



FARM STRESS AND OPIOID MISUSE AWARENESS



In spring 2016, the director of the Michigan Department of Agriculture and Rural Development contacted Michigan State University (MSU) Extension because of an increase in Michigan dairy farmers dying by suicide.

To help respond to the needs of Michigan farmers and their families, MSU Extension developed the Communicating with Farmers Under Stress workshop designed for people who work with agricultural producers and farm families to help them learn more about managing stress and communicating with those in need.

It highlights existing resources and programs including MSU Extension's Stress Less with Mindfulness that introduces participants to the experience and practice of mindfulness to reduce stress.

In an effort to help support Michigan residents with information on opioid misuse, MSU Extension offers educational programs and facilitates critical partnerships with community groups.

Community film screening and panel discussion events engage with audiences throughout the state to discuss substance use issues.

Personal Action Toward Health (PATH) programs equip participants with the skills and tools needed to face the daily challenges of living with one or more chronic conditions.

In 2018, four opioid documentary film screening series hosted in Genesee County, Macomb County, Manistee County and Crawford County. Film screening events reached over 200 participants and were hosted in partnership with local substance misuse prevention coalitions.

Impacts:

- 776 adults in the Farm Stress programs in 2018
- 771 participants in the Stress Less with Mindfulness series in 2018.
- 290 adults in the 6-week PATH series in 2018.

To continue the growth of these programs, \$500,000 per year for three years (or a one-time allocation of \$1.5 million) is needed to increase MSU Extension's capacity in both prevention and response.

