

Finding Counselors Who Understand Agriculture

BY DR. MIKE ROSMANN

A common question "Farm and Ranch Life" readers ask me is who they can consult for assistance with personal, family and behavioral health problems. Finding behavioral health professionals who understand agriculture is difficult.

There is no directory of agricultural behavioral health professionals. Ask your doctor or local mental health clinics for recommendations.

Only six states have farmer-friendly telephone helplines and fewer have websites that are available to help agricultural and rural residents find the assistance they want:

- Iowa Concern Hotline, 1-800-447-1985, www.extension.iastate.edu/iowaconcern
- Nebraska Rural Response Hotline, 1-800-464-0258, www.interchurchministries.org/ruralresponse.html
- New York FarmNet, 1-800-547-3276, www.newyork-farmlink.org
- South Dakota Rural Helpline, 1-800-664-1349, no website
- Vermont Farm First, 1-877-493-6216, www.investeap.org; enter the password: dairy
- Wisconsin Farm Center, 1-800-942-2474, no website



Dr. Mike ROSMANN

Psychiatrists are medical or osteopathic doctors who have completed a four-year residency in psychiatry beyond their MD or DO degree. ARNPs and PAs usually have completed a two year program leading to a master's degree, but the terminal degree of nurse practitioners is moving toward a four-year Doctor of Nursing Practice.

A medical approach to behavioral healthcare usually involves medications to restore maladjusted behavior to wellness, but verbal counseling to manage behavior is also recognized as important. Medical practitioners generally spend less time with patients than trained counselors spend with patients and they typically have less training in psychological and social assessment and behavior intervention techniques.

The counseling professions include social work, marriage and family therapy, mental health counseling, substance abuse counseling, pastoral counseling and psychology.

Social workers' training is at the bachelor, master or doctoral level in case work, administration or counseling and their work varies accordingly; only master or doctoral level social workers whose training has emphasized counseling are licensed to diagnose and counsel people with behavioral health problems.

Marriage and family therapists, mental health, substance abuse and pastoral counselors usually have completed a master's degree, and occasionally a doctoral degree in their specialization. Capacity to diagnose and treat persons within their areas of training varies according to state licensing requirements. Usually pastoral counselors do not make mental health diagnoses and do not receive reimbursement from health insurers unless they are certified pastoral counselors who are licensed.

Psychologists complete 4-6 years of graduate training and an internship that focus on the science and treatment of behavioral health issues. There are many areas of psychology, such as child, clinical, organizational and social psychology; a doctorate is the terminal degree.

Licensed psychologists diagnose and treat behavioral disorders through assessment techniques that may include psychological testing and systematic observation; they are trained in psychotherapeutic techniques to help people change and manage their behaviors. A few states allow psychologists with training in pharmacology to prescribe psychotropic medications.

The best counselors for farm people sometimes do not have a degree in a medical or behavioral health field but they are wise, caring and trustworthy persons who can offer good advice. They might be veterinarians, Extension personnel, neighbors or friends.

Usually they have natural skills and have learned much from the school of hard knocks. But don't be afraid to consult a professional for serious behavioral health concerns.

Dr. Rosmann is a psychologist/farmer at Harlan, Iowa. Contact him at: www.agbehavioralhealth.com.

Sponsored by Lewis and Clark Behavioral Health

50th Anniversary Celebration



Mr. & Mrs. Edelman

Eight More 125th Committees Formed

PIERRE — Eight more statehood celebration committees are promoting South Dakota's history with events and activities. Activities include fire department water fights, Finn bread baking, antique tractor pulls, a Wife Carrying Contest and a DVD on the baking of Kolaches.

New local committees have organized in Harrisburg, Ipswich, Tabor, Frederick, Lake Norden, Stickney, Geddes and Lawrence County.

"By remembering our past, we can build an even better future. The state's 125th birthday year is a good time to do both," said Gov. Dennis Daugaard.

