

Update: Mental Health for Ag Advisors Training

Meg Moynihan, Senior Advisor – Strategy & Innovation

Where & When

- 6 locations
 - 2 in January; 2 in February; 2 in March
- 3 hours long (9-12 and 1:30-3:30)
- Capped at 50 people per session
- No charge
- Delivered by: Ted Matthews, Randy Willis (MN Sherriff's Assn.), probably me

Training Outcomes – attendees will...

- Understand how to recognize the signs of mental and emotional distress and crisis.
- Learn to use active listening skills
- Be able to use crisis intervention and/or de-escalation strategies when appropriate.
- Become aware of local and regional resources available to clients in distress or crisis, and able to refer appropriately.
- Improve confidence in their ability to deliver difficult information to clients.
- Understand importance of and be able to care for their own emotional and mental health in stressful situations.

Target Audiences

- Coop staff
(agronomists, nutritionists)
- County staff
(feedlot officers, SWCD, etc.)
- Creamery field staff
- DHIA
- Farmers
(open to, but not targeted to)
- High school ag educators
- MN Dairy Initiatives
(coordinators & board members)
- Pastors/Clergy
- Post-secondary ag instructors and students (FBM “plus”)
- USDA county office staff
(FSA, NRCS, etc.)
- Veterinarians
- State inspectors
(dairy, weed, spray drift, etc.)
- **WHO’S MISSING?**

Feedback & Ideas

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