

Delivering Mental Health Services in Rural, Farming Communities

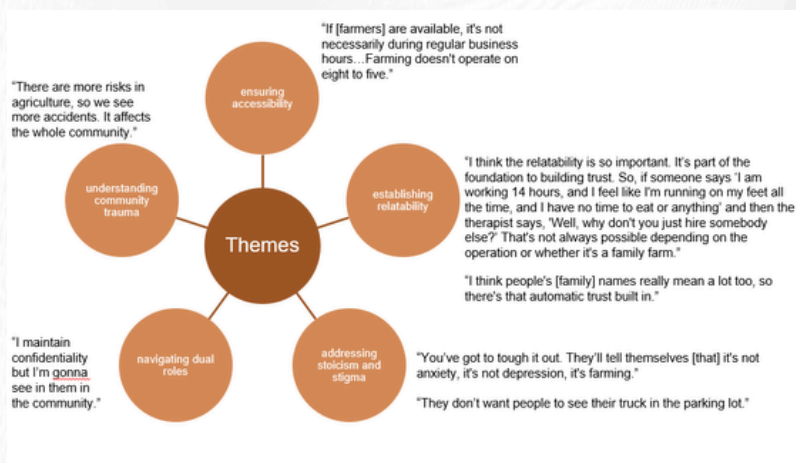
Purc-Stephenson, Roy, Chimaobi & Hood (2024).



OBJECTIVES

- What are farmers' help-seeking barriers?
- What strategies do healthcare providers use to engage farmers? (i.e., how do they get them through the door?)

FINDINGS



METHODS

- Interviewed 21 mental healthcare professionals with farmer clients
- Identified 5 major themes that influence farmers seeking help for their mental health
- Identified 8 strategies that mental health professionals use to engage farmers



The 3-ACORNS Framework

A	Work to accommodate farmers' seasonal and daily work schedules (e.g., having flexible cancellation policies)
A	Improve accessibility by offering services outside of regular work hours
A	Offer anonymity options for those who experience mental health stigma
C	Combine or embed mental health support with other programs that do not have stigma attached (e.g., recreation activities)
O	Offer programs that provide ongoing support
R	Communicate your knowledge of agriculture to improve your reliability to farmers
N	Network in the community
S	Share information about your services through many communication channels beyond just social media.

Key Takeaways

- Some mental health providers in AB engage well with farmers
- *Reliability* and *Accessibility* were the 2 most important factors to get farmers to use MH services
- The 3-ACORNS Framework is the first evidence-based model to guide mental healthcare service delivery for farmers
- New training program developed