

**Managing Cattle Raisers' Family Stress
& Keeping It All Balanced**
Texas and Southwestern
Cattle Raisers' Association's
School for Successful Ranching
Fort Worth, TX
March 30, 2012
9:45-10:45 & 2:45-3:45
StressCattleRaisers3.3012.ppt (Rev. 3.0712)



**To "Managing Cattle Raisers'
Family Stress
& Keeping It All Balanced"**

**Managing Cattle Raisers' Family Stress
& Keeping It All Balanced**

By Robert J. Fetsch, Ph.D., Extension
Specialist
Human Development & Family Studies &
Professor Emeritus
Colorado State University
Fort Collins, CO

**Dedicated to and in Memory of
Paul J. & Marcella T. Fetsch**

- Without Dad and Mom's hard work with our family's dairy farm, I doubt that I would be here today. They built one of the two top dairy herds in Cooke County, TX.
- They raised five healthy successful children—the eldest of whom stands before you now.
- I admire and respect all of you for your diligence, hard work, and resilience.

**What Do We Mean
by Stressful Times?**

- Stressful, tough times mean different things to different people.
 - Low prices for beef, milk, wheat, sheep
 - High prices for feed, seed, gasoline, diesel, parts, fertilizer, equipment, hired help, etc.
 - Drought, wild fires, floods, blizzards, bad weather
 - Tractor/truck/car turnover, farm/ranch accident

**What Do We Mean
by Stressful, Tough Times?**

- Tough times mean different things to different people.
 - Back injury
 - Child with a learning/reading difficulty
 - Parent with Alzheimer's, depression, etc.
 - Daily hassles.



What's the Problem?

- According to a recent survey of 783 Texas cattle raisers:
 - 11% reported being forced to sell their *entire* herd.
 - 74% *reduced* their cow herd.
 - 25% *made no changes* or *will increase* the number of cows in their herd.

Source: Texas and Southwestern Cattle Raisers Association. (2011, December). December 2011 TSCRA Drought Survey Executive Summary. Available from author.

Why Is Addressing Managing Tough Times in Agriculture Important?

- Farm owners were among the top 12 occupations with a significant incidence of stress-related illnesses
- People with primary employment in agriculture have the highest risk for disabling injuries and fatalities

Fetsch, R. J. (July 22, 2005). *Farming, ranching: Health hazard or opportunity?* Colorado State University, Cooperative Extension Fact Sheet No. 10.201. Retrieved March 26, 2007 from <http://www.ext.colostate.edu/pubs/consumer/10201.html>

Fetsch, R. J. (April 28, 2005). *Transitions and changes: Who copes well?* Colorado State University, Cooperative Extension Fact Sheet No. 10.215. Retrieved March 26, 2007, from <http://www.ext.colostate.edu/pubs/consumer/10215.html>

Resilience—The Ability to Bounce Back After a Crisis

- Most cattle raisers are *survivors*.
- They have optimism, attitudes, strengths, and skills to persevere.
- They know how to bounce back from tough times.
- How else could they have made it this far?
- Our goal is to help you build on those strengths and assist you in persevering, no matter how tough times get!

What Can You Learn Today?

Learn how to:

- Spot signs of high stress.
- Identify healthy ways to manage stress.
- Identify differences between at-risk and healthy, resilient families.
- Use *3 steps* to take with our family to be among those who'll be better off in 3-5 years.

What is Stress?

- Stress is a response to a perceived threat.
- If two people experience the same threat, one might get stressed and the other might not. What's the difference?
- Is all stress bad?



What are signs of high stress?

- *How do you know your wife or husband, brother or sister is stressed?*

HANDOUT:

Farm and Ranch Family Stress and Depression: A Checklist and Guide for Making Referrals

Stress Impacts Marital Quality

- Economic stressors and strains had adverse effects on: marital well-being, communication, happiness, and instability
- Greater economic distress leads to more criticism, defensiveness, contempt, and stonewalling in the marriage



Canary in a mine shaft—Why?

- *Who is the canary in a farm or ranch family?*
- *When you think of your most valuable resources on your ranch/farm, what do you think of?*

What are signs of high stress?

- *What are your best, healthy ways to manage your stress?*
- *What are your best, healthy ways to help your family manage their stress?*

Don't Let Stress
Blow Up On You!



How Do Resilient Cattle Raisers Manage Stress & Keep It All Balanced?

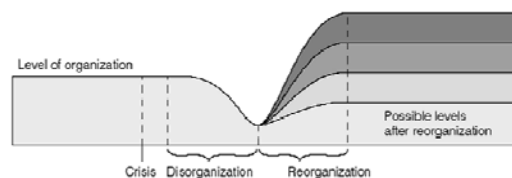
What if...?

