

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, his family, and the community.

Whom to Contact

Ted Matthews, M.S.
Rural Mental Health Support Director
PO Box 284
Morris, MN 56267

For more information, just call the nearest Farm Business Management office or use e-mail at: jmolenaar@ridgewater.mnscu.edu

Barrett Area
Dave Willard (320) 528-2529

Belgrade Area
Larry Putz
(320) 254-8213 ext. 3400

Benson Area
Richard Bonde (320) 843-2710

Buffalo Area
Stan Vanderkooi (612) 682-4112

Cold Spring Area
Dave Acheson (320) 685-4923

Dawson Area
Kurt Schoephoerster
(320) 769-2710

Glenwood Area
Dave Schafer (320) 239-4898

Hutchinson Area
Paul Filzen (320) 234-0326
Bob Kreil (320) 234-0301

Litchfield Area
Chuck Stranberg (320) 693-3350

Madison Area
Jon Olson (320) 752-4200

Melrose Area
Mike Foley (320) 256-4224

Montevideo Area
Tim Radermacher
(320) 269-9297

Morris Area
Daniel Perkins (320) 589-4394

Olivia Area
Steve Zenk (320) 523-5468

Ortonville Area
Tim Holtquist (320) 839-6181

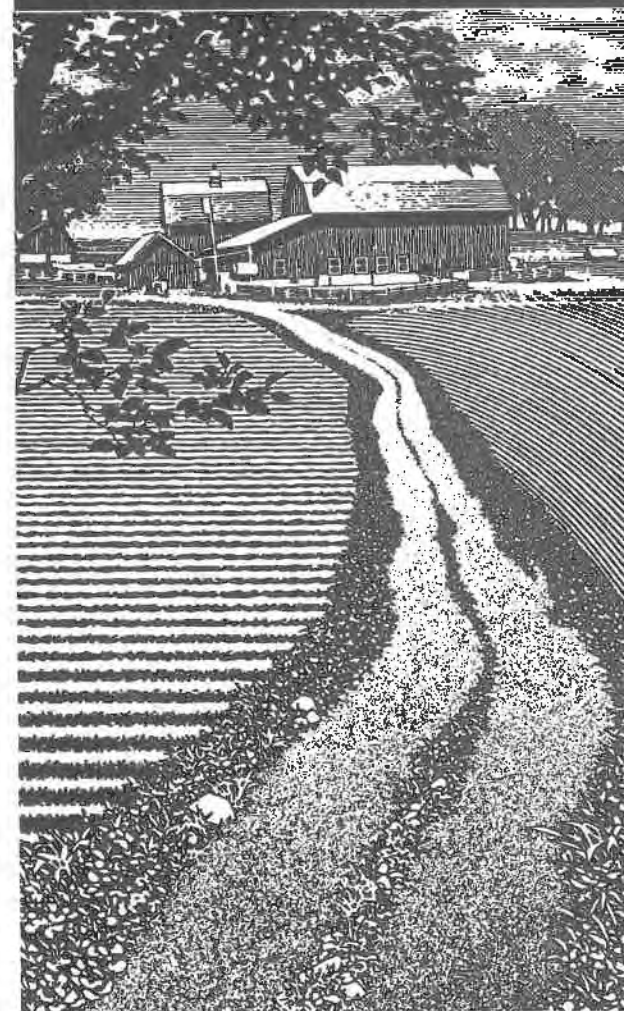
Willmar Area
Rich Allen (320) 231-7672
Del Pepple (320) 231-7673
Jim Molenaar (320) 231-7671

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FARM BUSINESS MANAGEMENT

RURAL MENTAL HEALTH SUPPORT



RIDGEWATER COLLEGE
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WHAT IS IT?

Rural Mental Health Support is a multi-funded program that addresses the importance of mental health services in helping farm families to achieve their business and family goals. The program is directed to farm members, staff and their families.

This program seeks to reduce the mounting stress, anxiety and depression experienced by farmers, FBM instructors, and their respective families by complementing the array of services already offered through the FBM program with mental health support. This unique program has the goal of improving the general level of mental health in the Farm Business Management's service area. Assistance is also provided to the business community including banks and other lending institutions by informing and training key members of the agricultural community in problem identification and the referral process. The object is to create an appropriate help network to catch problem situations before they impair problem-solving capabilities of those involved.

MENTAL HEALTH SUPPORT ADDRESSES:

- **Problems:** frustration with burdens, domestic violence, sexual assault, etc.
- **Relationship Changes:** increased tension, marital and family problems
- **Work Disruption:** lost jobs or hours, work demands and schedule changes, etc.

DOES THIS SOUND FAMILIAR?

- Feelings of exhaustion
- Frustration with agencies and bureaucratic hassles
- Stress from seeking financial assistance
- Concern about weather
- Feelings of dread
- Serious problems (domestic violence, abuse, etc.)

CALL US TODAY AT (320) 589-4394 EXT. 1503

WHO WILL HELP US?

About Ted Matthews, M.S.

Ted Matthews has been providing counseling for 20 years and has done crisis intervention and dispute mediation services for 10 years as a rural mental health practitioner. Prior to his work in the mental health field, he had medic experience as an Air Force veteran. He was invited to participate in a nationwide taskforce on the Oklahoma City bombings and is a member of the Governor's Council on Compulsive Gambling as well as having worked extensively with the Federal Emergency Management Agency (FEMA).

This program draws on Ted Matthews' experience as a direct service provider to FEMA, Farm Business Management, area social services, medical centers, and legal authorities.