

What?

Access East

- Access East provides comprehensive care management to 34 counties in Eastern North Carolina, allowing at-risk individuals access to primary care and specialty providers.
 - Goal: improve patient health outcomes and healthcare costs through programs such as Healthcare Assist and Affordable Care Act (ACA) Marketplace Navigators.
- Health Assist: Offers free and reduced healthcare for vulnerable populations in Beaufort, Greene, Edgecombe, Hertford, Martin, and Pitt counties.
- ACA Navigators: Assists individuals exploring health coverage options through NC's federally funded Healthcare Insurance Marketplace.
- Farmworker Program: Assists farmworkers with ENC H-2A (temporary visa) to enroll in low-cost insurance and connects them with healthcare options.



So What?

- Migrant workers leave their home country and arrive in rural locations to work the fields. The rural locations create physical isolation, leading to unhealthy habits.
- Farmworkers lack their own transportation; therefore, farm owners take the workers to town once a week for necessities; however, this deprives the worker of self-sufficiency and creates a level of dependency.
- During the week, amid isolation, loneliness, and dealing with their medical issues the farmworkers have a greater participation in alcohol consumption/abuse.
- 20-50% of farmworkers experience poor mental health with high levels of depression, anxiety, and substance abuse.



- Non-suitable living conditions.
- Wage theft.
- Language barriers.
- Acculturative stress, isolation, strenuous work conditions, and discrimination.

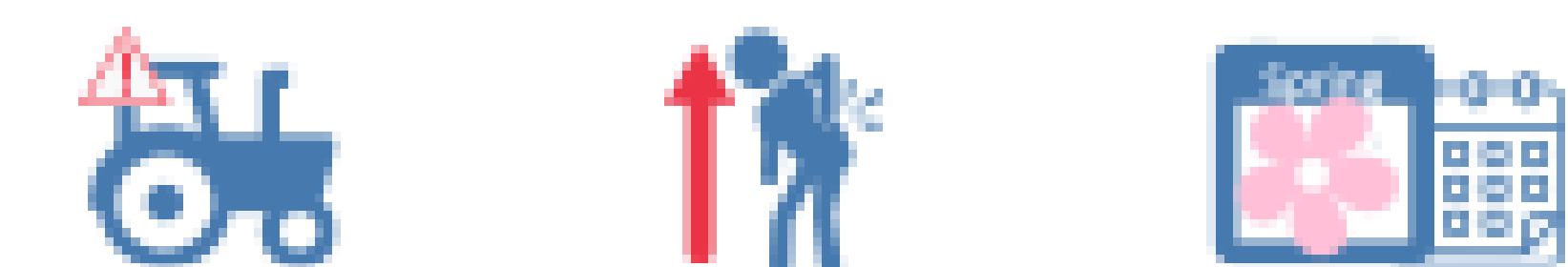
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5019947/>
https://archives.nida.nih.gov/sites/default/files/443-458_Watson.pdf

Now What?

- Provide stress management educational workshops to farmworkers.
- Offer therapy sessions to farmworkers.
- Recruit mental health professionals.
- Recruit interpreters.
- Set logistics: accessible meeting areas, how frequent, and longitudinal care.

STRESS & ANXIETY IN LATINO FARMWORKERS

Why is mental health important?



Hazardous working conditions, increased risk of injury, and the seasonal nature of agriculture are all associated with stress and anxiety in farmworkers.

The Stress and Anxiety in Latino Farmworkers (StrAW) study seeks to understand specific factors that contribute to stress and anxiety in the workplace.

What can contribute to stress & anxiety among farmworkers?



What can I do when I start to feel:



I can:

- Go for a walk
- Listen to music
- Dance
- Go to church
- Talk with someone
- Take a warm bath
- Talk with my medical provider

<https://deohs.washington.edu/pnash/stress-and-anxiety>

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