

# An Agricultural Resource Guide for North Carolina Farmers



Funding Provided by  
USDA's Office of Partnerships  
& Public Engagement



## Introduction

Agriculture is a vibrant part of any community. Here in North Carolina, farmers provide fresh and healthy food to their surrounding communities, the state of North Carolina, and across the globe. Therefore, the purpose of this manual is to provide socially disadvantaged farmers, their families, caregivers, and other agencies guidance and resources that are critical to starting and sustaining a successful farm enterprise in North Carolina. This resource will cover important information that should be considered when starting or maintaining a farm. It will introduce you to a number of agencies and organizations that will be critical to your farm's success and sustainability.

Our communities in North Carolina are dealing with an array of challenges and are taking a deeper interest in self sustainability. Many are looking for new ways to build and maintain their resilience. Niewolny and Lillard (2010) emphasize that communities, practitioners, universities, and government agencies are beginning to see the importance of supporting communities through food and “the viability of new farms, and the economic, social, and environmental fabric of which they are a part” (p. 69). Therefore, beginning farmer training may be the single most important method to creating and/or maintaining social stability (Hamilton, 2011) and food security.

This workshop was designed to teach skills such as principles and practices. It utilizes inclusion, collaboration, and the use of multiple disciplines and resources to educate socially disadvantaged groups on best agricultural practices. The goal is to greatly enhance self-reliance, resilience, community development, capacity building, and community capitals. The hope is that a stronger and more resilient community prevents or minimizes social problems by making right investments in resources in agriculture (Kyle, 2018). Green and Haines (2012) argue that when societies invest in the correct resources, their community member's quality of life will improve.

Sumner (2009) calls this concept “social sustainability”. It enlists three views: commitment to “fair and just” labor practices, gender equality, and the conservation of communities and culture (Clark, 2006; Kyle, 2018). With these tools, community members can accumulate sufficient knowledge, leadership, and skills to efficiently and effectively face challenges leading to changes within their community and its community capacity including improving their economic and social standing (Green & Haines, 2012).

## Table of Contents

<b>Introduction .....</b>	<b>2</b>
<b>The Farm Bill .....</b>	<b>5</b>
<b>The farm Bill as it Pertains to Beginning and Socially Disadvantaged Farmers .....</b>	<b>5</b>
<b>Specific Areas of the Farm Bill and their Benefits .....</b>	<b>6</b>
<b>National Resources.....</b>	<b>9</b>
<b>USDA Programs .....</b>	<b>9</b>
<b>Resources for All Farmers .....</b>	<b>10</b>
USDA Services .....	<b>Error! Bookmark not defined.</b>
Financial Assistance .....	11
Additional Financial Assistance Programs .....	12
Beginning Farmer Websites .....	13
National Training & Employment Opportunities.....	13
Farm Outreach & Advocacy.....	14
<b>State Resources.....</b>	<b>15</b>
<b>North Carolina Cooperative Extension Service.....</b>	<b>15</b>
Programs .....	<b>Error! Bookmark not defined.</b>
<b>Additional Resources .....</b>	<b>Error! Bookmark not defined.</b>
<b>Networking and Environmental Preservation.....</b>	<b>16</b>
<b>NC Small Farm Association .....</b>	<b>16</b>
<b>Grange .....</b>	<b>16</b>
<b>NC Agriculture Safety and Health .....</b>	<b>17</b>
Farm Safety and Mental Health Resources source: Kyle et. al., 2016 .....	18
<b>Veteran Specific Information .....</b>	<b>28</b>
<b>Agricultural Training for North Carolina Veterans.....</b>	<b>28</b>
<b>Financial Assistance for Veterans .....</b>	<b>30</b>
<b>Resource Guides for Veterans that Farm.....</b>	<b>31</b>
<b>Source: Kyle et. al., 2016.....</b>	<b>32</b>
<b>Additional Resources for Veterans.....</b>	<b>33</b>
<b>Source: Kyle et. al., 2016.....</b>	<b>34</b>
<b>Veteran Educational Resources.....</b>	<b>34</b>
<b>Source: Kyle et. al., 2016.....</b>	<b>36</b>
<b>Additional Veteran Resources.....</b>	<b>37</b>
<b>Summary.....</b>	<b>38</b>
<b>References .....</b>	<b>38</b>
<b>About the Authors.....</b>	<b>40</b>

## Defined Terms

For the purposes of this publication the terms will be defined as such: following:

Term	Definition
Farm	<p>A place that grows crops and/or raises livestock in order to collect resources from them. The U.S. Agriculture Department (USDA) defines it as “any place from which \$1,000 or more of agricultural products were produced and sold, or normally would have been sold, during the year.</p> <p>Usda.gov</p>
Farmer	A person who cultivates land or crops or raises animals
Ranch	A ranch is specifically a large farm where the main product is livestock
Beginning Farmer or Rancher	<p>An individual or entity who: Has not operated a farm or ranch, or who has operated a farm or ranch for not more than 10 consecutive years</p> <p>usda.gov</p>
Socially Disadvantaged Farmer	<p>A farmer or rancher who has been subjected to racial or ethnic prejudice because of their identity as members of a group without regard to their individual qualities</p> <p>usda.gov</p>
Veteran	<p>A veteran is a former member of the Armed Forces of the United States (Army, Navy, Air Force, Marine Corps, and Coast Guard) who served on active duty and was discharged under conditions, which were other than dishonorable.</p> <p>usda.gov</p>

## The Farm Bill

The new Farm Bill increases support for beginning, veteran, urban, and minority farmers. This outlined support may help to assist Land Grant Universities, ECU, Cooperative Extension, NC Agromedicine Institute, NC AgrAbility Partnership, other NC Universities, and other state agencies better serve socially disadvantaged farmers, disabled farmers military veterans, and small farmers. This means that veterans and other socially disadvantaged farmers have the potential to receive more assistance and services through increased funding. A short summary of the benefits included in the new farm bill are below.

### The Farm Bill as it Pertains to Beginning and Socially Disadvantaged Farmers

- Allows the construction of the Local Agriculture Market Program (LAMP) and allocates the program with \$50 million per year. LAMP integrates the Farmers Market and Local Food Promotion Program (FMLFPP) and Value-Added Producer Grants (VAPG) programs and provides funding for each. LAMP will also provide a new regional public-private partnership and use federal resources to improve private investment and encourage “foodshed” level approaches to developing regional food economies.
- Reauthorizes The Food Insecurity Nutrition Incentives (FINI) program has been reauthorized and renamed as the Gus Schumacher Nutrition Incentives Program. Currently it provides \$250 million over 5 years. This will increase to \$45 million per year in 2019, and up to \$56 million in 2023 and beyond.
- The new bill reinstates and requires the U.S. Department of Agriculture (USDA) to include an Under Secretary for Rural Development, which was eliminated previously.
- Encourages the USDA to allow farmers markets to use an individual EBT (electronic benefits transfer) device for accepting SNAP benefits that can be used at more than one location.
- Supports a new “Urban, Indoor, and Other Emerging Agricultural Production Research, Education and Extension Initiative” competitive grants program with \$10 million in mandatory funding.
- Allocates up to \$25 million per year to create the space for USDA to create a new “Office of Urban Agriculture and Innovative Forms of Production” that includes a 15-member advisory committee and the ability for competitive grants. Additionally, this office will conclude a 10-pilot Urban and Suburban County Committee along with a community compost and reducing food waste pilot.
- The Rural Energy for America Program (REAP) received \$50 million per year.
- The National Sustainable Agriculture Information Service / Appropriate Technology Transfer for Rural America (ATTRA) was reauthorized. .
- The Business and Industry Loan Guarantees Local & Regional Food Enterprise Set-aside was reauthorized.
- The Healthy Food Financing Initiative was expanded to include healthy food enterprises as well as food retailers.
- Adds new areas to FMLFPP and VAPG that allows both programs to provide financial assistance for food safety infrastructure upgrades and certification.

**Specific Areas of the Farm Bill and their Benefits**

Name	Description
Commodity and Insurance	<p>Improves <i>Whole Farm Revenue Protection (WFRP)</i>, a risk management policy for diversified farms of all types by the period of time that beginning farmers have to access WFRP's beginning farmer 10 percent premium discount increased from 5 years to 10 years .</p> <p>Now requires RMA track and report an <i>Underserved Producer Report</i> every three years. This will include suggestions on how to best improve participation by beginning, socially disadvantaged, and veteran producers. The report will also include plans for administrative reforms and recommendations for congressional action.</p> <p>Improves the <i>Noninsured Crop Assistance Program(NAP)</i>, which provides insurance coverage through the Farm Service Agency (FSA) to producers and crops not otherwise eligible under federal crop insurance, in several ways:</p> <p>The bill now mandates that the two agencies work in collaboration to provide better coverage options for beginning and socially disadvantaged farmers.</p> <p>Includes a strong <i>step forward toward ending discrimination against farmers</i> who adopt cover cropping.</p>
Research and Plant Breeding	<p>Now, permanently funds and reauthorizes the Beginning Farmer and Rancher Development Program (BFRDP). It will be a part of the new Farming Opportunities Training and Outreach (FOTO) program.</p> <p>Reestablishes support for the Sustainable Agriculture Research and Education (SARE) program.</p> <p>Supports a new urban agriculture research initiative. The new Urban, Indoor, and Other Emerging Agricultural Production Research, Education, and Extension Initiative was allocated \$10 million for competitive and extension grants over the next five years.</p> <p>1890 land-grant institutions will receive \$40 million in funding for scholarships for students pursuing agribusiness, energy and renewable fuels, or financial management.</p> <p>Creates soil health priorities to both the Agriculture and Food Research Initiative (AFRI) and Organic Agriculture Research and Extension Initiative (OREI). The bill also adds new beginning farmer and rancher research priorities, including increasing viability of young, beginning, socially disadvantaged, veteran, and immigrant farmers and ranchers and farm succession and transition.</p>

Name	Description
Conservation	<p>Incentivizes the adoption of cost-effective, high payoff activities within CSP by increasing payment levels for cover crops, resource conserving crop rotations, and management-intensive rotational grazing.</p> <p>Authorizes a CSP payment for financial and technical assistance to support the development of comprehensive conservation plans, which are fundamental to reaching higher levels of stewardship. The authorized payment would reflect the complexity of a plan’s development.</p> <p>Ensures that all beginning and socially disadvantaged farmers enrolling in the Environmental Quality Incentives Program (EQIP) have the option to receive 50 percent of their cost share payment up front.</p> <p>Authorizes a CSP “organic initiative,” including an allocation of funds for certified organic participants and those transitioning to organic production.</p> <p>Includes the Senate provision to increase funding for the Conservation Reserve Program – Transition Incentives Program (CRP-TIP) from \$33 million to \$50 million over the next five years – including \$5 million for dedicated outreach to connect retiring farmers with beginning farmers, veterans, and farmers of color.</p> <p>The bill also expands eligibility to all CRP contract holders, not just retiring farmers. Additionally, within CRP-TIP, participating farmers are now able to get a two-year head start on certifying land coming out of CRP into organic production.</p>
Organic Agriculture	<p>Establishes permanent mandatory funding for Organic Agriculture Research and Extension Initiative (OREI). OREI supports research projects to address the most critical challenges faced by organic farmers. The 2018 Farm Bill funding will ramp up funding for OREI to \$50 million in permanent baseline funding by 2023. For 2019 and 2020, grant funding will remain at current levels of \$20 million but will increase to \$25 million in 2021 and \$30 million in 2022. This permanent baseline funding ensures that OREI will no longer have to negotiate funding from scratch every five years when a new farm bill is revisited, and provides much needed reassurance to the organic sector that continued research funding will be available to address the ever-evolving pest, disease and other challenges facing organic farmers.</p> <p>Provides \$5 million in mandatory funding for the Organic Production and Market Data Initiatives, which facilitates the collection and distribution of organic market information, including data on production, handling, distribution, retail, and consumer purchasing patterns.</p> <p>Directs the allocation of funds to states to support organic production and transition under the Conservation Stewardship Program. Funds will be allocated based on the</p>

