

Healthy Farmer - Healthy Farm: A Discussion

Featuring:



Gerry Friesen

gerryfriesen
— the recovering farmer —



Marcel Hacault



Sylvia Massinon

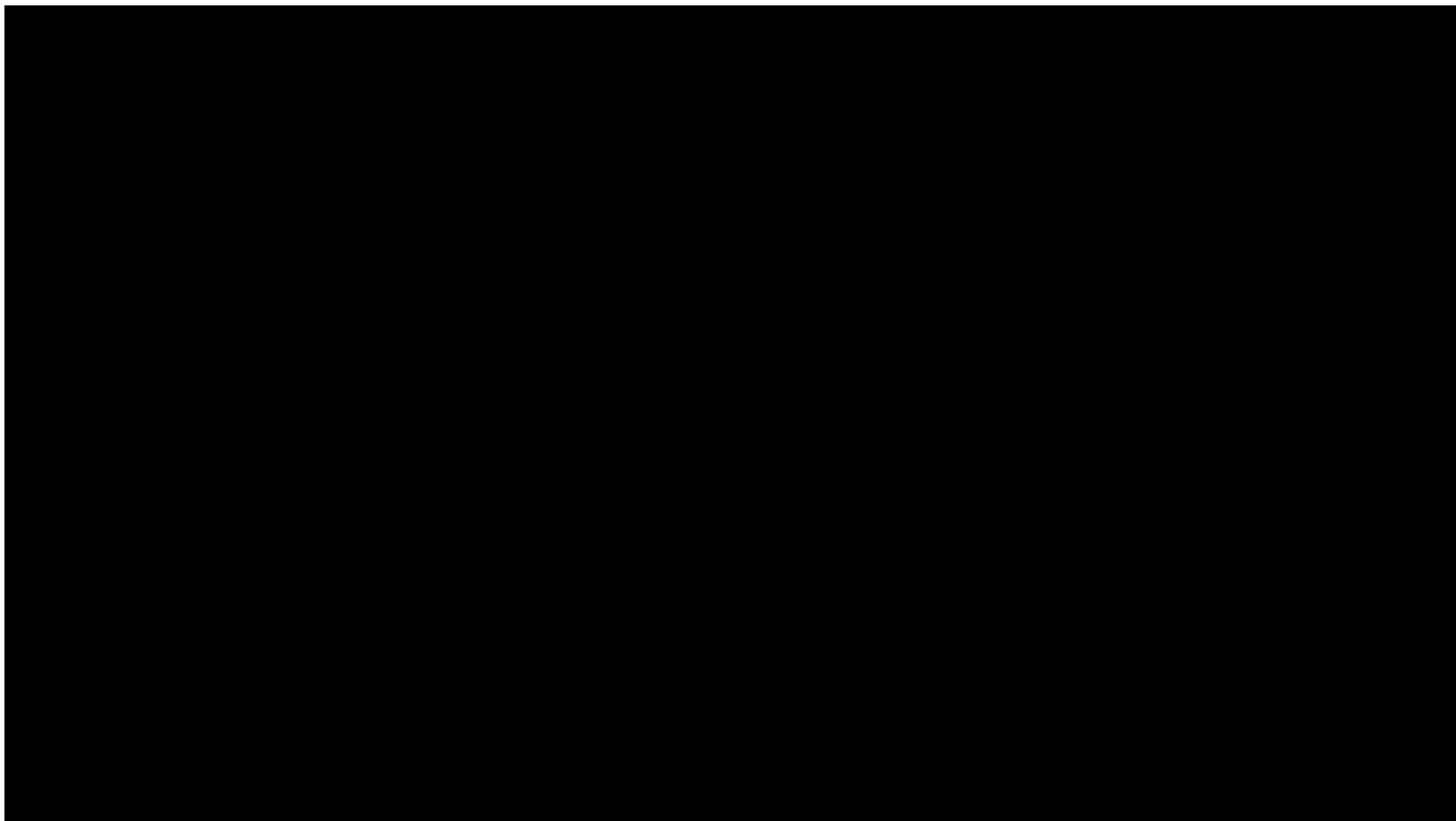


Moderated by:



Janet Smith





The Recovering Farmer



Fallor Ergo Sum

I err, therefore I am

Awareness

Acceptance

Be
Intentional



Healthy Farmer: Healthy Farm

AgEx Conference 2018, November 28, 2018

Marcel Hacault, Executive Director, Canadian Ag Safety Association



CASA | ACSA



WHAT IS CASA?