- Let's say all of us experience _____
- What will make the difference in 3-5 years who of us will be
 - Better off?
 - Worse off?
 - Or about the same?

Who of Us Will Be Better Off?

- From research we know that:
 - In 3-5 years, 1/3 will be better off,
 - 1/3 will be about the same, and
 - 1/3 will be worse off.

Patterns of Family Adaptation to Crisis



Who of Us Will Be Better Off?

- In which group will we be? That depends on:
 - 1) How much *Pileup* we experience.
 - 2) How well we use our Existing & New *Resources*.
 - 3) How well we manage our *Perception* of the stressors.

1. How Much Pileup Do We Experience?

- Drought
- Crop Failure
- Flood
- Fire
- Tornado
- Blizzard
- Tractor/Combine Turnover
- Insects
- Weeds



1. How Much Pileup Do We Experience?

- Decreasing prices for outputs
- Increasing costs for inputs
- Farm/Ranch Accident
- Multiple Sclerosis
- Back Injury
- Birth
- Divorce
- HIV/AIDS
- Alzheimer's Disease



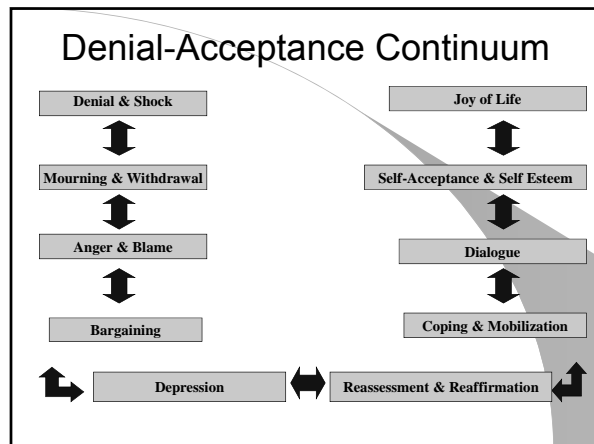
What Puts Cattle Raising Families at Risk?

- Male principal operators who work with animals > 15.75 hours/week have twice the risk of sustaining injury (Park et al., 2001).
- Dairy farmers' rate of injury was 2.5 times higher than for non-dairy farmers in IA (Nordstrom et al., 1995).

What Puts Cattle Raising Families at Risk?

- Injuries that result from animals tend to be more serious than for other farming accidents.
- For farmers/ranchers with a physical disability, secondary injury was more likely to occur in a livestock-related accident (Allen et al., 1995).

What are some of the stages that some farmers/ranchers go through following an accident, illness, or condition like an amputation, M.S., serious back problem, etc.?



The “common cold” of modern psychology is depression.

- What is the best, most effective “cure” for depression?
- Combination of taking good care of yourself, counseling, and medication.

Financial stress and suicide

- Financial stress has historically been reported as a leading factor in completing suicide (Dublin & Bunzel, 1933).
- Financial loss and depressive symptoms are characteristics of individuals experiencing suicidal ideation (Turvey et al., 2002).

What Does the Research Say?

- In the U.S., Gunderson et al. (1993) reported that farm women, children, adolescents, and farm laborers were at a low risk of suicide.
- However, farmers and ranchers were 1.5-2.0 times *more likely to commit suicide* than other adult men.

What Does the Research Say?

- Gunderson et al. (1993) found that the death rate by suicide of all full-time farmers in the sample study was 48.1/100,000.
- Stallones (1990) also reported a death rate by suicide of 48.1/100,000 in Kentucky.
- This is *four times higher* than the U.S. suicide rate between 1981 and 2007 which has ranged from a low of 10.4/100,000 (in 2000) to a high of 12.9/100,000 (in 1986).
- The U.S. suicide rate was 11.5/100,000 in 2007.

What can we learn from the agricultural crisis of the mid 1980's?

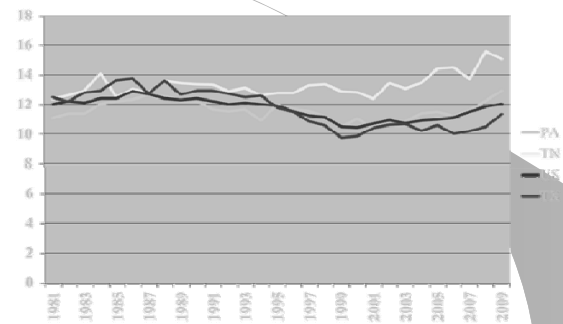
- Farm suicides were *3 times as high* in KS and OK.
- Similar high suicide rates were found in MN, MT, SD, ND, and WY.

Sources: Finch, 1990; Peterson, 1990; Peterson & Fetsch, 2003.