The Harrisburg Days celebrations on June 13-14 will feature a parade, a picnic, several concerts, a fly-over ping pong ball drop, inflatables for the kids and a 5-kilometer race. The committee will also create a lasting legacy project later this year.

Ipswich will celebrate Trail Days June 13-15 with a parade featuring floats designed with 125th birthday themes. The town history mural is also being repainted this summer. Later in the year, a special heritage day will be celebrated in all the Ipswich schools with special lessons and tours of the Parmley Museum and Pioneer Village.

Czech Days in Tabor, June 19-21, will also feature a parade with history themes that honor local families, businesses, organizations and individuals that have contributed to the town's history. Old Tabor newspapers have also

been digitized for easier use. A DVD on the baking of Kolaches has been produced. Sidewalk commemorative bricks are also on sale to raise funds for Czech Village. The 125th Statehood Wagon Train will stop in Tabor in September. Water lines and fire hydrants — some more than 100 years old — are also being replaced.

The Frederick Celebration Committee will have a history float in the local FinnFest parade, June 20-22. Members will be churning butter, sewing on a treadle machine and doing other demonstrations. The committee's project is refurbishing a building on Main Street. FinnFest will also feature a 5-kilometer race, Finn bread baking, a boot toss, a softball tournament and Wife Carrying Contest.

In Lake Norden, after the annual Pork Bar-B-Q on July 3, area fire departments will have a water fight on Main Street. Then, South Dakota's first Governor, Arthur Mellette, will give a special presentation on South Dakota history in Lake Norden's new community center.

The Stickney Statehood Celebration Committee will host a community potluck called "Beef Bash," games and a talent show on Aug. 2. There will also be tours of historic buildings. The Committee is raising funds to buy new playground equipment for the city park.

In Geddes, Aug. 8-10, Fur Traders Days will have a 125th Anniversary of Statehood theme with an antique parade, an antique tractor pull and open

houses of historic village buildings, such as Peter Norbeck's childhood home. For youngsters, there will be inflatable houses, a pedal pull, barrel train rides and a petting zoo. Other activities will include a farmers market, a chili cook-off, mounted shooters contest, horse shoes, bean bag toss and lawn mower poker run. Funds raised will be used for more restoration of old buildings, playground equipment and town promotion. The committee is also investigating the start of a Peter Norbeck trail and a Norbeck library and museum.

The Lawrence County Historical Society's Statehood Celebration Committee is publishing a book entitled "Lawrence County Town Timelines" for distribution to local schools and sale to the public. Other activities include spring and fall tours of historic buildings and fundraisers.

All locally formed committees will receive help from the Governor's Office to publicize their events and projects, an official certificate and the opportunity to have special highway signs for their communities.

A total of 17 cities, towns and area groups have become official statehood celebration communities so far by creating a special event for this year or adding a state history theme to existing annual events.

Information about creating a local committee is available at <http://125.sd.gov> under the "Celebration Communities" tab.

SCHOLASTICS

MOUNT MARTY COLLEGE

Spring Semester 2013-2014

Dean's List

Kelsey Abbey Elk Point
Paige Anderson, Yankton
Brian Bartlett, Kaylor
Amelia Berning, Comfrey, Minn.
Allison Berry, Cottage Grove, Minn.

Samantha Bischoff, West Haven, Utah

Margaret Bisgard, Yankton
Geri Blachford, Miller
David Blais, Watertown

Samantha Blake, Centerville
Derek Blumenstock, O'Neill, Neb.
Brittini Boes, Yankton

Natasha Borah, Milbank
Brittini Bormann, Merville, Iowa
Kristen Boyle, Norfolk, Neb.

Rebecca Bryan, Draper
Jill Burczek, Watertown
Kaleb Carsten, Kimball

Juan Castrejon, Yankton
Kendra Cersosimo, Mitchell
Leacadia Christensen, Viborg

Patrick Ciganovic
Ashley Collins, Watertown
Jamie Cordrey, Watertown

Holden, Cotton, Beresford
Allison Cross, Sioux Falls
Jessica Crossman, Utica

Caitlin Davis, Elk Point
Nikolaus Davis, Yankton
Allison De Kam, Castlewood

Olivia DeWaard, Stickney
Gina Dethlefsen, Stickney
Sarah Donovan, Gretna, Neb.

