National AgriAbility Project Regional Training Workshop was held on November 16 and 17 at the Hilton Garden Inn in Manhattan, and the opening session took part participating through QPR Training. General information, Perriello and Reber—three people who have provided the principle to save the lives of someone considering suicide. Created in 1998 by Paul Quaglia, QPR is an emergency mental health intervention training to recognizing suicide risk and intervene in crisis and assist the person in finding the help they need.

It was a poignant lesson for the AgriAbility workers that participated in a January 2000 study published by the Center for Disease Control and Prevention. Since then, farmers are among the most likely to die by suicide, and thus trained to recognize other professions at the University of Iowa as suicide.

By Julia Dibek

The program that helps farmers keep their farms and themselves is the AgriAbility Project, which has been a part of the National AgrAbility Project, the national training and employment program to help farmers and ranchers with disabilities. The program is the result of a collaboration between the University of Illinois and the Illinois Department of Agriculture.

"I don't know what else we could have done. We had a perfect year of growing," said Reber. "And we could have had many more like it."

The workshop covered topics such as:

- QPR training for farmers
- Suicide prevention strategies for farmers
- Recognizing and responding to suicide risk
- Connecting people to local resources

Photo by Donna Sullivan

One of the main goals of the workshop was to help farmers understand the signs and symptoms of suicide risk and to provide them with the tools to help others who may be struggling. The workshop covered a range of topics, from recognizing the signs of suicide risk to connecting people to local resources.

"We want to make sure that farmers are aware of the signs and symptoms of suicide risk and know how to respond," said Reber. "Suicide is a serious problem, and we need to do everything we can to prevent it."