

# PERSPECTIVE

July 28, 2023

## OKFB's Cultivating Healthy Minds series connects Oklahoma agriculture with mental wellbeing resources

### **Agriculture is a great way of life, but it is not without its own stresses, anxieties and trials**

Oklahoma Farm Bureau's Cultivating Healthy Minds program is a four-part series connecting Oklahoma's farmers, ranchers and residents with professionals and resources to help them assess mental wellbeing in friends, neighbors and themselves and to address challenges to create positive outcomes for Oklahomans of all walks of life.

### **Four opportunities to learn and grow**

Cultivating Healthy Minds is a four-part program featuring three online webinars in the months of August, September and October along with a final in-person session at the Oklahoma Farm Bureau annual meeting in November.

Each webinar begins at noon, and are open to the public. Registration is required to participate, and there is no cost to participate in the webinars.

**Sign up for the sessions of the Cultivating Healthy Minds webinar series at [okfb.news/CHM23](https://okfb.news/CHM23)**



**Friday, August 11**

*Featuring Adrienne DeSutter*



**Friday, September 8**

*Featuring Dr. Christopher Graham*



**Friday, October 13**

*Featuring Dr. Shannon Ferrell*

### **Farm Bureau members share their mental health journeys**

Oklahoma farmers and ranchers know firsthand the struggles our agricultural way of life presents, and Farm Bureau members have stepped up to share their stories and journeys with mental health and mental wellbeing to encourage fellow Oklahomans to reach out, have the hard conversations and work to find better days through help and support. Watch OKFB members Dillon Johnson, Terry Pederson and Dr. Kristy Archuleta share their mental wellbeing stories at [okfb.news/CHMTestimonials](https://okfb.news/CHMTestimonials) videos.



Visit our Youtube channel at [okfb.news/CHMTestimonials](https://okfb.news/CHMTestimonials) to watch our OKFB members share their mental health testimonials.



Learn more about the program and register for the Cultivating Healthy Minds webinar series at [okfb.news/CHM23](https://okfb.news/CHM23).

## Register for the first Cultivating Healthy Minds webinar



Adrienne DeSutter

*Adrienne DeSutter is part of her husband's fourth-generation farm family in Illinois where they farm corn and soybeans along with a small herd of cattle and a small herd of children. With a master's degree in counseling (and a self-proclaimed Master of Farm Family Chaos), Adrienne recognized a need for mental health advocacy in agriculture, and began partnering with ag businesses and organizations to promote healthy minds and prevent farmer suicide.*

### Session One, Aug. 11 — Featuring Adrienne DeSutter

In OKFB's first Cultivating Healthy Minds session, Adrienne DeSutter will share ideas and strategies to help farmers, ranchers and Oklahomans of all walks of life identify when a family member, friend or neighbor – or even yourself – is facing a battle with mental wellbeing.

Adrienne will discuss how to have the sometimes uncomfortable conversations

around mental health and mental wellbeing while focusing on positive outcomes.

She will share resources for Farm Bureau members, agriculturalists, and people from all walks of life to help increase their mental health awareness and their ability to help friends, neighbors and loved ones in need.

Each webinar session will also

feature a testimonial from an Oklahoma Farm Bureau member about their walk with mental wellbeing to offer hope and encouragement by starting conversations around this important topic.

Each webinar begins at noon, and are open to the public. Registration is required to participate, and there is no cost to participate in the webinars.

*When we know someone is in distress, our heart tells us to reach out, but our mind says "this is awkward." Join the "teacher of tough talks," Adrienne DeSutter, as we tackle how to help someone through tricky times...and make those uncomfortable convos slightly less uncomfortable.*

Register for session one at [okfb.news/CHM23](https://okfb.news/CHM23).

## Sponsorship opportunities available for YF&R shotgun shoot



The shotgun shoot Aug. 26 will benefit the OKFB Foundation for Agriculture, which strives to connect consumers of all ages with farmers and ranchers to further their understanding of where the food, fuel and fiber comes from. Interested sponsors must submit their logo and payment no later than Aug. 9. Invoices can be provided upon request. For more information about registration and sponsorships, contact Zac Swartz at (405) 523-2300.

### Sponsorship opportunities

#### Title - \$1,000

*Includes three four-person teams, a logo on the event sign and two station sponsorships*

#### Platinum - \$750

*Includes two four-person teams, a logo on the event sign and station sponsorship*

#### Gold - \$500

*Includes one four-person team and station sponsorship*



## OKFB hosts first Generation Bridge Summer Series event

**M**ore than 20 Farm Bureau members gathered in Morrison on July 18 for an evening of fun and fellowship at The Vintage Steakhouse for OKFB's first 2023 Generation Bridge Summer Series event. During the second Generation Bridge Summer Series event July 25, OKFB members enjoyed an active evening at Mountain Man Axe Throwing in Elk City.

Bring your family to enjoy the final summer series event at the OKC Dodgers Stadium Aug. 3 at 7 p.m. on the patio. Register for the baseball game summer series event at [okfb.news/BridgeSS23](https://okfb.news/BridgeSS23).



Jennifer Haken (left), Melissa Mourer and Grant Mourer visit during the first Generation Bridge Summer Series event.



Elizabeth (left) and Travis Richardson talk with Will Cubbage during dinner at The Vintage.



Brady Bond (back left), Brent Haken and Travis and Rylee Schnaithman enjoy food and fellowship.



The Generation Bridge Summer Series provides like-minded agriculturists the opportunity to network and grow.



Register for the final Generation Bridge Summer Series event on our website at [okfb.news/BridgeSS23](https://okfb.news/BridgeSS23).



## Oklahoma Country magazines arriving in mailboxes across the state

**T**he Summer 2023 issue of *Oklahoma Country* features Ottawa County Farm Bureau member Alisen Anderson and her service on the AFBF Young Farmers & Ranchers Committee. The Cultivating Healthy Minds series, hosted by OKFB highlights the importance of mental wellbeing in the agriculture community, is also featured in this issue. This issue also includes stories with the Smith family who focus on conservation on their family farm; 2022 OKFB Capitol Camp attendee Katie Edelen and a bill she authored to make Oklahoma safer; the 2023 county annual meeting dates; and more.

Read the magazine online at [okfb.news/Summer23OklahomaCountry](https://okfb.news/Summer23OklahomaCountry).

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## Join OKFB for 2023 August Area Meetings

Oklahoma Farm Bureau members are invited to attend one of the 11 August Area Meetings held across the state, signifying the beginning of the grassroots organization's policy process. Members will have an opportunity to consider some of the leading issues facing agriculture and rural Oklahoma as they prepare to develop organizational policy for 2023. Members also will receive various organizational updates.

