

A Legacy of Resilience: The Impacts, Challenges, and Stories of Behavioral Health for Colorado Agricultural Producers




ENGAGEMENT
AND EXTENSION
COLORADO STATE UNIVERSITY



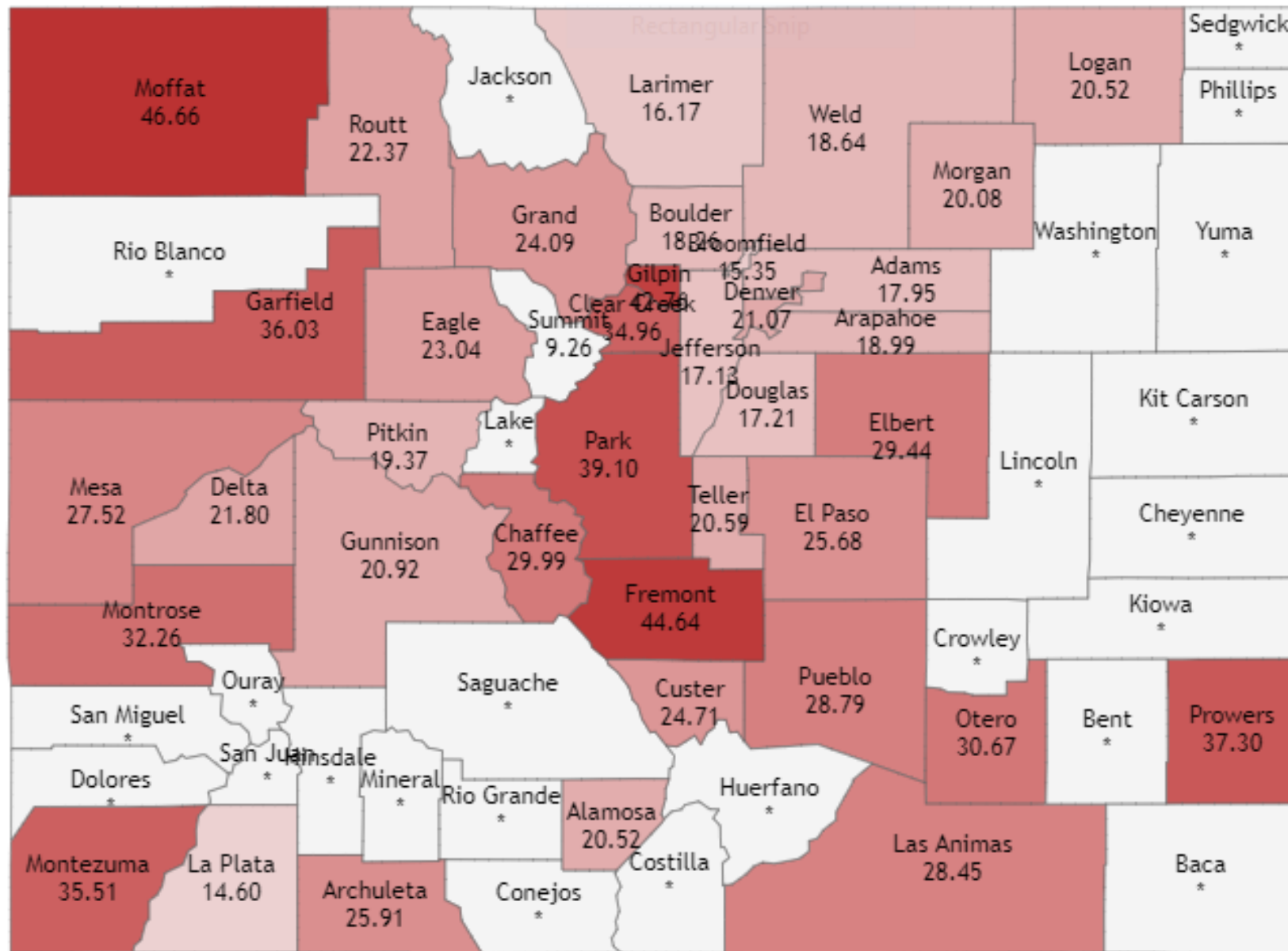
WRASAP

Western Regional Agricultural
Stress Assistance Program

A dramatic landscape featuring a golden field in the foreground, a dark, stormy sky with a bright light source on the left, and a road leading towards a small white building on the horizon.