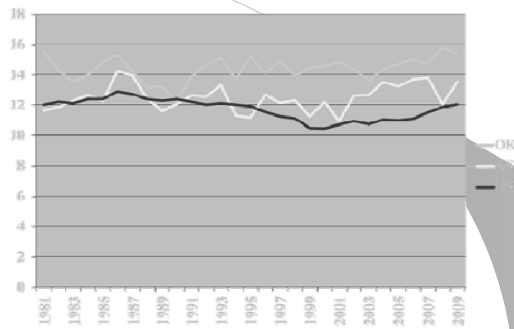
Farm/Ranch suicide rates

- Higher rates of suicide among farmers/ranchers have been reported in the United Kingdom, Australia, Canada, Scotland, and the U.S.

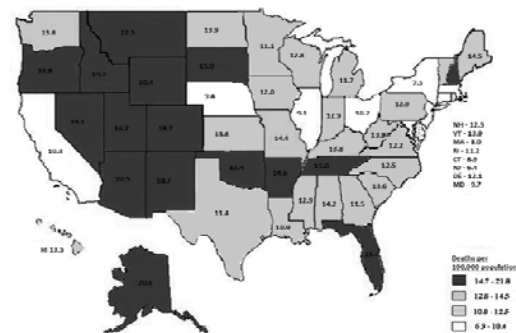
Suicide rates per 100,000 population by state and US



Suicide rates per 100,000 population by state and US



Suicide Death Rates United States 2009

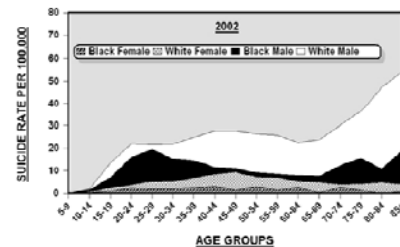


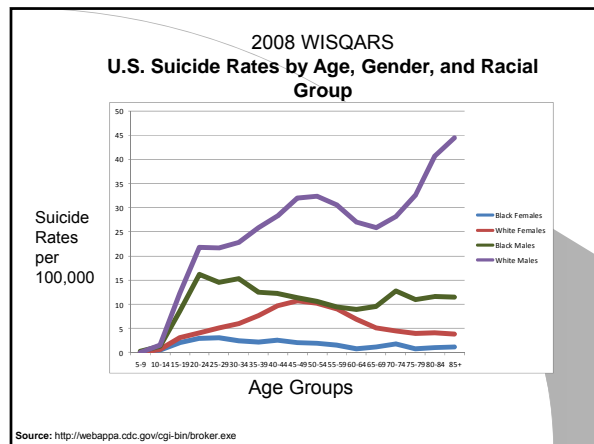
Suicide Red Flags

- Who Is Most at Risk of Suicide?***

National Institute of Mental Health Current Suicide Rates in U. S.

U. S. SUICIDE RATES BY AGE, GENDER, AND RACIAL GROUP





We've seen progress in physical, but what about in behavioral health?

- We've seen progress in reduced numbers of physical fatalities and injuries in agriculture, thanks to the efforts of OSHA and Extension Farm Safety programs.
- But we've **not** seen progress in reducing behavioral health issues like suicide, especially among older white men.

□ Source: M. Rosmann (personal communication, June 4, 2010).

Why do you think farmers/ranchers commit suicide at higher rates?

Why do farmers/ranchers commit suicide at higher rates?

- It's not increased levels of mental health issues.
- It may have to do with:
 - Demands of family farms
 - Culture of farming communities
 - Shortage of health care professionals in rural farming communities
 - High accessibility to firearms
 - Occupational stress
 - Financial difficulties
 - Family problems
 - Retirement is a trying transition for farmers.

Masculine "Scripts"

1. No sissy-stuff - men are expected to distance themselves from anything feminine.
2. Big wheel - men should be occupationally or financially successful.
3. Sturdy oak - men should be confident and self-reliant.
4. Give 'em hell - men should do what is necessary to "make it." (David & Brannon, 1976)
5. "When you're hurting, be a man—keep it inside and tell no one!" (Fetsch, 2009)

What are signs of suicidal thinking?

- Anxiety or depression
- Withdrawal or isolation
- Helplessness and hopelessness
- Alcohol abuse
- Previous suicidal attempts
- Suicidal plan
- Cries for help

How can I respond best?

- **IF YOU'RE UNSURE—REFER!**

How can I respond best?

- With respect
- With sincerity and honesty
- By listening and hearing their pain and worry—not by pitying them
- By caring

Source: Adapted from Bosch K., & Griffin, C. (2002, September 5). *Weathering tough times: Responding to farmers, ranchers and rural businesspersons* [Satellite Video Conference]. Available from http://www.panhandle.unl.edu/tough_times.

What do we do next?

- Recognize signs of farm and ranch stress.
- Take action. Find out about which local resources are available.
- Check your yellow pages under “Counselors.”
- Call 1-800-SUICIDE/784-2433 24 x 7 for a live trained person to talk with and to find local resources.

