

In their own words:

The Opioid Impact in Farm Country, USA

The opioid crisis has struck farm and ranch families much harder than the rest of rural America.

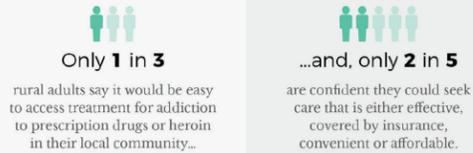
Scope of the Crisis

Share of Americans who have been directly impacted by the opioid epidemic:



Access to Opioids and Opioid Treatment

3 in 4 farmers say it would be easy for someone in their community to access a large amount of prescription opioids or painkillers without a prescription, and just under half of rural adults – **46%** – say the same.



Awareness

Rural adults are largely unaware that rural communities are impacted the most by the opioid crisis:

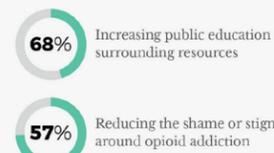


HALF of rural adults say addiction to opioids is a disease, rather than due to a lack of willpower...

...and **3 in 4** recognize opioid abuse can begin accidentally with the use of what are deemed safe painkillers, or opioids.

Solving the Crisis

A strong majority of rural Americans believe each of the following will be effective means for solving the crisis:



The American Farm Bureau Federation and National Farmers Union believe that rural communities are strong, and the strengths of our towns can overcome this crisis.

Helping a Loved One in Crisis

While you may be able to identify and assist a loved one in crisis, you can't possibly be expected to provide them with the unique counseling they may need. Instead, you can help by calmly, directly and sympathetically asking them about suicide and helping them connect with mental health services that are available in your community. And doing so might just save their life.

Look for warning signs

It's not always easy to determine if someone you care about is in crisis or at immediate risk of suicide, but they may show one or more of the following warning signs:

- Previous suicide attempts
- Poor performance at work and/or school
- Giving away prized possessions
- Sudden and extreme changes in eating habits /losing or gaining weight
- Comorbid mental health disorders
- Withdrawal from family and/or friends
- A sudden increase in positive mood (after other indicators of suicidal thoughts or long-term depression)
- Sudden change in physical appearance and/or personality
- A feeling of disconnection from loved ones/a sense of overwhelming loneliness
- Talking about wanting to die or to kill oneself, even in a "joking" manner
- Talking about being a burden to others
- Sleeping too little or too much/extreme changes in sleeping patterns
- Showing rage or talking about seeking revenge
- Increasing the use of alcohol or drugs
- Excessive risk-taking

If you see these signs, let them know you care, keep them safe, and do whatever you can to connect them with mental health services. If you think they're in immediate danger, contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or text "4HOPE" to the Crisis Textline at 741741.

Finding The Help They Need

There are lots of local, state and national suicide prevention resources and providers. These are some of the organizations and sources that can help you find them.

- The National Suicide Prevention Lifeline provides 24/7 access to crisis counselors who can provide support and/or advice when someone has an immediate need. You can call 1-800-273-TALK (8255) and be connected to someone right away. It's important to note that the Lifeline is not a replacement for behavioral health counseling, but it can help get someone you care about through a crisis until they can get access to formal counseling.
- The Crisis Textline also provides 24/7 access to crisis counselors for people who prefer to engage through text messaging. Everyone is guaranteed a response within 5 minutes. You or the person you're trying to help can text "4HOPE" to 741741. Once again, this is not a replacement for behavioral health counseling, but it can offer more immediate professional assistance.
- The Ohio Department of Mental Health & Addiction Services maintains an Ohio Mental Health Provider map. Just click on your county to see available mental health providers in your area.
- The Ohio Department of Medicaid also has a searchable list of health providers who accept Medicaid. To search for mental health providers in your area, select your county and then under "Provider Type," click "Clinical Counseling," "Mental Health Clinic," or "Psychology."

(Information from the Ohio Suicide Prevention Foundation)



Farmers give so much of themselves to this life they love, which directly contributes to the health of the industry, making it number one in Ohio. They face many factors that are out of their control, making it even more stressful. Weather has been a huge factor for stress this year, with planting season being delayed, and now praying that harvest yields will be high, and that prices improve. Farmers often spend long hours working alone which can directly affect their farm family.

Mental health isn't something many are comfortable talking about. But it is something every single person has to deal with. We live in a high paced, high stress world. In 2016, the National Institute for Occupational Safety and Health found that farmers also have the highest rate of death due to stress-related conditions, ranging from heart disease and hypertension to ulcers and nervous disorders.

Ohio Department of Agriculture, Ohio Farm Bureau, Ohio Mental Health and Addiction Services, and The Ohio State University, alongside several other ag entities, have partnered together to provide resources to the rural community through the "Got Your Back" campaign. The website provides farmers and farm families with where to find help,

family support, other resources, and even resources for citizens of the community to recognize and intervene when they see someone struggling – because we all struggle at times. Social media often shows the perfect little families, and not the struggles and triumphs people face. Same goes for farming. We encourage each and every one of you to start talking, end the stigma, and share your struggles with others. You are not alone...and remember, YOU ARE MORE THAN YOUR FARM.

