

# SDSU Extension Rural Behavioral Health Team

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**Andrea Bjornestad**  
andrea.bjornestad@sdstate.edu



**Krista Ehlert**  
krista.ehlert@sdstate.edu



**Lorna Saboe-Wounded Head**  
Lorna.WoundedHead@sdstate.edu

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## SDSU Extension Mental Health

Dr. Bjornestad is an invited speaker on rural mental health in South Dakota. Her research has focused on the impact of stress on the mental health of agricultural producers, and she travels across South Dakota speaking to farmers, ranchers, and ag organizations about mental health. She also helps connect farmers and ranchers to counseling services in their area.

For presentation requests or mental health resources, please contact:

Andrea Bjornestad, Ph.D., Assistant Professor & SDSU Extension Mental Health Specialist  
Andrea.Bjornestad@sdstate.edu; 605-688-5125

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## Farm and Ranch Stress Workshops

### Workshop #1: Communicating with Farmers Under Stress Workshop

Numerous factors may cause stress for farmers. Many farmers face financial problems, price and marketing uncertainties, farm transfer issues, production challenges and more. You may know farmers who struggle with stress, anxiety, depression, burnout, indecision or suicidal thoughts. You want to help, but maybe are not sure what to say or do. You may also find yourself having to deliver difficult news to farmers. This workshop will help you recognize and respond when you suspect a farmer or farm family member might need help. *(Note: This workshop is specific to agri-business professionals and service providers who work with farmers, ranchers, and their families. Bankers, insurance agents, brokers, business owners, clergy, and so on are more than welcome.)*

**Cost:** \$500

### Workshop #2: Weathering the Storm in Agriculture: How to Cultivate a Productive Mindset.

Farming and ranching is stressful, and we know that numerous factors may cause stress for you and your families. SDSU Extension invites you to attend a 1.5 hour workshop designed to help you and your family understand the signs and symptoms of chronic stress, and how to handle stress for a more productive mindset on the farm. *(Note: This workshop is specific to farmers, ranchers, and their families.)*

**Cost:** \$500

**Hosting both workshops at once or having one at a later date: \$750 for both (\$250 savings)**

For more information on these workshops, please contact:

Krista Ehlert, Ph.D., Assistant Professor & SDSU Extension Range Specialist  
Krista.Ehlert@sdstate.edu; 605-394-2236

## Mental Health First Aid

SDSU Extension personnel have been trained to offer mental health first aid courses across South Dakota. Mental health first aid teaches participants how to identify, understand, and respond to signs of mental illnesses and substance use disorders in their community. Youth and adult trainings are available.

**Cost:** \$60 per person OR \$600 for up to 30 individuals. Please note that by choosing the \$600 option, your organization is responsible for the logistics (location reservation, food, handling registrations, etc.).

**Please note that either offering is capped at 30 individuals.**

For more information on mental health first aid, please contact:

Lorna Saboe-Wounded Head, Ph.D.; SDSU Extension Family Resource Management Field Specialist  
Lorna.WoundedHead@sdstate.edu; 605-782-3290

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## Other SDSU Extension Resources

### Better Choices Better Health (BCBH)

This workshop will teach participants new ways to manage their chronic conditions. Workshops are held once per week for six weeks. Each 2.5 hour session is led by trained leaders who have chronic conditions themselves. Participants will have more energy, less fatigue, and lead a more active lifestyle.

For more information or to register, visit [BetterChoicesBetterHealthSD.org](http://BetterChoicesBetterHealthSD.org) or call 1-888-484-3800.

### Ag Business Tools and Aids

<https://extension.sdstate.edu/agriculture/agbusiness>

Heather Gessner, SDSU Extension Livestock Management Field Specialist  
Heather.Gessner@sdstate.edu; 605-782-3290

Jack Davis, SDSU Extension Crops Business Management Field Specialist  
Jack.Davis@sdstate.edu; 605-995-7378

### Family Finance Tools and Aids

<https://extension.sdstate.edu/family/family-finances>

Lorna Saboe-Wounded Head, Ph.D.; SDSU Extension Family Resource Management Field Specialist  
Lorna.WoundedHead@sdstate.edu; 605-782-3290



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