

Managing Stresses in Farming, Families & Finances Workshop
 (Monday, Jan. 29, 2018, 1pm-6pm – preconference workshop)
 National Energy Center
 Bismarck State College, Bismarck, North Dakota

Workshop Agenda

Managing Stresses in Farming, Families & Finances Workshop – 1-6 pm	
<ul style="list-style-type: none"> • <i>Rural Families, Farming and Health – Keys to Making a Difference</i> – Rick Peterson, PhD, Professor & Extension Specialist, Texas A&M Agrilife Extension • <i>Family Financial Strategies in Tough Times</i> – Carrie Johnson, PhD, Assistant Professor & Personal Finance Specialist, NDSU Extension Service • <i>Networking Break</i> • <i>Plowing Through Conflict One Conversation at a Time</i> – Jodi Bruns, MEd, Area Extension Specialist, NDSU Extension Service • <i>Farm Stress and Family Wellness</i> – Monica McConkey, MS, LPC, Licensed Counselor, Prairie St. John's • <i>Conversation on Community Efforts and Farm Stress Supports – What Can We Do Together?</i> • <i>Managing Stress and Pursuing Wellness in Times of Tight Margins</i> – Sean Brotherson, PhD, Professor & Extension Specialist, NDSU Extension Service 	



**Rick Peterson,
PhD**

Rick Peterson, PhD, LMFT, CFLE

Professor & Family Life Specialist, Texas A&M AgriLife Extension

Dr. Rick Peterson is a Professor and Family Life Specialist with Texas A&M AgriLife Extension Service. He has statewide leadership responsibilities for program development and outcome evaluation of family life education programs. He conducts workshops and applied research related to family life, transition and family functioning and has written numerous Extension publications, curricula, and peer-reviewed journal articles.

Rick is a faculty member of the University Center on Disability and Development at Texas A&M, and is PI for several grants including Texas AgrAbility and The Battle Ground to Breaking Ground project that focuses on serving veterans. The Battle Ground to Breaking Ground project offers entrepreneurial agricultural training as well as an array of veteran transition and disability support services to assist the veteran farmer. Dr. Peterson has over 25 years of working with Ag families including as a Crisis Intervention Specialist with the Kansas Farmer Assistance Ag Mediation Service. The program helped prepare farmers and ranchers for debtor-creditor mediation as well identifying additional services and resources to assist farm and ranch families including how their situation affected their family's emotional and physical health. Dr. Peterson's projects are interdisciplinary collaborations among human service providers, agriculture economists and farm management, special education, and mental health care professionals.

Rick is a Past-President of the National Association for Rural Mental Health and was the 2017 Victor I Howery Memorial Award recipient. The award is given annually to an individual who has made significant contributions to the field of rural mental health. Rick is a licensed Marriage and Family Therapist, Certified Family Life Educator, and trained Mediator. He holds degrees from Kansas State University, including a B.A. in Agriculture, a M.S. in Marriage and Family Therapy, and a Ph.D. in Family Life Education.



Carrie Johnson, PhD

Carrie Johnson, PhD, AFC, Assistant Professor & Extension Personal Finance Specialist, NDSU Extension Service

Carrie Johnson, Ph.D. is an Assistant Professor and Extension Specialist at NDSU. She has educated families in the area of personal and family finance for nine years as a county educator, field specialist, and state specialist. Dr. Johnson has a B.S. from Dakota State University, M.S. from South Dakota State University, and Ph.D. from Iowa State University. She is also an Accredited Financial Counselor.



Jodi Bruns, MEd

Jodi Bruns, MEd, Area Extension Specialist, Community Vitality and Wellness, NDSU Extension Service

Conflict in farming operations can be caused by so many variables. Miscommunication often leads to misunderstanding which almost always leads to conflict. Throw in high rental rates, low commodity process and other unique farming dynamics and conflict can run rampant. Learn about a few techniques that may help your or your clients stay on track to better working relationships. Jodi Bruns is a fourth generation farmer with her husband as well as an Area Extension Specialist, Community Vitality, with the NDSU Extension Service. She holds a master’s degree in educational leadership from North Dakota State University. Her areas of focus include facilitation, strategic planning, rural community coaching, and leadership.



Monica McConkey, LPC

**Monica McConkey, LPC
Director of Business Development, Prairie St. John’s**

Monica McConkey, LPC, has more than 20 years of experience in the behavioral health field as a counselor, program supervisor and administrator. Her work has primarily been with the child and adolescent populations. Monica’s focus throughout her career has been to increase access to, and remove the stigma often attached to mental health services. Monica grew up on a farm in northwestern Minnesota and has intimate understanding of the dynamics leading to farm stress and its impact on farm families. Monica received a Bachelor’s degree in Psychology from Southeastern University, Lakeland, FL, and a Master’s degree in Counseling from Regent University, Virginia Beach, VA. She is Licensed as a Professional Counselor in Minnesota.



Sean Brotherson, PhD

Sean Brotherson, PhD, Professor & Extension Family Science Specialist, North Dakota State University

Sean E. Brotherson, PhD, is a Professor and Extension Family Science Specialist with North Dakota State University in Fargo, ND. He earned his BS and MS degrees in family science from Brigham Young University, and a PhD in human development and family studies at Oregon State University. He has worked at North Dakota State University as extension family science specialist since 1998. His work involves conducting family research and developing educational programs for children, couples, and families. He has conducted research and published articles on farm loss, family stress, grief and bereavement, and other family-related topics. He speaks frequently on healthy family living, writes regularly on family topics for public audiences, and develops educational materials to strengthen family relationships. He has provided extensive training and written a variety of publications on rural families, stress in farming and ranching, and rural family issues. He grew up in a fifth-generation ranching family in a beef cattle operation in eastern and central Utah.