



**WRASAP**

Western Regional Agricultural  
Stress Assistance Program

Summer 2021

Greetings!

## Farm Stress News and Resources

**Farm Aid Hotline** Through the 1-800-FARM-AID (1-800-327-6243) hotline and email service, Farm Aid's hotline staff refer farmers to an extensive network of family farm and rural support organizations across the country. Referrals provide a variety of assistance to farmers, including:

- Immediate support to farm families in crisis
- Risk management and natural disaster resources
- Resources for socially disadvantaged farmers
- Behavioral and mental health services
- Funding opportunities for farmers

**Farm Aid hotline hours are  
Monday - Friday**

**9am-10pm ET | 8am - 9pm CT | 7am-8pm MT | 6 am-7pm PT | 3am - 4pm HAST**



ALASKA



HAWAII



AMERICAN SAMOA



GUAM



MICRONESIA



NORTHERN  
MARIANA  
ISLANDS

## WRASAP Clearinghouse

Looking for resources in your state/territory? The WRASAP Clearinghouse is a searchable database that compiles resources throughout the country and is organized by core service and state. WRASAP wants to make sure farmers, farmworkers, and people you work with have access to the resources needed, when they are needed.

**[Go to: farmstress.us/clearinghouse](https://farmstress.us/clearinghouse)**

Select Service

Select State

SEARCH FOR RESOURCES

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)

## Small Grant Program

WRASAP's first grant opportunity closed in April of this year with applications from across the region related to professional development, translation, and outreach. Congratulations to the following recipients, a summary of the proposed scope of work is below:

**Hawaii Farmers Union United (HFUU)** is a chartered member of the National Farmers Union (NFU), that works to support regenerative, locally based, agricultural systems since its inception in 2009. HFUU received 3 awards this quarter:



- Professional Development: HFUU will host stress reduction workshops and provide Mental Health Training for chapter leaders, farm apprentices, and others in the agricultural community.
- Translation: Key resources on agricultural practices and issues will be translated for Thai and Laotian farmers.
- Outreach: HFUU conventions and other events will incorporate the HIVE, a gathering place with speakers and short workshops centered around facilitated and peer-to-peer discussions on mental health stressors.



**The University of Guam (UOG)** mission is to "enable the multicultural community of Guam to make informed decisions through non-formal education programs based on research and identified local needs and to solve the problems and meet the challenges that face the people of Guam."

WRASAP small grant funds allow UOG to conduct in-person interviews with farmers and stakeholders in the agricultural sector in Guam, the Commonwealth of the Northern Mariana Islands, and the Federated States of Micronesia as part of the farm stress baseline survey. UOG will also develop intervention techniques to raise awareness of overexertion through translation of printed and electronic materials in various languages (e.g. *Chamorro, Chuukese, Filipino, Chinese, Vietnamese, and Kosraean*).

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

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 deadline for 2021 is **June 30th**

**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.

## WRASAP Partner Highlight: Oregon State University

**Oregon State University (OSU)** Extension partners with communities in every county of Oregon to provide information, services and expertise to meet local challenges and help every Oregonian thrive. In collaboration with WSU Skagit County Extension, the Farm and Ranch Stress Assistance Network (FRSAN) project began in September 2019.



OSU has made great strides in developing some amazing resources for the agricultural community in their state. OSU now hosts a FRSAN website, which is full of information relating to farm stress and suicide prevention and can be found [here](#). OSU has developed the foundation of a solid statewide network and are continuing to expand upon that. They have offered QPR trainings in English and are excited to offer a Spanish session at the end of June 2021. Looking to the future, OSU will be spending more effort on connecting with ag educators and finding ways to present farm stress and suicide prevention information at field days, grower meetings, etc.

## WRASAP Partner Highlight: Rocky Mountain Farmers Union



**Rocky Mountain Farmers Union**

**Rocky Mountain Farmers Union** recently announced their new program, The Rural Peer Assistance Network (RPAN), with the mission to uplift the lives of rural farmers, ranchers, agricultural workers and their families through stress management,

suicide prevention and substance abuse support, wiping out stigma, shame and resistance. This program has two parts—direct education and local peer support.

The *Running on All Cylinders Workshop* is being developed to educate farmers, ranchers, agricultural workers and their families about stress management, suicide prevention and substance abuse prevention and provide them with referrals to local treatment, support and emergency resources. The Peer Assistance Network is being developed by identifying local leaders in rural communities throughout Colorado, Wyoming and New Mexico. These local leaders will be trained to actively listen to their rural community members, neighbors and friends and to understand the signs and symptoms of stress, depression and substance abuse and how to connect people to the best treatment/resources. An RPAN website, videos and just-in-time communications are also being developed to provide helpful information and links to additional resources.

If you have any questions, you can contact Daniel Waldvogle, RPAN's Director ([daniel.waldvogle@rmfu.org](mailto:daniel.waldvogle@rmfu.org)) and Catherine Russell, RPAN's Associate Director ([catherine.russell@rmfu.org](mailto:catherine.russell@rmfu.org)).

