

# Minnesota Senate report

## Committee on Finance

Chair: Sen. Julie A. Rosen

8:30 a.m.

Room 1200 Minnesota Senate Bldg.

## Mental Health spending (non-HHS)

Department of Agriculture (Minn State fiscal agent)

Farmer mental health

Brad Schloesser, Dean of Agriculture, South Central College and Director of  
Southern MN Center of Excellence for Agriculture

March 14, 2018

## Farm Business Management (FBM) in MN

- 2,700 farmers supported by 8 Minnesota State colleges
- 66 FBM faculty providing farmer education
- 2 Minnesota State Centers of Excellence in Agriculture
- 1 provider of rural mental health counseling - 1:2700
- Rural mental health advocate/practitioner



## 2017 Report on Rural Mental Health - Statewide

- 20 farm families, 22 couples, 45 individuals, 8 FBM instructors and their families seen on a regular basis = total of 130 clients
- 1,000 total counseling hours for the year
- 21,340 miles logged, equaling almost 400 hours of travel time

## Statewide Mental Health Outreach includes:

- 880 total face-to-face counseling hours for 45 individuals and 22 farm couples and families in 26 counties
- 75 hours of counseling for FBM instructors
- 250 hours of telephone consultation
- Both in-person and phone counseling on an as-needed basis for several other individuals who did not require any additional sessions or follow-up
- 15 hours training for FBM instructors and others statewide and speaking about the Mental Health Outreach Program at meetings and conferences
- Coordination with the Minnesota Department of Agriculture's Focus on Ag Mental Health



## Mental Health Outreach Program for FBM Addresses:

- Communications challenges
- Relationships within family and business partners
- Stress management
- Concern about weather
- Uncertainty over markets Profitability challenges
- Fear of losing the family farm



## Current Environment

- Market prices that challenge breakeven production costs
- Challenges with transitioning to the next generation
- Stress for communities very dependent on agriculture
- Struggles to meet family living expenses
- Significant capital investments to become established



**MINNESOTA STATE**  
Agriculture Center of Excellence, South



## Current Environment

“When people come to me,  
the last thing they need is a  
bill.”

Ted Matthews, Minnesota  
FBM Rural Mental Health  
Provider





Thank you for the opportunity to  
report on the current  
rural mental health status in  
Minnesota.

I am open to questions that may be  
presented on this topic.