- Canadian Agricultural Safety Association
- National non-profit organization
- Incorporated in 1995
- The bridge between agricultural safety and health professionals and producers.



CASA | ACSA



WHAT IS OUR GOAL?

- Vision: A Canada where no one is hurt farming.
- Mission: To make the agriculture a safe and healthy environment to work and live in by helping producers and community partners to see and manage risk.



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H&S is important for Business Management

Family Comes First

Producers are motivated to improve safety.

98%

Protecting family is the most influential factor for producers.

Factors Influencing Safety



74%

are highly motivated to improve safety on their operation.



Farm Credit | Financement
Canada | agricole Canada



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What's in it for me?

Physical Injuries cost



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Economic Impact

It is estimated the average cost to a farm's economy is;

1. \$700 for non hospitalized injury
2. \$10,000 for hospitalized injury
3. \$143,000 for permanent disability
4. \$275,000 for fatality

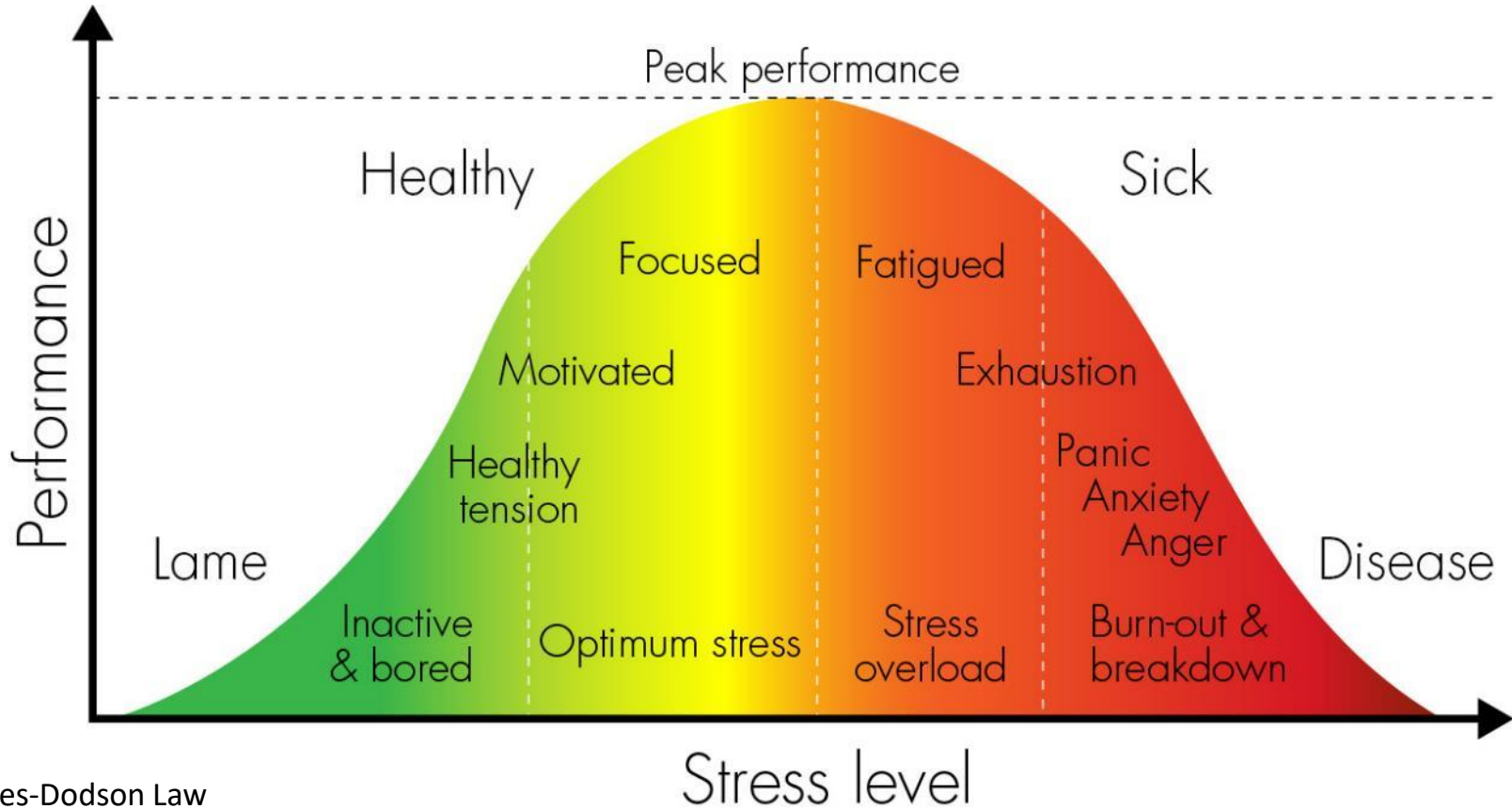


What's in it for me?

