



GROWING VETERANS RESEARCH STUDY

We are partnering with researchers from **Seattle University** to better understand how farming helps veterans' psychological and social health. Your participation in this study can make it possible for us and other farms for veterans to receive federal and state funding and for farming to gain acceptance as a way for veterans to improve their psychological and social health. You are under no obligation to participate. The study asks you to respond to several questions each day for eight weeks on your Smartphone. **Participants who complete the study will receive \$250.**

REQUIREMENTS

To receive the incentive, you must be able to **visit the farm once per week for 8 consecutive weeks** beginning with your first visit. If you miss one week during this time, the study will be extended by one week. If you miss 2 weeks, the study will be extended by 2 weeks. If you miss more than 2 weeks, you will be disqualified from the study and will not receive the \$250 incentive. In other words, **you must visit the farm on 8 of 10 weeks following your first visit to receive the incentive.**

PROCESS

You will receive a prompt on your Smartphone each day, which usually takes less than **one minute to complete**. To receive the incentive, **you must complete all survey prompts from the app in a timely manner**. The prompts usually last 1 hour before disappearing, so be sure you have your phone on you so you don't miss any prompts! Be sure you have your phones location services on as well. The first day out at the farm your phone will recognize you are out there and send a quick survey (similar to the first survey you took). **Missing more than two prompts per week will disqualify you from the study**, and you will not receive the \$250 incentive. Daily prompts must be completed within 5 minutes of receiving them. Late responses to prompts will not count and will be discarded. Can you do this?

INCENTIVE

The incentive is distributed in upon **completion of your 8 visits in a \$250 lump sum.**

REGISTRATION

To register you, we will need your **email address**. In less than two hours, you will receive an email from the researchers inviting you to download the app and participate in the study. This email will include an informed consent form, which you must read and agree to before participating in the study. This form contains all of the study details and the researchers contact information.

You should receive an email from the researchers shortly. In the meantime, you can contact **Joel Swenson**, research coordinator for Growing Veterans, by email at swenson@growingveterans.org. Joel will be able to tell you when the best times are to come out to the farm. We are available at both our Lynden farm and our Mount Vernon farm.

DIRECTIONS TO OUR FARMS

Remember! You need to complete a week of prompts on your smartphone before coming out to the farm for work. This is to ensure we get a baseline reading on your stress levels before engaging in farming.

Directions to Whatcom Farm (6458 Martin Pl. Lynden, WA 98264): Coming from Bellingham, go north on Meridian past Smith Rd, Axton, and Laurel. Turn left on Hemmi Rd. in front of the big scrap metal recycling yard. Turn right on Old Guide, right on King Tut, and right on Martin Pl. Veer left through our neighbor's parking lot and park behind our light blue barn.

PLEASE NOTE: If you are heading North bound on the Guide Meridian to visit our farm, you CANNOT turn Left onto King Tut Rd., there is a barrier on Meridian. Please either turn Left early onto Hemmi and follow the back-roads (Old Guide to King Tut) up to the farm, or drive past, loop around the traffic circle at Pole Rd, and head back down to turn Right onto King Tut Rd.

Directions to Skagit Farm (21025 Starbird Rd. Mount Vernon, WA 98274): From I-5, take Starbird Rd. Exit 218. At off ramp, turn East on Starbird Rd. and drive about 1-2 miles. You will hit stop sign intersection at Bulson Rd. Our farm is on the northeast corner of that intersection. Pass the intersection and take the first left into our driveway.

Directions to Auburn Farm (17601 SE Lake Moneysmith Road Auburn, WA 98092): It can also be searched, and it may read Seattle Tilth's Red Barn Ranch. That is the spot. The farm is within a 15 minute drive from Auburn, Kent, Covington. From I-5, take exit 142A onto Highway 18 East toward Auburn. Continue past Auburn on Highway 18 East to the Auburn-Black Diamond Road exit, and then take make a right turn on Auburn-Black Diamond Road. Across the Green River, make the first right turn onto Lake Holm Road. Follow this road east to the 2nd SE Lake Moneysmith Road, and then make a right turn. The farm will be on the left hand side of the road.