



AgrAbility Virtual State Fair: Success & Safety



On October 29, Colorado AgrAbility participated in a reimaged state fair, sharing our message with participants far and wide while keeping everyone safe through a virtual format. Held on Facebook and Twitter, this event featured a

message from Goodwill of Colorado's President and CEO, Karla Grazier; Colorado Commissioner of Agriculture, Kate Greenberg, and others. [Click here](#) and [here](#) and scroll back to October 29 to see all the amazing content!

Join us on Nov. 20 for a valuable 1-hour webinar

Colorado State University Extension and Colorado AgrAbility will host a webinar featuring Lorann Stallones, MPH, Ph.D. on Friday, November 20. Dr. Stallones is dedicated to improving the health and safety of people engaged in agriculture through understanding risk factors associated with stress and suicidal behavior.

Lorann obtained her B.A. in cultural anthropology from the University of

California at Santa Barbara and her MPH (international health) and Ph.D. (epidemiology) degrees from the University of Texas School of Public Health in Houston. She began her studies of health and safety among farmers and their families in upstate New York, continued that work at the University of Kentucky, and came to Colorado State University in 1990. Her work has been published widely

in national and international scientific journals and has been cited in national and international media.

Due to COVID-19 safety and health restrictions at Colorado State University, we are switching from our annual six-hour face-to-face workshop to a one-hour online webinar. Dr. Stallones will present "Biological Factors Associated

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Meet the New Members of our Team!

Colorado AgrAbility is pleased to introduce our new staff!



G. James Sanchez has been with Goodwill in Colorado for 16 years, starting with our Workforce

Development team in Adams County. Mr. Sanchez now oversees Goodwill programs serving youth and adults and helps assist Colorado farmers and ranchers as part of the AgrAbility team. Prior to joining Goodwill, James worked with both nonprofit and for-profit organizations with a focus on support for justice-involved youth and HIV-positive adults. Mr. Sanchez has an MBA from the University of Phoenix and a Bachelor of Science degree in Psychology from Colorado State University.



Dr. Rebecca Hill is a Research Scientist with the Department of Agricultural and Resource

Economics and the Regional Economic Development Institute at Colorado State University. Rebecca received her Ph.D. in Agricultural and Natural Resource Economics in 2012 at CSU and since that time has specialized in research broadly related to agritourism, outdoor recreation, water resources, hemp local foods and economic impact analysis. Rebecca currently teaches agricultural marketing as well as water law, policies and institutions at CSU.

Rural Peer Assistance Network Increases Access to Mental Health Resources



Over the past year, a diverse group of stakeholders from eastern and southern Colorado began meeting to discuss the need for improved access to mental health services in rural agricultural communities. This group is composed of business and professional entities in the agricultural setting and Colorado AgrAbility serves as an important link between the resources and those who may need them. Together, they forged the Rural Peer Assistance Network (RPAN).

Agriculture is often the main economic driver in these regions and financial resilience of an ag operation is often dependent on how operators manage stress. The health and wellness of producers affects their ability to make sound business decisions. Lack of healthy stress management can lead to chronic illness, substance abuse, injury and/or premature death.

While many stressors are difficult to control, stress can be managed. Farmers and ranchers often face barriers to accessing mental healthcare and developing coping strategies due to geographic isolation, cost and cultural norms. They are more likely to confide in a friend or trusted community member before speaking with a doctor or therapist.

There is a need to offer education on stress management and suicide

prevention by instructors who recognize barriers and understand their communities. There is an opportunity to equip community leaders with the skills to listen to the concerns of their neighbors, develop coping strategies and refer them to additional resources and services in the area and remotely.

The RPAN group has now released its first module “Community Outreach and Education” to the community. Features include:

- Identifying signs and impacts of stress including anxiety, depression, anger, and substance use.
- Increasing awareness of farmer and rancher mental health and economic issues
 - o How these issues affect family units and communities.
- Developing coping strategies for managing chronic stress:
 - o Learn techniques to manage signs of stress.
 - o Mindfulness and wellness strategies.
 - o Normalize conversations around emergencies including suicide and recognize suicide warning signs/distress signals.

For more information about RPAN, contact Colorado AgrAbility or Kim Fairley, the Regional Health Connector at Centennial Area Health Education Center in Greeley at 970-590-4026.

The Right Tool for the Job: Introducing “The Toolbox”

Have you heard about The Toolbox? No, it's not the one in the bed of your truck. It's the website that showcases assistive technology solutions—such as agricultural tools, equipment, machinery and buildings—for farmers, ranchers and other agricultural workers with physical disabilities!

Users can search The Toolbox by category or by a specific tool to find products, designs, ideas, techniques, and suggestions.

In addition to the equipment and tool database, there are also several reports providing techniques and suggestions focused on a specific topic on farming/ranching with a disability.

The Toolbox is based upon the print and CD versions of



the product bearing the same name, published by the Breaking New Ground Resource Center (BNG) at Purdue University Extension. The new online format allows for added features, such as enhanced search and browse capabilities, video clips, links to the websites of product suppliers, full-color photographs, and continuously updated solution fact sheets.

Please note that Toolbox items can be ordered through the manufacturer or supplier found at the bottom of each information page. They cannot be ordered through Colorado AgrAbility directly.

It's a great website to help you find amazing products you never knew existed. Check it out today by [clicking here](#).

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Lorann Stallones, MPH, Ph.D.

with Farm and Ranch Stress and Suicide Risk” at Colorado State University on Friday, November 20, 2020 (10:00 – 11:00 AM MT). Professionals working with farm and ranch families are encouraged to attend.