Our Mission: to promote the well-being of Colorado's agricultural and rural communities by providing equitable and accessible behavioral health support and resources.

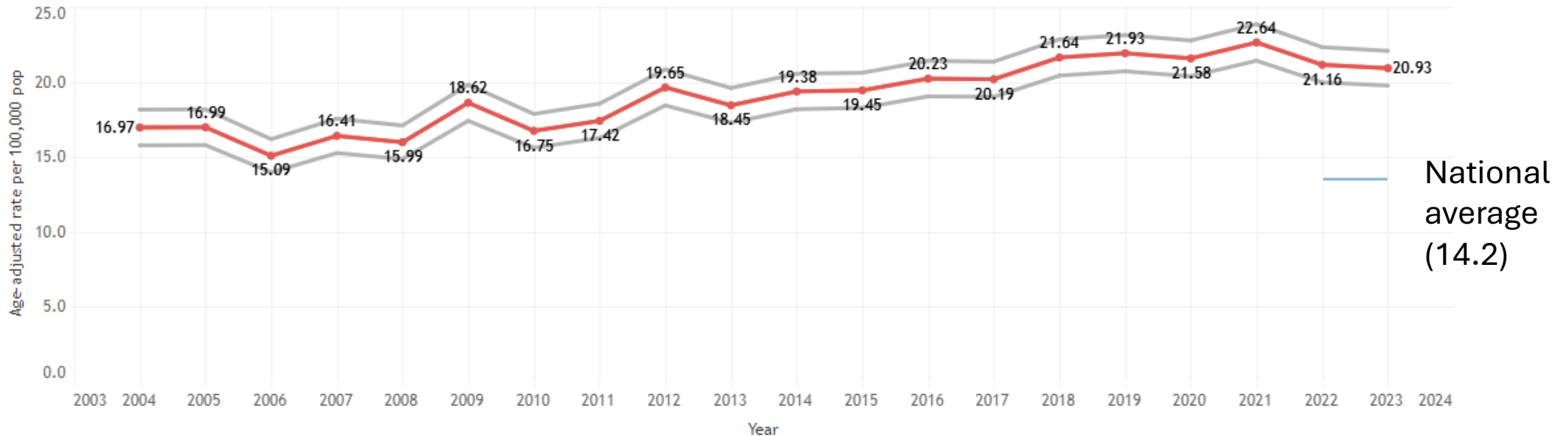
Suicide Rates by County, Colorado, 2023



<https://cdphe.colorado.gov/colorado-suicide-statistics>

