This collection is available at The State Historical Society of Missouri, Research Center-Columbia. If you would like more information, please contact us at research@shsmo.org.

**Dates:** 1980-2014  
**Creator:** Farmer, Val, 1940-  
**Collection Size:** 5.7 cubic feet, 1 oversize item, 1 video cassette

**Introduction**  
The papers of a clinical psychologist and syndicated columnist who specialized in rural mental health include correspondence, research materials, and miscellaneous material pertaining to the Midwest farm crisis in the 1980s. The majority of the correspondence is letters from readers.

**Donor Information**  
The collection was donated to the State Historical Society of Missouri by Val Farmer through Mary K. Hendrickson on 9 October 2019.

**Box List**

**Box 1**  
“Quality of Life: Perspective and Review,” 1980  
“Economics,” Farmers Union Project  
American Farm Project (2 folders)  
*Spite Lanes: Case Studies from the Land*, American Farm Project, 1980  
Rural Stress  
Essays/Articles  
*Rural Community Mental Health* newsletters, 1982-2000  
*Party-Line*, 1999  
*Farm Family Adaptations to Severe Economic Distress: South Dakota*, 1990  
*Report of the National Action Commission on the Mental Health of Rural Americans*, 1988  
“Strengthening Family Life During Tough Times,” n.d.  
*Depression in Rural America*, National Farmers Union, c. 1982  
*Farm Family Stress*, Sally A. Middleton, May 1983  
*Farm Stress: Learning to Cope*, 1982  
*Improving Mental Health Care Delivery in Rural Counties*, 1987  
*North Country Anvil*, Winter 1983-84  
*Rural Health Agenda for Nebraska*, 1990  
*Families Displaced from Farming in North Dakota: Characteristics and Adjustment Experiences*, March 1987  
*How to Plan and Produce... Farm Stress Workshops*, 1981
**Plowing Up a Storm: The History of Midwestern Farm Activism**, 1985

**Resisting Foreclosure: Saving the Homestead to Farm Again**, n.d.

**Human Services in the Rural Environment**, 1987-1990

“Survey of Families Leaving Farming: A Preliminary Summary,” 1985

“The Unsettling of the Midwest: Education’s Response to the Rural Crisis,” n.d.

“Responses to a Changing Rural America: The Crisis in Agriculture: A Nebraska Solution,” n.d.

“Perceived Stressors and Relation to Emotional State Among Women Participating in Farming,” Glenda Hoogland Altena, 1996 (thesis)


**Take Good Care of Yourself! A Booklet About Rural Stress and Healthy Ways to Handle It**, 1988


“Listen to the People on the Land,” c. 1988

**Policy Choices for a Changing Agriculture: A Project of the National Public Policy Education Committee**, June 1987


**Box 2**

“Great Life” edited by Joe and Nancy Paddock, 1981

“Land Stewardship Project” edited by Joe Paddock, Nancy Paddock, and Carol Bly, n.d.


**Education’s Response to the Rural Crisis: Model Programs in the Midwest**, Dec. 1987

**AMMO: Information and Analysis to Defend Our Farm Communities**, Feb./March 1983


**American Farm Women: Findings from a National Survey**, 1981


Art Cuelho/Seven Buffaloes Press publications, 1982-1986 (2 folders)

**The Tree That Survived the Winter**, Mary Fahy, 1989

**Mending a Broken Heartland: Community Response to the Farm Crisis**, Joyce Barrett, 1987

**Fifty Years On Main Street**, Marvin Hogen, 1996; **Healing the Heartland: Nonviolent Social Change and the American Rural Crisis of the 1980s and 1990s**, Marvin E. Ceynar, 1989

Poetry

Betty Shepherd info [see also oversize item #1]

Miscellaneous, 1989-2014

Correspondence, 1980s-2000s (10 folders)

**Boxes 3-7**

Correspondence, 1980s-2000s

**AUDIOVISUAL MATERIAL**

v.c. 1 Farm Stress Package
Oversize Material

Item #1  Poster, “Crisis-Hope,” Betty Shepherd, 1986