

# Mental Health in Agriculture & Disaster Responders

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# Instructions



MIN  
YOUR  
MELON

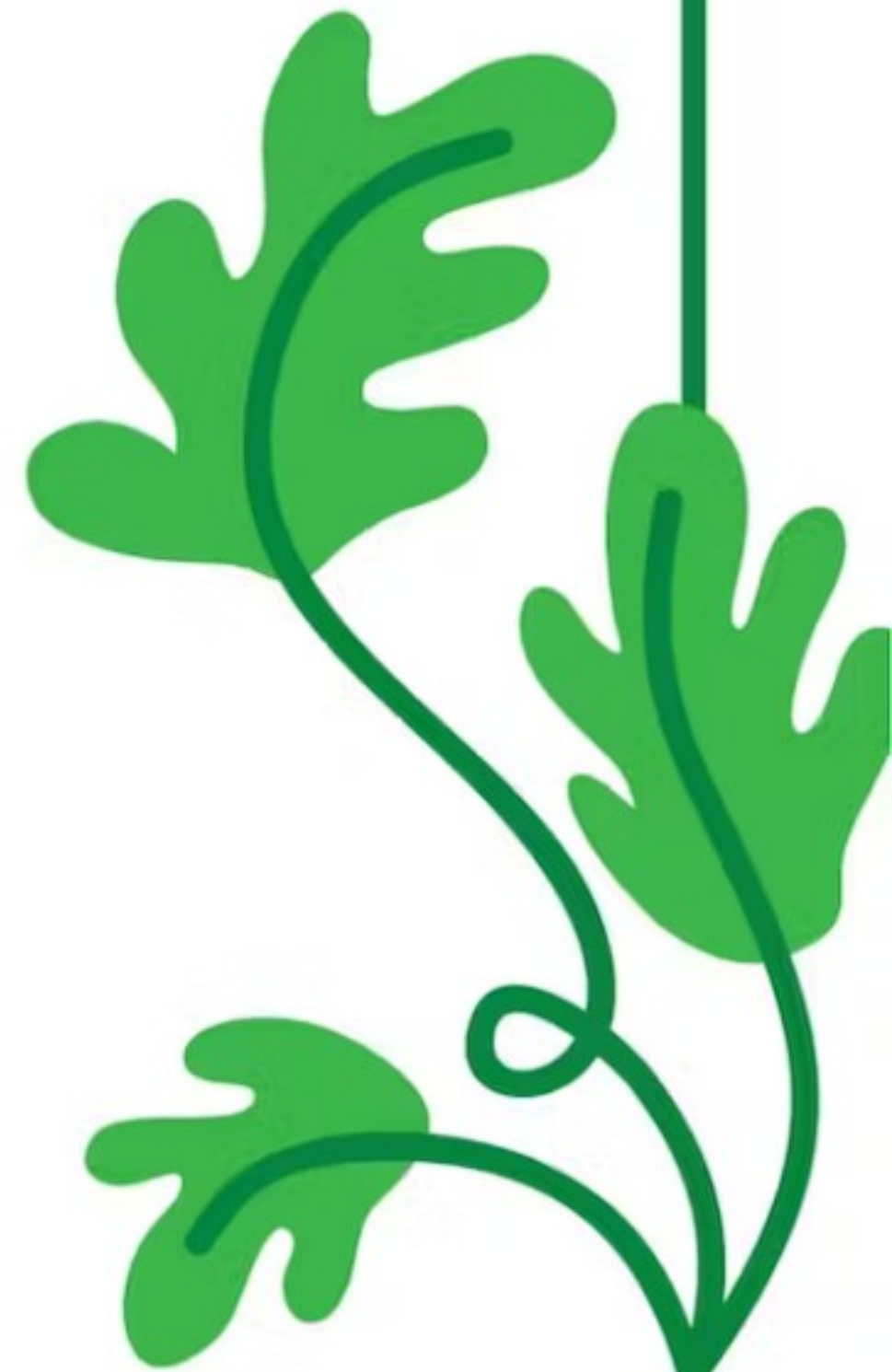




# INDUSTRY CHALLENGES

Challenges within our industry may be diverse and nuanced...

**BUT... challenges are present in ALL lives and businesses.**





# FARM STRESS



The stress experienced by farmers and their families because of the unique agricultural work environment.