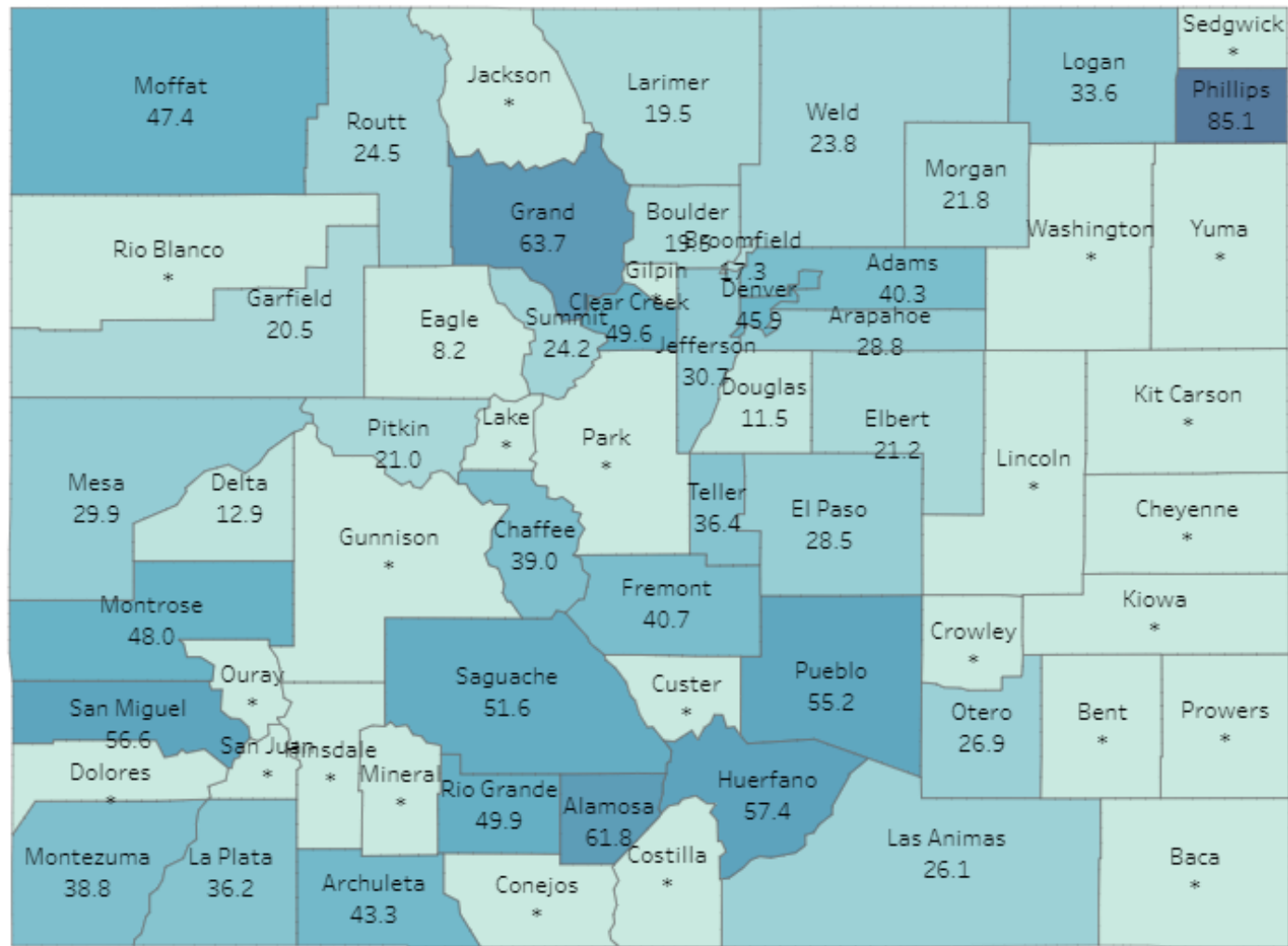
Suicide Rates in Colorado over Time, 2023

Age-adjusted rate of suicide per 100,000 population over time



<https://cdphe.colorado.gov/colorado-suicide-statistics>

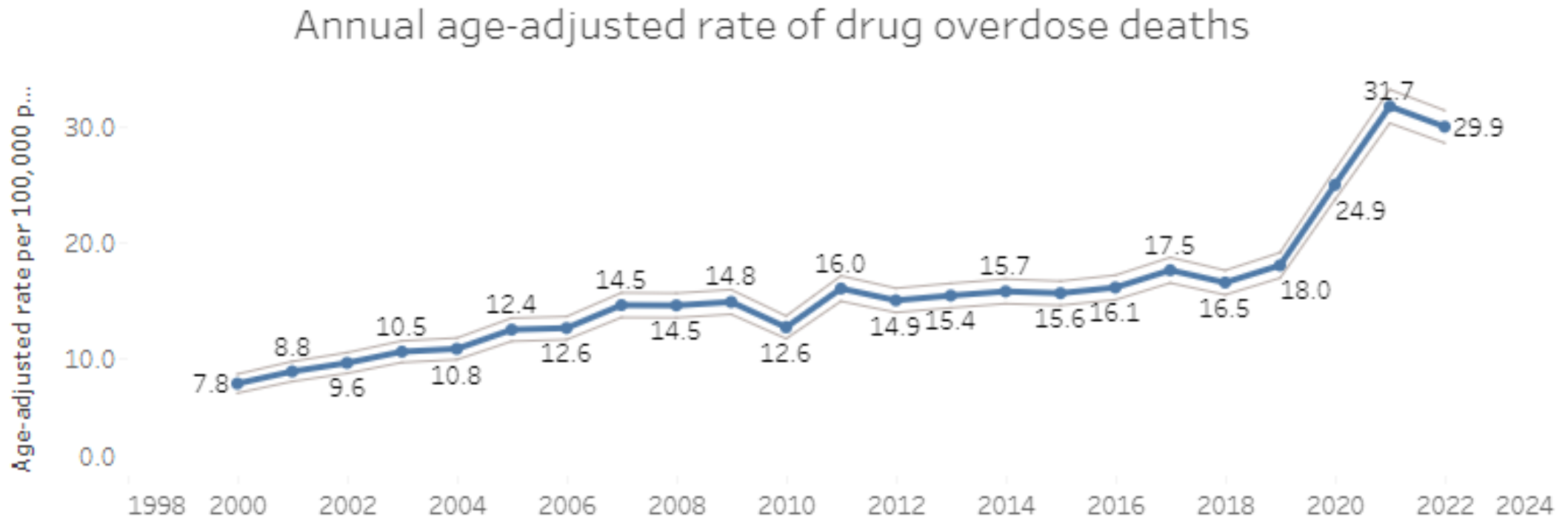
Fatal Overdose Rates by County, Colorado



