

MENTAL HEALTH IN RURAL COMMUNITIES

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CFVGA 2019



About me

- ⦿ Prevention Specialist serving 10 Rural counties in Colorado

-Logan

-Yuma

-Sedgwick

-Elbert

-Phillips

-Lincoln

-Morgan

-Kit Carson

-Washington

-Cheyenne

- ⦿ Educate on suicide prevention, mental wellness, healthier living skills and tools

Farmers at risk?

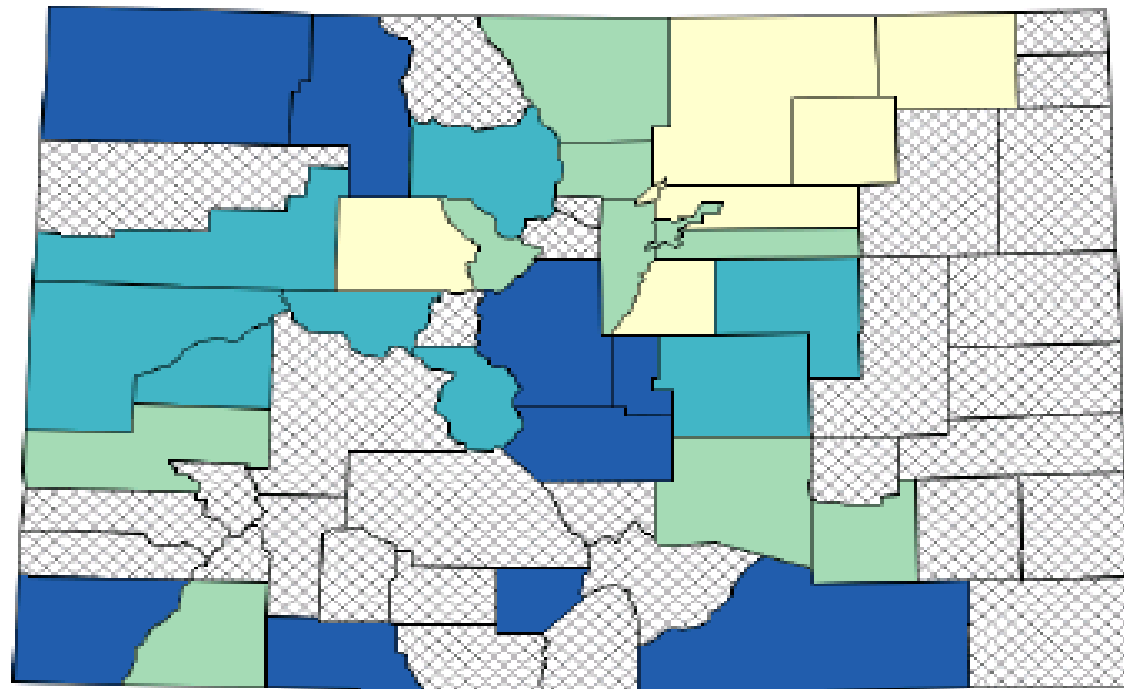


National ranking and rate of suicide, 2017

1	Montana	29.6	14	Oregon	19.9
2	Wyoming	27.1	15	New Hampshire	19.7
3	Alaska	27.0	16	Oklahoma	19.2
4	New Mexico	23.5	17	Kansas	19.0
5	Idaho	22.8	18	Arizona	18.9
6	South Dakota	22.0	19	Missouri	18.8
7	West Virginia	21.6	20	Vermont	18.0
8	Utah	21.4	21	Washington	17.5
9	Colorado	21.1	22	Tennessee	17.4
10	Arkansas	21.0	23	Kentucky	17.3
11	Nevada	20.9	24	Alabama	17.1
12	Maine	20.5	25	South Carolina	16.7
13	North Dakota	20.4			

USA Total Rate 13.9

2008-2014, Colorado
Death Rates per 100,000 Population
 All Injury, Suicide, All Races, All Ethnicities, Both Sexes, All Ages
 Annualized Crude Rate for Colorado: 18.60



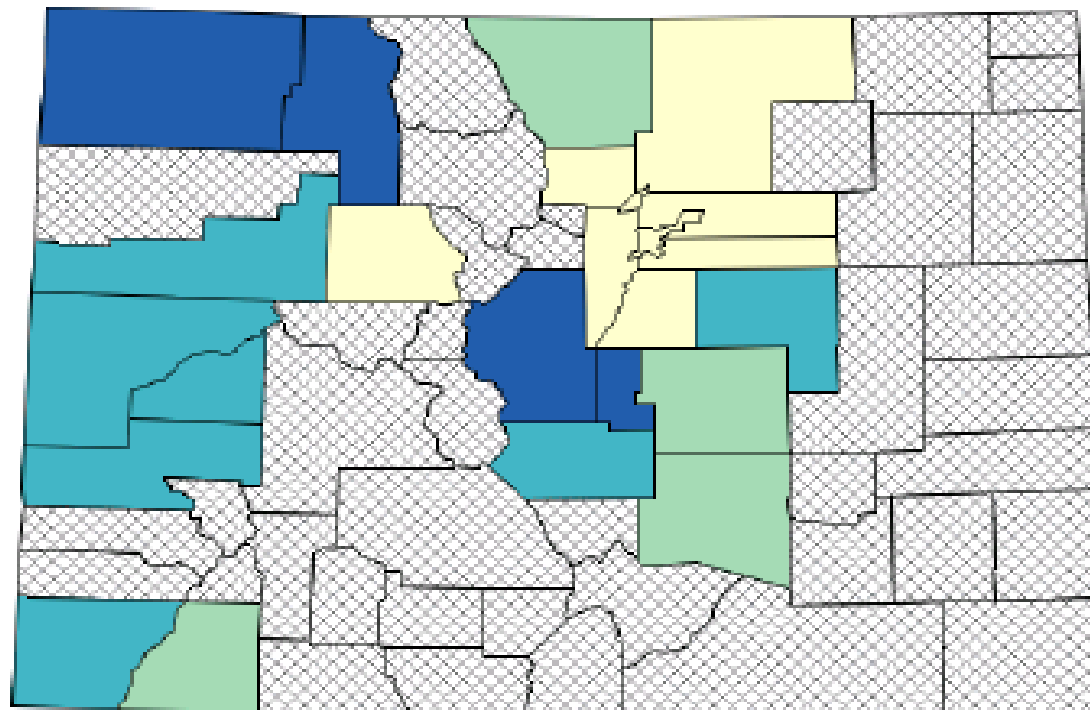
 Suppressed/Unstable/Undefined	 9.90-15.88	 15.89-20.58
 20.59-25.66	 25.67-41.35	