**HANDOUT:
Farm and Ranch Family Stress and
Depression: A Checklist and Guide
for Making Referrals**

What do we do next?

- Visit <http://therapistlocator.net>.
- http://therapists.psychologytoday.com/ppc/prof_search.php?iorb=4764
- http://www.networktherapy.com/directory/find_therapist.asp
- <http://therapists.americanmentalhealth.com/therapistlocator.page1>

Resources

<http://mtt.caahs.colostate.edu/resources/Default.aspx>

- Recognize the Signs of Stress, Depression (Dairy Herd Management Magazine)
- Suicide Prevention in the Dairy Industry (Power Point Presentation)
- Checklist Farm/Ranch
- Recognizing Stress, Anger, Depression and Suicidal Thinking & Knowing What to Do Next (Proceedings of the 9th Western Dairy Management Conference, Reno, NV 3/11-13/2009)

Resilience—The Ability to Bounce Back After a Crisis

- Most farmers/ranchers are *survivors*.
- They have optimism, attitudes, strengths, and skills to persevere.
- They know how to bounce back from tough times.
- How else could they have made it this far?
- Our goal is to help you build on those strengths and assist you in persevering, no matter how tough times get!

1. How Much Pileup Do We Experience?

- Pileup includes these new stressors plus
- Previously existing strains plus
- Future hardships induced by the stressor event.

What were the top stressors for dairy farmers?

- For < 1,000 New Zealand dairy farmers:
 - Time pressures
 - Machinery failures
 - Weather
 - Government policies

What Can We Do with Pileup?

- Be aware of your family's *Pileup*.
Encourage each other to rest, let it wait a day, call a neighbor for help, call on a professional.
- Postpone some things that can wait, e.g. elective surgery, trip to _____, purchase of new equipment.

2. How Well Do We Use Our Existing and New Resources?

- Internal/Personal Crisis-Meeting Resources
 - Intelligence
 - Problem-solving skills
 - Physical-emotional health
 - Optimistic outlook
 - Sense of humor

2. How Well Do We Use Our Existing and New Resources?

- External Family Crisis-Meeting Resources
 - Strong family
 - Appreciation > resentments
 - Family harmony
 - Sound finances and financial management practices
 - Positive communication skills
 - Effective conflict-resolution skills
 - Overall family satisfaction and Quality of Life
 - Family support
 - Religious faith
 - Great family traditions

Farm & Ranch Families Have Notable Strengths.

- External support from family members
- Resilience
- Hardiness “involves a sense of commitment to work together to manage and solve problems, a belief that families are in control of their responses to stressful life events, and a conviction that those changes and events can be both challenging and growth-producing.”

Carson, D. K., Araquistain, M., Ide, B., Quoss, B., & Weigel, R. (1994). Stress, strain, and hardiness as predictors of adaptation in farm and ranch families. *Journal of Child and Family Studies*, 3(2), 157-174.

Farm & Ranch Men and Women Possess Similar Strengths and Coping Strategies.

- Rural families expressed more reasons to feel positive, despite difficult times.
- They felt needed and supported by family, friends, and their communities.
- This gave them a strong sense of purpose and hope in life and belongingness.

Gorman, D., Bulkstra, E., Hegney, D., Pearce, S., Rogers-Clark, C., Weir, J., & McCullagh, B. (2007). Rural men and mental health: Their experiences and how they managed. *International Journal of Mental Health Nursing*, 16, 298-306.
McLarren, S., & Challis, C. (2009). Resilience among men farmers: The protective roles of social support and sense of belonging in the depression-suicidal ideation relation. *Death Studies*, 33, 262-276.

But...

- Especially for many men, there is still a stigma in asking for help if it pertains to a private issue or a matter that brings up shame.
- This stigma and shame that a person may feel is often a barrier to healthy family relations.
- Despite social isolation or loneliness and limited access to behavioral health services, men too can bounce back from depression and suicidal thinking.

Gorman, D., Bulkstra, E., Hegney, D., Pearce, S., Rogers-Clark, C., Weir, J., & McCullagh, B. (2007). Rural men and mental health: Their experiences and how they managed. *International Journal of Mental Health Nursing*, 16, 298-306.
McLarren, S., & Challis, C. (2009). Resilience among men farmers: The protective roles of social support and sense of belonging in the depression-suicidal ideation relation. *Death Studies*, 33, 262-276.

How Can They Bounce Back?

- By figuring out how to make a call to a professional.
- By seeing it as a good way to solve a problem—like most successful men who are good at solving problems.