Annual age-adjusted rate of drug overdose deaths

[CDPHE, Workbook: Historic Drug Overdose Dashboard, 2022](#)

Fatal Overdose Rates in Colorado over Time, 2022



[CDPHE, Workbook: Historic Drug Overdose Dashboard, 2022](#)



Recent Research Initiatives

- 2021 Interviews with Agents (n=5)
- 2023 Survey of CSU Extension (n=60)
- 2024 Focus Groups with behavioral health (BH) in Chaffee, Morgan and Mesa Counties (n=17)
- 2024 Surveys with BH Providers (n=520)

Extension Professional Priority Issues:

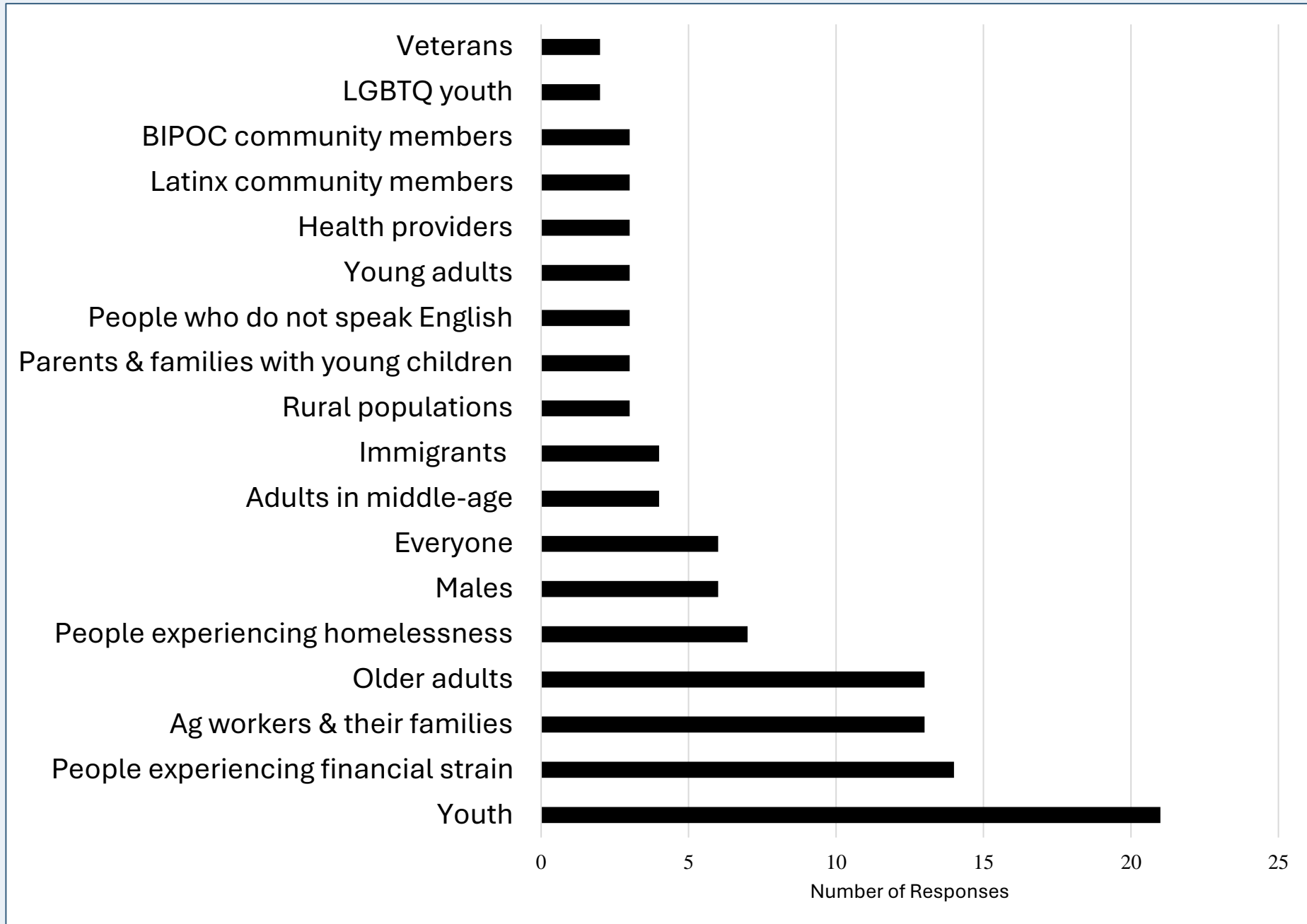
Most identified issues:

