



Resources for the Mental Health Workforce Serving Agricultural Workers in Pacific Southwest SAMHSA Region 9

Prevention for Mental Health Challenges

1. Webinar Recording

- a. [Rural Primary Care Tools and Resources for Managing Suicidal Ideation During COVID-19 | Mental Health Technology Transfer Center \(MHTTC\) Network](#)

2. Publications

- a. This recently released study which examines psychological factors, including depression, perceived stress, social support, and nerves that may be associated with an increased risk of injury; findings may be useful for prevention and management of injury.
<https://journals.openedition.org/factsreports/3304>
- b. Healthcare access for Agricultural workers can be difficult to access and become a source of stress. This article lists healthcare resources.
<http://www.lacooperativa.org/health-issues-migrant-workers/>
- c. A recently released study looks at the stressors that are inherent in farm-work as well as factors within the control of agricultural workers that may be adjusted to support increased mental health.
<https://onlinelibrary.wiley.com/doi/full/10.1111/j.1748-0361.2008.00134.x>
- d. This article assesses prevalence of anxiety and depression among migrant Mexican farmworkers and identifies variables that predict poor mental health outcomes.
https://www.researchgate.net/publication/11036355_Exploring_the_Mental_Health_of_Mexican_Migrant_Farm_Workers_in_the_Midwest_Psychosocial_Predictors_of_Psychological_Distress_and_Suggestions_for_Prevention_and_Treatment

Mental Health Provider Resources

1. Webinar Recording

- a. Discussion on the physical and mental health conditions that are frequently diagnosed among migrant and seasonal agricultural workers. Understanding the link between mind, behavior and body is an important step in identifying strategies to help agricultural workers who are living with chronic physical conditions and who also present with mental health conditions – such as depression and anxiety.
<https://www.migrantclinician.org/toolsource/resource/webinar-relationship-between-mental-health-and-physical-health.html>
- b. This slide deck and recording covers farm stress, contributing factors, the impact of farm stress on the family, and how farming demographics and associated stress may vary by U.S. region. [Mental Health Needs Among Diverse Farm Populations | Mental Health Technology Transfer Center \(MHTTC\) Network](#)



- c. This recording identifies burnout prevention strategies for mental health providers working with farm and ranch populations. [Compassion Fatigue: Farm Stress and the Mental Health Provider | Mental Health Technology Transfer Center \(MHTTC\) Network](#)
- d. This event highlights resources available for providers who work with farmers experiencing stress and mental health challenges, as well as a discussion on the best practices for providers working with this population. [Hands-on Tools and Strategies to Assist Providers Working with Farmers | Mental Health Technology Transfer Center \(MHTTC\) Network](#)
- e. This resource promotes trauma-informed, integrated behavioral health practices in primary care to address the complex social, cultural, economic, and justice factors that contribute to disease burden. <https://www.migrantclinician.org/toolsource/resource/trauma-informed-care>
- f. Effectively addressing behavioral health issues for migrants requires both astute observation and gentle questioning on the part of the clinician. This session offers new ways of thinking about trauma, behavioral health, and possible interventions, as well as providing tools that can be used in a primary care setting to address behavioral health concerns. <https://www.migrantclinician.org/toolsource/resource/trauma-informed-care>
- g. Find recommendations for adapting common Cognitive Behavioral Therapy tools (e.g., repeated assessment, homework tracking, etc.) for use with clients via telehealth. [CBT Telehealth Adaptations for Providers of Mental Health Care for Latino Populations | Mental Health Technology Transfer Center \(MHTTC\) Network](#)

Co-Occurring Disorders

1. Publication

This guide includes resources specific to screening for co-occurring disorders experienced by farmers, farmworkers, and farm families in rural communities.

[Depression, Alcohol and Farm Stress: Addressing Co-Occurring Disorders in Rural America | Mental Health Technology Transfer Center \(MHTTC\) Network](#)

2. Podcast

This podcast and transcript features two doctors' perspective on how to provide support for farmers struggling with both a mental illness and substance misuse.

[Talking Farm Stress Amid the COVID-19 Pandemic | Mental Health Technology Transfer Center \(MHTTC\) Network](#)

Covid-19 Impact on Mental Health

1. Webinar

a. This four-part webinar addresses the mental health crisis and unique stressors caused by COVID-19 within farming and rural/frontier communities; it includes treatment resources for these communities.

[Improving Mental Health Care by Understanding the Culture of Farming and Rural Communities | Mental Health Technology Transfer Center \(MHTTC\) Network](#)

b. Resource to assist community leaders, mental health, and health care providers in responding to the psychosocial impacts created by pandemics and disasters. [Psychosocial Impacts of Disasters: Assisting Community Leaders | Mental Health Technology Transfer Center \(MHTTC\) Network](#)

Mental Health Resources for Agricultural Workers

1. Electronic Resources

a. Find a list of resources for farmers including stress hotlines, disaster recovery, opioid abuse resources, and educational opportunities. [Direct Support for Farmers | Mental Health Technology Transfer Center \(MHTTC\) Network](#)



b. This compilation of resiliency and mental wellness resources, includes webinars, classes, toolkits, and articles.

<http://umash.umn.edu/stress/>

c. This policy advocacy bulletin update features new developments for access to behavioral health services in agricultural worker communities.

http://www.farmworkerjustice.org/wp-content/uploads/2020/03/SPRING-2020-HPB_FINAL_3.17.20.pdf

General Information on Agricultural Workers

1. Publications

a. A report on indigenous agricultural workers from Central and South America details demographic, historical, and health information, among other factors.

http://www.ncfh.org/uploads/3/8/6/8/38685499/fs-indigenous_ag_workers_2018.pdf

b. This factsheet illustrates Mayan cultural and social factors that may affect the level of engagement in mental health treatment. [7 Tips to Engage in Mental Health Treatment the Guatemalan Maya Families Living in the United States | Mental Health Technology Transfer Center \(MHTTC\) Network](#)