2. How Well Do We Use Our Existing and New Resources?

- External Community Crisis-Meeting Resources
 - Community Alzheimer’s support group
 - Counselors/Therapists/Guidance Counselors
 - Priests/Ministers/Rabbis
 - Friends and neighbors
 - Colorado AgrAbility Project
 - CSU Extension
 - Division of Vocational Rehabilitation
 - National Resource Conservation Service
 - Farm Service Agency

How many of you know
of a returning veteran
interested in
farming/ranching?

How many of you know of a returning veteran interested in farming/ranching?

- **Workshops** on land access, financing, crop insurance, production & marketing high value crops, and accessing additional resources.
- **Farm Tours** demonstrating production, marketing, and decision-making

3/7/2012

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How many of you know of a returning veteran interested in farming/ranching?

- **Individual Consultations** with professionals for financial, production advice
- **HelpLine** for phone and email inquiries, resources and support

3/7/2012

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How many of you know of a returning veteran interested in farming/ranching?

- Contact Bob Fetsch (970-491-5648) or robert.fetsch@colostate.edu
- Contact Kathie Starkweather (402-617-7946) or kathies@cfra.org
- www.cfra.org/veteran_farmers_project

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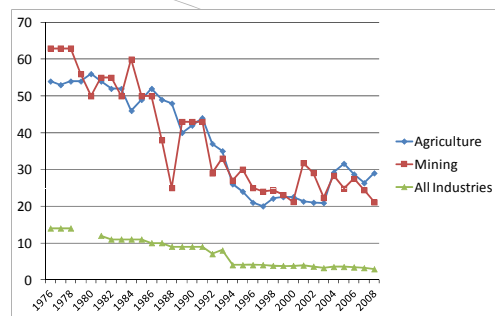


Figure 2.

Unintentional death rates per 100,000 population for agriculture, mining/quarrying, and all industries in the U.S.

Source: National Safety Council (1976-2010). Injury Facts. Ithaca, NY: National Safety Council

AgrAbility



AgrAbility across the U.S.
(Source: National AgrAbility Project)

Agriculture-Related Assistive Technology



... any device, modification or service that will help the farmer with a disability live, work and learn more independently

Texas AgrAbility

**Assists Farm/Ranch Families with
Conditions, Illnesses, Disabilities to
Continue to Ranch/Farm in spite of
obstacles if they choose.**

**Call Rick Peterson 979-845-1877
Or Cheryl Grenwelge 979-845-3727
<http://txagrability.tamu.edu/index.php>**

What Resources Are Available from CSU Extension?

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

- 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 (F.S. no. 10.201)
- Ranching and farming with family members (no. 10.217)
- Transitions and changes: Who copes well? (no. 10.215)

Colorado Agricultural Mediation Program

Colorado Department of Agriculture

Mark Gallegos—CAMP

2331 W. 31st Ave.

Denver, CO 80211

303-477-0054



personal nature of agriculture

Recovering from Natural Disasters B-1103

Men and Depression B-1104

Agriculture and Skin Cancer: What You Should Know B-1105

Lenders and Angry Customers B-1113

Surviving Tragedy B-1117

Men Seeking Help B-1134

http://www.uwyo.edu/ces/LIFE/Personal_Nature_Main.html



personal nature of agriculture

Agricultural Producers and Stress Series

The Importance of a Healthy Attitude

When Do You Need a Counselor?

Eating and Activity for Health and Pleasure

Identifying Stress on the Ranch and Farm

Learning to Relax

Finding Your Team of Experts

http://www.uwyo.edu/ces/LIFE/Personal_Nature_Main.html

3. How Well Do We Manage Our Perception/Meaning of the Stressors?

- Time Management & Goal Setting
Workshop participant said, “The day I lost my job was the best day of my life!”
- “Perception is reality.” --Tom Peters

Economic Stress ↔ Personal & Family Stress

- During the mid-1980s our interdisciplinary research examined the correlations between stress and depression and last year income/debt, total assets/liabilities and overall financial outlook.
- It's not just the amount of money or debts that we have.
- It's what it *means* to us that makes the difference between how healthy we are.

3. How Well Do We Manage Our Perception/Meaning of the Stressors?

- Let's monitor and "reframe" our negative perceptions/meanings to more positive ones.



3. How Well Do We Manage Our Perception/Meaning of the Stressors?

- Sometimes our first perception is *negative*. Only later do we see a more *positive* meaning.
- Who would give us an example of before and after meanings from your family's experience?

In Summary

- Let's say all of us lose our cow-calf operation this year. In 3-5 years your family and my family will more likely be among the 1/3 of us who will be better off the more we:
 - Manage our Pileup.
 - Use Existing & New Resources
 - Reframe the Perceptions/Meanings of our stressors.

**Be careful out there.
Take good care of yourselves!**

Be careful out there.
Take good care of yourselves!
I recommend:
Make sure that everyone in the
family over age 8 know how to
turn off your PTO!

Thank you very much!