**Farming is a generational legacy,  
a way of life, an identity.**

*- University of New Hampshire Extension*





# THREE GENERATIONS





# Instructions

## Example #1

South Florida has just had a category 4 hurricane. You are working to visit with citrus stakeholders and notice that many of the citrus trees are broken at the roots and laying on the ground.











# What resources may be available to assist? 61 Answers

Grants

Grants

Fema

SART

Insurance

Money, money, money!

Disposal

Funding

State



# What resources may be available to assist? 61 Answers

People

Financial assistance

FSA

Financial aid

Sart

Marion county

Crop insurance

Government Agencies

Insurance



# What resources may be available to assist? 61 Answers

Training

GrantsNeighbors

Counselors

Fsa

Money

Counseling

USDA Funding

Grants

USDA recovery programs



# What resources may be available to assist? 61 Answers

Emergency Funding

Counseling services

Volunteers

Labor

Aid

State/Federal assistance

Family

Insurance

Emergency Loans



# What resources may be available to assist? 61 Answers

Grants Fema

Chaplaincy

Crop insurance

Social worker services

Understanding true needs

Hotlines

Peer support groups

Volunteers

Mental assistance



# What resources may be available to assist? 61 Answers

Emotional support

Boots on the ground

Guaranteed alternative income while recovering

Contingency planning

Go fund me

Despair

Anger

Panic Leaving her animals

Frustration



# What resources may be available to assist? 61 Answers

Torn

Help to calm them and reason

Frustrating

SART

SARC

Animal Rescue

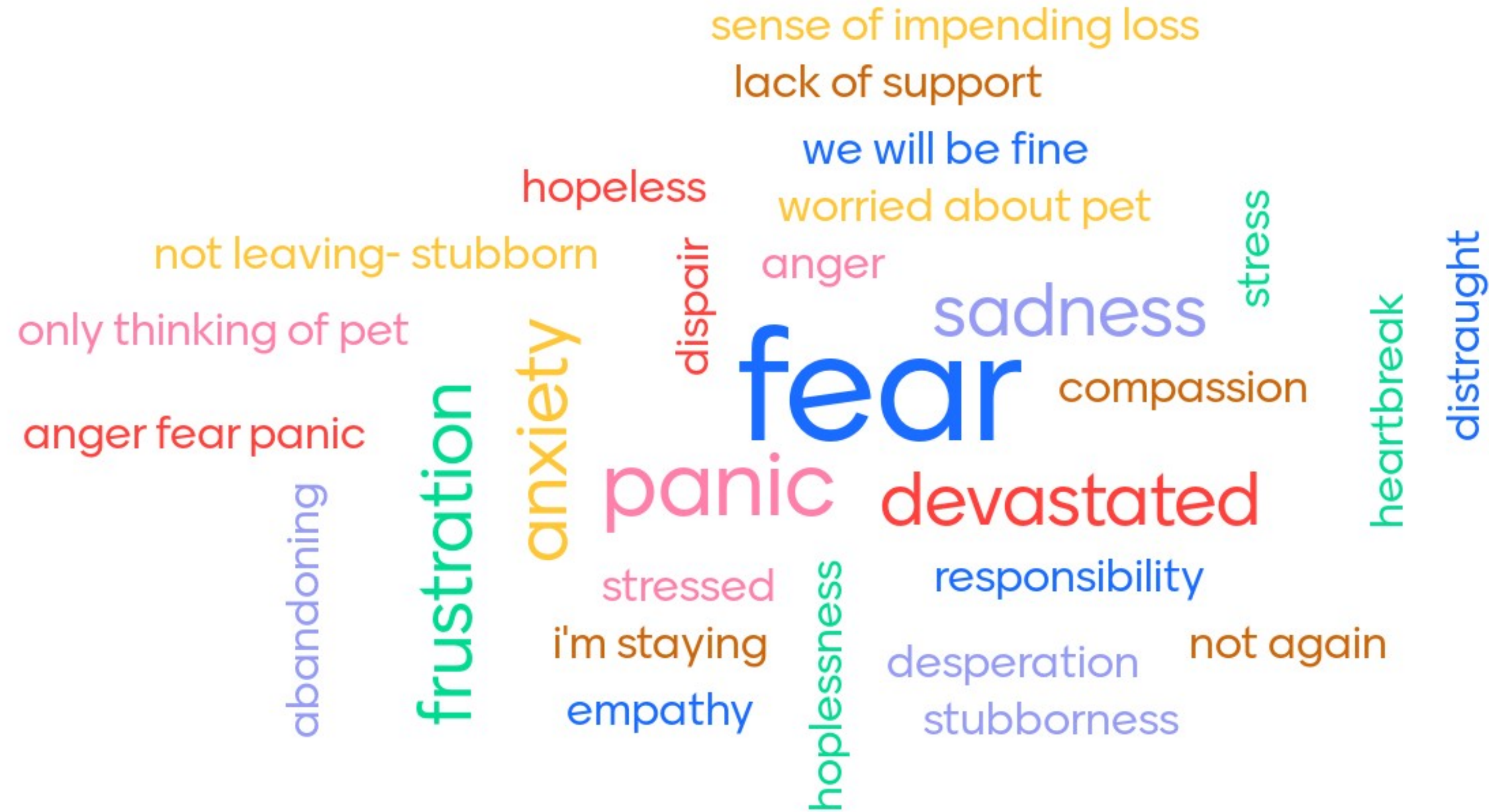
Better equipped boat



