

Western Regional Agricultural Stress Assistance Program (WRASAP)

Small Grants Program Application

*Submit completed application to grants@farmstress.us

Name: [REDACTED]

Agency/Organization/Business: Colorado AgrAbility Project, Colorado State University, Fort Collins, CO 80523

State(s)/Region: Colorado/Western Region

Email: [REDACTED]

Date: 9/30/21

Phone: [REDACTED]

Category (Translation, Outreach or Professional Development): Outreach

Professional Development ONLY: Is this application time sensitive, requiring expedited review by the end of the month? (e.g. a professional development mini-grant application for a conference that is taking place before the next quarter deadline) **Y/N**

Are you signed WRASAP collaborator? [REDACTED]

Title of Project: Colorado AgrAbility Project COMET Training

Target Location of Project: Initially, Colorado but once certified as a trained trainer would have the ability to offer the material across the Western Region.

Abstract written in lay language:

The Colorado AgrAbility Project Behavioral Health Specialist is requesting funding to become fully vested as a trainer in COMET. COMET is an evidenced based model for equipping community members to identify and respond to behavioral health concerns in their peers, friends, and family members. 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. Funding is requested to complete both levels of training currently offered towards the goal of becoming certified and able to offer this training at no cost in CAP winter workshops, webinars, and other appropriate formats.

1. “COMET Community Training” for community members to learn and use the COMET Questions. Delivered by a two-person training team. \$1,500
2. COMET “Train-the-Trainer” (TTT) Program: Trains local community members to successfully deliver the COMET Community Training. Provides Regional Trainers with program background, key concepts, and a thorough review of content and COMET questions. Identifies opportunities for local tailoring, such as local resources and health providers to which people can be referred. Also provides basic teaching tips. \$1,500

Target Audience (Translation/Outreach):

Obtaining the Train-the-Trainer credentials would allow the Colorado AgrAbility Project Behavioral Health Specialist to offer COMET training to a diverse range of target audiences including rural community members and stakeholders interested in providing additional behavioral support and resources for agricultural involved producers and their families.

Statement of Relevance/Alignment with WRASAP Goals: *Proposal demonstrates strong alignment with proposed outcomes/objectives and greater WRASAP Proposal. Provide specific evidence and a detailed description in support of mission.*

WRASAP Goal 4. Provide a range of services and targeted outreach for farmers or people working with farmers to address stressors and behavioral health. As stated, the needs of farmers in this region vary; partners agree that there is no single solution for these varied needs. Services provided under this goal are arranged to maximize reach and impact,

while remaining flexible enough to adjust course based on evaluation data and participant feedback.

Obtaining certification as a trainer in COMET would allow the Colorado AgrAbility Project to offer this behavioral health resource to a wide range of rural/agricultural community members and stakeholders with the overall intent of creating sustainable skills that are embedded in local communities to help reduce acute behavioral health crisis.

Identified Problem & Proposed Strategies: Identify a significant farm stress/agricultural suicide prevention- related problem and use of appropriate tools and methodologies to address the question, as well as likelihood that the proposal will enhance the translational component and reach of the program activities.

Multiple challenges face rural communities in accessing mental health. Existing resources and trainings often focus on crisis needs and immediate suicide risk. However, many people suffer from distress and moderate depression or anxiety, sometimes acutely and/or undiagnosed, that significantly impact their health and well-being. COMET™ fills that gap in resources for people in this “vulnerable space” and aims to prevent crisis. COMET was developed by the High Plains Research Network (HPRN) Community Advisory Council (a grassroots group of ranchers, teachers, small business managers, students, retirees in rural eastern Colorado), rural mental health professionals, and health researchers. Supported by the Patient Centered Outcomes Research Institute, this partnership conducted a rigorous exploration of mental health gaps and assets in rural communities.

CAP views COMET as following in the spirit of initiatives like the “Friendship Bench”, QPR, and Mental Health First Aid in offering the skills to enhance capacity and protective factors within communities to best equip those in existing trusted relationships to intervene and mitigate the risks of behavioral health needs escalating to acute crisis.

Results Verification: Provide strong measurable plan for evaluating and tracking producer achievement of the proposed risk management results

COMET reports the following outcome data: Trainees have included farmers/ranchers, law enforcement, coroners, health care professionals, teachers, and retail workers. 78% reported they were likely to tell someone that they have noticed a change in their mood or behavior after training compared to 50% before, and 81% were likely to invite an acquaintance or co-worker to talk about a potentially emotional situation after training compared to 57% before. Further, 74% reported an eight or higher on a scale of 1-10 for likelihood of using the COMET questions in the next 3 months.

Colorado Behavioral Health Specialist will demonstrate full completion of the certification process within 6 months and collect similar data as above for any COMET trainings offered to community members.

Period of Performance *not to exceed 120 days: Full completion of trainings and certification to be completed with 120 days and CAP will begin assessing venues to offer training to communities and stakeholders upon completion.

Total Requested Funds: \$3,000

Other:

--

Comments

Score

--

BUDGET JUSTIFICATION TEMPLATE

Western Regional Agricultural Stress Assistance Program (WRASAP)

Please indicate only those items/categories for which those small grant funds are requested.

****Note: stipends/food and refreshments are non-allowable costs****

A. Senior/Key Person: [REDACTED]

B. Other Personnel:

C. Benefits:

D. Equipment:

E. Travel:

State(s)/Territories	Mileage	Lodging	Per diem	Other	Total
	Xmiles * .X¢/mile =X				

F. Participant Training Support Costs: \$1500 participation in COMET General Training, \$1500 participation in COMET Train the Trainer Program.

G. Other Direct Costs:

H. Indirect Costs:

If applicable, please attach a copy of “F&A Rate Justification” from your organization

I. Total Direct and Indirect Costs: \$3000

Table 1. Budget Summary

Category	Year 1	Year 2	Total
A. Senior Personnel			
B. Other Personnel			
C. Benefits			
D. Equipment			
E. Travel			
F. Participant Support			\$3,000
G. Other Direct Costs			
H. Indirect Costs			

I. Total Direct and Indirect Costs			\$3,000
Total			\$3,000