- Financial strain (e.g., housing affordability, cost of living & inflation, income inequality, food insecurity),
- Loneliness and social isolation,
- Mental health conditions (e.g., anxiety & depression, substance misuse).

Other priority concerns:

- Stigma around mental health conditions and treatment
- Access to mental health and addiction care (e.g., scarcity of providers in rural areas),
- Societal influences (e.g., racism, political stress)
- Work-life balance
- Strain associated with agricultural professions
- Homelessness.

Extension Professionals' Perspectives: Priority Populations



Top Mental Health Concerns among Rural Clients

Responses from Behavioral Health Providers

1. Stress/Anxiety – 62.1%
2. Trauma/Post-traumatic Stress – 55.9%
3. Depression – 53.2%
4. Addiction – 39.1%
5. Family, Couples, or Other Relational Issues – 29%
6. Suicidal Problems – 15.7%
7. Bereavement – 4.6%
8. Schizophrenia and Psychosis – 4.1%
9. Bipolar Disorder – 3.9%
10. Eating Disorder – 2.5%
11. Postpartum Anxiety and Depression – 2.7%
12. Other – 10.4%

Survey of BH Providers: Please indicate in what ways you would like to learn more about working with individuals and families from these groups in rural areas.

	Population									
	Children & teens	Families	Military ^a	LGBTQ+	Older adults	Indigenous	Spanish-speaking	Farmers & ranchers	Agricultural workers ^b	Workers in meat processing
I don't need additional training about this population	23.6%	20.5%	16.6%	20.5%	20.7%	8.3%	14.9%	11.4%	9.3%	18.0%
I want general information about this population	10.4%	12.2%	19.5%	16.1%	19.3%	30.0%	20.7%	29.6%	32.1%	30.8%
I want to know more about the mental health concerns of this population	22.8%	21.1%	28.6%	24.6%	23.0%	42.0%	23.8%	35%	34.4%	26.1%
I want to know more about substance use disorders in this population	23.2%	17.6%	22.8%	16.6%	16.1%	33.3%	17.4%	25.5%	23.4%	18.8%
I want training on clinical modalities for this population	26.9%	28.8%	32.5%	30.0%	29.8%	42.2%	23.0%	31.5%	31.1%	22.6%
I want to understand prevention strategies & programs for this population	30.2%	28.2%	28.0%	29.2%	25.5%	39.8%	24.8%	31.9%	31.9%	23.6%
I want referral sources specific to this population	35%	33.7%	30.2%	35.2%	34.2%	40.4%	41.4%	33.3%	35.8%	30.0%

^a Military defined as active-duty military, veterans, and their families.

^b Agricultural workers defined as hired hands, migrant workers, hourly employees.