## Example #2

You have been deployed to assist in an animal rescue mission following a major hurricane that caused extreme flooding. You come to one home where the homeowner does not want to leave with first responders without her pets. Unfortunately, they cannot be transported together.

# What are emotions/thoughts of the owner?







# What resources may be available to assist? 52 Answers

FEMA

SBA

SART

SART

Mediator

NARSC

Fellow neighbors

FVMA

Friends/family



# What resources may be available to assist? 52 Answers

Pet friendly shelter

Family

ASPCA

Family

SARC

Neighbors

County support

Vet corps

Local rescue groups

# What resources may be available to assist? 52 Answers

Friends

Pet friendly Shelter

BISSELL Pet Foundation

Basement

Early evacuations

Clergy

Volunteers

Crisis negotiation

HSUS



# What resources may be available to assist? 52 Answers

Peer support

EM Partners

Public's help

Evacuation/transport alternatives

Friends

Pet Supermarket

Pet shelters

Local animal services

ATR team

# What resources may be available to assist? 52 Answers

Local Emergency Rescue Organizations

Code 3 Associates

Neighbor/local partners for transport

A bigger boat

Donations to drop food and supply

A new job

Guaranteed transportation and housing for evacuees & Pets

Forest service - high water vehicles, more boats

Sheriff Chitwood



# What resources may be available to assist? 52 Answers

Better equipped boat

National Guard

Mobile Crisis Mental Health Units

SART volunteers

Keep the hurricane away in the first place

Foster homes

No

# WHAT ARE WE SOWING?

“But this I say... He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully.”

