

# *Resilient Farms & Families*

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Resilient Farms & Families was created in response to the current state of the agricultural economy. It was created as an avenue to brand events, programs, and materials that foster resiliency by connecting the agricultural community with education and resources to thrive in an ever changing world. The focus is on resources that cross institutes and allow for a team response to a multifaceted issue. Resources are aimed at improving the mental, physical, emotional and financial well-being of not only on-farm producers, but also their employees as well as the agri-business community which serves these producers.

The initial four programs include:

## *Working Together in Difficult Times*



This program provided agri-business professionals with the knowledge and resources to better understand their clients' needs and to offer help and support when necessary. It featured the introduction of two folders in green and yellow. The green folder included materials for the agri-business professional, while the yellow included materials for the producer. At the end of the workshop, the agri-business professionals were asked to take three yellow folders, go back to producers that had expressed distress, and provide them with a folder. The producer folder included a resource guide specific to Green and Lafayette Counties.

## *Working Through Changing Times*



This program provided women in agriculture with the information needed to make important decisions about their farm in a changing atmosphere. This workshop included information on succession planning, motivating and recruiting employees, working through change, and handling conflict.

## *Farming After Dark*



This program provided an opportunity for farmers and spouses to de-stress for a few hours off the farm through fellowship, relationship and fun, while promoting the local agriculture industry. Participants sampled local agricultural fare while making new connections and relaxing in a neighborly environment.

## *The Longest Night*



The Christmas season is not always a joyful time for everyone, for many reasons. This program provided the community with the opportunity to find peace, hope, strength and remembrance through difficult times in the past, present and future. This program was a collaboration with Mental Health Matters of Lafayette County on the longest night of the year - December 21<sup>st</sup>.