Data Takeaways

Agricultural workers and their families need:

- Prevention, stigma reduction, and intervention services (CAAMPH)

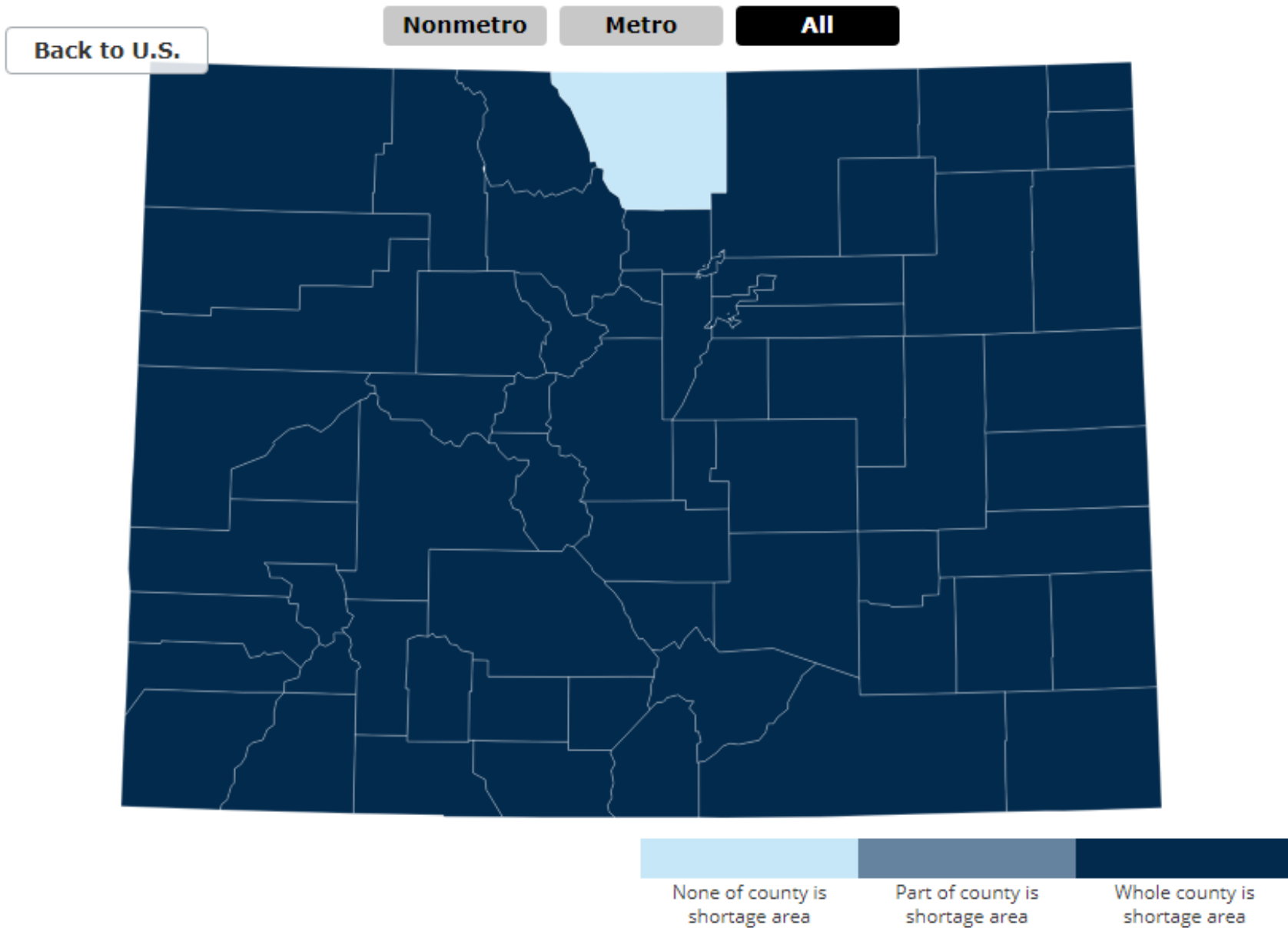
Prevention of risk factors is essential to rural communities:

- Financial strain, social isolation, parenting and family relationships

Community-system level supports needed:

- Referral networks in rural areas, especially for populations at higher risk
- Communities of practice for behavioral health providers in rural areas
 - Billing and practice management
 - Professional development, legislative updates
 - Clinical supervision for new providers
 - Community coalition building (County-level task forces)

Health Professional Shortage Areas: Mental Health, by County, July 2024 - Colorado



Source: data.HRSA.gov, July 2024.



