



**WRASAP**  
Western Regional Agricultural  
Stress Assistance Program

**FALL 2021**

**Meet a WRASAP Team Member: Don McMoran**

Don McMoran is a true product of Skagit County, and more specifically, the rich agricultural lands surrounding Burlington, Washington. He was raised there on the family farm and after educational stints at Oregon State University (Bachelors in Agriculture, Masters in Agricultural Education), he returned home to improve farmers lives and livelihoods. After five years with the Skagit Conservation District, he assumed the mantle of Director at WSU Skagit Extension in 2006. When asked what spurred his dedication to farmer mental health, Don pointed to his personal experience with suicide. Losing several good friends and colleagues in Skagit county's farming community, including his dad's right hand man on their fourth generation family farm, instilled a desire to apply his energies toward addressing farmers' considerable farm stressors.



When WRASAP materialized from that first workgroup hosted by Montana State University, Don knew he'd landed in the right spot. Prior to Don's involvement with WRASAP, he was instrumental in creating the impetus for similar action within Washington state, culminating in a pilot Agricultural Suicide Prevention Program. When he isn't working, Don can be found flying his recently purchased plane, "Becky", training for triathlons and parenting his 12-year-old fraternal twin daughters.

**WRASAP Partner Highlight: Colorado AgrAbility Hires Critical Team Member**



A significant step has been taken toward achieving one of Western Region Agricultural Stress Assistance Program (WRASAP's) four primary goals: "Grow WRASAP network throughout the Western Region; invite new stakeholders, align with existing networks, and develop best practices for building state networks." To that end, Chad Reznicek joined CSU's Colorado's AgrAbility Project (CAP) to serve as our first "Farm Stress Assistance" behavioral health expert. Working with Dr. Fetsch, Chad aims to channel his energies along two interdependent paths: connect agricultural producers in need of appropriate behavioral health services and equip community stakeholders such as clergy, Extension Agents, healthcare providers, etc. with tools necessary to support those producers in need. One of his initial priorities is to locate mental/behavioral health specialists versed in agricultural competence in

Colorado. The lack of such individuals is a recognized barrier to effective care; as Chad observes "Once a therapist suggests taking a week-long break to decompress, s/he has lost that farmer to ever coming back."

Chad is also working in collaboration with the Colorado Agricultural Addiction and Mental Health Program to create a culturally responsive model of Cognitive Behavioral Therapy specifically geared towards farming and ranching populations. Fortunately, growing awareness about farm stress in recent years has spurred some creative delivery models in Colorado, which Chad is keen to both access and foster.

Prior to joining AgrAbility, Chad spent his last twenty years working with in a variety of clinical settings including residential treatment, juvenile corrections, and home based behavioral health services in New Mexico and Colorado. Outside of work, you're likely to find him taxiing his children to sports and activities, bass fishing, or building/playing cigar box guitars.

Keep an eye out for future updates- this promises to be a fascinating enterprise!

## WRASAP Baseline Data Collection Team Update

Michelle Grocke has kindly provided an update below. Feel free to reach out to her with questions at [michelle.grocke@montana.edu](mailto:michelle.grocke@montana.edu).

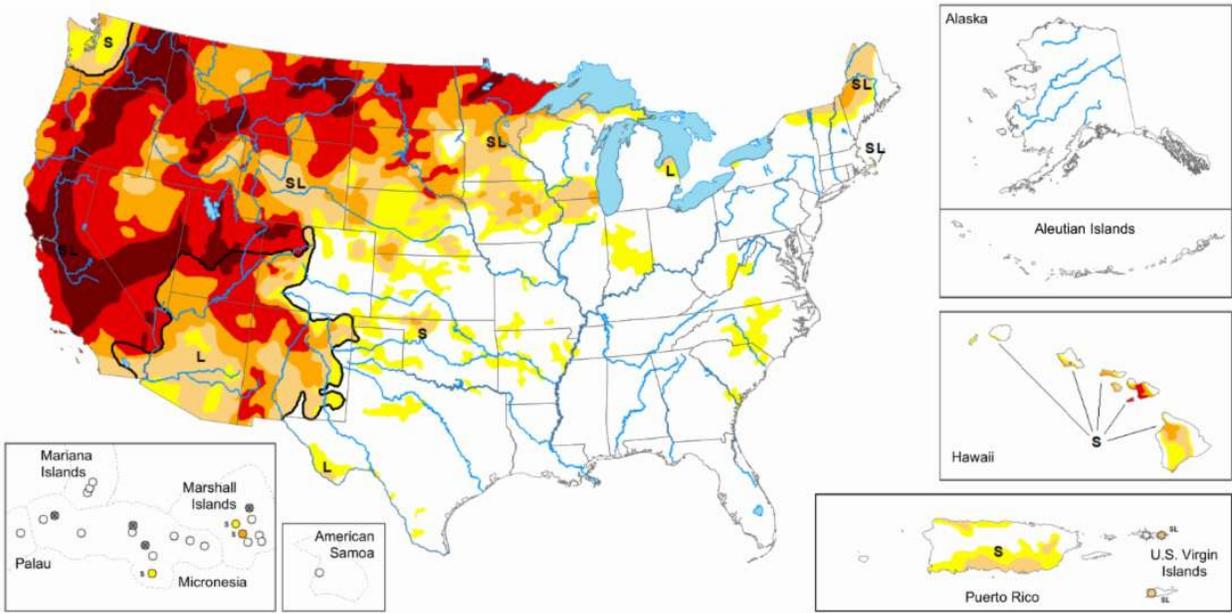
**Already completed:** Ag Producer Stress Statewide reports for WA, MT, CO, UT, WY and HI. Access these reports by selecting each state:

