



SKILLS FOR PSYCHOLOGICAL RECOVERY (SPR) FOR FARM STRESS

1. HOW WILL THIS PROJECT HELP?

The MU PSC SPR program for Farm/Ranch Stress provides up to 5 free teletherapy sessions to help farmers, ranchers, and their families cope with anxiety and stress related to the challenges of farm/ranch and agricultural livelihood and lifestyle.

2. HOW DO INDIVIDUALS ENROLL IN SERVICES? WHO IS ELIGIBLE FOR SERVICES?

Any Missouri farmer or rancher, or member of their immediate family is eligible for services. To request services:

- Adults can fill out this confidential online form:
<https://showmeportal.missouri.edu/redcap/surveys/?s=DA4J79FF84>
- Parents or guardians of youth under age 18 can fill out this confidential online form:
<https://showmeportal.missouri.edu/redcap/surveys/?s=R8TJMCLR8J>

3. WHY IS IT IMPORTANT TO PROVIDE SERVICES FOR THIS GROUP/POPULATION?

Farmers, ranchers, and rural Missourians face substantial stress related to economic conditions, financial stability, weather, and health concerns that affect their lives and livelihoods. This stress can impact their work, school, family and community relationships, and every aspect of daily life. Building coping resources can make these stressors much more manageable.

4. WHAT DOES THIS INVESTMENT MEAN FOR BOONE COUNTY RESIDENTS?

A federal grant to MU Engagement and Extension means that every state farmer and rancher can receive these services, regardless of insurance coverage or ability to pay. Access to free services helps remove at least one source of worry.

5. WHERE CAN PEOPLE GO TO GET MORE INFORMATION?

Information about the MU PSC is available on our website:

<https://psychology.missouri.edu/psychological-services-clinic>. Interested individuals can also email adpsc@umsystem.edu with questions about the SPR for Farm Stress or other services.

FEEDBACK FROM A RECENT SPR CLIENT

(de-identified excerpts; shared with client's permission)

I was privileged to participate in the grant for... teletherapy. After losing my job and worrying about [family member's] poor health..., I was having a really hard time. The therapist was very helpful with suggested approaches to reframe and change my patterns. Looking back now, I can see what a grace this was to help me think about "bad" things turning into positives.... I have gained tools to help me in future stressful situations. Thank you to the donor and thank you to MU Psych services for helping me.