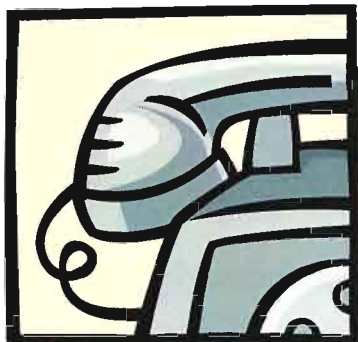


We probably all recognize some of the feelings described here and feel stressed or anxious from time to time. The first important step in tackling stress or anxiety is realizing that it is causing you a problem.



### ***Who Will Help Us?*** **About Ted Matthews, M.S.**

Ted has worked with rural issues in counseling for over 20 years. He has been director of mental health services during two natural disasters in the 1990's. Ted has provided crisis outreach training in several states. He also has extensive counseling experiences in the areas of PTSD, crisis intervention, family issues, suicidology and domestic abuse.

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# Crisis Outreach Program



## WHAT IS IT?

The Crisis Outreach Program through Riverland Community College is a multi-faceted approach to addressing the importance of mental health in helping farm families achieve their business and family goals.

The Crisis Outreach Program seeks to reduce the mounting stress, anxiety and depression experienced by farmers, Farm Business Management Instructors, farm service providers, and their respective families. Many situations cause stress and anxiety. The object of the Crisis Outreach Program is to create an appropriate help network, thereby reducing the overall stress and anxiety on the farms.

The Crisis Outreach Program compliments the array of services already available to farmers and farm families through the Farm Business Management program.

## WHY DO WE NEED THE PROGRAM?

Farmers are known for their work ethic and strong sense of pride. While these traits can be virtues, there is a downside in that they can cloud perceptions and lead to a denial of problematic situations:

- Frustration with agencies and bureaucratic hassles
- Stress from seeking financial assistance
- Concern about weather
- Uncertainty over markets and their trends
- Working with other farmers for more profitability
- Fear of losing the family farm
- Feelings of dread or hopelessness
- Serious problems such as depression, suicide, or domestic abuse

Promoting broader team approaches to managing stress sources in farming will increasingly spell the difference between a failed farming operation and a successful one.

## THE CRISIS OUTREACH PROGRAM ADDRESSES:

- **Problems:** frustration, domestic violence, emotional loss, suicide, etc.
- **Relationship changes:** increased tension, marital and family problems.
- **Work Disruption:** crop loss, time management issues, work demands and schedule changes, etc.