Mental Health = Farm Health



Stress can be Good



Slide courtesy of Dr. Andria Jones-Bitton,
University of Guelph



The Stress Reward

There is no badge of honour for leading a highly stressful life.



aghealth.usask.ca



Stress, Sleep & Injury Connection

- There is certainly enough literature showing the detrimental effects of taking an unchecked stressful day into sleep ~Jon Shearer
- CCHSA research shows that farmers who get less than 5 hours of sleep are at higher risk of injury.



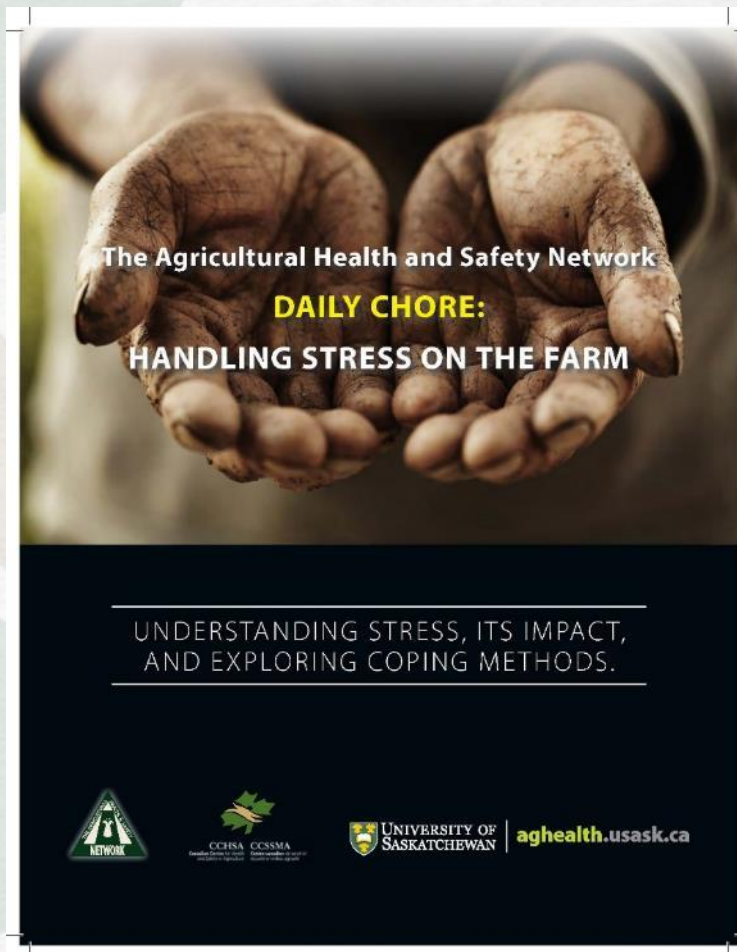
The Fantastic Five





Learn/Balance/Plan

- Learn from the past
- Balance the present
- Plan for the future



aghealth.usask.ca



Farm Credit Canada
Financement agricole Canada



UNIVERSITY OF
SASKATCHEWAN

Healthy Farmers, Farm Workers & Farm Families

Mental Health affects everyone.



Easy to Use Checklists

The Farm Stress Inventory (Canadian Centre for Health and Safety in Agriculture – University of Saskatchewan):
<http://aghealth.usask.ca/news/items/farming-and-mental-health.php>

Available from CASA:

Confidential Personal Wellness Assessment



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Take Home Messages

- The health and well-being of you, your family and your workers are moral and business management obligations.
- Health and safety planning is business planning.
- Business risk management includes protecting your health, your family's health and your worker's health.



THANK YOU!

Canadian Agricultural Safety Association

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Fax: 1-877-261-5004
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<http://casa-acsa.ca>

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@planfarmsafety



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Mental Health and the Modern Day Farmer

Presented by:

Sylvia Massinon, B.S.W (Klinic)
Public Educator and Trainer



Agricultural Excellence Conference Healthy Farmer: Healthy Farm Winnipeg, November 28, 2018

Just Care. For Everyone.