Name	Description
Organic Agriculture (cont'd)	<p>number of certified and transitioning producers in the state, as well as the number of certified and transitioning acres. Farmers who participate in the Transition Incentives Program (an option for farmers with expiring Conservation Reserve Program contracts) are now able to get a two year head start on transitioning that land coming out of CRP into certified organic production. Additionally, contract-holders with expiring CRP contracts can now use the last three years of their CRP contract to begin the organic certification process. Reauthorizes and continues to provide mandatory funding for the National Organic Certification Cost Share Program (NOCCSP), which supports the growth of domestic organic production so that U.S. producers can take advantage of growing market opportunities. In 2019 and 2020, the bill provides NOCCSP with \$2 million a year; funding ramps up to \$4 million in 2021 and up to \$8 million in 2022 and 2023. Unfortunately, these annual funding levels are a cut from current funding of \$11.5 million per year. In total, \$24 million is allocated to NOCCSP over the next five years in the new farm bill. Including USDA's carryover estimates of \$16.5 million (i.e. unused funding from the last farm bill), total cost share funding would increase to \$40.5 million total over the next five years. This means that any gaps in service could be filled by the carryover funds; however, it's possible that funding may fall short in the later years – leaving organic farmers without assistance to become certified.</p> <p>Reverts matching grant requirements for USDA National Institute of Food and Agriculture (NIFA) programs like OREI to those predating the 2014 Farm Bill. The 2014 Farm Bill instituted a 100 percent matching requirement for these programs, which exempted Land Grant Universities, USDA agencies, and certain other academic institutions – putting non-profit organizations at a disadvantage in competing for federal research, education, and extension funding. The 2018 Farm Bill reinstates NIFA's ability to provide a waiver for OREI grant applicants who are unable to meet the 1:1 match.</p>

## National Resources

There are several national resources that can assist farmers and their farms. These programs have a number of requirements and specific steps that will need to be taken to qualify. In order to get the most out of the services available, it is first important to ask yourself what it is you are looking to accomplish and how you can best get the services that will benefit your farm the most. The following questions will help you to think about how to best navigate such programs.

### USDA Programs

What are the USDA programs that will help your situation? Assume that every agency has a program that could benefit your farm and do your research to find it.

What are the requirements for you to participate or qualify for a program?

Be very clear and transparent with what you plan to do on your farm. If you take advantage of USDA programs ensure you are not violating any of their rules.

It is likely that you qualify for targeted benefits. Find the targeted benefits that apply to your own situation or the situation of any of my farming partners. For example, military service, gender, race, ethnicity, and number of years farming can all play a role in qualifying you for particular programs and preferences that target specific demographic characteristics.

Do you have a farm number and are you listed as the operator? To be eligible for FSA or NRCS programs, a farm must be registered with the FSA, at which point it is assigned a farm number. If your land has not been assigned a farm number, you will need to establish one in order to participate in USDA programs.

Does your small specialty crop farm qualify? The USDA is actively promoting their policy that anyone producing food, fiber, or fuel has the right to seek a farm and tract number and sign up for USDA programs applicable to their operation. In other words, if you're growing a tenth of an acre of produce and see yourself as a farmer, you can request a farm number and tract number and be eligible for USDA programs. Source: usda.gov

## USDA Resources for All Farmers

Name	Description	Website
United States Department of Agriculture (USDA)	USDA provides information and leadership on food, agriculture, natural resources, rural development, nutrition, and related issues based on public policy, research, and effective management.	<a href="http://usda.gov">usda.gov</a>
Cooperative Extension Service (CES)	CES provides non-formal education and learning activities to people throughout the country. Each NC county has a local CES office for resources and information pertinent to local agriculture.	<a href="http://nifa.usda.gov/extension">nifa.usda.gov/extension</a> <a href="http://ces.ncsu.edu">ces.ncsu.edu</a>
Natural Resources Conservation Service (NRCS)	NRCS provides technical and financial assistance for agricultural conservation programs throughout the country. Most programs and funding related to conservation and environmental assistance will be found at NRCS.	<a href="http://nrcs.usda.gov">nrcs.usda.gov</a>
Agricultural Marketing Service	The Agricultural Marketing Service administers programs that create domestic and international marketing opportunities for food, fiber, and specialty crop producers. A comprehensive marketing program and avenues for marketing your farm products can be utilized through this service.	<a href="http://www.ams.usda.gov">www.ams.usda.gov</a>
Farm Service Agency (FSA)	FSA administers a variety of support, service, and incentive programs for agricultural producers. Available in most counties in the U.S., FSA offers your operation the opportunity to work with USDA funding initiatives one-on-one with a local representative.	<a href="http://www.fsa.usda.gov">www.fsa.usda.gov</a>
Rural Development	Rural Development was established to improve the economy and quality of life in rural America. It offers loans and grants to support services such as housing, economic development, health care, first responder equipment and services, and rural America's water, electric, and communication infrastructure.	<a href="http://www.rd.usda.gov">www.rd.usda.gov</a>
Risk Management Agency (RMA)	The RMA manages the Federal Crop Insurance Corporation. RMA provides crop insurance to American farmers and ranchers through the FCIC. The RMA also sponsors educational and outreach programs and seminars on risk management.	<a href="http://www.rma.usda.gov/">www.rma.usda.gov/</a>
Sustainable Agriculture Research & Education (SARE)	SARE is a nationwide program to improve profitability, stewardship, and quality of life by investing in groundbreaking education and research to help advance agriculture. SARE operates a competitive grant and education program in every state.	<a href="http://www.sare.org">www.sare.org</a>
National AgrAbility Project	AgrAbility provides technical assistance to farmers, ranchers, other agricultural workers, and farm family members who are challenged by both physical and mental disabilities.	<a href="http://www.agrability.org">http://www.agrability.org</a>

<b>Financial Assistance</b>		
<b>Name</b>	<b>Description</b>	<b>Website</b>
Farm Service Agency	USDA’s policy has led the agency in the direction of wishing to be your first and final source for the best funding opportunities possible. From direct loans, down payment programs, guarantees, and much more, FSA can help.	<a href="http://www.fsa.usda.gov">www.fsa.usda.gov</a>
Farm Credit	Farm Credit Services is a national agribusiness that offers loans, leases, and financial services to farmers, ranchers, and rural businesses. It helps fund agriculture-related endeavors, insurance, and education.	<a href="http://www.farmcreditnetwork.com">www.farmcreditnetwork.com</a>
Small Business Administration	The SBA helps Americans start, build, and grow businesses. It aids, counsels, assists, and protects the interests of small business owners as well as strengthen and maintain the overall economy of the nation.	<a href="http://www.sba.gov">www.sba.gov</a>
International Farm Transition Network	The International Farm Transition Network supports programs that assist the next generation of farmers and ranchers to address challenges with entering a farm career such as farm succession and retirement strategies.	<a href="http://www.farmtransition.org">www.farmtransition.org</a>
Farmlink	Farmlink websites connect farmers and land by providing information about available farm land, agricultural employment, farm mentor and incubator programs, and farm transition planning.	<a href="#">“farmlink” Google search</a>
Slow Money NC	Local, NC based organization that links investors to businesses in NC with a direct relationship with food and then environment. Slow Money NC provides low-interest loans to farmers.	<a href="https://slowmoneync.org/">https://slowmoneync.org/</a>
Crowd Funding Sources	Crowdfunding is a newer model of gaining capital for your farm. Typically, you create a story about why you’re seeking funding, post it on a crowdfunding website, and private donors will donate small amounts of money to potentially, and collectively, fund your endeavor. While these can be extremely successful, the likelihood of success depends on how well you present your story and how it may connect with a donor, and also what they may receive in return (some sources require a means of giving back to donors).	<a href="http://www.barnraiser.us">www.barnraiser.us</a> <a href="http://www.gofundme.com">www.gofundme.com</a> <a href="http://www.kickstarter.com">www.kickstarter.com</a> <a href="http://www.indiegogo.com">www.indiegogo.com</a>

