-sample-news-release.html>

For farmers and ranchers who want to be more self-sufficient by building and using **energy-saving alternatives** and by forming coops and granges with like-minded ranchers and farmers, take a look at the I-CAST website below. It provides information about the work being done at the Colorado School of Mines. Ravi Malhotra and colleagues are currently working on affordable models and kits for ethanol production, wind power, biodiesel, and solar adaptations. They provide consultation to farm groups interested in evaluating value-added products for their crops or renewable energy systems for heating/drying greenhouses and much more.

[www.icastusa.org](http://www.icastusa.org)

This North Carolina Cooperative Extension website offers over 23 links to publications regarding **farm stress identification and management**. Additional links are available regarding parenting, family, family resource management, housing and house furnishings, and home safety. All resources offer great advice for managing difficult issues that families face.

<http://www.ces.ncsu.edu/HomeFamily/publications.php>

The following website offers a toll free number, 1-800-667-4442, **so farmers can talk with other farmers** trained to address farming stress and other problems. Links are also provided to articles that address issues unique to farmers, such as disasters, intergenerational farm transfers, and farming stress.

[http://www.facs.sk.ca/proactive\\_fsl.htm](http://www.facs.sk.ca/proactive_fsl.htm)

**Depression** is a serious, life-threatening condition that affects an estimated 19 million Americans. Knowing the signs and symptoms can help people know when to seek professional help.

<http://www.depression.org>

<http://www.allaboutdepression.com/>

<http://www.nimh.nih.gov/publicat/depression.cfm>

<http://www.nlm.nih.gov/medlineplus/depression.html>

**Free depression screening assessments** are available at the following Colorado facilities:

Jefferson Center for Mental Health 303-425-0300

Depressive and Manic Depressive Assoc., Colorado Springs 719-477-1515

Mental Health Assoc., Colorado Springs 719-633-4601

Counseling & Educational Services Clinic, Denver 303-871-3230

Interactions Counseling, P.C., Englewood 303-796-7908

Remember to look in the front of your telephone book for a place that is close to you.

**1-800-SUICIDE** is a suicide prevention, crisis intervention, and referral telephone number. It offers a live human being to listen to depressed and suicidal callers and refer them to local resources 24 hours per day.

TherapistLocator.net is a good resource for finding **marriage and family therapists** in your area.

<http://therapistlocator.net>

**To find local behavioral health professionals**, you can go to the following web sites:

<https://www.doradls.state.co.us/alison.php>

<http://therapistlocator.net>

[http://therapists.psychologytoday.com/ppc/prof\\_search.php?iorb=4764](http://therapists.psychologytoday.com/ppc/prof_search.php?iorb=4764)

[http://www.networktherapy.com/directory/find\\_therapist.asp](http://www.networktherapy.com/directory/find_therapist.asp)

<http://therapists.americanmentalhealth.com/therapistlocator.page1>

**Support groups** can be very helpful in adapting to a permanent or chronic disability.

-*Neighbor to Neighbor: A Do-It-Yourself Guide for Organizing Farm Family Support Groups*. (1987). (Available from Roger T. Williams at 1-800-362-3020, Ext. 3-4431 or 1-608-263-4432. University of Wisconsin-Madison.)

-*Self-Help Groups*. (1985). (Available from Iowa State University Cooperative Extension Service.)