## Meet a WRASAP Team Member: Esmeralda Mandujano

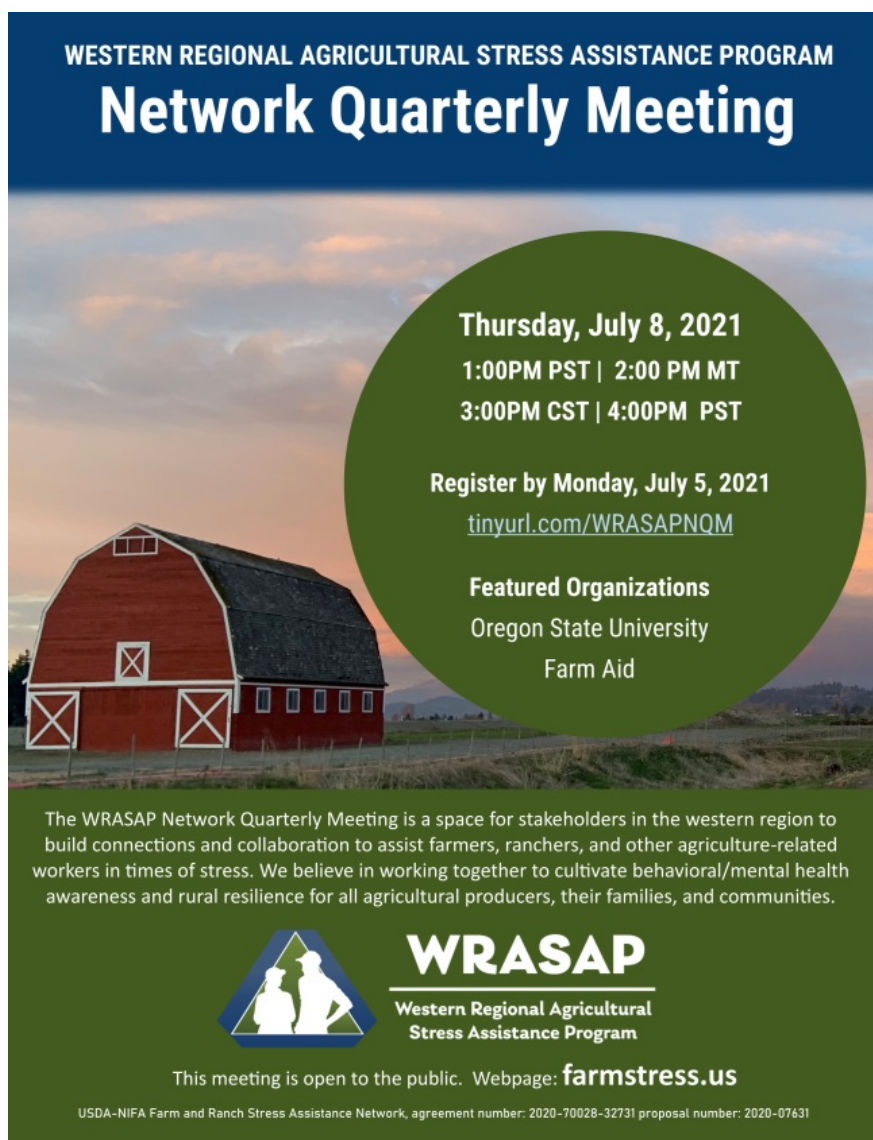
**Esmeralda Mandujano** has ten years of experience in occupational safety and prevention of secondary injuries in agriculture. She is the Program Manager for the California AgrAbility program at the University of California, Davis. She provides direct assistance to farmers and farmworkers with disabilities, injuries, and illnesses to help them to continue to work safely. Esmeralda focuses on networking and outreach for California AgrAbility as a core strategy to support program participant goals. Her goal is to support farmers and farmworkers to take care of their minds and bodies, their most valuable work tools. Esmeralda completed her undergraduate education in Psychology and earned



## 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.

To register visit: [tinyurl.com/WRASAPNQM](https://tinyurl.com/WRASAPNQM)




**WESTERN REGIONAL AGRICULTURAL STRESS ASSISTANCE PROGRAM**  
**Network Quarterly Meeting**

**Thursday, July 8, 2021**  
1:00PM PST | 2:00 PM MT  
3:00PM CST | 4:00PM PST

**Register by Monday, July 5, 2021**  
[tinyurl.com/WRASAPNQM](https://tinyurl.com/WRASAPNQM)

**Featured Organizations**  
Oregon State University  
Farm Aid

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](https://farmstress.us)

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

### Upcoming Events

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**WRASAP Network Quarterly Meeting**, July 8th 2021 12-1pm PDT

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**AgrAbility Regional Workshop**, August 9-11  
Registration [here](#)

Note: If you are interested in attending the AgrAbility Regional Workshop in Montana. Please

visit [farmstress.us](https://farmstress.us) to fill out a WRASAP Small Grant Program application in the Professional Development category. Funds are available for individuals living or providing a service to farming populations in the Western region (eligible states and territories information on webpage)

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The Western Regional Agricultural Stress Assistance Program is supported by the USDA Farm and Ranch Stress Assistance Network, under agreement number: 2020-70028-32731 proposal number: 2020-0763. The Western Regional Agricultural Stress Assistance Program is an equal access/equal opportunity program.

**Website: [farmstress.us](https://farmstress.us)**