<b>Additional Financial Assistance Programs</b>
<b>Farm Service Agency (FSA) Farm Ownership Loan</b> <a href="https://www.fsa.usda.gov/programs-and-services/farm-loan-programs/farm-ownership-loans/index">https://www.fsa.usda.gov/programs-and-services/farm-loan-programs/farm-ownership-loans/index</a>
<b>FSA Commodity Loan</b> <a href="https://www.fsa.usda.gov/programs-and-services/price-support/commodity-loans/index">https://www.fsa.usda.gov/programs-and-services/price-support/commodity-loans/index</a>
<b>Risk Management Agency (RMA) Federal Crop Insurance, Supplemental Coverage, and other Programs</b> <a href="https://www.rma.usda.gov/">https://www.rma.usda.gov/</a>
<b>Rural Development (RD) Single Family Housing Direct Home Loan</b> <a href="https://www.rd.usda.gov/programs-services/single-family-housing-guaranteed-loan-program">https://www.rd.usda.gov/programs-services/single-family-housing-guaranteed-loan-program</a>
<b>FSA Microloan</b> <a href="https://www.fsa.usda.gov/programs-and-services/farm-loan-programs/microloans/index">https://www.fsa.usda.gov/programs-and-services/farm-loan-programs/microloans/index</a>
<b>NRCS Environmental Quality Incentive Program (EQIP)</b> <a href="https://www.nrcs.usda.gov/wps/portal/nrcs/main/national/programs/financial/eqip/">https://www.nrcs.usda.gov/wps/portal/nrcs/main/national/programs/financial/eqip/</a>
<b>FSA Livestock Indemnity Program (LIP)</b> <a href="https://www.fsa.usda.gov/programs-and-services/disaster-assistance-program/livestock-indemnity/index">https://www.fsa.usda.gov/programs-and-services/disaster-assistance-program/livestock-indemnity/index</a>
<b>FSA Farm Storage Facility Loan</b> <a href="https://www.fsa.usda.gov/programs-and-services/price-support/facility-loans/farm-storage/">https://www.fsa.usda.gov/programs-and-services/price-support/facility-loans/farm-storage/</a>
<b>Small Business Administration (SBA)</b> <a href="https://www.sba.gov/">https://www.sba.gov/</a>
<b>Rural Development (RD) Value-Added Producer Grant Program (VAPG)</b> <a href="https://www.rd.usda.gov/programs-services/value-added-producer-grants">https://www.rd.usda.gov/programs-services/value-added-producer-grants</a>
<b>FSA Guaranteed Operating Loan</b> <a href="https://www.fsa.usda.gov/programs-and-services/farm-loan-programs/guaranteed-farm-loans/index">https://www.fsa.usda.gov/programs-and-services/farm-loan-programs/guaranteed-farm-loans/index</a>
<b>NRCS EQIP and Agricultural Marketing Service's (AMS) National Organic Certification Cost-Share Program (NOCCSP)</b> <a href="https://www.nrcs.usda.gov/wps/portal/nrcs/detail/national/programs/financial/eqip/?cid=nrcs143_008224">https://www.nrcs.usda.gov/wps/portal/nrcs/detail/national/programs/financial/eqip/?cid=nrcs143_008224</a> <a href="https://www.ams.usda.gov/services/grants/occsp">https://www.ams.usda.gov/services/grants/occsp</a>
<b>Risk Management Agency (RMA) Federal Crop Insurance</b> <a href="https://www.rma.usda.gov/">https://www.rma.usda.gov/</a>
<b>Rural Development (RD) Rural Energy for America Loans and Grants Program (REAP)</b> <a href="https://www.rd.usda.gov/programs-services/rural-energy-america-program-renewable-energy-systems-energy-efficiency">https://www.rd.usda.gov/programs-services/rural-energy-america-program-renewable-energy-systems-energy-efficiency</a>
<b>Carolina Farm Stewardship Association (CFSA) Organic Cost Share, GAP Certification and Auditing, High Tunnel Consultation, Marketing</b> <a href="https://www.carolinafarmstewards.org/">https://www.carolinafarmstewards.org/</a>

## Beginning Farmer Websites

Name	Description	Website
BeginningFarmers.org	BeginningFarmers.org contains a wide variety of links and resources useful to any beginning farmer or someone interested in pursuing an agricultural career.	<a href="http://beginningfarmers.org">beginningfarmers.org</a>
Farmers.gov	Farmers.gov provides farmers, ranchers, private foresters, and agricultural producers with online self-service applications, educational materials, engagement opportunities, and business tools to increase efficiency and productivity.	<a href="http://farmers.gov">farmers.gov</a>
USDA Beginning Farmer Website	This website highlights federal resources for individuals beginning to farm, including information on how a new farmer might receive financial aid via the Farm Bill. It is also a gateway for links to various USDA programs and resources useful to beginning farmers and veterans.	<a href="http://www.nal.usda.gov/beginning-farmers">www.nal.usda.gov/beginning-farmers</a>
USDA New Farmer Website	USDA's website offers information and resources for new farmers, women in agriculture, youth, veterans, and others.	<a href="http://newfarmers.usda.gov">newfarmers.usda.gov</a>

## National Training & Employment Opportunities

Name	Description	Website
Cornell University Small Farms Program	Cornell University provides a wide variety of resources useful to small and beginning farmers. The program includes workshops and online courses through Cornell Cooperative Extension, as well as many online publications and materials.	<a href="http://smallfarms.cornell.edu">smallfarms.cornell.edu</a>
The Center for Land-Based Learning Farm Academy	The California Farm Academy includes a seven-month training program that provides beginning farmers with technical skills, competency, and resources to grow and thrive in a farming career. The program also includes a formal apprenticeship option, and a farm business incubator.	<a href="http://landbasedlearning.org">landbasedlearning.org</a>
Appropriate Technology Transfer for Rural Areas - ATTRA	ATTRA provides information and technical assistance to farmers, rancher, educators, and others involved in sustainable agriculture. The website includes a directory of internship, apprenticeship, and job opportunities in sustainable and organic agriculture in the U.S. and Canada.	<a href="http://attra.ncat.org">attra.ncat.org</a>

## Farm Outreach & Advocacy

Name	Description	Website
National Farmers Union	The National Farmers Union strives to protect and enhance the quality of life and economic well-being of family farmers, ranchers, and rural communities through advocating grassroots driven policy positions.	<a href="http://www.nfu.org">www.nfu.org</a>
Farm Bureau	Farm Bureau is a non-governmental, voluntary organization governed by and representing farm and ranch families. They analyze challenges and formulate solutions to achieve educational improvement, economic opportunity, and social advancement and, thereby, to promote the national well-being.	<a href="http://www.fb.org">www.fb.org</a>
National Sustainable Agriculture Coalition	The National Sustainable Agriculture Coalition is an alliance of grassroots organizations that advocate for federal policy reform in order to advance the sustainability of agriculture, food systems, natural resources, and rural communities.	<a href="http://sustainableagriculture.net">sustainableagriculture.net</a>
The Center for Rural Affairs	The Center for Rural Affairs addresses small businesses, new farmers, rural health care, renewable energy, minority populations, environmental care, and community revitalization.	<a href="http://www.cfra.org/6">http://www.cfra.org/6</a>
Rural Advancement Foundation International (RAFI)	RAFI provides disaster assistance, farm advocacy through policy and Farm Bill reform, highlights farmers of all colors, offers a conference called “Come to the Table” that brings many entities together once a year to bring about positive change in local food systems, and helps farmers who may be facing farm insecurity with losses of contracts or other financial burdens.	<a href="https://rafiusa.org/">https://rafiusa.org/</a>
Carolina Farm Stewardship Association (CFSA)	CFSA provides policy reform in agriculture on a local, state, and federal level with governments and the Farm Bill. With a wide membership base throughout the Carolinas, CFSA provides a voice to legislators from farmers across the region. CFSA also offers programs to add value to farms (see above).	<a href="https://www.carolinafarmstowards.org/">https://www.carolinafarmstowards.org/</a>

Links to Farming Resources	
<a href="#">Goat Production</a>	<a href="#">Integrated Pest Management for Honey Bees</a>
<a href="#">Economics of Forest Management</a>	<a href="#">Poultry Production</a>
<a href="#">Business Plan Basics and VR Services</a>	<a href="#">Basics of Hydroponic Crop Production</a>
<a href="#">Beginning Beekeeping</a>	<a href="#">Aquaponics: A Quick Introduction?</a>
<a href="#">Marketing for New Agribusinesses</a>	<a href="#">Management Basics for Beef Markets</a>
<a href="#">Vegetable Production</a>	<a href="#">Marketing and Communicating With Your Customer</a>
<a href="#">Honey Bee Diseases</a>	<a href="#">Honey Bee Anatomy and Function</a>
<a href="#">How to Breed for Behavioral Resistance to Varroa Destructor</a>	<a href="#">Mushrooms 101: The Basics about Fungi</a>

## State Resources

Along with the above national resources, there are a number of state resources that can provide assistance for farmers. Most of these services are provided to you free of cost or at a low cost. They are local and easy to access. The list below is a summary of some of those programs.

**Veterans See Below for Veteran Specific Programs.**

### North Carolina Cooperative Extension Service

The North Carolina Cooperative Extension Service is a collaborative effort. It is part of a national organization funded by federal, state, and local governments as well as private sources and serves as a link between university agricultural research and the people of North Carolina. The two North Carolina land grants are North Carolina State University and North Carolina A&T State University. These universities were established with the passing of the Morrill Acts in 1862 and 1890 to make education available to a greater number of North Carolinians. They provide education through Extension Service agents. Their goal is to help with topics concerning agriculture, horticulture, conservation of natural resources, protection of the environment, nutrition, health, and a wide variety of family and economic concerns. They also reach out to youth, mainly through the 4-H Clubs. The mission of the Cooperative Extension Service remains helping North Carolinians improve the quality of their lives through the acquisition of knowledge.

Name	Description	Website
NC State University Cooperative Extension	Extension and research at NC State address timely issues impacting NC. Extension delivers trusted information directly into the hands of farmers and agribusinesses, helping them translate knowledge into solutions that grow our economy and communities.	<a href="http://www.ces.ncsu.edu/">http://www.ces.ncsu.edu/</a>
NC A&T Cooperative Extension	Cooperative Extension at N.C. A&T helps people across the state lead better lives by finding solutions to their problems. They deliver educational programs and technology to enrich the lives, the land and the economy of North Carolina's limited-resource individuals, families and communities.	<a href="https://www.ncat.edu/caes/cooperative-extension/">https://www.ncat.edu/caes/cooperative-extension/</a>

## Networking and Environmental Preservation

Name	Description	Website
Carolina Farm Stewardship Association	The Carolina Farm Stewardship Association (CFSA) is a farmer-driven, membership-based 501(c)(3) non-profit organization that helps people in the Carolinas grow and eat local, organic foods by advocating for fair farm and food policies, building the systems family farms need to thrive, and educating communities about local, organic agriculture.	<a href="https://www.carolinafarmstewards.org/">https://www.carolinafarmstewards.org/</a>
Center for Environmental Farming Systems	Through partnerships between N.C. A&T State University, N.C. State University and the N.C. Department of Agriculture and Consumer Services, the Center for Environmental Farming Systems (CEFS) was established in 1994 to develop and promote food and farming systems that protect the environment, strengthen local communities, and provide economic opportunities.	<a href="http://www.cefs.ncsu.edu">http://www.cefs.ncsu.edu</a>
NC Small Farm Association	This is a nonprofit organization committed to the success of Small Farms.	<a href="https://smallfarmassociation.com/">https://smallfarmassociation.com/</a>
Grange	This organization is for professional farmers, urban gardeners, or those who just seek locally grown goodness. They hold events and programs that offer the best of modern know-how with long-held traditional ideals.	<a href="https://www.ncgrange.com/">https://www.ncgrange.com/</a>

