

# Mental Health Programming: An Overview

## Stress Management

Live workshops  
and written  
materials available

### Self-Care Planning

Prioritizing your Wellbeing

### Handling Stress and Burnout



#### Managing Anger

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The events of 2020 have fueled stress and anger that has been simmering for some time. Many are angry because of what they have lost or what has been taken away from. Some of the most common losses have been loved ones, jobs, prized traditions (graduations), routine, and security. Anger is a natural response to loss for all people. In fact, anger is visible even among infants whose goals are blocked (Levis et al., 2006).

#### Why am I angry?

All emotions provide information. They tell us something about our environment or ourselves. Anger may tell us that we have been hurt by injustice, insult, or betrayal (Gillam & Hendler, 2017). Anger may also tell us that an experience is threatening because it has made us feel exposed or vulnerable. Common expressions of anger (raised voices, harsh language) create emotional or physical distance between us and the threat. While angry, you may literally find yourself screaming, "get away from me!" However, there is another side to anger. Without anger, there would be little motivation to deal with unfair or harmful situations.

#### How does anger affect my body?

### Served in 2020

- Educators
- Mental health professionals
- Medical professionals
- General public

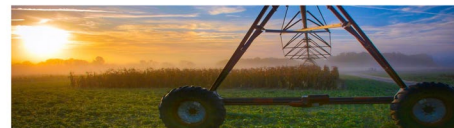
## Professional Development

### Skills for Integrating Mental Health into Discussions of Patient Care

Presented by Alexander Chan, Ph.D., LMFT



### Culture and Resilience of Farmers in Your Community



#### A Three-Part Webinar Series



Participants report increased skills and confidence in addressing mental health issues with their service populations.

## Relationship Education

Providing healthy romantic relationship skills for teens and adults



### Why Extension Needs Relationship Education

With an expanded audience and a more holistic understanding of what constitutes healthy living, Extension agents should consider including relationship education (RE) programs in their plans to promote health in the communities they serve. RE is defined as efforts to provide educational programming that enhances the ability of individuals and couples to have stable, healthy relationships (Dohrenak & Rhoades, 2012).

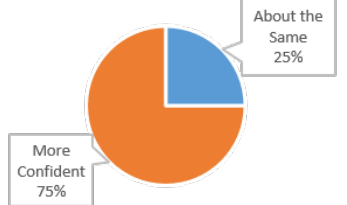
Although it may be a new type of programming within some Extension systems, RE could easily be integrated into existing topics of Extension education. For example, Family and Consumer Sciences programs could integrate RE in the areas of health, safety, and financial wellness. RE programs could integrate RE into Healthy Living programming, which is a national priority.

RE programming is a relevant and evidence-based method of supporting Extension's goal of promoting community health and wellness. A variety of evidence-based curricula are available, along with funding opportunities to support implementation. Funding opportunities include multi-state grants from county councils to locally prevent domestic violence as well as large (\$1 million+) grants from Federal agencies such as the Department of Health and Human Services for strategic projects.

Extension systems are often interested with the evidence that would benefit most from RE programming. By adopting RE programming, Extension faculty are poised to have a meaningful impact in the under-served area of health for many individuals in their communities.



### Handling Conflict



Local and national results demonstrate desirable learning outcomes for both youth and adults.