



Skagit County

WASHINGTON STATE UNIVERSITY
EXTENSION

Washington State University Extension: Addressing Total Farmer Health®

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Agriculture is known to be both a difficult and dangerous occupation. Washington State University Skagit County Extension recognizes there are various dimensions of Total Farmer Health®, including physical, mental, emotional, and social, and seeks to address related needs through three programs. The Washington State AgrAbility Project (WSAP) supports farmers with injuries and ailments in adopting tools, techniques and equipment to return to work safely. The Western Regional Agricultural Stress Assistance Program (WRASAP) identifies the stress management resources available for farmers, ranchers, and farmworkers and seeks to reduce stigma around behavioral health concerns in rural communities. Additionally, the WSU Agricultural Suicide Prevention Pilot Program provides education on the farmer health crisis, suicide risk factors and warning signs, and evidence-based suicide prevention approaches.

Washington State AgrAbility Project

Objectives:

- Offer worksite assessment for injured farmers
- Build Assistive Technology Lending Library Kits for distribution throughout state
- Offer low-interest loans and financial training (Northwest Access Fund)
- Establish a web-based Pathway to Services network

Funding: USDA NIFA. Sept. 2019 – Sept. 2023

Partners: Northwest Access Fund, Washington Assistive Technology Act Program, the University of Washington Center for Technology Disability Studies, WSU Medical School and others



Western Regional Agricultural Stress Assistance Program

Objectives:

- Establish a clearinghouse of resources available to farmers which address various stressors in farming
- Offer Question, Persuade, Refer (QPR) suicide prevention trainings
- Explore ways to reduce stigma around behavioral health concerns in agricultural communities

Funding: USDA NIFA. Sept. 2019 – Sept. 2020

Partners: Oregon State University Extension, Volunteers of America Western Washington

Washington State Agricultural Suicide Prevention Pilot Program

Objectives:

- Create model marketing materials that address agriculture-related stress
- Leverage Extension platforms to address suicide prevention training and messaging at presentations, ag events, and Extension programs
- Ensure resources are offered in English and Spanish

Funding: WA State Department of Health. Apr. 2019 – Dec. 2020



How to Help

- Refer farmers to these programs
- Participate in a Mental Health First Aid or QPR training
- Share resources with farmers at ag events in your community
- For more information, contact dmmoran@wsu.edu