## NC Agriculture Safety and Health

Name	Description	Contact Information
North Carolina Agromedicine Institute	<p>North Carolina Agromedicine Institute, is a University of North Carolina inter-institutional institute whose partners are East Carolina University, North Carolina State University, and North Carolina Agricultural and Technical State University and partnerships with the agricultural community, other universities, businesses, health care organizations, governmental agencies, and non-governmental organizations. They address the health and safety risks of farmers, foresters, fishermen, their families and communities in North Carolina. The mission of the Agromedicine institute is to promote the health and safety of farmers, fishermen, foresters, their workers and their families through research, prevention/intervention, and education/outreach. Their goal is to reduce injury and illness by conducting research that leads to practical solutions and developing effective educational approaches that can be of benefit daily to the end user.</p>	<p><a href="http://www.ncagromedicine.org/">http://www.ncagromedicine.org/</a></p> <p>Be sure to click on 'Programs' and 'Resources'</p> <p><b>Dr. Robin Tutor-Marcom</b>            Director            NC Agromedicine Institute            1157 VOA Site C Road            Greenville, NC 27834            252.744.1008  <a href="mailto:tutorr@ecu.edu">tutorr@ecu.edu</a></p>
NC AgrAbility Partnership	<p>NC AgrAbility is a project of the North Carolina Agromedicine Institute, and is a collaborative partnership between North Carolina Agricultural and Technical State University, East Carolina University, North Carolina State University, The Agromedicine Institute, the North Carolina Assistive Technology Program, and various disability service providers. NC AgrAbility is part of the federally funded AgrAbility program through the U.S. Department of Agriculture National Institute for Food Safety (USDA-NIFA). AgrAbility serves individuals engaged in production agriculture, or a related occupation, who are limited by any type of physical, mental, or health-related disability. The vision of AgrAbility is to educate and assist farmers, ranchers, farmworkers and their family members farming with disabilities to enable them to stay actively engaged in production agriculture in a safe and productive way.</p>	<p><a href="http://www.ncagrability.org/">http://www.ncagrability.org/</a></p> <p><b>Dr. Crystal Kyle</b>            Director, NC AgrAbility            Agromedicine Coordinator            Cooperative Extension @NC            A&amp;T State University            (336) 285-4248  <a href="mailto:lcakyle@ncat.edu">lcakyle@ncat.edu</a></p> <p><b>Beatriz (Betty) Rodriguez</b>            Manager, NC AgrAbility            Cooperative Extension @ NC            A&amp;T State University            (336) 285-4680              <a href="mailto:bmrodrig@ncat.edu">bmrodrig@ncat.edu</a></p>

## Safety and Mental Health Resources:

Farm Safety	
Name	Description and Website
Caterpillar Safety Series	This link contains a large collection of safety information for a variety of different machines and includes videos of safety and operating tips, as well as checklists for safety and maintenance.  <a href="http://www.cat.com/en_US/support/safety.html">http://www.cat.com/en_US/support/safety.html</a>
Have you Heard? Hearing Loss Caused by Farm Noise is Preventable	This link provides information on how to correctly insert and wear different types of earplugs and tips on using hearing protection and a common noise level charts.  <a href="http://www.cdc.gov/niosh/docs/2007-176/pdfs/2007-176.pdf">http://www.cdc.gov/niosh/docs/2007-176/pdfs/2007-176.pdf</a>
How to Install and Maintain a Shaft Cover on a Tractor PTO: A Video	This video demonstrates how to install, use, and properly maintain a PTO shaft cover.  <a href="https://www.youtube.com/watch?v=uBoINyG7USU">https://www.youtube.com/watch?v=uBoINyG7USU</a>
Safe Implement Hitching	This includes a collection of pictures that show safe and unsafe connections and guides on how to use different types of hitches, as well as how to perform proper maintenance and inspections are covered.  <a href="http://www.wsps.ca/WSPS/media/Site/Resources/Downloads/Safe_Implement_Hitching_Guide.pdf?ext=.pdf">http://www.wsps.ca/WSPS/media/Site/Resources/Downloads/Safe_Implement_Hitching_Guide.pdf?ext=.pdf</a>
Safe Operation of Farm Tractor Videos	This is a video series that describes how to safely operate a tractor.  <a href="http://fyi.uwex.edu/dairy/safe-operation-of-farm-tractor-videos/">http://fyi.uwex.edu/dairy/safe-operation-of-farm-tractor-videos/</a>
The Kentucky ROPS Guide	A guide that will let you search nationwide for a retrofit ROPS designed for your specific make of your tractor.  <a href="http://warehouse.ca.uky.edu/rops/ropshome.asp">http://warehouse.ca.uky.edu/rops/ropshome.asp</a>
On Farm Health & Safety	Here you will find different links to information about safely handling cattle and working with cattle.  <a href="http://www.dardni.gov.uk/index/animal-health-and-welfare/private-veterinary-practitioners/on-farm-health-and-safety.htm">http://www.dardni.gov.uk/index/animal-health-and-welfare/private-veterinary-practitioners/on-farm-health-and-safety.htm</a>
Safe Horse Handling	This safety list offers safety rules and tips on horse handling.  <a href="https://www.kemi.com/safety/resources/safe_horse_handling.aspx">https://www.kemi.com/safety/resources/safe_horse_handling.aspx</a>

Source: Kyle et. al., 2016

<b>Pesticide Safety</b>	
<b>Name</b>	<b>Description</b>
Green book	This is a free membership that provides you access to over 12,000 chemical product labels for plant pesticides. <a href="http://www.greenbook.net/">http://www.greenbook.net/</a>
MSDS online	This site includes safety sheets on many chemical products. <a href="https://www.msdsonline.com/">https://www.msdsonline.com/</a>
Practical Solutions for Pesticide Safety	This guide is a farmer created data base that includes information related to pesticide usage and solutions. Each design comes with directions on setup, pictures, as well as, estimated cost. (LINK?)
Beware of Manure Pit Hazards	This site contains information on what the recommended level of exposure is for different concentrations of hazardous gases, negative effects of different levels of exposure, and guidelines for safely entering manure pits. <a href="http://nasdonline.org/1292/d001097/beware-of-manure-pit-hazards.html">http://nasdonline.org/1292/d001097/beware-of-manure-pit-hazards.html</a>
Grain Handling Safety Coalition Courses	These courses include a PowerPoint and cover the hazards and safety precautions associated with grain bins. <a href="http://grainsafety.org/training-2/course-descriptions/">http://grainsafety.org/training-2/course-descriptions/</a>
Ladder Safety Work Safe BC	This is a ladder safety series. <a href="https://www.worksafebc.com/en/health-safety/tools-machinery-equipment/ladders">https://www.worksafebc.com/en/health-safety/tools-machinery-equipment/ladders</a> .

Additional Farm Safety Resources	
Safety Information	<p><a href="#">FARMHAT Manual</a> – Manual including information on various safety and agriculture topics. Allows the user to generate a PDF including information on safety topics wanted. <a href="http://www.agsafety.psu.edu/farmhat/farmhat.html">http://www.agsafety.psu.edu/farmhat/farmhat.html</a></p> <p><a href="#">OSU Online Safety Library: Farm Safety and Agriculture</a> – Links to different safety documents for farmers. <a href="http://ehs.okstate.edu/links/farm.htm">http://ehs.okstate.edu/links/farm.htm</a></p> <p><a href="#">Texas A&amp;M University</a> – Different agricultural safety topics with a list of facts and safety information related to the topic. <a href="https://ehsd.tamu.edu/Safety%20Manual/Agriculture%20Safety.aspx">https://ehsd.tamu.edu/Safety%20Manual/Agriculture%20Safety.aspx</a></p> <p><a href="#">Tox Town</a> – Interactive farm where you can click on different places/objects and learn associated hazards. <a href="https://toxtown.nlm.nih.gov/flash/farm/flash.php">https://toxtown.nlm.nih.gov/flash/farm/flash.php</a></p>
Safety/Informative Videos	<p><a href="#">A Farm Accident Can Happen to Anyone of Us</a> - YouTube video where farmers recount their stories on how they got injured. They emphasize how trying to cut corners isn't worth the risks and how farm safety is so important. <a href="https://www.youtube.com/watch?v=HwMwhKLP5W4">https://www.youtube.com/watch?v=HwMwhKLP5W4</a></p> <p><a href="#">Agricultural Health &amp; Safety Videos</a> – Safety videos covering a large amount of farm safety topics. <a href="https://www.youtube.com/watch?v=lhsCY_25nCc">https://www.youtube.com/watch?v=lhsCY_25nCc</a> <a href="http://articles.extension.org/pages/67426/agricultural-safety-and-health-video-resources#.VYwaFPIVhBc">http://articles.extension.org/pages/67426/agricultural-safety-and-health-video-resources#.VYwaFPIVhBc</a></p> <p><a href="#">Farm Safety Campaign Ad 2015</a> – Powerful ad showing why farm safety is so important. <a href="https://www.youtube.com/watch?v=lhsCY_25nCc">https://www.youtube.com/watch?v=lhsCY_25nCc</a></p> <p><a href="#">Farmaccidents YouTube Channel</a> – Dedicated to farmers telling their stories of being injured in order to help promote safety. <a href="https://www.youtube.com/user/farmaccidents">https://www.youtube.com/user/farmaccidents</a> <a href="#">Plan.Farm.Safety.</a></p> <p>– Award winning farm safety video produced by the Canadian Agricultural Safety Association. Goes over major farm hazards and the importance of running a safe farm. <a href="https://www.youtube.com/watch?v=IGzNiAy67HA">https://www.youtube.com/watch?v=IGzNiAy67HA</a></p> <p><a href="#">SaskPower Farm Safety</a> - Great animated video which demonstrates what to do if you are operating a vehicle which hits a power line, and also what to do if the vehicle catches on fire if it does. Talks about how to safely operate around power lines on the farm. <a href="https://www.youtube.com/watch?v=ktDjipUvsZY">https://www.youtube.com/watch?v=ktDjipUvsZY</a></p> <p><a href="#">U.S. Agricultural Safety and Health Centers</a> – Video series designed to inform farmers of safe practices and hazards doing different farming tasks. <a href="https://www.youtube.com/user/USagCenters">https://www.youtube.com/user/USagCenters</a></p>

Additional Farm Safety Resources	
Safety Information related to children	<p>Progressive Agriculture Foundation – Helpful resources geared to teaching farm safety to children. Includes background information, lesson plans, and activities. <a href="https://www.progressiveag.org/">https://www.progressiveag.org/</a></p> <p><a href="#">North American Guidelines for Children’s Agricultural Tasks (NAGCAT)</a> – Guidelines on appropriate agricultural tasks for children. <a href="http://www.nagcat.org/nagcat/?page=nagcat_welcome">http://www.nagcat.org/nagcat/?page=nagcat_welcome</a></p> <p>National Children’s Center for Rural and Agricultural Safety and Health <a href="https://www.marshfieldresearch.org/nccrahs">https://www.marshfieldresearch.org/nccrahs</a></p>

NC Farm Safety Resources	
Name	Website
NC State University Farm Safety	<p>This site provides multiple resources for farmers and workers.</p> <p><a href="https://farmsafety.wordpress.ncsu.edu/">https://farmsafety.wordpress.ncsu.edu/</a></p>
NC Department of Labor	<p>This site reviews safety and health laws that apply to NC farmers and workers.</p> <p><a href="https://www.labor.nc.gov/safety-and-health/agricultural-safety-and-health">https://www.labor.nc.gov/safety-and-health/agricultural-safety-and-health</a></p>

### **Mental Health**

There is a great need for increased mental health awareness and solutions in rural areas of NC. It is estimated that at least 15 million rural residents struggle with mental illness, substantial substance addiction, and/or psychiatric conditions (Mohatt, n.d.). This can cause additional stress on the farm and can greatly contribute to the already stressful profession of farming. Below is a variety of online resources that are dedicated to helping farmers, farm families, and caregivers who are suffering from various mental health issues (Kyle et. al., 2016).