Where I Come From



Manitoba Farm, Rural and Northern Support Services (MFRNSS)

- Began in 2000
- Program of Clinic Community Health
- Office in Brandon
- Counsellors with farming backgrounds.
- “Farmers Helping Farmers”



MFRNSS Services

Telephone & Online

- Free and Confidential
- Telephone helpline: 1-866-367-3276
- Live Chat
www.supportline.ca
- Monday to Friday 10 AM to 9 PM

Outreach & Education

- Suicide Bereavement Support Group
- Displays at Trade Shows
- Workshops
- Volunteer Training program

MANITOBA

Farm Rural & Northern

Support Services

No matter what the issue we are here for you. We offer free, confidential and non-judgmental counselling for anyone who lives on a Manitoba farm, or in a rural or Northern community.



Farm



Rural



Northern

About Us

Manitoba Farm, Rural & Northern Support Services (MFRNSS) provides telephone and online counselling to farmers, rural and northern Manitobans. We also offer public education, a volunteer training program, and a monthly Suicide Bereavement Support group. The MFRNSS houses a Rural Mental Health Resource Centre with books, videos and articles related to rural, northern, Indigenous, and agricultural mental health.

[Make a Donation](#)

"It helps to talk to someone who listens and understands..."

TOLL FREE: 1 866 367 3276

[CHAT SUPPORT](#)

Agri-Culture

- Agriculture is more than just a business. It is a **way of life** and it is made up of **people**.
- The MFRNSS focuses on the **human dimension** of farming: the people who lead the production.

Why do people Farm?

- Love
- Land
- Legacy
- Lifestyle
- Leadership
- \$
- And many more reasons...

Farm Stress

- Weather
- Pests
- Disease
- Input costs
- Low profit margins
- Volatile markets
- Government policies
- Isolation
- No 'safety net'

What *is* Stress?

- Stress is a **normal** reaction to situations that are perceived to be challenges or threats.
- It is our **reaction** to events, not the events themselves, that cause stress

Stress Response

- Stress is not “all in your head” but that’s where it starts
- Adrenaline and other chemicals are pumped into the bloodstream, heart rate and breathing become faster, muscles tense up and the body prepares for action
- Fight, Flight, or Freeze response

Good Stress vs. Bad Stress

Eustress

- Can make you stronger, more alert, and help you meet short-term challenges
- Examples: calving, seeding, harvest, family gatherings, etc.

Distress

- When a situation goes on a long time, feels outside your control, and is not readily resolved.
- Body is “all geared up with no place to go”
- Examples: BSE, PED, farm financial crisis, etc.

Signs of (Dis)stress

- Physical: muscle aches, chest pain, head/stomach aches, high blood pressure, heart disease, insomnia/fatigue, infections, rashes, grinding teeth, nervous tics
- Behavioural: over/under-eating, increase in smoking/drinking/drugs, recklessness, increased accidents, 'workaholic', isolation, anger and/or violence (toward self, others, animals, property)
- Mental/Emotional: sadness, fear, impatience, irritability, depression, anxiety
- Spiritual: loss of faith, loss of purpose and hope
- Cognitive: distracted, difficulty concentrating, lacking perspective, repetitive thoughts, suicidal ideation

- *“When you wrap up your business and house and family together in one place it has crazy and unexpected implications. You look out the window every morning and the cows or pigs come first, and sometimes the family suffers because of it. That’s a lot of stress to put on farm families”*

