



Successful Model: Mental/Behavioral Health

Project: Sowing the Seeds of Hope

Target Population: Farm families

Geographic Area: Iowa, Kansas, Minnesota, Nebraska, North Dakota, South Dakota, and Wisconsin

Description: Sowing the Seeds of Hope is responding to the mental health needs of farm families. This is a collaborative effort of project leaders in seven predominantly rural states: Iowa, Kansas, Minnesota, Nebraska, North Dakota, South Dakota and Wisconsin.

Sowing the Seeds of Hope addresses the underserved rural agricultural population without regard to age, income, availability of insurance, racial/ethnic group or location. The program provides services to all members of the agricultural community. Often, these individuals and families experience an accumulation of stresses that result in the breakdown of coping mechanisms. Commonly associated behavioral health problems include interpersonal distress, depression, anxiety, substance misuse and loss of hope.

The program is establishing an integrated regional network of behavioral health care supports for the rural agricultural population. The coordinating partner for Minnesota Sowing Seeds of Hope services is Crisis Connection in Richfield. Minnesota services include:

- A 24/7 crisis hotline (866) 379-6363 (in Minnesota) receives approximately 2,600 calls annually
- Advocacy for rural mental health needs through statewide coalition
- Educational presentations and provider trainings that focus on the area of agricultural behavioral health issues.

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