- [Washington Report](#)
- [Montana Report](#)
- [Colorado Report](#)
- [Utah Report](#)
- [Wyoming Report](#)
- [Hawaii Report](#)

**In progress:** Remaining Ag Producer Stress Statewide reports and the aggregated Western Region Report

**Upcoming projects:** Ag Producer Stress key informant interviews will be analyzed and turned into an aggregated report. An Ag Worker online survey will be written and disseminated across the Western Region.

## Farm Stress News and Resources



[Click Here to Access the Drought Spreadsheet](#)

With approximately 90% of the Western region categorized as “in drought” and 54% categorized as in Extreme Drought (D3) or Exceptional Drought (D4), it will surprise no one that the drought and subsequent wildfires have dominated farmer calls coming into the Farm Aid farmer hotline over the past few months (West Drought Summary 2021). As part of a multipronged approach, a [drought focused blog](#) offering a variety of national, regional and state based resources was recently published on the Farm Aid website. However, our work is never finished! **Please take a moment to review the resources listed for your state/region and share further suggestions** with either [rachel.vanboven@wsu.edu](mailto:rachel.vanboven@wsu.edu) or [lori.mercer@wsu.edu](mailto:lori.mercer@wsu.edu).

**References:** West Drought Summary. | U.S. Drought Monitor. (2021, September 2). <https://droughtmonitor.unl.edu/CurrentMap/StateDroughtMonitor.aspx?West>.

**If you know of any resources or organizations serving farmers, ranchers, and/or agricultural workers that would be a good addition to the clearinghouse, email [info@farmstress.us](mailto:info@farmstress.us)**

## AgrAbility Regional Training Workshop Update

Several WRASAP members attended the National AgrAbility Project Regional Training Workshop in Billings, Montana August 9th through 11th. National AgrAbility Team Member Tess McKeel kindly sent along the following summary:

"We had a great turn out at the The Regional Event in Billings. 62 people attended this event that was coordinated in conjunction with the Western Region



## Agricultural Stress Assistance Program.

The first two days of presentations focused on farm stress and mental health, working with tribal nations and veterans, adaptive tools and technology, and worksite assessment. There were many thoughtful conversations and networking that took place. The third day featured tours of local agricultural businesses.

Thank you to all who attended and helped make this a great event."

Kristen An Vanvalkenburg, AgrAbility Coordinator at WSU Skagit Extension, added her delight in being able to attend in-person. The benefits demonstrated by Life Essentials Lifts would have lost something in digital translation!

## WRASAP Small Grant Program

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. The WRASAP Small Grant Program **Q3 deadline is September 30th; Q4 deadline is December 31th.**

**Apply for up to \$10,000** to address farm stress and suicide prevention in your area. Funding opportunities are available for translation, outreach, and professional development.

[Learn more](#) about the WRASAP Small Grant Program, eligibility, and how to apply.

## WRASAP Network Quarterly 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 for the Upcoming Network Quarterly Meeting\*\*](#)

# Network Quarterly Meeting

Thursday, October 14, 2021

1:00PM PT | 2:00 PM MT

3:00PM CT | 4:00PM ET



Register by Monday

October 11, 2021

[tinyurl.com/WRASAPNQM102021](https://tinyurl.com/WRASAPNQM102021)

Featured Organization

Montana 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.



## WRASAP

Western Regional Agricultural  
Stress Assistance Program

This meeting is open to the public. Webpage: [farmstress.us](https://farmstress.us)

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

The Western Regional Agricultural Stress Assistance Program (WRASAP) is a 13 state/four territory, ten agency collaborative supported by the USDA Farm and Ranch Stress Assistance Network (FRSAN), under agreement number: 2020-70028-32731 proposal number: 2020-0763. WRASAP strives to support the mission of the larger FRSAN framework: "Establish a network that connects individuals who are engaged in farming, ranching, and other agriculture-related occupations to stress assistance programs. The establishment of a network that assists farmers and ranchers in time of stress can offer a conduit to improving behavioral health awareness, literacy, and outcomes for agricultural producers, workers and their families."

#### Prevailing Goals:

- Grow WRASAP network throughout the Western Region; invite new stakeholders, align with existing

networks, and develop best practices for building state networks.

- Expand clearinghouse of resources initiated in FY2019 WRASAP to the entire Western Region and make the resource more publicly available.
- Educate internal and external partners on program activities and how to access resources.
- Provide a range of services and targeted outreach for farmers or people working with farmers to address stressors and behavioral health.

**The Western Regional Agricultural Stress Assistance Program is an equal access/equal opportunity program.**

Website: [farmstress.us](http://farmstress.us)