- Ontario hog farmer

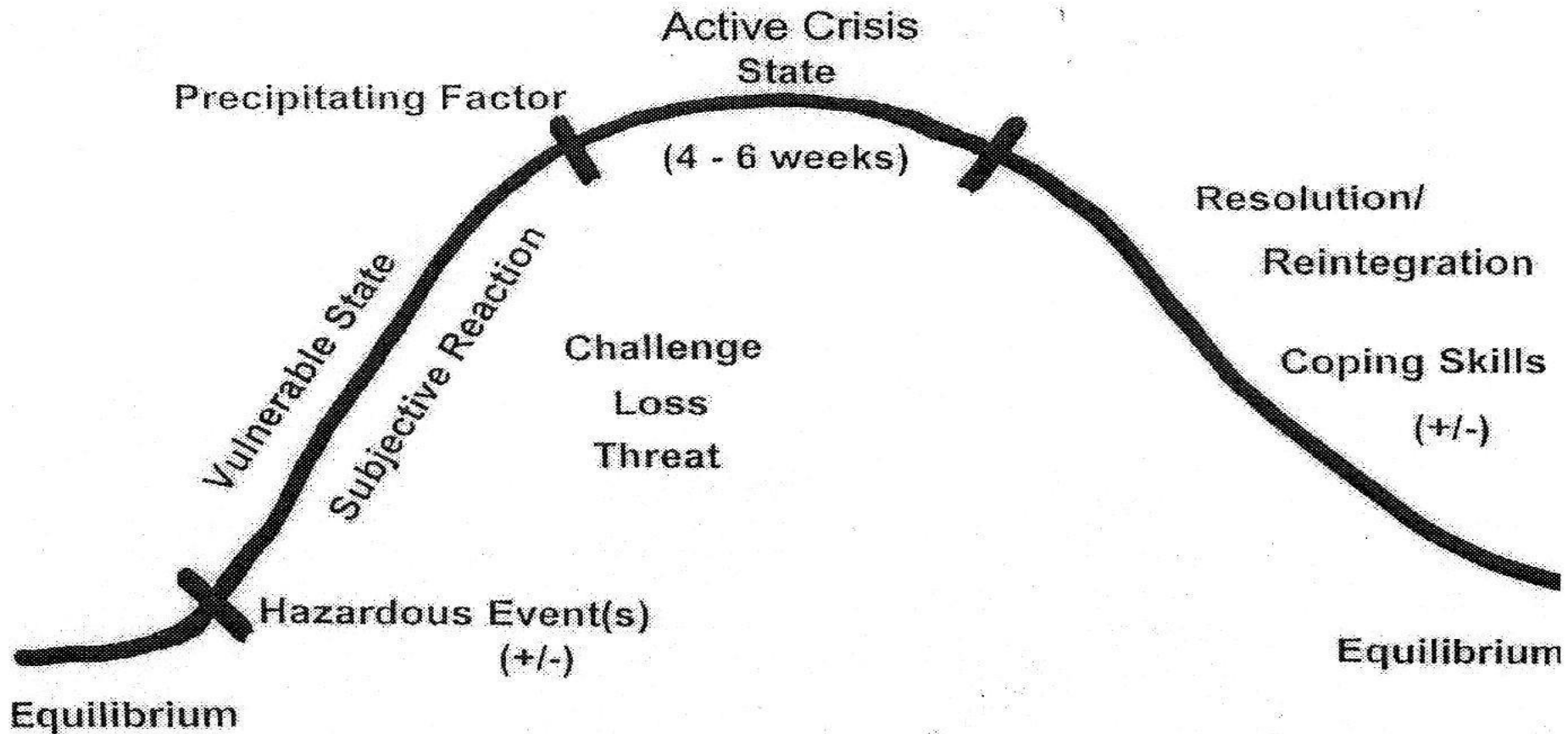
Barriers to Seeking Help

- Pride
- Stigma
- Socialization ('Man-Up')
- Reputation
- Anonymity (perceived or real)
- Access to in-person mental health services
- Distrust of helping professionals/counselling
- Lack of understanding/belief in benefits of counselling

- *“What makes farmers successful – their work ethic, independence, pride, “fix it” mentality - can also work against them when it comes to taking care of their mental health”.*