### **Coping Strategies for Farmers**

Coping Strategies at Work	
Attitudes	<ul style="list-style-type: none"> <li>• Set realistic goals and expectations daily.</li> <li>• Emphasize what was accomplished, not what failed to be accomplished.</li> <li>• Be positive about change and the need for change such as using new technology, or producing what the market wanted.</li> <li>• Shift from worrying to problem solving.</li> <li>• Be persistent and take active steps to ensure sustainability.</li> </ul>
Behaviors	<ul style="list-style-type: none"> <li>• Change priorities, prioritize tasks to make work habits more efficient.</li> <li>• Grow the business to a level where a full-time person could be employed.</li> <li>• Let your bank manager and accountant know of all the issues so they can help.</li> <li>• Reorganize farm life               <ul style="list-style-type: none"> <li>- Prior to stressful seasons, such as planting or harvest, determine who will take care of everyday chores.</li> <li>- Plan ahead – replace work machinery parts during the off season instead of at the last minute.</li> <li>- Change what is farmed.</li> </ul> </li> </ul>

<b>Coping Strategies Outside of Work</b>	
At home	<ul style="list-style-type: none"> <li>• Seek support from your spouse.</li> <li>• Accept that long work hours are needed.</li> <li>• Take time out off the farm and spend time with family and friends.</li> <li>• Turn off the phone.</li> </ul>
In the community	<ul style="list-style-type: none"> <li>• Seek support and advice from friends and colleagues.</li> <li>• Take a break away from farmers and talk to friends from different backgrounds.</li> <li>• Talk to your doctor; they will let you know what options are available.</li> </ul>

<b>Coping Strategies at the Individual Level</b>	
Attitudes	<ul style="list-style-type: none"> <li>• Be aware of and set achievable goals.</li> <li>• Accept situations and adopt active coping strategies.</li> <li>• Develop a strong sense of purpose particularly in relation to caring for the environment.</li> <li>• Accept there will always be change, develop resiliency and the ability to survive challenges.</li> <li>• Seek solutions to conflict.</li> <li>• Aim to put fun and laughter in your life.</li> </ul>
Behaviors	<ul style="list-style-type: none"> <li>• Talk about your worries: talk to a friend, partner, parents, doctor, counsellor or clergy.</li> <li>• Allow more time for administrative tasks and free time.</li> <li>• Eat well and avoid foods that increase tension – coffee, tea, chocolate, alcohol, and soft drinks.</li> <li>• Don't always put the farm first – have other interests.</li> <li>• Make time to exercise.</li> <li>• Get sufficient sleep.</li> <li>• Learn to be more assertive and say no to extra commitments.</li> </ul>

Source: [Coping Strategies for Farmers](#) section on Summary of coping strategies (table 6, page 18) Visit:

[http://www.acc.co.nz/PRD\\_EXT\\_CSMP/groups/external\\_communications/documents/reports\\_results/wpc134609.pdf](http://www.acc.co.nz/PRD_EXT_CSMP/groups/external_communications/documents/reports_results/wpc134609.pdf)

### **Self-screenings**

A screening test can be the first step to recovery. It is quick, cost free, and can help give a likely diagnosis if someone is unwilling to visit a therapist, trying to determine whether to visit a therapist, or unable to access one. [Mental Health Screening Tools](#) - <http://www.mentalhealthamerica.net/mental-health-screening-tools>

## Stress

Farming is identified as one of the most stressful occupations. In 2005, the Canadian Agricultural Safety Association identified financial insecurity, changing government policies, disease epidemic, expectations by family members, physical health changes, balancing on and off-farm work, and relationship difficulties as stressors that can influence overall mental health (Rosmann, 2007). Prolonged stress can lead to negative effects on your health including: heart disease, high blood pressure, diabetes, elevated depression, and anxiety disorders (NIMH, n.d). Moreover, stress has been shown to increase the rate of agricultural injuries (Rosmann, 2007). Below are some resources.

<b>Symptoms of Stress for the General Population</b>		
<b>Physical</b>	<b>Cognitive</b>	<b>Behavioral</b>
Energy decrease	Anxiety	Eating too much or little
Fatigue	Restlessness	Drug or alcohol abuse
Headache	Lack of motivation or focus	Tobacco use
Tense muscles	Anger or irritability	Social withdrawal
Chest Pain	Depression	Outbursts of anger
Upset stomach	Sadness	Procrastinating and avoiding responsibilities
Sleep problems	Excessive worrying	Nail biting, fidgeting, and pacing
	Pessimism	Forgetfulness
	Indifference	Increase in accidents/injuries

### Signs of Farm and Ranch Stress

- Change in routines.
- Livestock care declines.
- Accidents on the farm or ranch occur more frequently.
- An increase of illness in the family.
- Declined appearance of the farmstead.
- Children are more stressed.

Source: *Farm and Ranch Family Stress and Depression* section on A Checklist and Guide for Making Referrals (section on farm and ranch stress). Visit at:

<http://extension.colostate.edu/disaster-web-sites/farm-and-ranch-family-stress-and-depression-a-checklist-and-guide-for-making-referrals/>

<b>Resources That Can Help the Individual</b>	
A Rural Stress Tool book	<p>Introduces stress and talks about rural specific stressors. Helpful information on how to deal with stress includes 5 exercises to determine your level of stress and how you are currently managing stress. List of acceptance skills, coping skills, action skills, and skills to help prevent stress.</p> <p><a href="http://www.fcssaa.org/sites/default/files/documents/Rural%20Stress%20Toolbook.pdf">http://www.fcssaa.org/sites/default/files/documents/Rural%20Stress%20Toolbook.pdf</a></p>
Managing the Pressures of Farming	<p>Contains three checklists that can be used to determine stressors and help you learn tips on how to manage the stressors in your personal life, farm business, and family.</p> <p><a href="http://sydney.edu.au/medicine/aghealth/uploaded/fs_docs/guidance/farm_family_handbook.pdf">http://sydney.edu.au/medicine/aghealth/uploaded/fs_docs/guidance/farm_family_handbook.pdf</a></p>
Safe Farm Manage Farm Stress to Increase Safety	<p>A document that outlines common stressors, symptoms of stress on the farm, and different coping methods.</p> <p><a href="https://store.extension.iastate.edu/Product/Manage-stress-to-increase-farm-safety-Safe-Farm">https://store.extension.iastate.edu/Product/Manage-stress-to-increase-farm-safety-Safe-Farm</a></p>

### **Depression**

18.8 million American adults will experience a mood disorder each year. Women report twice the rate of depression as men do (NIH, 2001). These numbers transfer over to farmers and their families. Caregiving can be very stressful and adds to the likelihood of experiencing a mood disorder.

<b>Symptoms of Depression for the General Population</b>	
Difficulty concentrating	Long-term aches or pains
Fatigue	Anxiety
Feelings of guilt, worthlessness, hopelessness	Persistent sadness or “empty” feelings
Insomnia or excessive sleeping	Suicide contemplation or attempts
Irritability	Pessimism
Restlessness	Over or under-eating

### **Suicide**

Suicide continues to be a large problem in rural communities. The suicide rate is 34 per 100,000 farmers, while the suicide rate for the general population is 24 per 100,000 people (Rosmann, 2007). The highest at risk age groups for male farmers are 25-34 years, 75-84 years, and 85 years and older (Rosmann, 2007). Research shows there is a seasonality component where farmers are more likely to commit suicide during planting and harvesting seasons, during the beginning half of the week, and from 6:00 am to noon (Rosmann, 2007). Additionally, even though women have twice the rate of diagnosed depression, suicide rates are three to four times greater among men (Roy et al., 2013).

### **Warning Signs that Someone May Be Suicidal**

- Talking or thinking about death frequently.
- Sudden switch of mood from being very sad to being very calm or even happy.
- Clinical depression that gets worse.
- Taking risks that could lead to death.
- Losing interest in activities previously enjoyed.
- Comments of hopelessness, worthlessness, or helplessness.
- Tying up loose ends such as changing a will.
- Talking about suicide.
- Visiting or calling people one cares about.

Source: *WebMD* section on Suicide warning signs.

Visit at: <http://www.webmd.com/mental-health/recognizing-suicidal-behavior>

### **Resources That Can Help the Caregiver or Family member**

- [Depression Quest](http://www.depressionquest.com/) is an interactive game. The goal is to illustrate what living with depression is like so, people without depression can better understand what their loved one is going through. <http://www.depressionquest.com/>

### **Sources of Professional Assistance**

Rural communities lack mental health professionals, which causes the accessibility and availability of mental care to be limited. Greater than 60% of rural Americans live in a behavioral health shortage area and greater than 65% of rural patients receive assistance from their primary healthcare provider (Mohatt, n.d.), making mental health a challenge for many rural individuals. Below are available resources.

### **Teletherapy**

Teletherapy connects individuals whose main barrier to accessing professional help is distance. It provides assistance through video or other media services. One reason teletherapy is of interest is that it has the potential to transcend the rural barriers towards receiving professional service. Studies done with rural woman with depression and rural military veterans with PTSD indicate positive results using teletherapy. In fact, the rural veterans receiving teletherapy had lower scores on the Posttraumatic Diagnostic scale after six and twelve months than those receiving help from their normal healthcare clinic (Openshaw et al. & Roy et al., 2013).

- [Ask the Internet Therapist](http://www.asktheinternettherapist.com/services/) - Provides teletherapy in a variety of forms from video meetings, to telephone meetings, to just asking a psychiatrist questions. Each of these services costs approximately 40-60 dollars for a thirty-minute session and 80-120 for an hour session. Visit: <http://www.asktheinternettherapist.com/services/>

**Treatment Locators**

This service is meant to help people find a mental health provider.

