

## Happy New Year!

I think we can all agree that 2019 was a rough year for our local agricultural communities. From the difficult snow-riddled, long winter, spring flooding, late planting season, blizzards during calving season, diminishing markets, late harvesting season, and uncertain agricultural economy, 2019 wreaked havoc on a lot of our local farms and producers. As we happily leave the trials and difficulties of this year behind, join us in looking forward to 2020 with a renewed sense of hope, faith, and happiness at the new beginnings of the year. Just like the crops you harvest, please remember to harvest the fruits of joy, peace, gratitude, and hope in your lives in 2020. We wish you all a prosperous year filled with good health for yourself, family, farm, and communities.

Here are some great New Year's resolutions for farmers in 2020:

1. Create a marketing plan: Tim Meyer of the Producers Livestock Credit Corporation in Omaha, Nebraska said, "Manage risk with a protective mentality that allows you to capture any upside potential the market may offer. Profitable pricing opportunities do not come along often and must be rewarded when available. In these challenging times, you need to adopt a mentality of survival and advance. Take the necessary steps in your marketing plans to ensure that you survive, one year at a time."
2. Cut costs: Brent King of GlassRatner Advisory & Capital Group of Kansas City said, "Diligently quantify costs and persistently manage your farm to achieve maximum productivity at minimum cost."
3. Ask for help: Professor Dick Funt of Ohio State University states, "Keep learning! Seek input from local consultants, counselors, advisors, and extension specialists." You are never alone.
4. Eat healthier, especially during busy seasons: Commit to your health in 2020. The healthier you are the more productive you will be for yourself, family, and farm. Make time to eat healthier, exercise, enjoy hobbies, and vacations. Make sure to check in with your mental health and stress levels. Do not be afraid to get support from professionals, your family, or others in your communities.
5. Stay positive, share positivity: Even though 2019 was hard and you might still be reeling from its effects, try to stay positive about your farm and the future of agriculture. Also, positivity is infectious to those around you. Share a smile, a hug, or a laugh!
6. Get organized: Living in the technology age it is easier than ever to get organized as your calendar is at your fingertips. Be intentional about being organized to keep track of schedules, dates, and events that you need to attend. This will ease stress in your life.
7. Contact and get to know your legislators: Policy and laws is where the real changes happen. Get involved in your state policies and laws to have a greater impact on the agricultural community. Whether it is local, state, or federal, get to know your policy and law makers to enact change positively for the amazing agricultural community that you work so hard for.

If you do need support after 2019, please see the list of local resources at the bottom of this article. Furthermore, the Spink Area Support Network was birthed in this year as we've recognized the need for crisis response for our agricultural communities in the Spink area. We are working diligently to create policies and models of critical incident response that will assist our neighbors in their times of need. For example, we are creating a one day summit that will focus on agricultural mental health, well-being, and lifestyle. The summit is called the Spink Area Rural Support Summit, and it will be on March 14<sup>th</sup> at the Redfield High School in Redfield, SD from 9am until 4pm. Please mark your calendars for this event and look for the event page on Facebook to register online for only \$10 per person. If you would like more information on the summit or to be a sponsor please contact Chessa Quenzer at [chessa.quenzer@k12.sd.us](mailto:chessa.quenzer@k12.sd.us).

## Local Resources

- **Avera Farm:** Farmers, ranchers and people who live in rural communities
  - You can 1-800-691-4336 24 hours a day.
  - The call is free and confidential. The hotline is staffed by trained assessment counselors who put callers in touch with local mental health resources.
  - Now offering **FREE** counseling services for farmers and their families-at no cost. With the current state of the industry, we understand that farm families can feel overwhelmed in times of stress, instability, and uncertainty. We're here to help. Call 605-225-1010 for more information.
- **3 Wise Women Counseling & Recovery Services, Redfield:** Counseling, Mental Health Services, Chemical/Addiction Services.
- 1005 1st St. West, Suite #2, Redfield, SD
  - **Marcie Robertson LAC**, (605)450-6031, Licensed Chemical Addiction Counselor
  - **Tonya Jungwirth LPC-MH**, (605)460-1616, Licensed Professional Counselor-Mental Health
  - **Anne Jockheck LPC**, (605)450-1111, Licensed Professional Counselor
- **Community Mental Health Centers in South Dakota**
  - Individuals who meet programmatic and financial eligibility guidelines or who have considerable personal circumstances, may qualify for state funded services.
    - Northeastern Mental Health Center: Jo McCool, MS, LPC, QMHP, **Northeast Mental Health**, Aberdeen, (605)229-1000
    - Community Counseling Services (Hand, Beadle, Kingsberry) Huron: 605.352.8596
- **NAMI: National Alliance on Mental Illness**
  - NAMI South Dakota
    - <https://namisouthdakota.org/>
    - NAMI Aberdeen
      - Amy Sanderson at NE Mental Health @ 605-225-1010
- **Helpline Center South Dakota**
  - South Dakota's leader in suicide prevention and response. If you or someone you know is having suicidal thoughts please call 1-800-273-8255 anytime, day or night. All South Dakotans have access to the crisis line all day, every day. The service is free and confidential.
  - Call 211 or Text your zip code to 898211
    - You are not alone. Every day people turn to 211 for information and support – whether financial, family, health, or disaster-related. The call or text is free and confidential.

- Students from high schools across South Dakota can text to talk with caring staff. Help is available 24/7.
  - Text4Hope serves all high schools in South Dakota. Teens can text icare to 898211 to talk with a caring staff from the Helpline Center. Help is available 24/7.
- **Redfield Clinic & Community Memorial Hospital:** (605)472-0510
  - Telehealth: Mental Health Services
- **Veteran Services**
  - Veterans Crisis Line
    - <https://www.veteranscrisisline.net/> or call 1-800-273-8255
  - Veterans & Substance Abuse
- <https://www.drugrehab.org/veterans-and-substance-abuse/>