



CDQAP Quality Assurance Update - April 2019

CDQAP Hosts Webinar on Mental Health Helpful resources for dairy farmers coping with stress

By Dr. Michael Payne, UC Davis, School of Veterinary Medicine and Director, CDQAP

Increasingly, we are seeing more honest discussion about stress and depression in the farming community. Some courageous athletes and celebrities have lead the way by sharing their experiences, demonstrating that anyone can experience depression, given enough stress. It's also no secret, between the regulatory and financial landscapes, that there's no shortage of stressors for California farmers lately. That's why on April 3rd, CDQAP partnered with UC Agriculture and Natural Resources and Colorado State University to offer a special webinar for dairy producers, their families, and the dairy community.

Titled, *Addressing Stress, Depression, and Suicide in California Dairy Families*, the webinar featured Colorado State University's Dr. Robert Fetsch, perhaps the leading Cooperative Extension expert on farmer mental health issues. "Dr. Bob" grew up on a small dairy farm in Texas. Over the last thirty years, he has assisted farmers in dealing with stress.

Some of the facts Dr. Fetsch shared might not come as a surprise. Farm owners are second only to laborers for stress-related mortality. Similarly, depressed farmers have up to a three-fold risk of occupational injury. The presentation outlined the common signs of depression, and focused particularly on how important it is to follow-up when hearing "last line" comments like, "Maybe my family would be better off without me."

Dr. Fetsch emphasized the importance of not waiting for the "right" time to reach out, but to have a meaningful discussion as soon as possible. He has discovered over the years that when spouses, children, or other family members are involved, such discussions typically see results more quickly.

For those who missed Dr. Fetsch's webinar but are interested in learning more, CDQAP has made the video recording available on a new webpage dedicated to this important topic. The webpage also includes the presentation slides, a checklist and guide for making mental health referrals, and a listing of websites and hotlines for mental health services available throughout the state.

[Download Resources](#) 

www.cdrf.org/home/checkoff-investments/cdqap/dairy-mental-health-webinar



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Spring Has Sprung! Harvest sampling reminders

By Deanne Meyer, Ph.D., Livestock Waste Management Specialist, UC Davis, Department of Animal Science and UC ANR

Forage harvest is likely in full swing. Please remember to sample forages from each field where manure was applied. Record tons of forage harvested from each field. Obtain a representative sample. Conduct laboratory analyses for percent moisture, total nitrogen, total phosphorus, total potassium, and fixed solids. As you sample liquid and solid manure applications, check to see if you need the biennial mineral analysis. If it's not in last year's annual report, you'll likely need the analysis done this year. Also, check with your nutrient management consultant to determine which fields need soil sampling. For those with many fields, you're likely on a 20% per year analysis plan.

Happy harvest!