

PRESS RELEASE

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Farmers invited to a conference on mental health

Farmers in the community are invited to a conference on farmer-related stress and mental health management to be held from 2 p.m. to 8 p.m. on Friday, June 17, at the Westin Resort Guam. The first-time conference, titled “Farmer Focus: Cultivating Health and Wellness with Our Farming Community,” is being hosted by the University of Guam, the Guam Behavioral Health and Wellness Center, and the Western Regional Agricultural Stress Assistance Program.



Michelle Grocke

Participants will hear educational talks from local, regional, and national behavioral health specialists and industry professionals on stress and anxiety management, identifying signs of stress and anxiety, suicide prevention, relaxation techniques, overall wellness, and access to mental health services.

For the keynote address, Michelle Grocke, an assistant professor and health and wellness specialist at Montana State University, who holds a doctorate in medical anthropology, will present on recent data collection and insights from the Western Regional Agricultural Stress Assistance Program.

Other wellness talks will include:

- “Seeing Through the Stigma: Accessing Mental Health Services in Guam”
by KristiAnna Whitman, Ph.D.
Project Director, Guam Focus on Life
Guam Behavioral Health and Wellness Center

- “Why Do I Feel This Way? Effects of Mental Health”
by Rita Sharma, Ph.D.
Director, I’Pinangon Campus Suicide Prevention Program
University of Guam

Participants can also learn about mini grant funding opportunities of up to \$10,000 to promote behavioral health and wellness in the agricultural community.

Registration is free, and dinner will be provided. To register, visit url.uog.edu/farmerfocus, or call Elvira Gisog at (671) 797-8566 or gisoge@triton.uog.edu.

The conference is made possible through funding by the Western Regional Agricultural Stress Assistance Program, a national network of organizations and community members working to support the agricultural community.

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