- Kim Hyndman-Moffat, MFRNSS
Counsellor

Caplan's Crisis Model



Caplan's Crisis Model

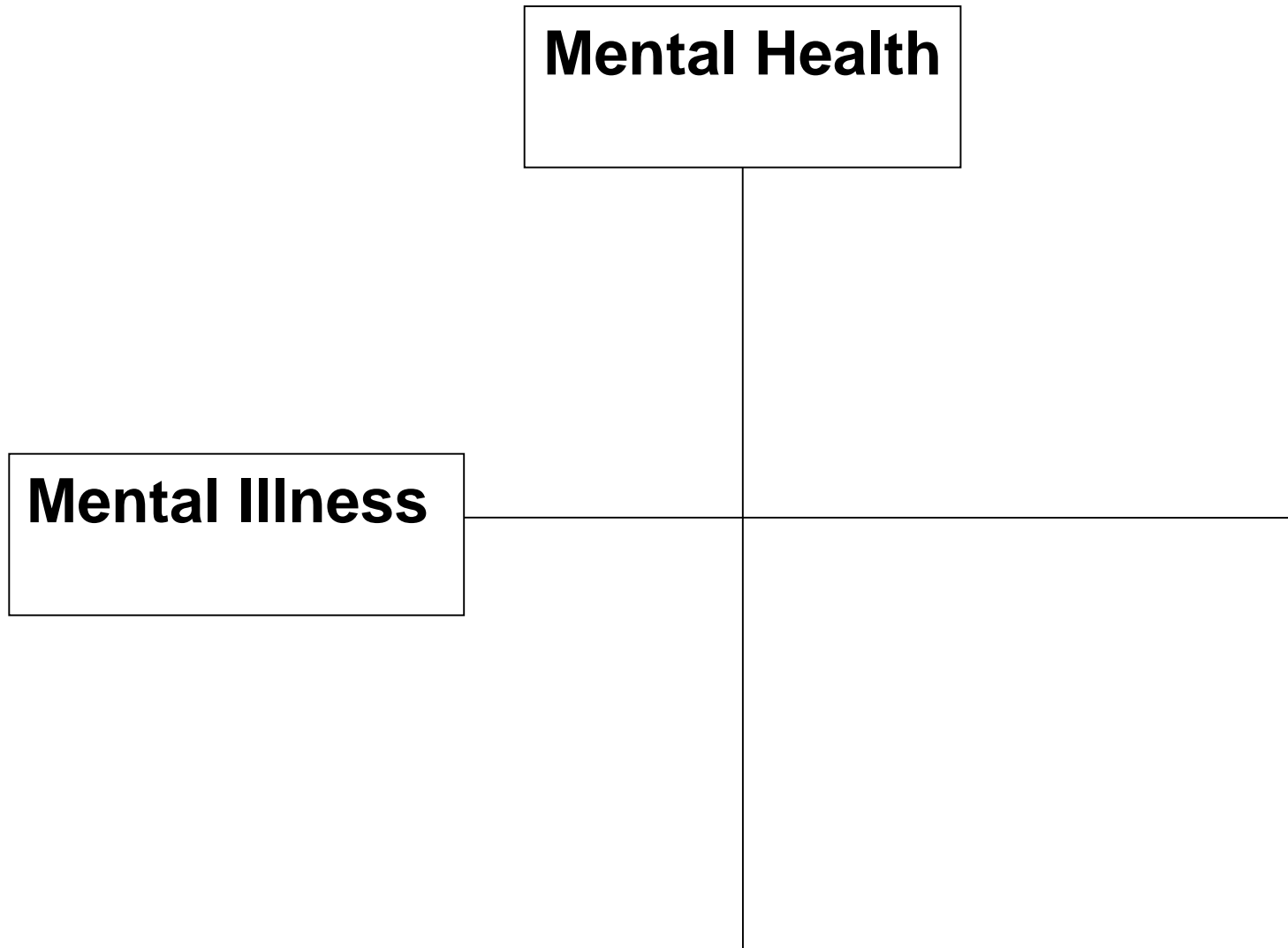
Farm Suicides

- The USA's Centre for Disease Control (CDC) found that people involved in agriculture have the highest rates of suicide of any occupation.
- In the UK, Australia, China and India suicide rates among farmers are also higher than the general population