This webinar training is designed to increase participants’ knowledge and skills through understanding biological factors that increase risk of suicide and depression. Her talking points will include:

- What are biological factors that have been linked with increased stress and suicide risk?
 - o Diet-related factors
 - o Sleep patterns
 - o Pesticides

- o Allergies, inflammation
- o Altitude

- What biological factors related to increased stress and suicide risk might farmers and ranchers experience?
- What resources are available in rural communities to assist a person with behavioral health issues, including concerns about suicide?
- What can farmers, ranchers, and farm workers do to maintain optimal behavioral health?

Support systems, like CSU Extension Agents, the Colorado AgrAbility Project (CAP) Team, and other rural professionals are faced with ranch and farm families who feel significant increases in financial and emotional stress. Not knowing what to do or say in these situations can be frustrating for the families and professional staff. Without recognition, intervention, and culturally appropriate assistance, stress, anger, depression, and suicidal

thinking may become overwhelming and potentially harmful.

Dr. Stallones’ workshop is brought to you by the Colorado AgrAbility Project and our partners—Dr. Blake Naughton (CSU Vice President for Engagement and Extension Director) and Dr. James Pritchett (Dean of the College of Agricultural Sciences and Director of the Colorado Agricultural Experiment Station with Extension’s new Mental Health Initiative). These partners are working to address opioid addiction problem, reduce stigma, and make referrals to local behavioral health therapists and Colorado Community Mental Health Centers in rural areas.

To register, scan the QR Code or [click here](#) today!



COVID Can't Keep Farmers Down

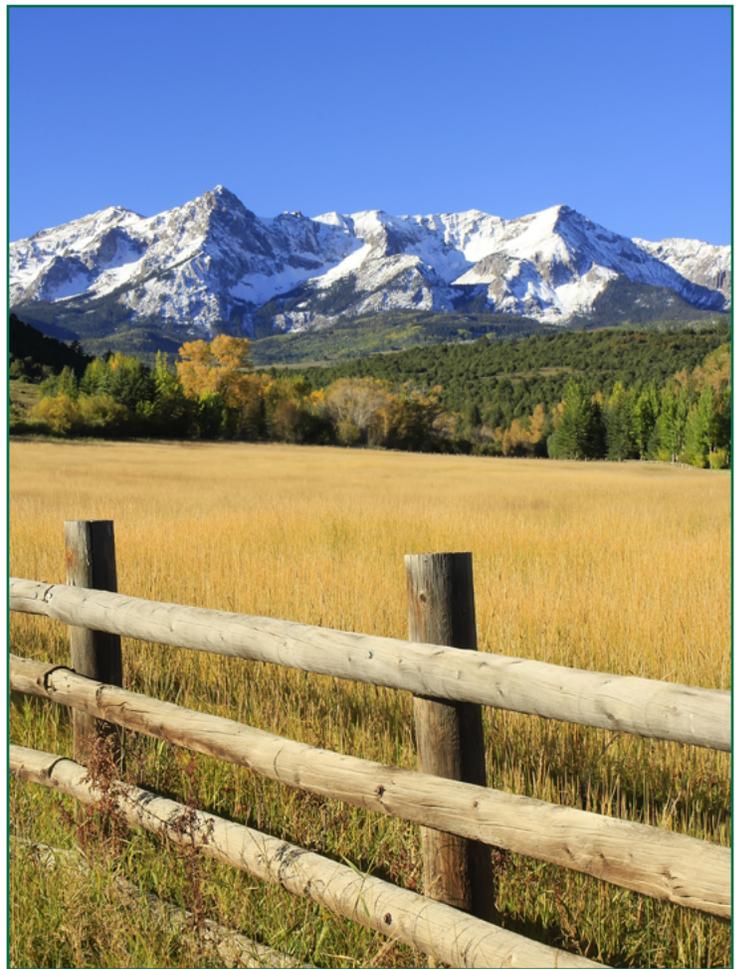
These past few months have been difficult for us all. Especially for those in Ag. Farming has always been hard, with many things that crops or livestock depend upon being unpredictable: weather, insects, plant disease and commodity prices to name a few.

Then along came COVID. Now the farmer not only has the usual unpredictability, but many of the services that they and their family need are shut down or have limited hours. So we at the Colorado AgrAbility Project have learned to be flexible and have found new ways to serve our farm and DVR clients.

We will show up with masks, we carry a thermometer, and hand sanitizer is in our briefcase. Goodwill is concerned with not only our safety, but that of the farmer as well. Our Risk Managers have asked us to wear a mask and use hand sanitizer. They also ask that we take our client's temperature. Thank you for your support in these efforts to keep us all safe.

By using these CDC and Colorado state mandated procedures, we are still able to do what few other programs can do, we come to you on your farm or ranch. Time off-farm to go to town for an appointment takes valuable time away from business. AgrAbility knows that we can best serve you by being on your land and seeing firsthand how you operate your farm or ranch.

If you or anyone you know is experiencing work task difficulty because of an injury, illness, or just the aging process and wonders if an AgrAbility assessment might help, please call our Program Manager, Candiss Leathers at 720-539-4435. Thank you!



AgrAbility Winter Workshops are coming. Stay tuned for details!

“Go Goodwilling” from the comfort of your home and shop thousands of unique online auctions at PickGoodwill.com! From vintage jewelry to designer handbags to fun fashion, toys, electronics, art, and home décor items, we've got it all! Enjoy the thrill of bidding or the convenience of “buy it now” items.

Your purchases support Goodwill's job training and life-engagement programs, serving individuals with economic and developmental challenges.