Shannon Drake, Waubay
Erica Dreckman, Marcus, Iowa
Makayla Driscoll, Sioux Falls

Laura Ekeren, Yankton
James Elliott, Lake Norden
Samuel Erickson, Slayton, Minn.

Amanda Falk, Watertown
Kayla Fanning, Olivet
Amber Faulk, Yankton

Christopher Fieber, Goodwin
Jacob Fokken, Yankton
Lisa Foley, Wagner

Macey Fuerst, Tripp
Cindy Gartner, Irene
Cassidy Gebhart, Elkton

Danielle Gill, Yankton
Michael Grimme, Yankton
Laura Groseth, Yankton

Dominic Gutierrez, Yankton
Dustin Haffeman, Sioux Falls
Gretta Hans, Mission Hill

Ellen Hanson, Vermillion
Haley Haro, Yankton
Jon Hass, Rapid City

Ashley Hatch, Yankton
Holly Hegge, Crofton, Neb.
April Herman Freeman

Amber Herzog, Watertown
Lauren Heyden, Newport, Neb.
Trevor Hickens, Winner

Alison Hoffman, Crofton, Neb.
Christopher Hoffman, Yankton
Neil Hohenhaner, Yankton

Matthew Holmes, Beresford
Nicole Hokanson, Huron
Zachary Hollenback, Las Vegas

Jenece Holzbauer, Wagner
Jordan Houde, Highmore
Mykaela Hughes, Johnstown, Colo.

Rochelle Hunter, Watertown
Caitlyn Illg, Sioux Falls
Jill Jandreau, Kimball

Lauren Janssen, Sioux City, Iowa
Brenda Jerde, Florence
Amanda Johannsen, Watertown

Jordan Johnson, Yankton
Maurice Johnson, Yankton
Wendy Jungemann, Yankton

Kelsey Kalkowski, Lynch, Neb.
Kathryn Kelley, Norfolk, Neb.
Amanda Klein, Hartford

Jackee Knutson, Big Stone City
Katrina Koeppel, Watertown
Kimberly Kokesh, Wagner

Anna Kollasch, Whittimore, Iowa
Katie Kotschegarow, Yankton
Jackie Kowalski, South Shore

Karlee Kozak, Tyndall
Amber Krause, Tekamah, Neb.
Laurie Kruse, Watertown

Bailey Kuchta, Wynot, Neb.
Justine Kummer, Tabor
Nick Kummer, Parkston

Louis LaSart, Watertown
Patricia Lafrentz, Mission Hill
Cheyenne Lambley, Burke

Brittney Lardy, Watertown
Benjamin Laudert, Yankton
Bryce Lawrence, Watertown

Raegan Layher, Douglas, Wyo.
Kelsey Leischner, Parkston
Kelsey Lentz, Hartington, Neb.

Abby Lewandowski, Watertown
Janaya Lewis, Andover, Minn.
Luke Loecker, O'Neill, Neb.

Shaina Lonneman, Adrian, Minn.
Gina Ludens, Springfield
Lindsay Martin, Watertown

Alexandria Max, Sioux City, Iowa
Karen Mayfield, Watertown
Shawn McCardell, Yankton

Margaret McMahon, Wisner, Neb.
Sara Means, Granville, Iowa
Megan Meister, Kingsley, Iowa

Kelsey Mesman, Springfield
Kam Meyerink, Platte
Ely Miller, Vermillion

Courtney Miller, Mitchell
Jared Miller, Sioux Falls
Elyse Moen, Watertown

Joshua Monson, Bryant
Alex Mueller, Yankton
Shelby Mushitz, Geddes

Derrick Nelson, Yankton
Jennifer Nelson, Plattsmouth, Neb.