**2 Corinthians 9:6**







MIND YOUR MELON





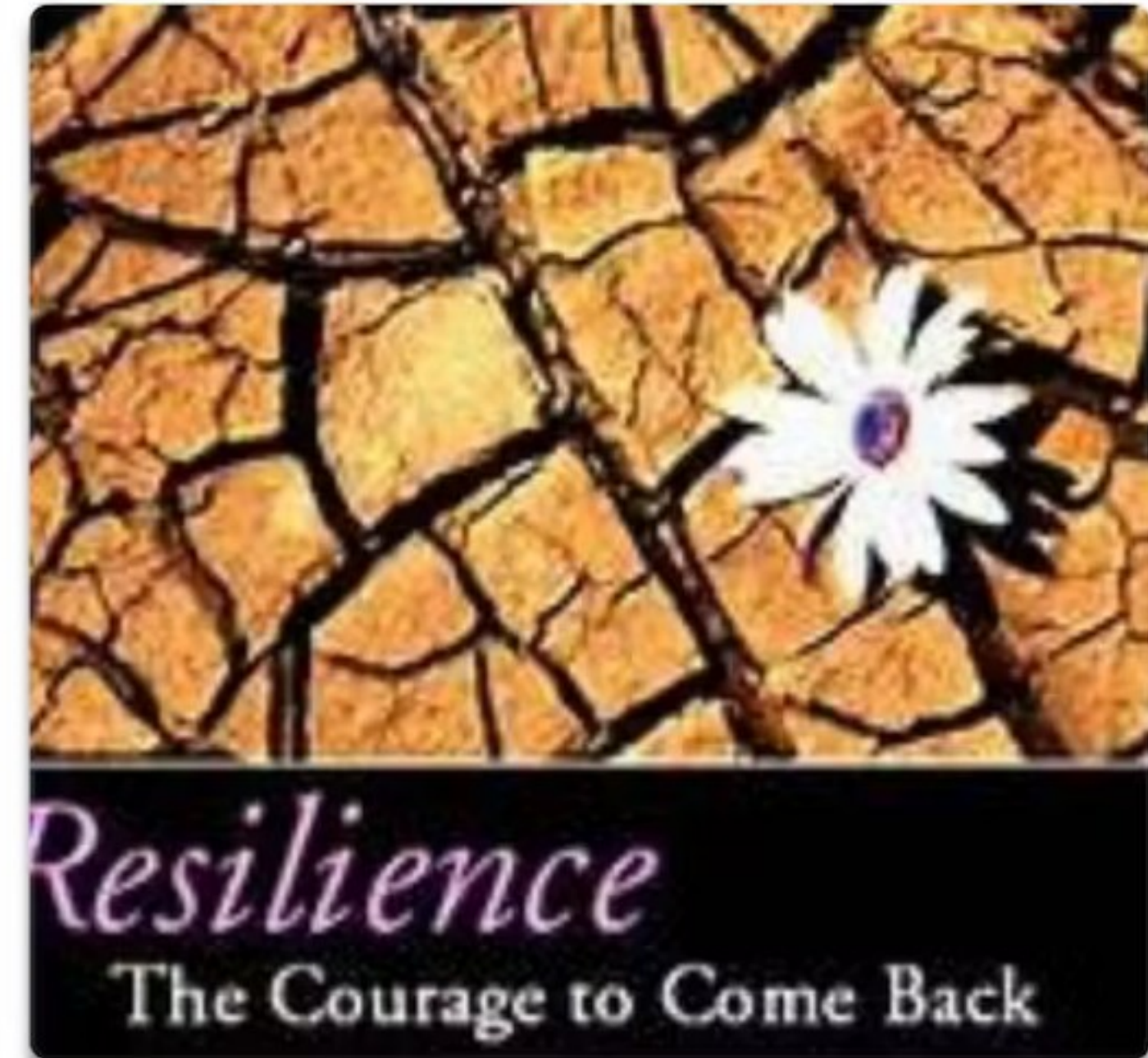
# Resilience: The Human Capacity to Thrive

Lynn Grattan, Ph.D.



# What is Resilience?

- The qualities that enable an individual to thrive despite adversity
- Protective against the development of mental health problems
- Post disaster, it is both context and time dependent





A word cloud graphic on a light yellow background. The words are arranged in a cloud-like shape. The largest word is "Venting" in a dark green, cursive font. Other words include "Optimism", "Turning to Religion", "Information Seeking", "Sleeping", "Working", and "Humor", all in various shades of green and sans-serif fonts. "Humor" is the largest word at the bottom.

Venting  
Optimism  
Turning to Religion  
Information Seeking  
Sleeping  
Working  
Humor



# Early Correlates/Predictors of Mental Health Problems

- High levels of hurricane impact (home, family, workplace)
- Income instability
- Reduced Personal Resilience
- Poor social support (personal, instrumental)

# 1. PROBLEM FOCUSED COPING

*Strategies to directly remove or reduce the cause of the stressors*

- Information seeking
- Obtaining practical assistance
- Connecting with others to enlist help
- Outline a Plan
- Maintain Focus



# 2. EMOTION FOCUSED COPING

*Strategies to reduce fear, anxiety, sadness*

- Venting
- Prayer for guidance and strength
- Take a break
- Gratitude diary
- Look at things a different way
- Medication
- Sleep
- Breathe





