

# Farm Stress and Mental Health Efforts

## March – December 2020

- **MN Farm & Rural Helpline**
- **Rural Mental Health Specialists**
- **Farm Advocates**
- **Professional Development for Ag. & Provider Communities**



# Minnesota Farm and Rural Helpline

## ADDED Text & Email Options to Helpline

**MINNESOTA FARM & RURAL HELPLINE**

minnesotafarmstress.com

CALL 833-600-2670

TEXT "farmstress" to 898211

EMAIL farmstress@state.mn.us

Need help finding a confidential  
financial or legal advisor?  
Feeling worried or blue and  
need a listening ear? 24/7



# Minnesota Farm and Rural Helpline

## Fall Outreach Campaign

- Timed after harvest/onset of holidays
- Print ads in farm & ranch publications
- 30-second radio spots on three farm networks (>50 MN radio stations)



**MINNESOTA  
FARM & RURAL HELPLINE**

Feeling worried or blue  
and need a listening ear?

Want help finding a  
confidential financial  
or legal advisor?

Free. Confidential. 24/7.

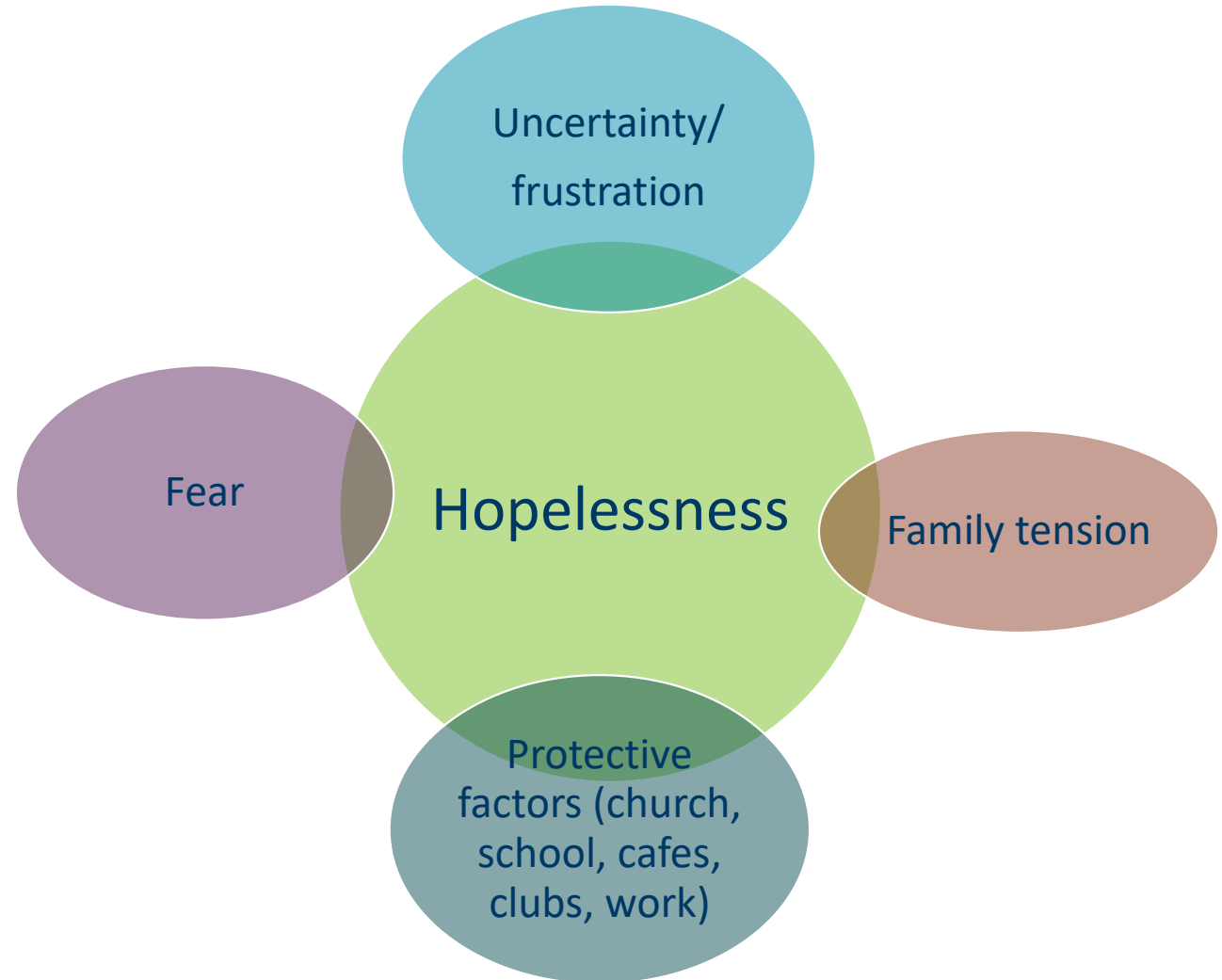
[minnesotafarmstress.com](http://minnesotafarmstress.com)

