

# *Weathering Tough Times*

By: Charlie Griffin  
School of Family Studies and Human Services  
Kansas State University

Managing Drought Risk on the Ranch

Kansas Graziers Association  
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Whatever hits the fan  
will not be  
evenly distributed.

# A Farm/Ranch Crisis is.....?

Individual crisis and transition

- Both business and personal

Family crisis and transition

Community crisis and transition

# Drought....a unique disaster:

- Slow moving
- No specific beginning or end
- Makes planning and response hard!
- Not much public response

# Effective Coping Responses

Open Discussion

Valuing of Family

Participation in Professional Organizations

Use of Outside Experts / Consultants

Humor

Faith

# Effective Communication

Who's on the Board of Directors?

Who's on the team and affected?

Who should be part of the decision making?

Meetings/regular information sharing

Conflict management

Listen to the emotions as well as the facts

# Valuing of Family/

Vision and Mission Statement?

What is our purpose?

What is our most important product?

Family and business both have high value

– But don't forget which is most important!!

# Professional Involvement

New Ideas – Facts – Options  
– What's your source?

Humor



# Faith

Optimism and Hope —

- What's your source?

“Farmers and ranchers cling to the hope that the sliver of clouds on the western horizon will eventually turn into a substantial rainstorm.

However, the silver lining in the clouds along the western horizon is more than the moisture that lies within; it is also the bonds that people develop as they work together to ease anxieties caused by the drought.”

If it weren't for the

STRESS

I'd have no energy at all.

# Effective Change Managers Reach Out for:

- Information
  - Understanding
  - Emotional Support and Connection
  - Financial / Legal / Career / Family Needs
  - Problem Solving / Future Planning
- 
- During a crisis:
    - All interrelated and happening simultaneously
    - Have a plan created during the slow times! Work it!

# Sources of Effective Helping

Who do we turn to?

- Family
- Friends/Neighbors
- Family Physicians / Ministers
- Business contacts (elevator / banker, etc)
- Bartenders/Hairdressers
- Professional Helpers (Helpers of Last Resort)

# Signs of Depression

Feelings of sadness

Loss of interest in activities

Inability to experience genuine pleasure

Significant weight loss, not due to dieting or weight gain of more than 5% of body weight per month

# Signs of Depression

Excessive sleep and/or middle or late night insomnia

Feelings of lethargy, but also feelings of agitation

Loss of energy

# Signs of Depression

Feelings of worthlessness/inappropriate guilt

Diminished ability to concentrate, preoccupation with negatives

Recurrent thoughts of suicide

# You know you're in 'over your head' when you.....

Feel persistently uncomfortable about the situation

Believe improvement is 'impossible' or the situation is 'hopeless'

# You know you're in 'over your head' when you.....

Say 'nothing is helping' or what has been provided is not helpful

Experience obvious changes in speech, appearance, demeanor, etc.

# You know you're in 'over your head' when you.....

Are so emotional you can't communicate

Have on-going deterioration of life

Only discuss physical complaints

Have sudden onset of memory loss or  
confusion

# You know you're in 'over your head' when you.....

Begin abusing substances (drug/alcohol)

Have hallucinations, delusions, severe pathologies

Make threats of self-harm or harm to others

Are aggressive or abusive (verbal or physical)

\*\*\*If you're unsure — refer\*\*\*

# Who Do I Talk To?

## Kansas Agricultural Mediation Service

- K-State Financial Analyst Program
- Legal Information and Assistances
- Production Specialists
- Personal, Emotional and Family Support

## County Extension Service

Minister

Doctor

Mental Health Center

# Contact Information:

Charlie Griffin, research assistant professor

School of Family Studies and Human Services

A211 Edwards Hall

Kansas State University

Manhattan, KS 66506

Phone: 785-532-2025

Email: <cgriffin@ksu.edu>