# 3. Disengagement

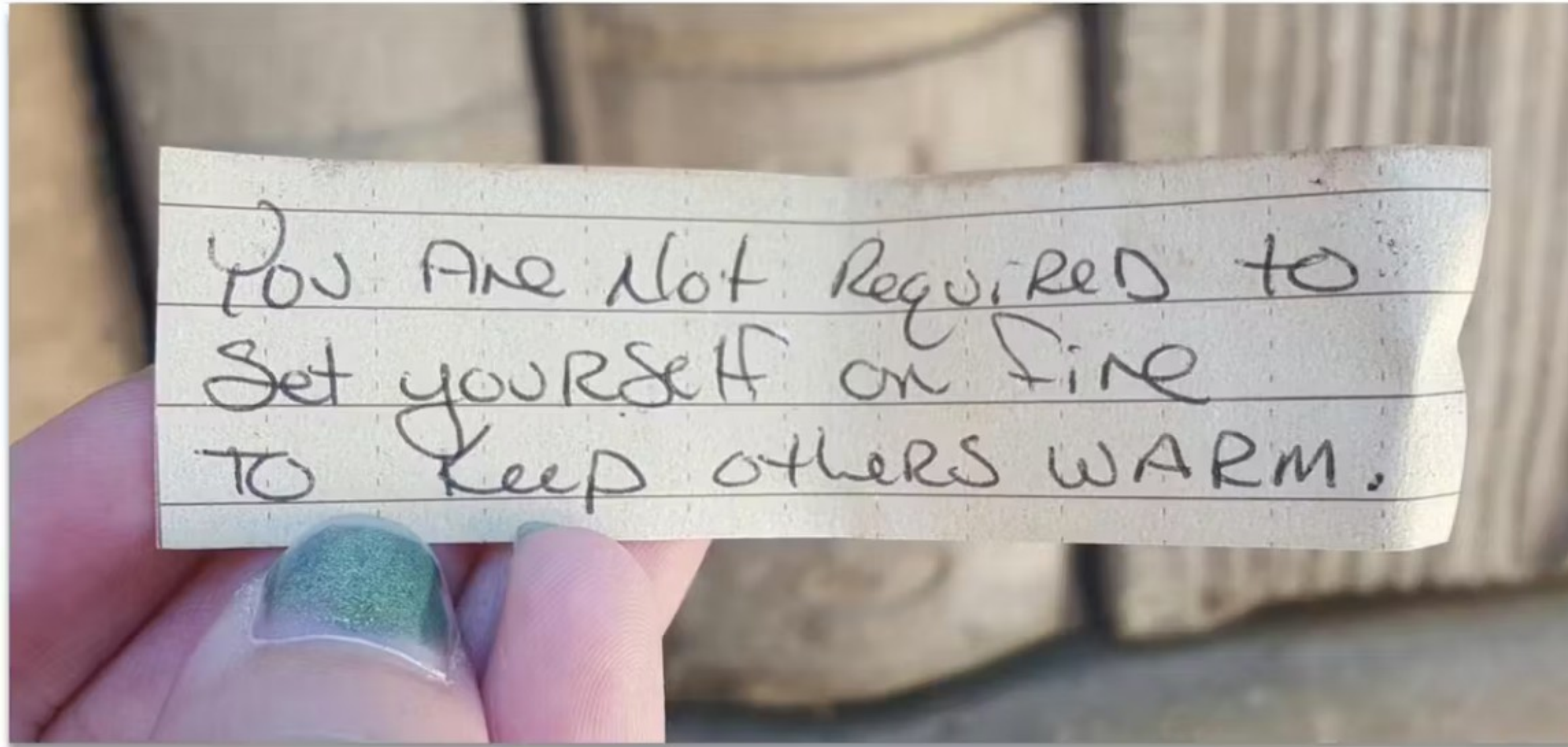
*Focuses on avoidance of negative emotions and interferes with effortful control*

- Psychological disengagement from problem solving (daydreaming, sleep, self-distraction)
- Giving up or withdrawing effort toward problem solving
- Turning to the use of alcohol and other drugs
- Humor, or making jokes about the stressor
- Social isolation