For more information, go to: <https://agri.ohio.gov/wps/portal/gov/oda/gotyourback> or #gotyourback



Where Can I Find Help?

For information on where to find help in your area, contact your local Alcohol, Drug Addiction and Mental Health Services Board or call HelpNetwork at 211 for referral information.

In a Crisis? Call HelpNetwork at 1-800-427-3606 or 211

(330-424-7767 Columbiana County or 330-747-2696 Mahoning & Trumbull Counties)

Or text 4HOPE at 741741

Columbiana County Mental Health and Recovery Services Board

Marcy Patton, Executive Director
27 Vista Drive
Lisbon, OH 44432
330-424-0195
www.ccmhrsb.org

Mahoning County Mental Health and Recovery Board

Duane Piccirilli, Executive Director
222 West Federal Street, Suite 201
Youngstown, OH 44503
330-746-2959
www.mahoningmhrb.org

Portage County Mental Health and Recovery Board

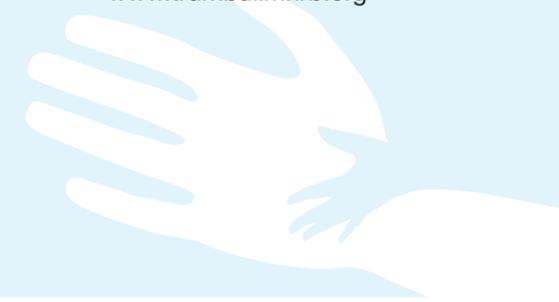
John Garrity, Executive Director
155 East Main St., P.O. Box 743
Kent, OH 44240
330-673-1756
www.mental-health-recovery.org

Stark County Mental Health and Addiction Recovery Board

John Aller, Executive Director
121 Cleveland Avenue SW
Canton, OH 44702
330-455-6644
www.starkmhar.org

Trumbull County Mental Health and Recovery Board

April Caraway, Executive Director
4076 Youngstown Road SE, Suite 201
Warren, OH 44484
330-675-2765
www.trumbullmhrb.org



Man Therapy

Working-aged men (25-54 years old) account for the largest number of suicide deaths in the U.S. These men are also the least likely to receive any kind of support. They don't talk about it with their friends. They don't share it with their family. And they don't seek professional treatment. They are the victims of problematic thinking that says mental health disorders are unmanly signs of weakness.

The website Man Therapy gives men a resource they desperately need, to help them with any problem that life sends their way, something to set them straight on the realities of suicide and mental health, and in the end, a tool to help put a stop to the suicide deaths of so many men.

We know many men experience suicidal thoughts, believe they are the only ones, and become hopeless as a result. We also know many types of interventions and mental health services that effectively prevent suicide exist. The problem has been successfully bridging the two, and men have continued to die without linking to a life-saving treatment or other intervention.

The goal of Man Therapy is to show working age men that talking about their problems, getting help and fixing themselves is masculine. Man Therapy reshapes the conversation, using humor to cut through stigma and tackle issues like depression, divorce and even suicidal thoughts head on, the way a man would do it.

Man Therapy provides men approaching crisis, and the people who care about them, a place to go and learn more about men's mental health, examine their own and consider a wide array of actions that will put them on the path to treatment and recovery, all within an easy-to-access online portal at www.mantherapy.org.



Even the great ones hit a slump every now and then.

Take some BP at mantherapy.org

Upon visiting www.mantherapy.org, men and their loved ones will find they have a virtual appointment with Dr. Rich Mahogany – a character created to greet visitors, make them feel at ease and provide an overview of what they will find and explore during their visit. Dr. Mahogany is a man's man who is dedicated to cutting through the denial with a fresh approach using his rapier wit, odd sense of humor, straightforward approach and practical, useful advice for men. His tone debunks the age-old stigma that says mental health disorders are an unmanly sign of weakness.

There are hundreds of ideas, resources and tools available at www.mantherapy.org, including targeted information for veterans, law enforcement officers, firefighters, EMS workers, and other high stress occupations. Visit www.mantherapy.org to learn more about ways to deal with the mental health and substance use questions in your life or the life of a man you care about.

Opioid Risk Quiz

Some prescription pain medications — called opiates or opioids — are potentially addictive, especially if they are misused. Opioids are a group of drugs that includes morphine, methadone, codeine, hydrocodone, hydromorphone, oxycodone, buprenorphine, and fentanyl. Vicodin®, Lortab®, Percocet®, OxyContin®, Dilaudid®, and Demerol® are common brand names of opioids. Before taking opioids, it is important to identify your level of risk for addiction.

Certain people have personal factors that place them at higher risk of addiction. If you take opioid medications to manage your pain, or are considering doing so, take the quiz below to learn more about your risk level.