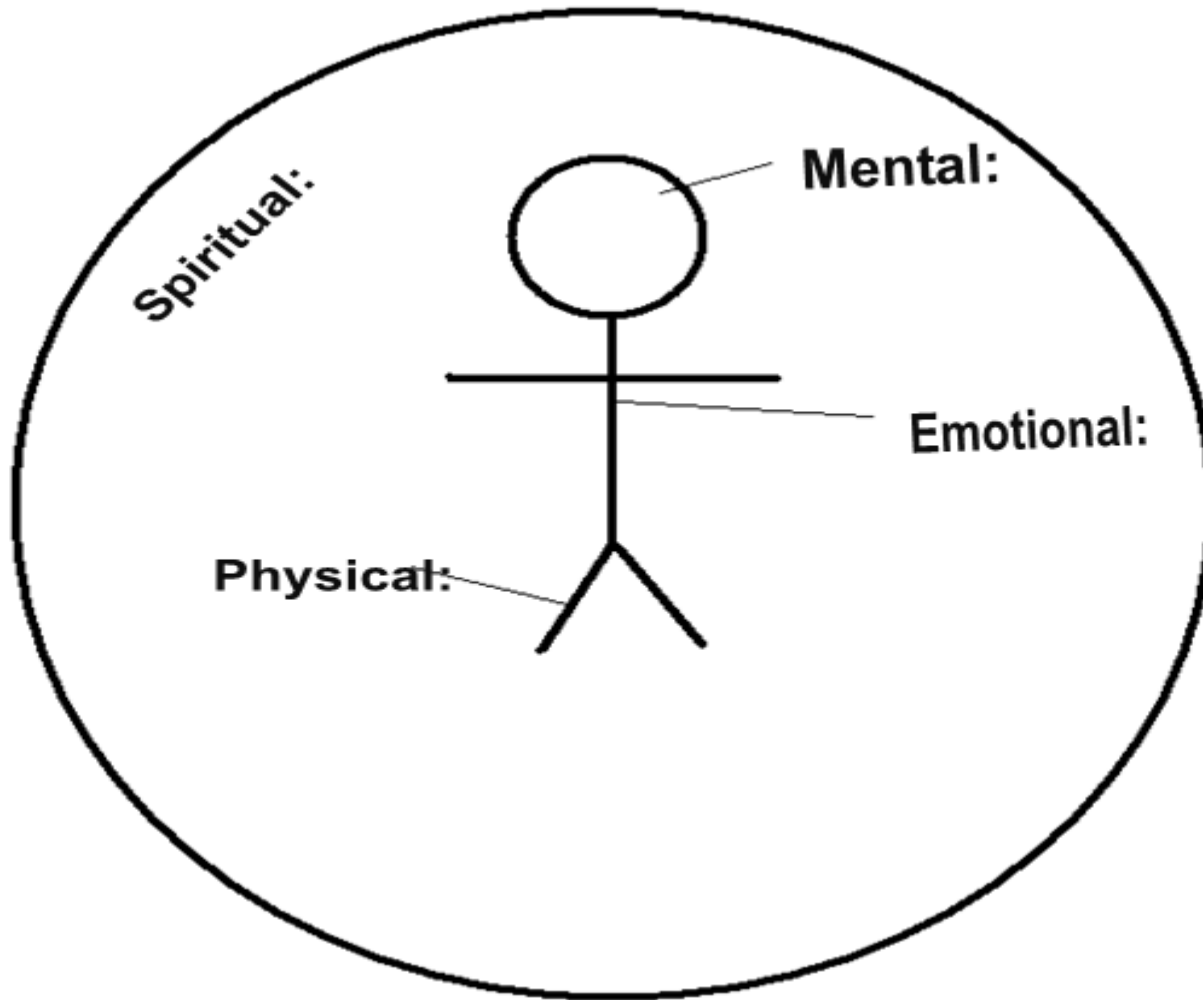
Canadian Farm Suicides

- Canada does not have good data on farm-related suicides
- Occupation is not listed in coroner reports
- Death by suicide sometimes disguised as accidents.
- Reasonable to assume farmers are more at risk of suicide due to high stress, low help-seeking behaviours, isolation, and access to lethal means.

Mental Health & Wellness



Mental Health & Wellness



The Good News is...

- Less Stigma surrounding mental health
- More access to services
- More education
- More research
- Social media attention
- Men are talking more openly
- Ag sector starting to buy in
- 'Bottom line' issue
- Stress management techniques work!

Stress Management '101'

- 1. Learn more about stress
- 2. Manage stress
- 3. Do something for you!
- 4. Find Support
- 5. Help Others with Stress

An app for coping with the stresses of life.



Customize the experience & save your progress.



Create your own safety plan.



Available when you need it the most on mobile/desktop.



Learn how to identify and manage your stress.



Receive personalized recommendations.



Listen to audio relief sessions.

Available now on the App Store.



Download on the
App Store



Supporting Our Neighbours



Resources

- Manitoba Farm, Rural & Northern Support Services 1-866-367-3276;
www.supportline.ca
- Manitoba Suicide Prevention & Support Line: 1-877-435-7170.
www.reasontolive.ca
- Calm In the Storm
www.calminthestormapp.com

Healthy Farmers = Healthy Farms

"It helps to talk to someone
who listens and understands..."



Klinik
Community
Health Program

**HEALTHY
FARMERS
= HEALTHY
FARMS**

SUPPORTLINE.CA 1-866-367-3276



Thank You!

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Just Care. For Everyone.