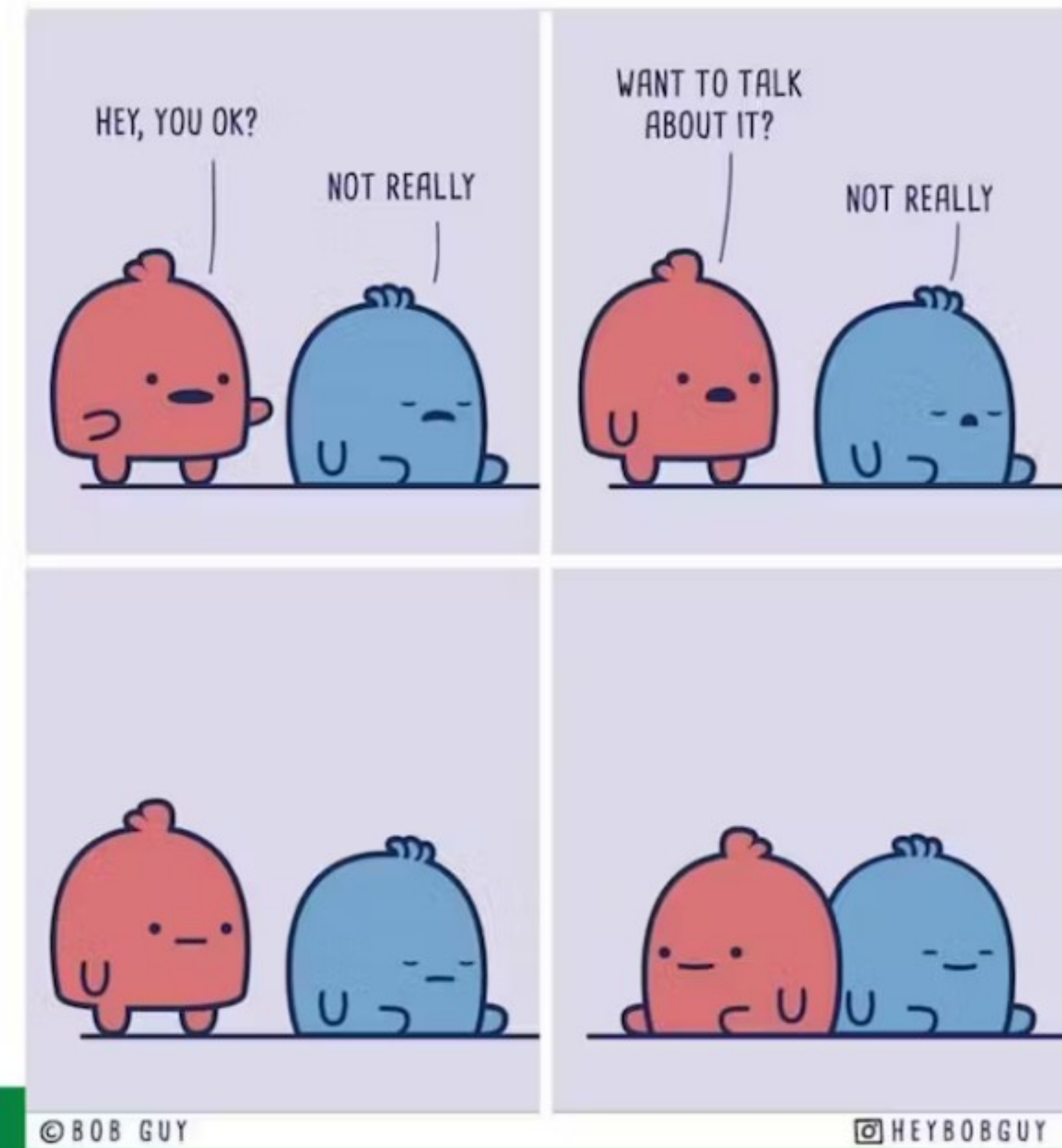


# Taking Care of Yourself



# Taking Care of Others....DO..

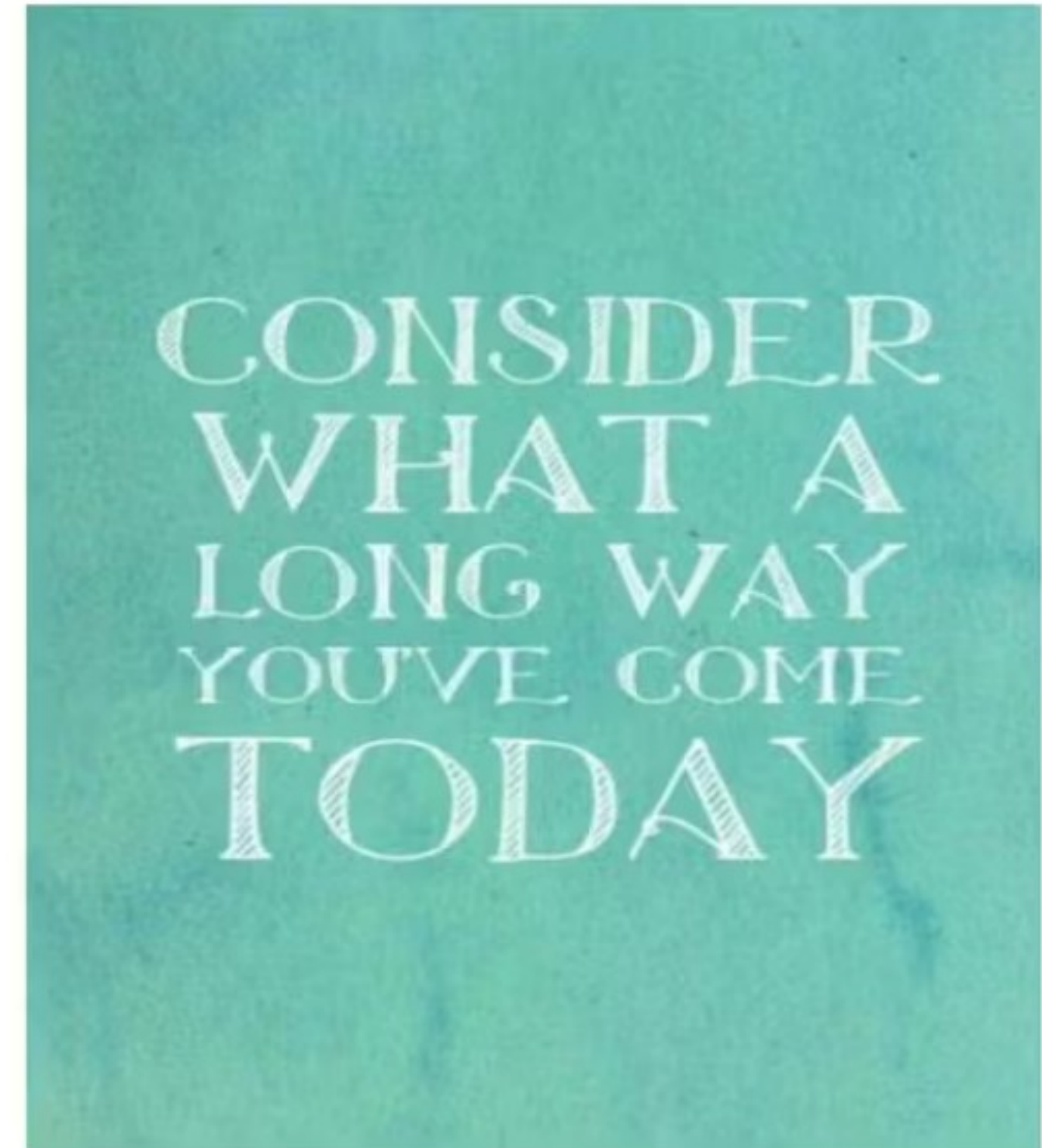
- Listen to their experience
- Help them to establish a sense of safety
- Help with practical concerns
- Help them establish a sense of connection with yourself and others
- Be a calming presence





# Taking Care of Others....DO..

- Help establish a sense of hope, optimism via “baby steps.”
- Remind them they have risen before.
- Encourage them to face stresses one at a time, one day at a time