Family History of Substance Abuse

- | | | |
|-----------------------|-----|----|
| 1. Alcohol | Yes | No |
| 2. Illegal drugs | Yes | No |
| 3. Prescription drugs | Yes | No |

Personal History of Substance Abuse

- | | | |
|-----------------------|-----|----|
| 4. Alcohol | Yes | No |
| 5. Illegal drugs | Yes | No |
| 6. Prescription drugs | Yes | No |

Age

- | | | |
|------------------------|-----|----|
| 7. (Mark Yes if 16-45) | Yes | No |
|------------------------|-----|----|

Abuse history

- | | | |
|--|-----|----|
| 8. History of Preadolescent Sexual Abuse | Yes | No |
|--|-----|----|

Psychological Disease

- | | | |
|--|-----|----|
| 9. Attention deficit disorder, Obsessive compulsive disorder, Bipolar disorder, or Schizophrenia | Yes | No |
| 10. Depression | Yes | No |

Scoring:

Give yourself 1 point for every Yes answer, and use the scoring chart below to determine if you are likely at risk for opioid addiction.

Low Risk 0-3

Moderate Risk 4-7

Score: High Risk >=8

You can lower your chance of addiction by choosing non-medication treatment for your pain, or using safer (non-opioid) medications. Talk with your doctor about other ways to minimize your risk, and visit takechargeohio.org to find more information and resources to take charge of your health and manage your pain safely and responsibly.

From takechargeohio.org



Farm Safety Check: Stress and Wellness

Check the weather, check the markets, pay the land rent, prepay seed, contract next year's crop, take the kids to the doctor...

The to-do list and bills can seem non-stop. In farming, there's a lot out of your control, creating stress that can potentially lead to

serious impacts on your well-being. Check in on yourself, employees, or family to manage stress and remain resilient.

Remember that to take care of others, you must take care of yourself.

Listed below are some signs and symptoms of stress and tips for what you can do if you recognize these symptoms in yourself or someone you know.

(Information from the Upper Midwest Agricultural Safety and Health Center)

SIGNS AND SYMPTOMS OF STRESS

BEHAVIOR SIGNS

- ✓ Worrying about things you didn't worry about before
- ✓ Loss of interest in things you used to enjoy (hobbies)
- ✓ Poor concentration, confusion; forgetfulness
- ✓ Uncertainty or trouble making decisions
- ✓ Relationship problems
- ✓ Sad mood
- ✓ Feeling anxious
- ✓ Change in personality, irritability
- ✓ Negative thinking
- ✓ Wanting to withdraw from people and activities
- ✓ Increased smoking/drinking

PHYSICAL SIGNS

- ✓ Poor or disturbed sleep
- ✓ Weight loss or gain
- ✓ Changes in appetite
- ✓ Stomach or gastrointestinal problems
- ✓ Clenching or grinding teeth
- ✓ Chest pain
- ✓ Poor hygiene



WHAT CAN YOU DO?

Do you recognize the signs and symptoms in yourself or someone you know?

YOURSELF

- ✓ Reach out to a loved one. Talk about how you are feeling.
- ✓ Talk to your friends, clergy, or medical provider.
- ✓ Reach out to a mental health counselor.

SOMEONE YOU KNOW

- ✓ Listen attentively and without judgement. Try to understand where they are coming from.
- ✓ Share your concerns about his/her behavior, mood, appearance, etc. Ask questions about changes you observe.
- ✓ Encourage them to reach out/tell a family member.

National Suicide Prevention Line: 1-800-273-8255

It's free, confidential and open 24/7



Revised April 2019

ADDITIONAL REGIONAL AND NATIONAL RESOURCES AVAILABLE AT: umash.umn.edu/stress

Is Your Safety On?

Firearm Suicide Prevention

- Someone in Ohio dies by suicide every five hours.
- Guns are the most deadly method of suicide.
- 60.6% of Ohio firearm deaths in 2016 were suicides.*

Do You Have Your Buddy's Back?

For gun owners, protecting your family and friends involves more than keeping them safe from accident or attack. It also involves being aware of the **warning signs of suicide** and the steps to prevent it. Together, we can protect our families, friends and freedom.

Suicidal urges are impulsive and brief.

Depression can last a long time, but suicidal urges can last for just a few minutes. Temporarily putting time and distance between a suicidal person and a gun can save a life. If your buddy had too much to drink, you would offer to hold onto his or her car keys until he or she sobered up. So when

your buddy is going through a tough time and shows signs of being suicidal, you can offer to hold onto his or her guns temporarily until the situation improves.

*Data provided by the Ohio Department of Health

Warning Signs of Suicide

- Talking about wanting to die or killing themselves
- Talking about feeling hopeless or having no reason to live
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Withdrawing or isolating themselves

Access Prevention

If you or someone you care about is experiencing warning signs of suicide, take precautions.

Lock

Store guns safely and securely when not in use.

Limit

Temporarily lock guns and ammo separately, or don't keep ammunition in the home. Ask to temporarily keep the keys to any gun safe of a friend who is struggling.

Remove

Temporarily store firearms off site until the situation improves, perhaps at a friend or relative's house. Gun shops and law enforcement may offer storage options.

Getting Help

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Crisis Text Line:

Text 4hope to 741 741

In an emergency, call 911 and ask for a CIT (Crisis Intervention Team) Officer.

Learn more about suicide prevention efforts in Ohio: mha.ohio.gov/suicideprevention.