



Compiled by Rachel Van Boven
 Farm Aid
 Training Working Group
 2023

Mental Health Trainings

Title of Resource	Producing Organization	Language	Website	Short Description/Summary and Target Audience	Length	Cost	CE Credits
Farm Response	AgriSafe	English	https://www.agrisafe.org/courses/farm-response/	<p>TA: Service Provider (healthcare professionals)</p> <p>Description: FarmResponse® is an On-Demand 3.5-hour continuing education course developed by national experts from the AgriStress Response® Network. AgriSafe's FarmResponse course provides the full range of competencies necessary to provide appropriate mental healthcare for agricultural producers and their families. This knowledge is critical for a healthcare professional to effectively care for a farmer's total health.</p>	3.5 hours	\$150	Yes
Ag Wellness	Utah State University	English	https://extensioncourses.usu.edu/product/ag-wellness/	<p>TA: Producers</p> <p>Description: In this course, participants learn the six key skills used in Acceptance and Commitment therapy and learn how to apply those skills to the unique stresses which face agricultural producers and their families.</p>	1-5 hours (self-paced)	\$5	No

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QPR Trainings for Agricultural Communities	Oregon State University	English	https://extension.oregonstate.edu/farm-ranch-stress-assistance-network	TA: Producers and Service Providers Description: QPR Trainings for farming communities	2 hours	Free	No
Land Logic	Various	English	No Website; For more information, please email k.anderson@landlogic.org	TA: Service Providers (mental health clinicians) Description: This training curriculum equips medical and behavioral health service providers to creatively incorporate the land into the clinical treatment for the agricultural population. *Cost is dependent on hosting organization	3 hours	*	Inquire with hosting organization
COMET	High Plains Research Network (University of Colorado)	English	https://medschool.cuanschutz.edu/family-medicine/community/practice-based-research-networks/hprn/projects-and-programs/comet	TA: Producers, Service Providers, Community Members Description: Recognizing that mental health functions on a spectrum, COMET™ (Changing Our Mental and Emotional Trajectory) teaches people how to intervene when they encounter someone who is in a “vulnerable space” and help shift the person’s mental health trajectory back to a place of wellness instead of proceeding towards a mental health crisis. COMET™ helps fill a gap and is a strong complement to other strategies to reduce the suffering resulting from the high levels of stress in rural, agricultural communities.	2 hours		

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Mental Health Awareness & Advocacy for Ag	Utah State University	English	https://extensioncourses.usu.edu/product/mental-health-awareness-advocacy-for-ag/	<p>TA: Service Providers</p> <p>Description: This course teaches how to identify mental health struggles in the agricultural population as well as locate high quality resources, and connect community members to those resources.</p>	3-6 hours (self-paced)	\$5	No
Stronger Together	Cultivemos	English Spanish	https://docs.google.com/document/d/1_7Q848PSVauAkNXeUQ3axemFRtFRXtd-zf16lsYU5o/edit (enrollment instructions)	<p>TA: Service Providers</p> <p>Description: Stronger Together is a two-part workshop designed to increase general awareness about mental health in the agricultural community. You will also learn how to most effectively and empathically engage with someone who might be experiencing mental health concerns.</p>	Self-paced	Free	No
Rural Resilience	Michigan State University	English	https://www.canr.msu.edu/courses/rural-resilience-open-online-course	<p>TA: Service Providers</p> <p>Description: In this course, you will learn to recognize the signs and symptoms of stress and suicide, ways to effectively communicate with people under stress, and how to reduce stigma related to mental health concerns. What you learn in this course can help your friends, family, neighbors and community during stressful times.</p>	3 Units	Free	No

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Confident Conversations	University of Delaware Cooperative Extension; Cultivemos	English	Training Recording (series of 5 videos): https://www.youtube.com/watch?v=3MiZpQNNCZ0&list=PLI-ZR4Jwy4gJl9wfo9L4OkIDULg2hfGbG	TA: Service Providers Description: The focus of this training series is to strengthen skills and confidence in your ability to use proven communication tools to reduce all types of risks and build resilience in your community members and their enterprises. *If your organization is interested in a training contact pippidis@udel.edu to discuss options that meet your needs.	4 hours	*	No, but certificate of completion is available
Farm Stress Certified	Ohio State University	English	https://u.osu.edu/farmstress/farm-stress-certified/	TA: Service Providers (mental health practitioners) Description: This three-module program is designed to give mental health professionals the understanding and resources needed to assist the agricultural community.	3 Modules	Free	Yes