For More Information, Contact:
Bob Fetsch
970-491-5648
robert.fetsch@colostate.edu

Questions?

**Thank you
very much!**

How do I make an effective referral?

- 1) Be aware of the agencies and resources available in your community—what services they offer and what their limitations are.
- 2) Listen for signs and symptoms that the person or family needs help which you cannot provide, I.e., financial, legal or personal counseling.

How do I make an effective referral?

- 3) Assess what agency or community resource would be most appropriate to address the person's/family's problems.
- 4) Discuss the referral with the person/family. "It sounds/looks like you're feeling _____. I think _____, _____, or _____ could help you deal with your situation."

How do I make an effective referral?

- 5) Explore the individual's/family's willingness to initiate contact with the resource. "How do you feel about seeking help from this person/agency?"
- 6) Where the person or family is unwilling to take the initiative or where there is some danger if action is not taken, you should take the initiative.

How do I make an effective referral?

- Call the agency and ask to speak to the intake worker (if there is one).
- Identify yourself and your relationship with the person/family.
- Say what you think the person's/family's needs are. "I think that Mr. ____ needs immediate protection from harming himself, needs a counseling appointment, and needs financial and legal assistance."

How do I make an effective referral?

- Provide the agency with background information (name, address and telephone; age and gender; nature of current problem or crisis; any past history you're aware of; further information as called for).

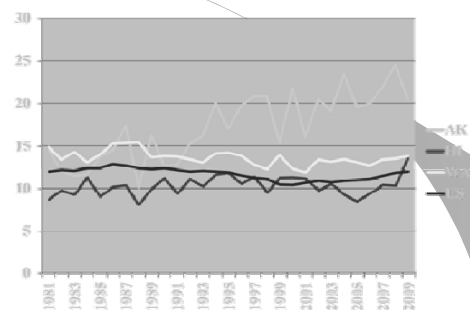
How do I make an effective referral?

- Ask the agency what follow-up action they will take:
 - When will they act on the referral?
 - Who will be your contact later if necessary?
 - What will be the cost of the service (flat fee/sliding scale)?
 - Do you need to do anything else to complete the referral?

How do I make an effective referral?

- 7) Make sure the person/family and the referral agency connect and get together.
- 8) Make one or more follow-up contacts with the agency if the situation calls for it.

Suicide rates per 100,000 population by state and US

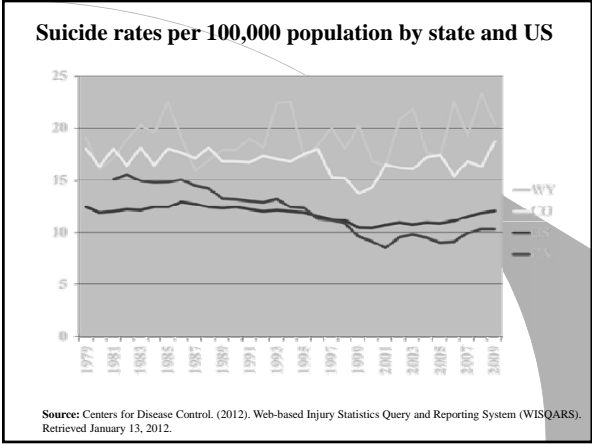
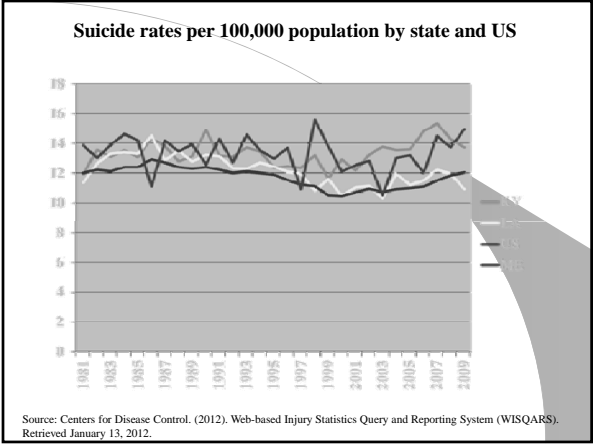
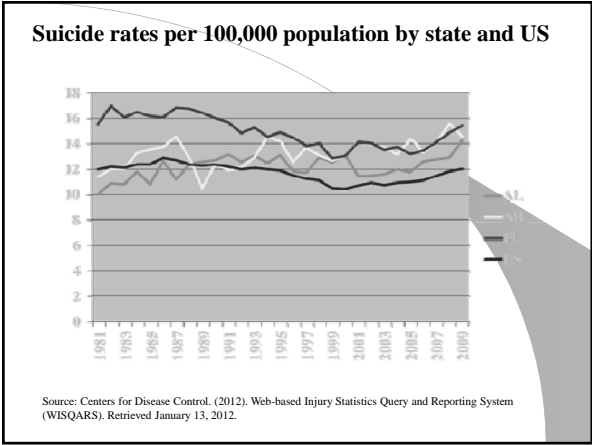
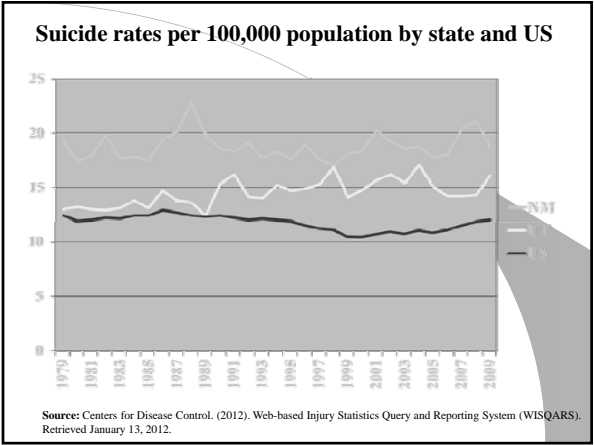


