

# Connecticut Ag Wellness Summit

Helping You to Help Others

Thursday December 5th, 2019  
Maneeley's Conference Center  
65 Rye Street, South Windsor, CT

This free event is for Farmers,  
Producers, and Ag Service  
Providers, including  
Veterinarians

8:30-8:50am – Registration

8:50-9:00am – Welcome

9:00-10:00am – "The Human Animal: Recognizing Behaviors and Learning to Engage", Dr. Jennifer Quammen, Veterinarian Coaching

10:00-10:45am – "Getting Your Hands Back on the Wheel: Focus on Controlling the Controllables", Rick Hermonot, Farm Credit East

10:45-11:00am – Break

11:00-11:45am – Networking Activity

11:45-12:30pm – Lunch

12:30-1:15pm – "CT Resources & Awareness; Where to Turn", Andrea Duarte, DMHAS and the CT Suicide Advisory Board

1:30-3:30pm – QPR (Question. Persuade. Refer.) Training, Joan Nichols, CT Farm Bureau Association, and Willow Lake, CT Department of Agriculture, QPR is a nationally recognized program designed to train individuals in suicide intervention to help save a life. This is a voluntary program. **You will need to register for this session in addition to the main program. There will be limited space in this session. It will be first come, first serve.**



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Veterinary Field Service  
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Creating an Organic  
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FARM CREDIT EAST

These institutions are affirmative action/equal employment opportunity employers and program providers

Space is limited so please RSVP to [mackenzie.white@uconn.edu](mailto:mackenzie.white@uconn.edu) or  
860-875-3331 by November 26th!

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*Helping You to Help Others*

## Speakers

Dr. Jennifer Quammen is founder of Veterinarian Coaching, a business focused on helping veterinarians THRIVE in life, love and work. Dr. Jen's veterinary work is primarily in Kentucky and Indiana, with a special emphasis on surgery. Dr. Jen is the Immediate Past President of the Kentucky Veterinary Medical Association, and stays heavily involved in organized medicine on the local and national stages. Outside of coaching and practicing medicine, Jen is engaged in Kettlebell Sport and loves all things amphibian.

*Taking care of animals is paramount to our success, financially and otherwise. The one animal we tend to forget is the human animal, be that ourselves or our family, friends and coworkers. The Human Animal exhibits many of the signs of stress, fear and anxiety that we recognize in other animals, but the consequences of failure to act on those signs can be catastrophic. In this session you will learn how controlling the human brain and body are critical to your success in any field.*

Rick Hermonot is a Farm Business Consultant for Farm Credit East. Rick has 30 years experience in ag lending, farm appraisal and farm business consulting. Rick owned and operated a dairy farm for over 30 years, which then converted to diversified agricultural retail including turkeys, chicken, pork, beef, misc. cash crops and agri-tourism.

*It's not always about the finances. Folks can also become overwhelmed with the intense workload that can lead to burnout (physically and emotionally). Often financial improvement strategy is key but sometimes just getting a plan developed that defines where we are going that helps put things into perspective and reduce the overwhelmed feeling. And sometimes where we are going is defining an exit strategy but I've seen that bring peace of mind to folks as well.*

Andrea Duarte - Andrea Iger Duarte, LCSW, MPH is the Suicide Prevention Project Director in the Prevention and Health Promotion Division of the CT Department of Mental Health and Addiction Services, Office of the Commissioner. Ms. Duarte is a founding member of the CT Chapter of the American Foundation for Suicide Prevention, and has served as the Co-Chair of the CT Suicide Advisory Board since January 2012.

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