Imtlienla Norien, Wausa, Neb.
Elizabeth Oestreich, Yankton
Caitlyn Olen, Yankton

Lauren Orwig, Norfolk, Minn.
Jordan Pater, Adrian, Minn.
Leon Pedersen, Yankton

Bryce Peterson, Marshall, Minn.
Kari Peterson, Omaha, Neb.
Melissa Pokorney, Yankton

Kelsey Popham, Hayti
Deanna Poppe, Crofton, Neb.
Catherine Pratt, Le Mars, Iowa

Krista Radke, Parkston
Vincent Raia, Windom, Minn.
Chelsey Reiner, Yankton

Erica Reiners, Yankton
Amanda Reinsner, Tyndall
Cassandra Rezac, Yankton

Broderick Ries, Watertown
Berkley Rietveld, Mitchell
Ashley Riibe, Yankton

Vanessa Rockne, Yankton
Azura Rodriguez, Rapid City
Olivia Rodriguez, Omaha, Neb.

Alexandra Rojas, Wahoo, Neb.
Allyson Roth, Freeman
Caitlyn Roth, Delmont

Michael Sadler, Mitchell

Johanna Scheich, Mitchell
Dillon Schenkel, Sioux Falls
Joseph Schmeling, Watertown

Kelsey Schmidt, Woonsocket
Morgan Schmidt, Marietta, Minn.
Emily Schreuer, Alcester

Katie Seppanen, Watertown
Neal Seppanen, Vienna
Ashley Seurer, Watertown

Rachel Shippy, Colome
Jill Simantel, Scotland
Rachel Sine, Sisseton

Laura Slama, Tabor
Kari Smith, Mission Hill
Brittany Spiegelberg, Yankton

Annette Spooner, Watertown
Anthony Stransky, Denver
Heidi Sutura, Yankton

Raquel Sutura, Tabor
Ashley Tebeest, Watertown
Joshua Teichroew, Yankton

Zachary Telles, Lakewood, Colo.
Kristie Tessmer, St Michael, Minn.
Jamie Thelen, Omaha, Neb.

Lindsay Thyme, Watertown
Angela Tieman, Montrose
Samantha Tobey, Norfolk, Neb.

Tiffany Tramp, Crofton, Neb.
Courtney True, Yankton
Megan Turner, Sioux City, Iowa

Abbey VanDenBerg, Sioux Falls
Denae Veldkamp, Sioux Falls
Logan Wagner, Parkston

Kacey Werdel, Clear Lake
Kaitlyn Westcott, Norfolk, Neb.
Zachary Wevik, Yankton

Joseph White, Yankton
Dominic Wieseler, Watertown
Kellie Winckler, Lake Andes

Jessica Wirth, Yankton
Megan Wortmann, Norfolk, Neb.
Hannah Youngberg, Yankton

ST. PAUL, Minn. — Christopher Popovich of Yankton has been named to the Concordia University, St. Paul's Dean's List for the Spring 2014 semester. Popovich is a senior majoring in Criminal Justice.

Students with a grade point average of 3.5 or higher are recognized for superior academic performance by being named to the Dean's List.

MORGAN KROTZINGER

ROCHESTER, Minn. — Morgan Krotzinger, a resident of Yankton was among 1,035 students from Rochester Community and Technical College who made the Dean's List for Spring Semester 2014 ending this past May.

To qualify for the Dean's List, a student must successfully complete 12 or more letter-graded credits, in the same semester, and achieve a grade point average between 3.0 and 4.0. The Rochester Community and Technical College Dean's List can be viewed by going to: www.rctc.edu/about/html/Deans-list.html.

CAITLIN HOF

STORM LAKE, Iowa — Hof Caitlin, of Yankton was recently honored at Buena Vista University's (BVU) student recognition event. She is a recent graduate of BVU who majored in biology and chemistry.

Hof received the All Science Senior of the Year Award from BVU's School of Science.

CHRISTOPHER POPOVICH

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