Source: Centers for Disease Control, (2012). Web-based Injury Statistics Query and Reporting System (WISQARS). Retrieved January 13, 2012.

U.S. Suicide Statistics (2006) Breakdown by Gender / Ethnicity / Age Groups						
All Ages Combined			Elderly (65+ yrs)		Youth (15-24 yrs)	
Group	Number of Suicides	Rate of Suicide	Elderly Suicides	Elderly Suicide Rate	Youth Suicides	Youth Suicide Rate
Nation	33,300	11.1	5,299	14.22	4,189	9.91
Men	26,308	17.88	4,462	28.51	3,528	16.22
Women	6,992	4.61	837	3.87	661	3.22
Whites	27,952	13.93	4,884	16.11	2,944	11.18
Nonwhites	1,208	6.88	117	8.00	296	11.68
Blacks	1,909	5.06	139	4.45	407	6.42
White Men	21,952	22.3	4,136	32.25	2,496	18.47
White Women	6,000	5.87	748	4.27	488	3.49
Nonwhite Men	872	10.16	67	10.64	231	17.56
Nonwhite Women	336	3.74	50	6.01	65	1.25
Black Men	1,630	9.07	125	10.44	351	10.93
Black Women	279	1.41	14*	0.73	56	1.79

2008 U. S. Suicide Rate by State Top Quintile		
STATE	NUMBER of SUICIDES	RATE
Alaska	169	24.6
Wyoming	124	23.3
New Mexico	419	21.1
Montana	203	21.0
Nevada	528	20.2
Idaho	252	16.5
Colorado	803	16.3
Oklahoma	575	15.8
Arkansas	447	15.6
Tennessee	973	15.6
South Dakota	124	15.4

Source: SPAN USA, <http://www.spanusa.org>



Farm and Ranch Family Stress and Depression: A Checklist and Guide for Making Referrals¹

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University of Wisconsin-Madison

Robert J. Fetsch
Human Development & Family Studies
Colorado State University

SIGNS OF FARM AND RANCH STRESS

The last few years have been difficult for farm and ranch families. Many are experiencing financial and emotional stress as a result. There are several signs or symptoms when a farm family may be in need of help. These are signs that can be observed by friends, extended family members, neighbors, milk haulers, veterinarians, clergy persons, school personnel or health and human service workers. These signs include:

- **Change in routines.** The rancher or ranch family stops attending church, drops out of 4-H, Home makers or other groups, or no longer stops in at the local coffee shop or feed mill.
- **Increase in illness.** Farmers or farm family members may experience more upper respiratory illnesses (colds, flu) or other chronic conditions (aches, pains, persistent cough).
- **Appearance of farmstead declines.** The farm family no longer takes pride in the way farm buildings and grounds appear, or no longer has the time to do maintenance work.
- **Care of livestock declines.** Cattle may not be cared for in the usual way; they may lose condition, appear gaunt or show signs of neglect or physical abuse.
- **Increase in farm or ranch accidents.** The risk of farm accidents increases due to fatigue or loss of ability to concentrate; children may be at risk if there isn't adequate childcare.
- **Children show signs of stress.** Farm and ranch children may act out, decline in academic performance or be increasingly absent from school; they may also show signs of physical abuse or neglect.