Reports for All Ages include those of unknown age.

* Rates based on 20 or fewer deaths may be unstable. These rates are suppressed for counties (see legend above); such rates in the title have an asterisk.

Produced by: the Statistics, Programming & Economics Branch, National Center for Injury Prevention & Control, CDC
Data Sources: NCHS National Vital Statistics System for numbers of deaths; US Census Bureau for population estimates.

2008-2014, Colorado
Death Rates per 100,000 Population
 Firearm, Suicide, All Races, All Ethnicities, Both Sexes, All Ages
 Annualized Crude Rate for Colorado: 9.13



 Suppressed/Unstable/Undefined	 0.00-9.13	 9.14-12.42
 12.43-17.96	 17.97-28.16	

Reports for All Ages include those of unknown age.

* Rates based on 20 or fewer deaths may be unstable. These rates are suppressed for counties (see legend above); such rates in the title have an asterisk.

A Corrected 2015 CDC Report

Found:

- The male suicide rates among Farmers, Ranchers, and Other Agricultural Managers were 44.9 (2012) and 32.2 (2015) per 100,000. The male suicide rates for Agricultural Workers were 20.4 (2012) and 17.3 (2015).
- Suicide Rates among farmers are **can be THREE times** higher than the national average, and almost all of them are male.
- Female farmer rates = national average

Unique stressors

- ⦿ Losing the farm/ranch - foreclosures of mortgages
- ⦿ Health crisis and especially disabling injury
- ⦿ Weather related crop loss
- ⦿ Machinery breakdown related crop loss
- ⦿ Raising livestock produces more stress than crops
- ⦿ Older farmers report higher stress levels
- ⦿ Women farmers report higher stress than men

Source: Freeman, Schwab & Jiang, 2008

Why are male farmers at higher risk?

- Being male is a barrier to health care
- Cannot ask for help
- Multiple uncontrollable stressors e.g., weather, prices, and regulations
- Lack of close confidant
- Stress-driven onset of depressive disorder
- Alcohol abuse

Rural Value: Accepting help is a good thing, not a bad thing



QPR

- stands for Question, Persuade and Refer
- emergency mental health intervention that teaches lay and professional Gatekeepers to recognize and respond positively to someone exhibiting suicide warning signs and behaviors.

Suicide warning signs

- ⦿ Clear to friend: “I’m going to kill myself.”
- ⦿ Coded to son: “Don’t be surprised if I die in a tractor rollover.”
- ⦿ Clear to banker: “If you foreclose, you’ll be seeing my obit next week.”
- ⦿ Coded to friend: “If I should pass away, I want you have my old Winchester 12-guage.”

Note: There is no published research on suicide warning signs from famers, but these are some we have collected from friends.

Continued

- ⦿ To doctor: “Is this enough medicine to kill someone?” (indirect/coded).
- ⦿ To dentist: “When I can’t sleep like this, I don’t give a shit about life.” (indirect/coded)
- ⦿ To adult son: “I’m going to be leaving you nothing I’m afraid, just my burdens.” (indirect/coded)
- ⦿ To adult daughter: “ You’ll need to look after your mother when I’m gone.” (indirect/coded)
- ⦿ To his wife: “Why don’t I just shoot myself and let the bank have this place?” (direct/un-coded)

Q: Question

Less Direct Approach:

- “Have you been unhappy lately?”
- “Have you been so very unhappy lately that you’ve been thinking about ending your life?”
- “Do you ever wish you could go to sleep and never wake up?”

Direct Approach:

- “Are you thinking about killing yourself?”

P: Persuade

How to Persuade someone to stay alive:

- Listen to the problem and give them your full attention
- Remember, suicide is not the problem, only the solution to a perceived insoluble problem
- Do not rush to judgment
- Offer hope in any form

P: Persuade

Then Ask:

- “Will you go with me to get help?”
- “Will you let me help you get help?”
- “Will you promise me not to kill yourself until we’ve found some help?”

**YOUR WILLINGNESS TO LISTEN AND TO HELP
CAN REKINDLE HOPE, AND MAKE ALL THE DIFFERENCE.**

R: Refer

- Suicidal people often believe they cannot be helped, so you may have to do more.
- The best referral involves taking the person directly to someone who can help.
- The next best referral is getting a commitment from them to accept help, then making the arrangements to get that help.
- The third best referral is to give referral information and try to get a good faith commitment not to complete or attempt suicide. Any willingness to accept help at some time, even if in the future, is a good outcome.

REMEMBER

**WHEN YOU APPLY QPR, YOU PLANT THE SEEDS OF
HOPE.**

HOPE HELPS PREVENT SUICIDE.



Questions

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