



WRASAP

Western Regional Agricultural
Stress Assistance Program

Quarterly Newsletter

Spring 2021

Greetings!

Welcome to the first official Western Regional Agricultural Stress Assistance Program newsletter. Newsletters will be sent out quarterly to notify you of important updates and highlights. Some things you can expect to see in the WRASAP newsletter includes program news and updates, statistics on our current program reach and baseline surveys, as well as highlights on our partners, employees, and small grant recipients.

WRASAP Website Update

The WRASAP website, farmstress.us, was launched in October 2020. This website is intended to serve as a resource for the general public, stakeholders, and WRASAP collaborators.

The WRASAP Website Workgroup Team is working hard to with SUMY Designs to update the website design. **The team plans to rollout the new website design by April 2021.**

Small Grant Opportunity

WRASAP partners, collaborators and stakeholders are invited to apply for funding through the Small Grants Program. The goal of the program is to support strategies which address agricultural stress in the Western Region. Small Grants are offered four times per year in the fall, winter, spring and summer.

Apply for up to \$10,000 to educate yourself/your organization or reduce agriculture-related stress and/or prevent agricultural suicides in your state/territory. Funding opportunities are available in three categories: Translation, Outreach, and Professional Development.



[Learn more](#) about eligibility and how to apply.

Partner Update: Farm Aid



About Farm Aid

Farm Aid's mission is to keep family farmers on the land. We're best known for our annual music, food and farm festival, but the truth is we work each and every day, year-round to build a system of agriculture that values family farmers, good food, soil and water, and strong communities. **[Learn more](#)** about our day-to-day work to celebrate and strengthen farmers, advocate for fair farm policies, connect farmers and eaters, and bring family farm food to everyone.

Farm Aid Hotline

Through the 1-800-FARM-AID hotline and email service, Farm Aid's Hotline Staff refers farmers to an extensive network of family farm and rural support organizations across the country. Referrals provide immediate support to farm families in crisis and farmers seeking to transition to more sustainable farming practices, as well as for individuals looking to become farmers.

If you need to talk to someone directly, we are here to listen. You can call our farmer hotline at 1-800-FARM-AID (1-800-327-6243). Farmer Services staff answer the hotline Monday through Friday from 9am to 5pm eastern time.

Meet a WRASAP Team Member



Dr. Michelle Grocke is an Assistant Professor in the Health and Human Development Department at Montana State University and the Health and Wellness Specialist for MSU Extension. She received her PhD in Medical Anthropology in 2016 and has spent the past ten years researching the socio-cultural and environmental determinants of non-communicable disease and subjective well-being in rural areas, including in Nepal, Peru and in Montana. Over the last two years, she has spearheaded the MSU Extension farm and ranch stress reduction initiative, which seeks to uncover stressors that impact agricultural producers throughout the state and

provide easily accessible resources for both stress reduction and mental wellness. [Learn more](#) about Michelle's work.

WRASAP Quarterly Network Meeting

The WRASAP Network Quarterly Meeting is a space for stakeholders in the western region to build connections and collaboration to assist farmers, ranchers, and agriculture-related workers in times of stress. The network seeks to offer a conduit to improving behavioral health awareness, literacy, and outcomes for agricultural producers, their families, and communities. At these meetings, WRASAP collaborators present their efforts, including small-grant recipients, and offer opportunities to pose questions and bring experiences to the table. The meeting is open to the public.

Click [Here](#) to Register

WESTERN REGIONAL AGRICULTURAL STRESS ASSISTANCE PROGRAM

Network Quarterly Meeting

Thursday, April 8, 2021

1:00PM PST | 2:00PM MT

3:00PM CST | 4:00PM EST

Register by Monday, April 5, 2021

Featured Organizations

Colorado State University

Utah State University



The WRASAP Network Quarterly Meeting is a space for stakeholders in the western region to build connections and collaboration to assist farmers, ranchers, and other agriculture-related workers in times of stress. We believe in working together to cultivate behavioral/mental health awareness and rural resilience for all agricultural producers, their families, and communities.



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This meeting is open to the public. Webpage: farmstress.us

USDA-NIFA Farm and Ranch Stress Assistance Network, agreement number: 2020-70028-32731 proposal number: 2020-07631

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Website: farmstress.us