Name	Description
<u>SAMHSA Behavioral Health Treatment Service Locator</u>	Helps locate therapists near you. Visit: <a href="https://findtreatment.samhsa.gov/">https://findtreatment.samhsa.gov/</a> They also have a 24/7 Treatment Referral Line 1-800-662-HELP (4357).
<u>Help PRO Social Worker Finder Basic Search</u>	Helps locate therapists near you. Filters for specialty, age group, specific populations, and insurance is accepted. Visit: <a href="https://www.helppro.com/nasw/BasicSearch.aspx">https://www.helppro.com/nasw/BasicSearch.aspx</a>

<b>General Mental Health Resources</b>	
Resources that can help the individual	<ul style="list-style-type: none"> <li>• <a href="https://www.dailystrength.org/">Daily Strength</a> – Over 500 different online support groups for all different types of issues. <a href="https://www.dailystrength.org/">https://www.dailystrength.org/</a></li> <li>• <a href="http://www.healthyplace.com/">HEALTHPLACE America’s Mental Health Channel</a> –“Provides comprehensive, trusted information on psychological disorders and psychiatric medications from both a consumer and expert point of view.” <a href="http://www.healthyplace.com/">http://www.healthyplace.com/</a></li> </ul>
Resources that can help the caregiver or family member	<p><b>Farm Related</b></p> <ul style="list-style-type: none"> <li>• <a href="http://www.valfarmer.com/home.ec">Dr. Val Farmer</a> – Articles written by a specialist in rural mental health. A large selection from general mental health topics to rural topics. <a href="http://www.valfarmer.com/home.ec">http://www.valfarmer.com/home.ec</a></li> <li>• <a href="https://www.farmaid.org/our-work/resources-for-farmers/farmer-resource-network/">Farmer Resource Network</a> – <b>For immediate assistance call 1-800-FARM-AID.</b> Services, tools, and opportunities for farmers in need. Everything from crisis assistance to financial counseling. <a href="https://www.farmaid.org/our-work/resources-for-farmers/farmer-resource-network/">https://www.farmaid.org/our-work/resources-for-farmers/farmer-resource-network/</a></li> </ul> <p><b>Universal</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/channel/UCFzQW5D6ROyOJlpcDy3xMYg">CAREGIVERdotORG YouTube Channel</a> – Videos of different caregiving skills from the national center of caregiving. <a href="https://www.youtube.com/channel/UCFzQW5D6ROyOJlpcDy3xMYg">https://www.youtube.com/channel/UCFzQW5D6ROyOJlpcDy3xMYg</a></li> <li>• <a href="http://www.choicesinrecovery.com/caregiver-center/mental-health-support">Choices in Recovery Caregiver Center</a> – Website resource for caregivers of someone with schizophrenia, schizoaffective, or bipolar disorder. <a href="http://www.choicesinrecovery.com/caregiver-center/mental-health-support">http://www.choicesinrecovery.com/caregiver-center/mental-health-support</a></li> <li>• <a href="http://www.facingdisability.com/spinal-cord-injury-resources/categories/family-and-caregiver-support">Facing Disability: Family and Caregiver Support</a> – A huge compilation of resources for caregivers of someone facing a spinal cord injury. However, many of the recommended websites could be used for other types of caregivers as well.</li> <li>• Gambling, Posttraumatic Stress Disorder, Psychosis, Schizophrenia, and Stigma. <a href="http://www.facingdisability.com/spinal-cord-injury-resources/categories/family-and-caregiver-support">http://www.facingdisability.com/spinal-cord-injury-resources/categories/family-and-caregiver-support</a></li> <li>• <a href="http://www.mentalhealthamerica.net/recognizing-warning-signs">Mental Illness and the Family 3 Part Series</a> – Presents warning signs of mental illness and how to cope, guidelines for seeking care, and guidelines for hospitalization. <a href="http://www.mentalhealthamerica.net/recognizing-warning-signs">http://www.mentalhealthamerica.net/recognizing-warning-signs</a></li> </ul>

### **For more information on specific mental health issues:**

These resources provide additional information on the specifics of different mental health disorders, different treatment options, and all the information a patient may want to know.

- **[MedlinePlus Mental Health and Behavior](https://medlineplus.gov/mentalhealthandbehavior.html)** – Long list of mental health issues each containing its own page with a great amount of information and resources.  
<https://medlineplus.gov/mentalhealthandbehavior.html>
- **[National Institute of Mental Health](http://www.nimh.nih.gov/health/index.shtml)** – Information on mental health topics, mental health split by gender and age, and different treatments.  
<http://www.nimh.nih.gov/health/index.shtml>
- **[National Alliance on Mental Illness](http://www.nami.org/Learn-More/Fact-Sheet-Library)** – Information on mental health and related conditions as well as treatments and services. <http://www.nami.org/Learn-More/Fact-Sheet-Library>

### **National Helplines for Mental Health:**

- Medicare Hotline [800-638-6833](tel:800-638-6833)
- NAMI (National Alliance for the Mentally Ill) Helpline [1-800-950-NAMI \(6264\)](tel:1-800-950-NAMI) - An information & referral service. You can discuss mental illness and the medications that treat them. Support offered, information and referral to local & state NAMI affiliates.
- National Association of Anorexia Nervosa & Associated Disorders [847-831-3438](tel:847-831-3438)
- National Clearinghouse for Alcohol and Drug Information [800-729-6686](tel:800-729-6686) website <http://www.health.org>
- National Council on Aging [800-424-9046](tel:800-424-9046) website <http://www.ncoa.org>
- National Council on Compulsive Gambling [800-522-4700](tel:800-522-4700)
- National Domestic Violence Hotline [800-799-7233](tel:800-799-7233)
- National Foundation for Depressive Illness [800-248-4344](tel:800-248-4344) Referrals to doctors and depression support groups, disseminates literature, publishes quarterly newsletter, and runs outreach program for adolescents and senior citizens. Recorded message has information on the signs of depression and manic-depression.
- National Institute on Aging [800-222-2225](tel:800-222-2225) website <http://www.nih.gov.nia>
- National Mental Health Association \* [800-969-6642](tel:800-969-6642) (Mon-Fri, 9-5 ET) \* Provides free information on over 200 mental health topics including manic-depression, bereavement, post-traumatic stress disorder, and warning signs of mental illness. Referrals to mental health providers, distributes free national directory of local mental health associations, and offers low-cost materials. Advocates to remove stigma of mental illness. Website: <http://www.nmha.org>
- National OCD Information Hotline [800-NEWS-4-OCD](tel:800-NEWS-4-OCD)
- National Resource Center for Homelessness and Mental Illness [800-444-7415](tel:800-444-7415)
- National Youth Crisis Hotline (San Diego CA) [800-448-4663](tel:800-448-4663)
- Veterans Crisis Line [1-800-273-8255](tel:1-800-273-8255) press 1 or text to [838255](tel:838255)

### Hotlines/Helplines

- National Suicide Prevention Hotline [1-800-273-8255](tel:1-800-273-8255)
- SAMSHA's Disaster Distress Hotline [1-800-985-5990](tel:1-800-985-5990) or text TalkWithUs to [66746](tel:66746)
- Farm Aid Resource/Helpline [1-800-FARM-AID](tel:1-800-FARM-AID)

NC Mental Health Resources	
Name	Website
RtoR	Mental Health Resources in NC <a href="https://www.rtor.org/mental-health-north-carolina/">https://www.rtor.org/mental-health-north-carolina/</a>
NCDHHS	The Adult Mental Health Services team works to provide regulatory and program oversight and review, consultation to mental health/developmental disabilities/substance abuse services managed care organizations, <a href="https://www.ncdhhs.gov/divisions/mhddsas/adultmentalhealth">https://www.ncdhhs.gov/divisions/mhddsas/adultmentalhealth</a>

### Veteran Specific Information

#### Agricultural Training for North Carolina Veterans

Name	Information	Website
Soldier to Agriculture Program	The Soldier to Agriculture Program is a one-of-a-kind program for transitioning service members to learn about the agricultural industry, farm planning and purchasing, trends and outlooks, and basic farm production models of all aspects of agriculture. Service members with six-months or less of active duty remaining, spouses, and veterans are eligible to attend.	<a href="https://cals.ncsu.edu/agricultural-institute/about/veterans/soldier-to-agriculture-program/">https://cals.ncsu.edu/agricultural-institute/about/veterans/soldier-to-agriculture-program/</a>  Contact: <b>Robert Elliott</b> <a href="mailto:Rlellio2@ncsu.edu">Rlellio2@ncsu.edu</a>
The Veteran's Farm of NC, Inc.	The Veteran's Farm of NC, Inc. is a 501(c)(3) organization devoted to training, consultation, equipment usage, and networking for veterans in NC that are beginning farms or are looking for ways to expand their operations and find help with marketing and other opportunities in agriculture.	<a href="http://www.vfnc.org">www.vfnc.org</a>
Veterans Healing Farm	Veterans Healing Farm in North Carolina offers workshops on innovative farming techniques and fosters a community of veterans and civilians who build deep friendships and cultivate emotional, physical, and spiritual health. High-quality fruits, vegetables, and flower bouquets are donated to veterans and their caregivers free of charge.	<a href="http://veteranshealingfarm.org">veteranshealingfarm.org</a>

Name	Information	Website
Thumos Project	Based in Wilmington, NC, Thumos Project comprises a group of veterans and civilians dedicated to assisting veterans and military families in our community through our referral network. It provides a transitional bridge for veterans of all eras and families of all veterans through engagement in community-based work projects and referral to support services.	<a href="http://www.thumosproject.org/">http://www.thumosproject.org/</a>
Veterans Organic Gardens	Veterans Employment Base Camp and Organic Garden is a North Carolina based non-profit corporation that is dedicated to assisting disabled, disadvantaged and homeless veterans to acquire employment, agricultural skills and veteran specific information. Located in the Duffyfield community which is an ethnically diverse and low to moderate income area of New Bern, NC. The garden benefits veterans in the program but also provide access to fresh, nutritious, and affordable food for community members. They are vital in promoting community health and provide not only a source of vegetables and fruit, but also educate the wider community about organics, food, and food security issues.	<a href="http://www.nccgp.org/garden">http://www.nccgp.org/garden</a>
Veteran Farmers Project—Center for Rural Affairs (CRFA)	CFRA Veteran Farmers Project offers individual consultations with professionals for financial and production advice, a HelpLine for phone and email inquiries, resources, and support, and a webinar on resources for veterans as new farmers.	<a href="http://www.cfra.org/veteranfarmers">www.cfra.org/veteranfarmers</a>
Growing Warriors	Growing Warriors is a national program that helps teach veterans and communities to grow and preserve their own food while partnering with local organizations to create hands-on curriculum to veterans and their families in a community garden setting.	<a href="http://growingwarriors.org">growingwarriors.org</a>
NCAT Armed to Farm	The National Center for Appropriate Technology (NCAT) Armed to Farm program focuses on training and providing technical assistance and resource materials for military veterans interested in sustainable and organic agriculture.	<a href="http://www.ncat.org/armedtofarm">www.ncat.org/armedtofarm</a>

## Financial Assistance for Veterans

Program	Information	Website
FVC Fellowship Fund	The Farmer Veteran Fellowship Fund is a small grant program that provides direct assistance to veterans who are in their beginning years of farming or ranching. Awards range from \$1,000 to \$5,000, and more than \$1.9 million has been awarded to veterans since 2011. Equipment, not funding, is provided directly to recipients.	<a href="http://farmvetco.org/fvfellowship/">farmvetco.org/fvfellowship/</a>
Natural Resources Conservation Service (NRCS) – 2014 Farm Bill Veteran Farmers	Veterans of the U.S. Armed Services receive preference for NRCS conservation programs offered in the 2014 Farm Bill. These voluntary conservation programs benefit both agricultural producers and the environment, and include financial and technical assistance as well as easements.	<a href="http://nrcs.usda.gov/2014FarmBillVeterans_top">nrcs.usda.gov/2014FarmBillVeterans. top</a>