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Translation available

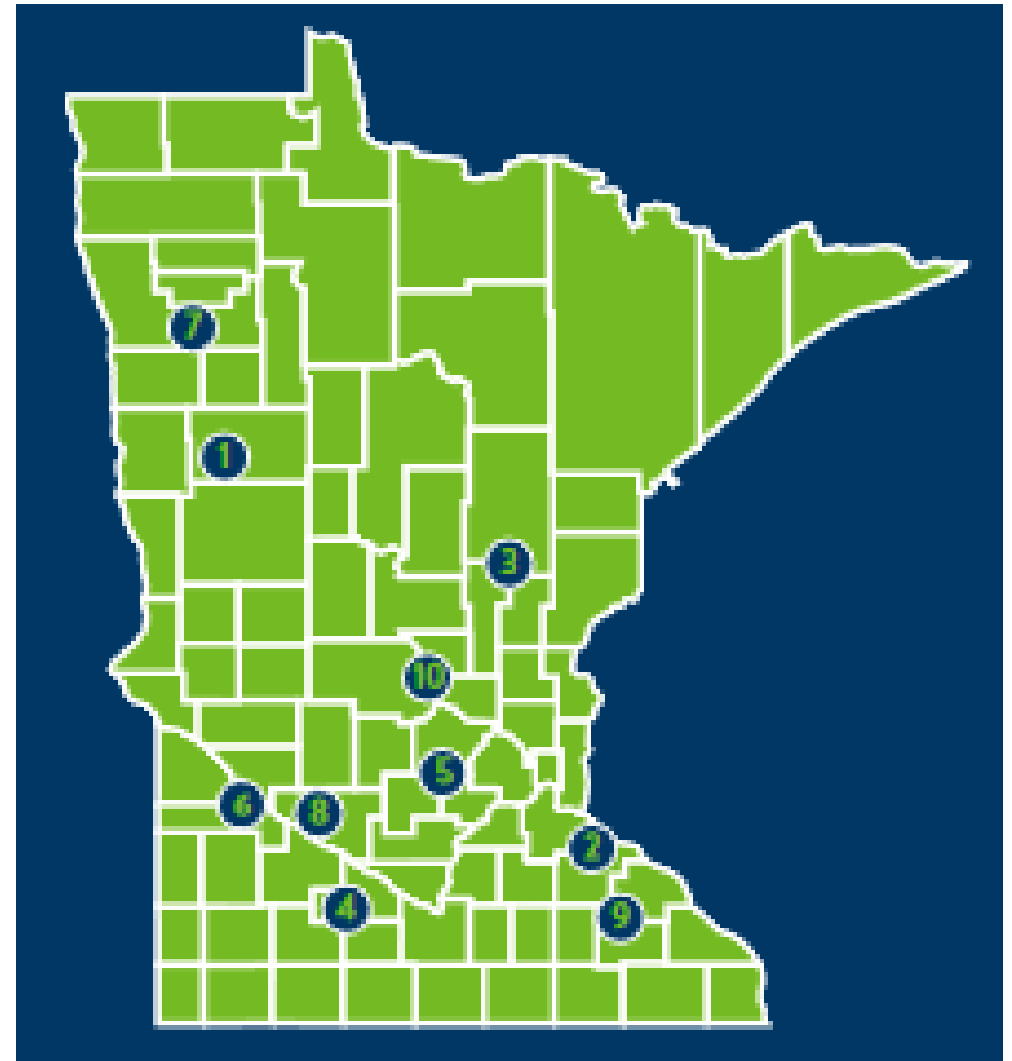
# Rural Mental Health Specialists

- Pass through \$ to MnSCU
- Ted Matthews (South)
- Monica McConkey (North)
- Referrals, direct contact
- Busy
  - Phone, In person, Zoom



# Minnesota Farm Advocates

- FY 20 hours: 8,228
- FY21 hours (YTD): 4,417
- Anticipate more foreclosures, bankruptcies
- Concerned about farmers' access to legal advice



# Professional Development

## Session Topics

- Understanding and Treating Agricultural COVID Stress and Trauma  
(re: meat processor interruptions and destruction of livestock)
- Navigating Conflict & Tough Conversations in Agriculture
- Supporting Farm Youth in Stress
- Suicide Bereavement in Farm Country

*Targeted to agencies, UMN Extension, lenders, educators, social/human services, clergy, veterinarians, agribusiness*

*Moving events online attracted people from many other states*

# Industrial Hemp Timeline



- **2014 Farm Bill:** States could oversee pilot programs to study the growth, cultivation, and marketing of industrial hemp
- **2015 Minnesota Industrial Hemp Development Act:** allowed for development of a pilot program administered by the Minnesota Department of Ag
- **2018 Farm Bill:** Hemp is defined as an agricultural crop; states and tribes can submit plans to USDA for approval of regulatory oversight
- **2019 USDA Interim Rule:** Federal rule outlining requirements of state or tribal government hemp plans
- **2020 MDA Proposed Industrial Hemp Plan:** Approved by USDA July 2020
- **2021 MDA Under Official USDA-Approved Plan**
- **2021 USDA Rulemaking:** MDA submitted comments on rules in October 2020. USDA is anticipated to issue new rules in 2021
- **??? MDA Rulemaking:** MDA will make state rules on the program once federal regulations are finalized

# Industrial Hemp

Statistic	2016	2017	2018	2019	2020*
Applicants	7	47	65	723	580
Licensed Growers	6	33	43	343	470
Licensed Processors/Handlers	0	5	8	206	242
Outdoor Acreage Planted	38	1,202	709	8,000	8,546
% Acres Planted For Grain	94.7%	99.3%	87.9%	21.7%	22%
% Acres Planted For CBD	0.0%	0.4%	10.1%	78%	83%
% Acres Planted For Fiber	5.3%	0.3%	2.0%	0.3%	27%