



Integration of SDGs in

- Institutional governance/strategic level
- SDGs in research
- SDGs in campus operations
- SDGs in curriculum development
- SDGs in student engagement activities
- SDGs into community activities
- SDGs at a whole-institution level

Focus on

- Goal 1 - No poverty
- Goal 2 - Zero hunger
- Goal 3 - Good health and wellbeing
- Goal 4 - Quality education
- Goal 5 - Gender equality
- Goal 6 - Clean water and sanitation
- Goal 7 - Affordable and clean energy
- Goal 8 - Decent work and economic growth
- Goal 9 - Industry, innovation and infrastructure
- Goal 10 - Reduced inequalities
- Goal 11 - Sustainable cities and communities
- Goal 12 - Responsible consumption and production
- Goal 13 - Climate action
- Goal 14 - Life below water
- Goal 15 - Life on land
- Goal 16 - Peace, justice and strong institutions
- Goal 17 - Partnerships for the goals

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Summary:

The Farmer and Rancher Mental Health (FARMh) initiative began with a goal of creating a farm-culture friendly mental health support system. Based on research findings from phase one, the patient-oriented research project recently helped launch a mental wellness network for those in Saskatchewan's agriculture community. Researchers continue to use data from phase one to build a mental wellness toolbox.

Since the launch of the FARMh initiative in January 2021, the applied research team has collected data from over 100 farmers and ranchers on effective mental health supports, their experiences and their recommendations on accessing this kind of help. This information was used to launch the [SaskAgMatters Network](#), which is bridging the gap between agriculture producers and mental wellness supports.

In interviews, some of the most common mental health supports requested by agriculture producers included access to mental health professionals trained in farm culture, a peer support network with other agriculture producers and mental health training for rural health care providers. The SaskAgMatters Network is helping to meet some of these requests.

The SaskAgMatters Network offers free mental health support services for Saskatchewan agriculture producers or their support person. Each individual is eligible for six free one-hour sessions with trained and registered mental health professionals that have a background in farm culture.

Data from phase one will continue to be used to create the FARMh toolbox. Every farmer and rancher has a toolbox that organizes and stores their important tools, making them easily accessible when needed. That is the goal of the FARMh toolbox, to organize mental health tools and resources in a convenient place that is accessible when needed.

Outline the 3 key benefits of integrating this theme:

- 1.*** Unique stressors exist in farming and ranching; the FARMh toolbox will provide tools to address these stressors based on FARMh research findings, which include financial concerns, weather, workload, government, family, isolation and public opinion.
- 2.*** Bridging the gap between agriculture producers and mental wellness supports for a healthy and productive Saskatchewan agriculture community.
- 3.*** Ongoing work is informed by input from members of the agriculture community, ensuring tools and supports can evolve to meet emerging needs.

Outline the barriers or challenges encountered in integrating this theme and how you overcame these:

- 1.*** Research projects of this scale and scope take time. Designing the project in three phases allows time to consider the results of each phase before moving on to the next, ensuring that tools and supports meet emerging needs.
- 2.*** Funding projects of this scale and scope can be a challenge. Engaging funding partners is an important aspect of project development. The FARMh initiative is funded by

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Saskatchewan Polytechnic, Saskatchewan Centre for Patient Oriented Research and the Saskatchewan Health Research Foundation.

Please outline your conclusions and recommendations to others (Max 200 words):

In times of stress, the SaskAgMatters Network is providing agriculture producers across Saskatchewan with affordable and accessible mental health resources. SaskAgMatters is using an integrated knowledge mobilization strategy to take action. The research is being used to support farmers and ranchers today. If someone needs help, there is a website (saskagmatters.ca) and people available for them to talk to.

Building a network and creating a toolbox were phase two goals of the FARMh research project. With the SaskAgMatters Network launched, researchers will now focus on filling the FARMh toolbox with mental health supports and resources. Phase two will end in 2025. Phase three will evaluate the network and toolbox and adjust the program and resources as needed.

For more information on this project visit saskpolytech.ca/farmh.