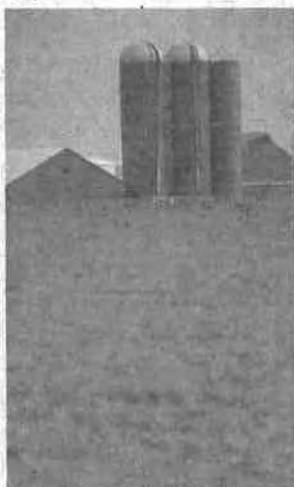


## Farm Business Management

## Rural Mental Health Support



**Central Lakes College  
Brainerd & Staples**



*Creative Solutions are needed to address rural mental health concerns. The benefits to this program's approach accrue to the community and the local rural economy, so that problems are addressed in a way that provides healthy alternatives for the person, the family, and the community.*

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### Whom to Contact

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Dan Marquardsen, M.S., L.P.P.  
CORE Psychological Services  
617 Oak Street  
Brainerd, MN 56401  
Clinic phone: (218) 829-7140  
Cell: (218) 838-6676

or

Del Lecy, Director  
Farm Business Management Program

Staples Campus  
1830 Airport Rd.  
Staples, MN 56479  
(218) 894-5164

Brainerd Campus  
501 West College Dr.  
Brainerd, MN 56401  
(218) 828-2525

*For more information, just call the nearest Farm Business Management office or instructor:*

Lee Todnem  
Milaca High School  
500 Highway 23 West  
Milaca, MN 56353  
320-982-7205

Ben Jorgensen  
29379 - 133<sup>rd</sup> Street  
Pierz, MN 56364  
320-468-6315

Bob Rick  
Central Lakes College  
1830 Airport Road, PO Box 99  
Staples, MN 56479  
218-894-5169

Ken Johnson  
Foley High School  
520 Dewey Street  
Foley, MN 56329  
320-968-8477

Brad Irwin  
Aitkin High School  
306 2<sup>nd</sup> Street South  
Aitkin, MN 56431  
218-927-2115

Tom Schulz  
Central Lakes College  
1830 Airport Road, PO Box 99  
Staples, MN 56479  
218-894-5163

Dave Stish  
Mid-State Education Dist.  
109 NE 2<sup>nd</sup> Street  
Little Falls, MN 56345  
320-632-5417

Jim Takala  
9281 Highway 37  
Iron, MN 55751  
218-744-1162

What is this program about?

#### ~~ABOUT THE PROGRAM...~~

Rural Mental Health Support is a program funded through Central Lakes College to address the importance of mental health services in helping farm families achieve their business and family goals. Services are made available to farm business management members, FBM staff, and their families.

This program's main objective is to deliver mental health services in an effort to assist individuals with the mounting stress, anxiety, and depression experienced by farmers, FBM instructors, and their respective families. Rural Mental Health Support is a free and confidential service.

Services are provided to individuals at their home by Dan Marquardsen, Licensed Psychological Practitioner. However, services can be provided at CORE Psychological Services' Brainerd office if preferred.

***Are you experiencing the following, or do you know someone who is?***

- ☐ Depression
- ☐ Physical, emotional, or sexual abuse
- ☐ Chemical abuse
- ☐ Gambling addictions/problems
- ☐ Anxiety (regarding financial problems, weather, technology decisions, etc.)
- ☐ Suicide
- ☐ Feelings of exhaustion
- ☐ Parenting questions / stress related to parenting
- ☐ Other areas of concern

**Please contact us today:**

**(218) 838-6676**

Central Lakes College is an equal opportunity educator / employer.

#### Making an Appointment

To make an appointment, you may call (218) 838-6676 at any time. If you are not having a crisis that needs immediate attention, please call between the hours of 7 a.m. and 7 p.m. If no one is available to answer your call, please leave a voice-mail message with your name, number, and your general location (nearest town), and be sure to mention if your situation requires immediate attention. If you prefer that we do not leave a message with someone other than you, or on an answering machine, please specify that in your message. Messages are checked numerous times during the day. If your calls are not returned in a timely manner, please call CORE Psychological Services at 218-829-7140. Phones are answered at this office Monday through Friday from 8 a.m. to 5 p.m. or 7 p.m..

FBM Instructors-If you would like to refer a student, you may either set up the appointment or call with the name and number of the student for the therapist to contact. If you do leave a student's name and number, please be sure the student has agreed to have the therapist contact him/her.

Services are free for all FBM instructors and family members, as well as students/farmers involved in the program and their family members. Individual and family counseling is available for all ages. The program is voluntary and there is no obligation to continue counseling. Services provided are confidential and no information about services provided will be shared with FBM instructors or the students. Instructors may be involved in setting up an appointment for a student/farmer, but that will be the extent of the instructor's involvement unless additional involvement is requested by the student/farmer. In some cases, counseling may be provided to both an instructor and student if both parties agree.