

CULTIVATING RESILIENCE IN RURAL COMMUNITIES FACILITATOR'S PLANNING CHECKLIST

umash.umn.edu/cultivating-resilience-in-rural-communities

NUTS AND BOLTS (ONLINE/REMOTE/DISTANCE)

- » **Will you facilitate the group yourself or have a co-facilitator?**
Discuss how you will co-facilitate the event.
- » **What kind of technology will you be using?**
(zoom, google hangouts, skype, conference call)
- » **Acquire proper tech help if the facilitator is not experienced with the technology or platform features. Will you need additional speakers?**
- » **How will you publicize the event?**
Community organizations, church bulletins, newsletters, newspaper article, flyers, online, etc.
- » **What kind of resources do you want for the group?** *Brochures from UMASH, NAMI of Minnesota, American Foundation for Suicide Prevention or others. Access resources from the facilitator guide.*
- » **Find a quiet space without interruptions or distractions.** *Turn your cellphone on vibrate. Mute yourself when not talking, if/when to use chat/Q & A/audio, raising hands, etc. Turn off video if Internet is not stable.*
- » **Do you want to provide expectations or ground rules for the layout?**

BEFORE THE EVENT

- Set up the room and technology.**
- Perform a sound check.**
- Preview any accompanying materials or videos to make sure technology is working.**
Create a registration page. Include links to a sign-in sheet and any handouts.
- Email (or distribute in person) any resources, handouts.**
- If you have a co-facilitator, talk about your strategy. At the least, decide who will do the opening and closing of the event.**

⇒ SEE REVERSE

DURING THE EVENT

- » Spend time up front answering questions about the tools, technology and housekeeping.
- » If using the video and depending on the audience, consider watching the video a couple times.
- » Be prepared to ask open-ended questions to prompt discussion, but also remember the goal of the event is a conversation, so allow the group's conversation to flow as appropriate.
- » Also, be prepared to re-direct the conversation if an individual tries to dominate the conversation.
- » Be watchful of the time and begin to wrap up the event at the designated time.
- » Remind the group about privacy.

CLOSING THE EVENT

- » Summarize a couple of things that you heard in the discussion.
- » Review available resources from UMASH, NAMI of Minnesota, American Foundation for Suicide Prevention, and other local resources.
- » Ask the group if there is an interest in meeting again.
Social media groups may provide opportunities for connection.
- » Request specific feedback about the interest of the group.
For example, how often do they want to meet, what would be the purpose of meeting again - socializing or education? In-person or online (e.g., private Facebook group).
- » Remind the group again about the need for respecting privacy.
- » Provide reassurance that we are not alone. We are a community.
- » Thank the group for coming. *Acknowledge that it can be a difficult subject to talk about and recognize their courage in being open to the conversation.*

AFTER THE EVENT

- Follow up with any individual participant who appeared to be struggling emotionally and provide resources as appropriate.
- Review/reflect on what went well.
- Review/reflect on any problems in handling any participants or situations that came up.
- Review/reflect on how the event flowed between the facilitators, anything that could be done differently in the future.

CULTIVATING RESILIENCE IN RURAL COMMUNITIES

FACILITATOR'S DISCUSSION GUIDE

umash.umn.edu/cultivating-resilience-in-rural-communities

INTRODUCTORY QUESTIONS

Shortly we will be watching a brief video on **Mental Health and Agriculture**.

To start the discussion, I was wondering...

- » *When you think of a healthy person, what comes to mind? Words and/or images?*
- » *When you think of a person who is sick, what comes to mind?*
- » *Does Mental Health and Mental Illness mean the same thing to you?*

This sentence is meant to create a conversation; some groups may immediately begin to talk about physical symptoms rather than thoughts and feelings. It really reinforces that the mind and body are connected and the holistic nature of health -- mind, body, and spirit.

In order to be diagnosed with a physical or mental illness, an individual has to have a certain set of symptoms. It is important to remember that there are treatments for mental illness just as there are treatments for physical illness

MENTAL HEALTH

If desired, show the **MENTAL HEALTH AND AGRICULTURE VIDEO**, then ask the following question.

<https://www.youtube.com/watch?v=OvZk53ukaxQ>

- » *What is unique about agriculture and what does that mean for mental health?*



STRESS

Review the information about stress either on our **website** or in the **video**.

- » *What are some of the current stressors in farming?*



⇒ SEE REVERSE

SYMPTOMS

Review the information about symptoms either on our [website](#) or in the [video](#).

- » *Have you ever seen these symptoms in others? Without sharing any names, can you share what you noticed?*
- » *Has anyone ever seen some of these signs and said something?*
- » *If you wanted to say something but couldn't, what stopped you?*



WHAT CAN YOU DO?

Review the information on what you can do either on our [website](#) or in the [video](#).

- » *Imagine yourself in a really stressful situation. Of these suggestions, would you think about doing any of them?*
- » *If yes, what would you do?*
- » *If no, what would keep you from reaching out for help?*



SOMETIMES YOU NEED HELP. SOMETIMES YOU ARE THE HELP.

- » *How many of you consider yourselves helpers?*
Most would agree that it is easier to be the helper than the person needing help, and most are happy to help.
- » *What are some of the things that make it so difficult to be the one needing help?*
- » *What do you think needs to change to make it easier to ask for help?*
- » *Does talking about mental health and knowing the warning signs help?*
- » *Do you have any suggestions on other things we can do in our community?*

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