Colorado Agricultural
Addiction and Mental
Health Program



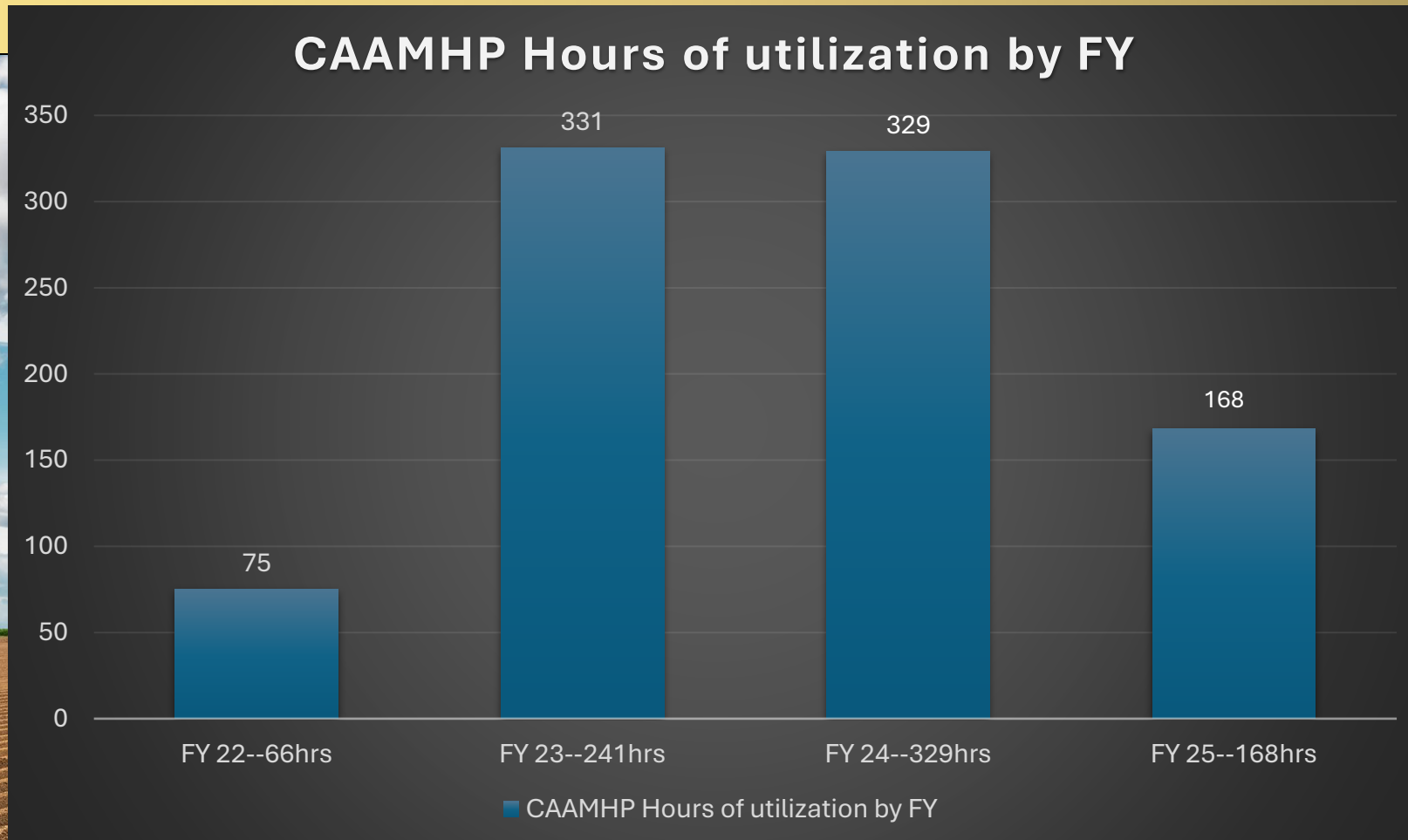
Campforhealth.org

Help

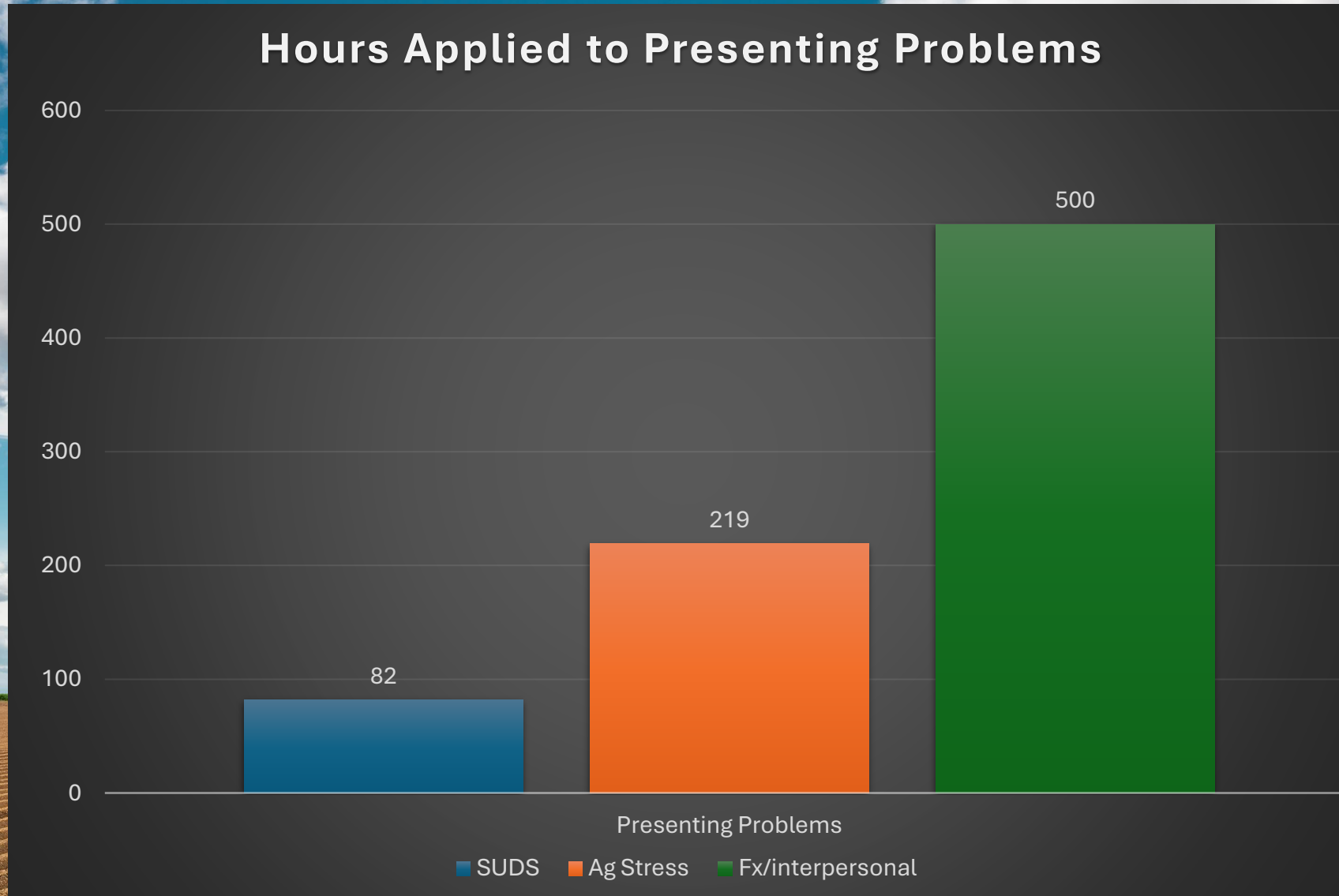
6 FREE SESSIONS
LICENSED COUNSELORS
AG-FRIENDLY
REMOTELY AVAILABLE
ANONYMOUS

CAAMHP Utilization Data Beginning FY 22

903 hours of free therapy for 208 producers and their family members.



CAAMHP Utilization Data Beginning FY 22



CAAMHP Utilization Data Beginning FY 22