SIGNS OF CHRONIC, PROLONGED STRESS

When farm and ranch families are stressed out for long periods of time – chronic, prolonged stress – they may experience a number of signs and symptoms. Watch for the following effects in farm families you see on a day-to-day basis:

- | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Physical</p> <ul style="list-style-type: none"> <input type="checkbox"/> Headaches <input type="checkbox"/> Ulcers <input type="checkbox"/> Backaches <input type="checkbox"/> Eating Irregularities <input type="checkbox"/> Sleep Disturbances <input type="checkbox"/> Frequent Sickness <input type="checkbox"/> Exhaustion | <p>Emotional</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sadness <input type="checkbox"/> Depression <input type="checkbox"/> Bitterness <input type="checkbox"/> Anger <input type="checkbox"/> Anxiety <input type="checkbox"/> Loss of Spirit <input type="checkbox"/> Loss of Humor | <p>Behavioral</p> <ul style="list-style-type: none"> <input type="checkbox"/> Irritability <input type="checkbox"/> Backbiting <input type="checkbox"/> Acting Out <input type="checkbox"/> Withdrawal <input type="checkbox"/> Passive-Aggressiveness <input type="checkbox"/> Alcoholism <input type="checkbox"/> Violence |
| <p>Cognitive</p> <ul style="list-style-type: none"> <input type="checkbox"/> Memory Loss <input type="checkbox"/> Lack of Concentration <input type="checkbox"/> Inability to Make Decisions | <p>Self-Esteem</p> <ul style="list-style-type: none"> <input type="checkbox"/> "I'm a failure." <input type="checkbox"/> "I blew it." <input type="checkbox"/> "Why can't I...?" | |

¹ ChecklistWilliamsFetsch (Rev. 10.1810b)

SIGNS OF DEPRESSION OR SUICIDAL INTENT

The greater the number of signs or symptoms a ranch or farm family is experiencing, the greater your concern should be. In addition, if family members are exhibiting the following signs of depression or suicidal intent, it is important that you connect them with professional help as soon as possible. All cries for help should be taken seriously.

Signs of Depression

- ☐ **Appearance:** Sad face, slow movements, unkempt look.
- ☐ **Unhappy feelings:** Feeling sad, hopeless, discouraged, and listless.
- ☐ **Negative thoughts:** "I'm a failure;" "I'm no good," "No one cares."
- ☐ **Reduced activity and pleasure in usual activities:** "Doing anything is just too much of an effort."
- ☐ **People problems:** "I don't want anyone to see me," "I feel so lonely."
- ☐ **Physical problems:** Sleeping problems, decreased sexual interest, headaches.
- ☐ **Guilt and low self esteem:** "It's all my fault," "I should be punished."

Signs of Suicidal Intent

- ☐ **Anxiety or depression:** Severe, intense feelings of anxiety or depression.
- ☐ **Withdrawal or isolation:** Withdrawn, alone, lack of friends and supports.
- ☐ **Helpless and hopeless:** Sense of complete powerlessness, a hopeless feeling.
- ☐ **Alcohol abuse:** There is often a link between alcoholism and suicide.
- ☐ **Previous suicidal attempts:** May have been previous attempts of low to high lethality.
- ☐ **Suicidal plan:** Frequent or constant thoughts with a specific plan in mind.
- ☐ **Cries for help:** Making a will, giving possessions away, making statements such as "I'm calling it quits," or "Maybe my family would be better off without me."

HOW TO REFER A PERSON FOR HELP

1. Be aware of the agencies and resources available in your community – what services they offer and what their limitations are.
2. Listen for signs and symptoms that the person or family needs help which you can't provide, i.e., financial, legal or personal counseling.
3. Assess what agency or community resource would be most appropriate to address the person's (or family's) problems.
4. Discuss the referral with the person or family ("It sounds/looks like you are feeling _____. I think _____ could help you deal with your situation.")
5. Explore the individual's or family's willingness to initiate contact with the community resource ("How do you feel about seeking help from this person/agency?").
6. Where the person or family is unwilling to take the initiative or where there is some danger if action is not taken, you should take the initiative:
 - a) Call the agency and ask to speak to the intake worker (if there is one).
 - b) Identify yourself and your relationship with the person or family.
 - c) State what you think the person's or family's needs are (needs immediate protection from suicidal acts, needs an appointment for counseling, needs financial or legal advice).
 - d) Provide the agency with background information (name, address and phone; age and gender; nature of current problem or crisis; any past history you're aware of; further information as called for).
 - e) Ask the agency what follow-up action they will take:
 - *When will they act on the referral?
 - *Who will be the person for you to contact later if necessary?
 - *What will be the cost of the service (flat fee/sliding scale)?
 - *Do you need to do anything else to complete the referral?
7. Make sure the person or family and the referral agency connect and get together. Make one or more follow-up contacts with the agency if called for by the situation.

WHERE DO I FIND HELP?

Call 1-800-SUICIDE or 1-800-784-2433 24 x 7 for a live trained person to talk with and to find local resources.

Visit <http://therapistlocator.net/>.

http://therapists.psychologytoday.com/ppc/prof_search.php?iorb=4764

http://www.networktherapy.com/directory/find_therapist.asp

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