## Resource Guides for Veterans that Farm

Title	Information	Website
USDA New Farmer Veteran Website	Includes links to programs and resources (including financial support), success stories, and career opportunities for veterans seeking to become involved in agricultural production or employment in an agricultural occupation.	<a href="http://newfarmers.usda.gov/veterans">newfarmers.usda.gov/veterans</a>
National AgrAbility Project	The National AgrAbility Project is committed to helping military veterans who choose agriculture as their "Next Mission," as well as beginning farmers with disabilities or other functional limitations. If you are a veteran or beginning farmer with an interest in farming, ranching, or other agricultural careers, or you simply want to learn more about our services, please feel free to contact AgrAbility.	<a href="http://www.agrability.org/resources/veterans/">http://www.agrability.org/resources/veterans/</a>  <b>Cindy Chastain</b> Veteran Outreach Coordinator (800) 825-4264 <a href="mailto:chastai1@purdue.edu">chastai1@purdue.edu</a>
Returning Veterans to Agriculture Project	This site is dedicated to gathering and communicating resources for veterans who are interested in returning to or starting careers in agriculture and in rural communities. The site links to various programs and resources throughout the country that assist veterans interested in agriculture.	<a href="http://rv2a.org">rv2a.org</a>
The Farm Bureau Resource Guide to Assist Veterans in Agriculture	Farm Bureau and the Farmer Veteran Coalition have partnered to enhance Farm Bureau's impact at the local, state, and national level for veterans interested in agriculture. The guide helps align the Farm Bureau Young Farmers' and Ranchers' program with the needs of veterans.	<a href="http://farmvetco.org/FarmBureauGuide">farmvetco.org/FarmBureauGuide</a>
Government Resources Guide for Farmer Veterans	This guide is a collaborative effort of the Farmer Veteran Coalition and the Drake University Law School Agricultural Law Center. The publication provides an overview of USDA, VA, Small Business Administration, and U.S. Department of Labor programs and resources for veterans.	<a href="http://farmvetco.org/GovernmentResourceGuide">farmvetco.org/GovernmentResourceGuide</a>

Title	Information	Website
Veteran Careers in Agriculture: A Resource Guide	This guide published by the Farmer Veteran Coalition contains a wide variety of information useful to veterans considering a career in agriculture. Topics include funding, education and training opportunities, using the GI Bill, business planning, available resources, farm enterprise options, and more.	<a href="http://farmvetco.org/resourceguide">farmvetco.org/resourceguide</a>
Homegrown by Heroes (HBH)	The HBH label is the official farmer veteran branding program of America. The label serves to inform consumers that agricultural products donning the logo were produced by U.S. military veterans. Farms and businesses displaying the logo denotes a Homegrown By Heroes-certified operation.	<a href="http://farmvetco.org/hbh">farmvetco.org/hbh</a>
BeginningFarmers.Org Military Veteran Farmer Training	This page provides links and referrals to farm-related training programs around the country geared toward veterans. BeginningFarmers.org also includes numerous resources covering a variety of topics appropriate for any beginning farmer.	<a href="http://www.beginningfarmers.org">www.beginningfarmers.org</a>
Ground Operations – Battlefields to Farm Fields	Ground Operations is a group of filmmakers who have come together in hopes of continuing to build the growing network of veterans who are going into agriculture as a means of transitioning back into civilian life and starting a career. The site also has a resource page for interested veterans.	<a href="http://groundoperations.net">groundoperations.net</a>

Source: Kyle et. al., 2016

## Additional Resources for Veterans

U.S. Department of Veterans Affairs		
Name	Description	Website
VA Caregiver Support Program	With many of today's veterans dealing with PTSD, TBI's, or other long-term conditions, the VA has a website highlighting support and service options available to those caring for loved ones who have served. A section of the site is dedicated to caregiver resources and programs for seriously injured post-9/11 veterans.	<a href="http://www.caregiver.va.gov">www.caregiver.va.gov</a>
VA Transition Assistance Program (TAP)	The Transition Assistance Program is coordinated through the VA and is a joint collaboration between the VA and the U.S. Departments of Defense and Labor. Its purpose is to help veterans make the transition from military life back into civilian life through work, life, and home.	<a href="http://www.benefits.va.gov/tap">www.benefits.va.gov/tap</a>
National Center for PTSD	The National Center for PTSD is dedicated to research and education on trauma and post-traumatic stress disorder. This site outlines how to recognize PTSD and ask for help or seek help. It also discusses benefits and different forms of treatment available.	<a href="http://ptsd.va.gov">ptsd.va.gov</a>
PTSD Coach	"PTSD Coach" is a smartphone app that can help track symptoms, screen reliable information, suggest treatments and direct links to support, and which has easy-to-use tools that help ease stress.	<a href="http://www.ptsd.va.gov/public/materials/apps/PTSDCoach.asp">www.ptsd.va.gov/public/materials/apps/PTSDCoach.asp</a>
Polytrauma and Traumatic Brain Injury	A traumatic brain injury (TBI) can happen from a blow or jolt to the head or an object penetrating the brain. Polytrauma occurs when a person experiences injuries to multiple body parts and organ systems. The VA has compiled a website to explain the VA's polytrauma/TBI system of care and provide resources and information about the conditions for caregivers.	<a href="http://www.polytrauma.va.gov">www.polytrauma.va.gov</a>
VA Crisis Hotline	The Veterans Crisis Line connects callers with responders from the Department of Veterans Affairs, many of whom are veterans themselves. The crisis line can be accessed by phone at 1-800-273-8255, and there are options for texting or online chat.	<a href="http://veteranscrisisline.net">veteranscrisisline.net</a>

Name	Description	Website
VA Vocational Rehabilitation and Employment (VR&E)	The goals of VR&E, also known as Chapter 31, are to assist with job training, employment accommodations, resume development, and job searching skills. The VR&E program also helps veterans with independent living arrangements and those who are severely disabled and unable to work in a traditional workplace.	<a href="http://www.benefits.va.gov/vocrehab">www.benefits.va.gov/vocrehab</a>
Veterans Services Organization Directory	The VSO Directory lists all congressionally-chartered and other veterans' service organizations recognized by the VA, along with those chartered that are not recognized by the VA. Other organizations representing the interests of American veterans that may not be chartered or recognized are listed as well.	<a href="http://www.va.gov/vso">www.va.gov/vso</a>

Source: Kyle et. al., 2016

### Veteran Educational Resources

GI Bill		
Name	Description	Website
GI Bill	There are multiple education assistance programs available to veterans and service members, often collectively referred to as the GI Bill. These programs include: • the Montgomery GI Bill • the Post 9/11 GI Bill • the Reserve Educational Assistance Program (REAP) • the Veterans Educational Assistance Program (VEAP) These programs vary in eligibility requirements and specific benefits, but they are all available to help pay for education and training.	<a href="https://benefits.va.gov/gi/bill/">https://benefits.va.gov/gi/bill/</a>
VA Post 9-11	For most veterans serving after September 11, 2001, the Post-9/11 GI Bill has the most to offer, but participation in each program will depend on the individual veteran's time and type of service and the benefits desired. Eligibility Post 9/11 GI Bill The Post 9/11 GI Bill is available to veterans who served on active duty for at least 90 aggregate days after 09/10/2001 and those honorably discharged from active duty with a service-connected disability after serving 30 continuous days after 09/10/2001. Note: While 90 days is the minimum requirement for eligibility, the amount of the benefit available under the Post 9/11 GI Bill will increase with the amount of time on active duty after 09/10/2001. For instance, someone serving more than 90 days but less than 6 months will receive 40% of the maximum benefit, while anyone serving more than 36 months will receive 100%.	<a href="http://www.benefits.va.gov/gibil/post911_gibil">www.benefits.va.gov/gibil/post911_gibil</a>

Name	Description	Website
<p>Montgomery GI Bill</p>	<p>The MGIB is available to veterans who served on active duty after 06/30/1985 and had their pay reduced by \$1,200 in their first year of service. Veterans Educational Assistance Program VEAP is available to veterans who entered service between 01/01/1977, and 06/30/1985, voluntarily contributed from \$25 to \$2,700, and were discharged under conditions other than dishonorable. Reserve Educational Assistance Program This program is available to Reserve and Guard members who meet one of the following eligibility criteria: 1. Served on active duty on or after 09/11/2001, in support of a contingency operation for 90 consecutive days or more, or 2. Performed full-time National Guard duty for 90 consecutive days or more when authorized by the President or Secretary of Defense when responding to a national emergency. Uses the GI Bill programs are most commonly associated with assistance pursuing a degree at a college or university. These programs, however, have many other applications beyond traditional higher education. All of the GI Bill programs listed above may be used for the following activities: • Pursuit of a college degree • Pursuit of a vocational degree • On-the-job training and Apprenticeships • Correspondence courses • Obtaining a license or certification • Flight training • Work study programs • Entrepreneurship courses • Tutoring (Tutoring does not qualify for VEAP).</p> <p>Some of these activities may be more suited to pursuing careers in farming or ranching than others, and creative ways to use these programs for farming and ranching are discussed in the “Farming Specific Benefits” section below. VA - GI Bill 27 Restrictions Time Limitations All of the GI Bill programs provide benefits for up to 36 months. This is a cumulative amount, meaning that if you attend school or training for three months, take another three months off, and then attend again for three months, you will have used six months of your available 36. Multiple Programs Although you may be eligible for multiple programs, you may not use more than one at a time. For instance, if you qualify for the Montgomery GI Bill as well as the Post 9/11 GI Bill, you must elect which one to use. For veterans serving more than three years after September 10, 2001, and eligible for 100% of the Post 9/11 GI Bill, the choice is almost certainly the</p>	<p><a href="https://benefits.va.gov/gi/bill/">https://benefits.va.gov/gi/bill/</a></p>

<p>Montgomery GI Bill (cont'd)</p>	<p>Post 9/11 program. Application Process and Timeline The application process may be completed online<sup>14</sup>, through your VA regional office, or with a VA Certifying Official. For those attending a college or university, the Certifying Official at the institution can help you complete your application. Once received and enrolled in the school or training program, it may take up to six weeks to process. For any GI Bill program, other than Post 9/11, you must also verify your enrollment on a monthly basis before you will receive payment for that month. To verify your enrollment, you may either use the Web Automated Verification of Enrollment (WAVE) or call 1-877-823- 2378.</p>	
<p>IAVA's Veterans Education Calculator</p>	<p>Iraq and Afghanistan Veterans of America (IAVA) supports veterans through a variety of programming and advocacy efforts. The Veterans Education Calculator allows veterans to get the best information possible and maximize benefits of the Post-9/11 GI Bill.</p>	<p><a href="#">iavas-veterans-education-calculator</a></p>