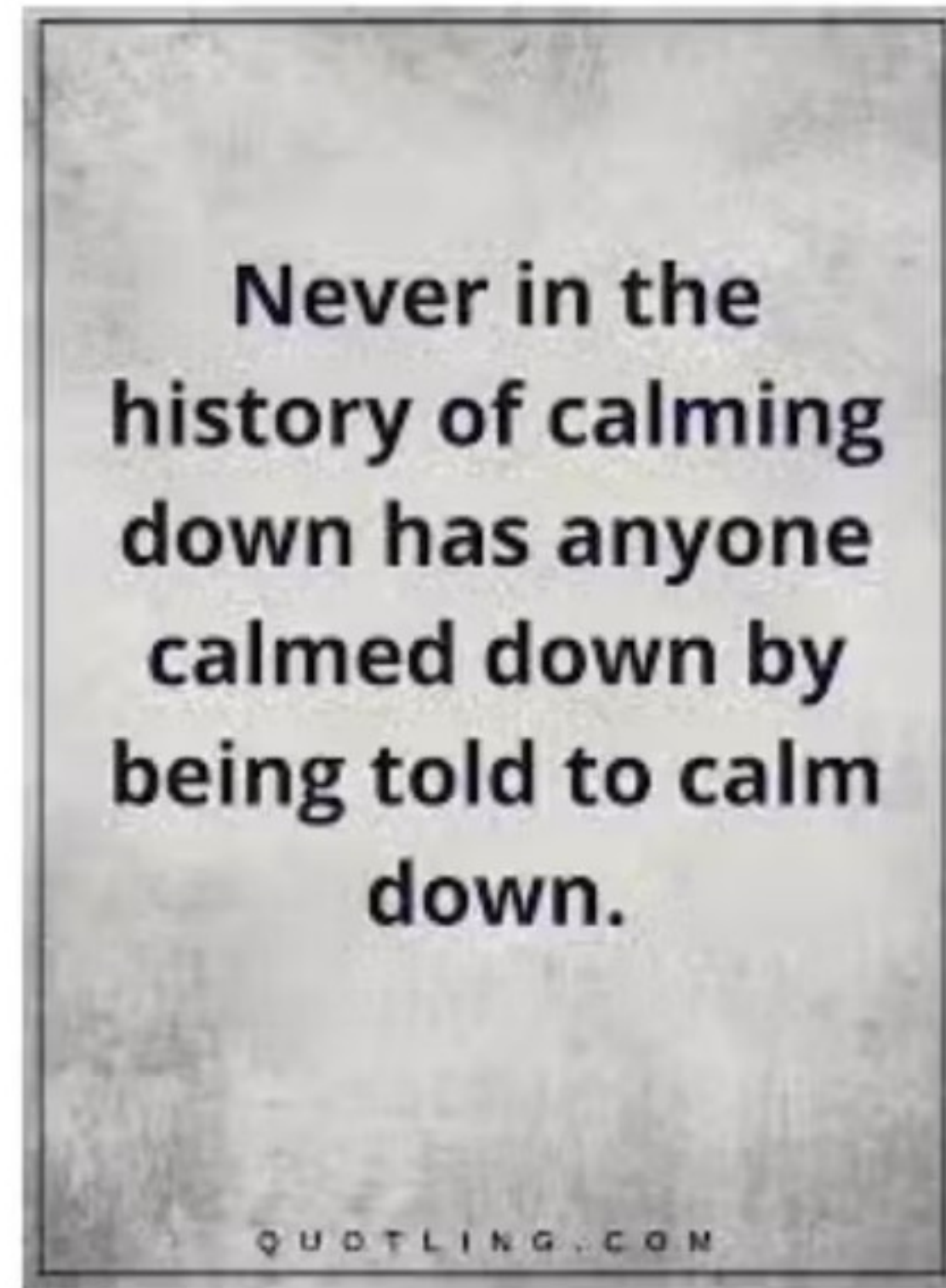


# Taking Care of Others....DON'T..

- Ask them if they are ok (instead: how are things going?)
- Tell them they will be ok (instead: express belief that everyone is capable of recovery, most people are resilient and can bounce back)
- Make false promises or tell them things will return to “normal.” (Instead: there will be a life reset)
- Minimize their distress (show compassion, empathy)



# Taking Care of Others....DON'T..



# Encourage Professional Help

- Increase in bullying or physical violence
- Suicidal thoughts, plans, attempts
- Homicidal intent
- Panic attacks
- Cannot stop crying
- Cannot sleep
- Cannot get thoughts of the disaster out of their head (nightmares)
- Rapid weight loss or gain



# Life's Reset





*With Much  
Gratitude...*



# Questions/Discussion

**Thank You!**

**Marshal, Lynn, and Angie**

*Follow-up: [ablindsey@ufl.edu](mailto:ablindsey@ufl.edu)*