Source: Kyle et. al., 2016

## Additional Veteran Resources

Name	Description
<b>The Small Business Administration (SBA)</b>	
<p>Program Basics the Small Business Administration (SBA)</p>	<p>Program Basics the Small Business Administration (SBA) has a demonstrated record of serving military veterans and has several programs available to do so. The SBA's Veterans Business Outreach Centers (VBOC) should be the first point of contact to learn about these programs. VBOCs provide business development services, including business training, counseling, and mentoring, as well as referrals for veterans owning or considering starting a small business. Eligibility VBOC resources are available to the following individuals:</p> <ul style="list-style-type: none"> <li>• Veterans of any branch of the U.S. military who received an honorable discharge</li> <li>• Spouses of active duty and deployed service members</li> <li>• Widows and widowers of deceased service members</li> <li>• Business partners and investors in the business</li> <li>• Pre-Business Plan Workshops: VBOCs conduct entrepreneurial development workshops dealing specifically with the major issues of self-employment. See more information at the link provided.</li> </ul> <p><a href="https://www.sba.gov/">https://www.sba.gov/</a></p>
<p>Small Business Administration (SBA) Veterans Advantage</p>	<p>Program Basics the Small Business Administration has programs that guarantee payments to lenders that loan money to qualified small businesses. This reduces the risk for lenders to make money available to small businesses and improves the interest rate and processing requirements on such loans. There is, however, a guarantee fee that must be paid by the borrower. Follow the link for more information on requirements and eligibility.</p> <p><a href="https://www.sba.gov/offices/district/pa/pittsburgh/resources/sba-business-loan-information-veterans">https://www.sba.gov/offices/district/pa/pittsburgh/resources/sba-business-loan-information-veterans</a></p>
<p>VA Loans</p>	<p>This is a home loan guarantee program through the Department of Veterans Affairs. The loan is written and administered by a private lending institution, but the lender is guaranteed that a certain amount of the loan will be repaid. In return, the lender agrees to provide the veteran with the favorable terms set forth by the VA. These loans are intended for residential home purchases, but it may be possible to use them for a farm purchase that also contains a residence.</p> <ol style="list-style-type: none"> <li>1. A Down Payment is not necessary.</li> <li>2. No Mortgage Insurance is required.</li> <li>3. The VA mandates favorable interest rates.</li> <li>4. There are limits on what can be charged for closing costs.</li> <li>5. Early pay-off penalties are not allowed.</li> <li>6. The VA may provide assistance if the borrower has trouble making payments.</li> <li>7. It may be used more than once.</li> <li>8. It is assumable by other qualified individuals.</li> </ol> <p>Please follow the link for Eligibility and Restrictions</p> <p><a href="https://www.benefits.va.gov/homeloans/">https://www.benefits.va.gov/homeloans/</a></p>

## Summary

This guide was presented to introduce resources to farmers who wish to start and sustain a successful farm enterprise in North Carolina. A number of links were specified to connect you to agencies and organizations that will be critical to your farm's success and sustainability. However, this resource is guide is meant to introduce you to general topics and links that are available to you across the US and locally in North Carolina. This information is meant to be a resource guide, not a complete comprehensive list of information. Please contact the agencies listed in this guide and/or follow the links for additional guidance.

## References

- Clark, L. F. (2006). Globalization, corporatization and the organic philosophy: Social sustainability in question. In *Proceedings of the Third Annual Conference for Social Research in Organic Agriculture*. Retrieved from: <http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.528.7464&rep=rep1&type=pdf>
- ES & NAC. (2007). Caregiving in Rural America. Easter Seals and the National Alliance for Caregiving. Retrieved from: [http://es.easterseals.com/site/DocServer/CAREGIVING\\_IN\\_RURAL\\_AMERICA\\_text.pdf?docID=54443](http://es.easterseals.com/site/DocServer/CAREGIVING_IN_RURAL_AMERICA_text.pdf?docID=54443).
- FCA. (2012). Selected Caregiver Statistics. Family Caregiver Alliance. Retrieved at: <https://caregiver.org/selected-caregiver-statistics>
- Green, G. P., & Haines, A. (2012). *Asset building & community development*. Sage publications
- Gerrior, S. A., C. Crocoll, C. Hayhoe, and J. Wysocki. (2008). Challenges and Opportunities Impacting the Mental Health of Rural Women. *J. Rural Community Psychology*. 11(1). Retrieved from: <http://www.marshall.edu/jrcp/ARCHIVES/V11%20N1/Gerrior.pdf>
- Hamilton, N. D. (2011). Farms, Food, and the Future: Legal Issues and Fifteen Years of the New Agriculture. *J. Envtl. L. & Litig.*, 26, 1. Retrieved from: <https://heinonline.org/HOL/LandingPage?handle=hein.journals/jenvl126&div=4&id=&page=>
- Kyle, C. (2018). The Formation of Cultural Capital using Symbolic Military Meanings of Objects and Self in an Adult Agricultural Education Program serving Military Veterans, Virginia Tech.
- Kyle, C., Niewolny, K., Orndoff, N., Ohanehi, D., Ballin, K., Young, J., Bridge, S., Robertson, T. (2016). A resource guide for start-up military veteran farmers. AEE-152 NP, Virginia Cooperative Extension, Virginia Tech. Ballin, K. (2017). AgrAbility E-News No. 2.
- Kyle, C., Niewolny, K., Orndoff, N., Ohanehi, D., Ballin, K., Young, J., Bridge, S., Robertson, T. (2016). The basics of on-farm safety: An introductory guide by the AgrAbility Virginia Program. AEE-151NP, Virginia Cooperative Extension, Virginia Tech.

## References (cont'd)

- Kyle, C., Niewolny, K., Orndoff, N., Ohanehi, D., Ballin, K., Young, J., Bridge, S., Robertson, T. (2016). Mental health topics for farm families and caregivers: An AgrAbility Virginia Program resource. AEE-151NP, Virginia Cooperative Extension, Virginia Tech.
- Mohatt, D. F. Rural Mental Health: Challenges and Opportunities Caring for the Country. Retrieved from:  
<http://govinfo.library.unt.edu/mentalhealthcommission/presentations/rural.ppt>  
Accessed October 1, 2015.
- Niewolny, K. & Lillard, P. (2010). Expanding the boundaries of beginning farmer training and program development: A review of contemporary initiatives to cultivate a new generation of American farmers. *Journal of Agriculture, Food Systems, and Community Development*, 1 (1), 65-88. Retrieved from: <https://doi.org/10.5304/jafscd.2010.011.010>
- NIH. (2001). Mental Disorders in America. Bethesda. Retrieved from:  
[http://www.allaboutdepression.com/gen\\_25.html](http://www.allaboutdepression.com/gen_25.html).
- NIMH, (n.d). Adult Stress – Frequently Asked Questions. Retrieved from:  
<http://www.nimh.nih.gov/siteinfo/contact-nimh.shtml>
- Openshaw, K., J. A. Morrow, R. Pfister, and D. Moen. (2012). Therapy for Depression through Teletherapy. *J. Rural Community Psychology*. 15(1). Retrieved from:  
<http://www.marshall.edu/jrcp/vol15.1contents.htm>.
- Rosmann, M. R. (2007). Behavioral Health Issues of the Aging Agricultural Population. Retrieved from:  
<http://www.agsafetyandhealthnet.org/Rosmann%20BehavioralHealthIssuesofAgingAgPopulation20072.pdf>
- Roy, P., G. Tremblay, J. L. Oliffe, J. Jbilou, and S. Robertson. (2013). Male farmers with mental health disorders: A scoping review. *Aust. J. Rural Health*. 21: 3-7. doi: 10.1111/ajr.12008.
- Sumner, J. (2009). Sustainable horticulture and community development: More than just organic Production. *Journal of Sustainable Agriculture*, 33(4), 461-483. Retrieved from:  
<https://doi.org/10.1080/10440040902835126>
- Talley, R.C., K.C. Buckwalter, and K. Chwalisz. (2011). *Rural Caregiving in the United States: Research, Practice, Policy*. New York: Springer Science + Business Media.

## About the Authors

**Crystal Kyle, PhD**, NC Agromedicine Institute Coordinator, NC AgrAbility Director, NC A&T State University

Dr. Kyle is an Army veteran farmer working in the roles of AgroMedicine Coordinator and as the North Carolina AgrAbility Program Director. Her emphasis is to develop, implement, sustain, and evaluate a comprehensive research based educational program agenda that meets the needs of limited-resource and socially-disadvantaged, small farmers. Her educational background is in Earth and Environmental Science, Agricultural Education, and Agricultural Occupational, Health, and Safety. Merging these disciplines, she conducts research and develops educational material for farmers and ranchers that will help to create or sustain farms across NC. One of Crystal's interest includes a research agenda that focuses on her peer military veterans that often are suffering from the effects of PTSD and Moral Injury. Her overall goal is to provide quality programs through superior research and evaluations that will assist North Carolina farmers with the ability to continue farming safely and improve their quality of life as well as, address health and safety risk of farmers, their families, and their communities.

**Robert Elliott**, Soldiers to Agriculture Program, Veteran Liaison, Agricultural Institute, NC State University

Robert Elliott, an Alaskan native and former U.S. Marine Corps veteran, Executive Director of The Veteran's Farm of NC, Inc. and coordinator of The NC Farmer Veteran Network will be the Assistant Project Director. He will also co-teach the classes and provide as a model of a veteran who has become a successful small-scale farmer. Mr. Elliott has worked the last three years to assist military veterans in finding their place in agriculture through NCSU as a military liaison. He has won numerous awards for his efforts and has a database of 250-300 veteran farmers as well as approximately 14 of 15 individuals who are transitioning out of the military.

**Robin Tutor-Marcom, EdD, MPH**, NC Agromedicine Institute Director, East Carolina University

Dr. Robin Tutor Marcom is Director of the NC Agromedicine Institute and a member of an active farm family. The Institute is a University of North Carolina inter-institutional partnership sanctioned in 1999 to promote the health and safety of farmers, fishermen, foresters, their workers and their families through research, prevention/intervention and education/outreach. Dr. Tutor Marcom is nationally certified as an AgriSafe provider with special training in agricultural safety and health. Her background in Occupational Therapy, Public Health and Agricultural and Extension Education lends itself well to addressing the health and safety needs of agricultural populations including individuals farming with a disability. Dr. Tutor Marcom has been a co-investigator on the NC AgrAbility Partnership for the past seven years. Under Dr. Tutor Marcom's leadership, the Institute serves more than 10,000 individuals annually. For the past five years, the Institute has participated in the NC Department of Agriculture & Consumer Services Minority Landowners Conference. In 2017, Dr. Tutor Marcom also assisted Trancas with its USDA-focused outreach and education program, 'Growing a NC Farm' targeting American Indians.

## About the Authors (cont'd)

**Elizabeth Wilson, PhD**, Agriculture Institute, Soldiers to Agriculture Program, College of Agriculture and life Sciences, NC State University

Dr. Elizabeth Wilson is the Assistant Director for Academic Programs and the Director of the Agriculture Institute in the College of Agriculture and life Sciences at NCSU. Additionally, Dr. Wilson is the Undergraduate Coordinator for the Agricultural and Extension Education. She earned two Bachelor of Science degrees in Agricultural Education and Horticulture, a Master of Education in Agricultural Education, and a Doctor of Education in Occupational Education from North Carolina State University. She has over 20 years of grant experience and has received and carried out multiple USDA Higher Challenge grants during her career. She has conducted research related to diversity in agricultural education and has successfully partnered with many state and federal agencies.