



UNIVERSITY OF MISSOURI EXTENSION

McDonald County

2023 Annual Report



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Extension

University of Missouri

an equal opportunity/ADA institution

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Office of Extension
and Engagement
University of Missouri

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FOR EXTENSION AND ENGAGEMENT**
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December 2023

Dear county commissioners and friends of MU Extension and Engagement,

Thank you for your important partnership with the University of Missouri Extension this past year.

I want to highlight three areas that address needs you helped us identify.

You may recall that the FY 23 state budget provided a one-time \$5 million infusion to MU Extension for growth. Of that, we allocated about \$3 million for field faculty in the areas of agriculture, 4-H, health/human development and business and community development.

Through a dedicated hiring effort, and thanks to that allocation, we have hired 168 new employees since November 2022. That includes 72 academic/faculty members, most of whom are field specialists in a priority area noted above, and 96 staff members (e.g., office administrators, youth and food and nutrition associates, etc.).

We also returned more faculty to local program delivery that best serves your county's needs, while preserving the partnership and relationship building work you value. Our extension and engagement specialists focus full-time on that work as they serve their assigned multi-county groups. Currently, 19 have been hired, with two more in the pipeline.

Finally, we are prioritizing our work with county extension councils. In the new role of partnership and council development director, Lorin Fahrmeier focuses on strengthening council representation and governance. This role will build stronger links with regional, educational and campus leadership to better identify and address local priorities.

At the UM System level, our engagement work across four universities and with leaders across the state makes a difference in areas of greatest need: broadband, workforce development, health access, food security and healthy futures for our youth.

Your county annual report shows what we are accomplishing together as we Serve Missouri and Deliver Mizzou. We look forward to strengthening that partnership with county commissioners and community stakeholders in the coming year.

Sincerely,

Chad Higgins, PhD
Interim Vice Chancellor, MU Extension and Engagement
Chief Engagement Officer, UM System

Council Members

Garrett Wilson - Chairman

Elected Member – Western

Carrie Byron – Vice Chairman

Elected Member – Eastern

Galen Manning - Secretary

Elected Member – Western

Jeff Cooper - Treasurer

Elected Member – Western

Crystal Clark

Appointed Member – Western

Dennis Coberley

Elected Member – Eastern

Kitty Collingsworth

Appointed Member – Western

Margie Dodson

Elected Member – Eastern

Jimmy Gibson

Elected Member – Eastern

Jason Hoth

Appointed Member – Farm Bureau

Rick Lett

Appointed Member – Commission

Maxwell Stephens

Elected Member – Eastern

County Commissioners

Bryan Hall

Presiding Commissioner

Rick Lett

Western Commissioner

Jamey Cope

Eastern Commissioner

Faculty & Staff

Morgan Russow

Administrative Assistant

Kirby Miller

4-H Youth Program Associate

Jennifer Lutes

Field Specialist in Agricultural Business

Lori (Lewis) Smith

Nutrition Program Associate

Jill Scheidt

Extension & Engagement Specialist – Barton, Dade, Jasper, Newton, Lawrence, and McDonald

Eden Stewart

Field Specialist in Nutrition and Health Education – Newton County

Robert Balek

Field Specialist in Horticulture – Jasper County

Lisa Robinson

Field Specialist in Regional Economic Development – Jasper County

Amy Patillo

Field Specialist in Labor and Workforce Development – Greene County

Amber Allen

Field Specialist in Human Development – Greene County

Reagan Bluel

Field Specialist in Dairy – Barry County

Karla Deaver

Field Specialist in 4-H Youth Development – Lawrence County

Micah Doubledee

Field Specialist in Agronomy – Barton County

Megan Crane

Cooperative Feral Hog Outreach Educator – Douglas County

Sarah Havens

Regional Director – Southwest Regional Office

Theresa Fossett

EFNEP Associate Director – Greene County Annex

Ken Surbrugg

Business Development – Missouri SBDC at MSSU

Katie Fields

Director – Missouri SBDC at MSSU

Allen Waldo

Missouri APEX Accelerator Specialist – MSU

Budget and more

Appropriations budget

Income

County Appropriations	67,100
Total Income	67,100

Expenses

Salaries/Benefits	59,580
Travel	2,832
Telephone	1,300
Office Supplies/Service	1,200
Insurance	388
Reproductions/Copies	1,300
Advertising	500
Total Expenses	67,100



MU Extension is a unique funding partnership.

Extension funding is a three-way partnership of federal, state and county government. Federal and state money, through the University of Missouri system, pay professional staff salaries, training costs, computers and communication equipment. County funds support the local office, secretarial and youth assistant salaries, staff mileage and council expenses.

The McDonald County Extension Council, faculty and staff would like to express our appreciation to the McDonald County Commissioners for their continued support of extension programs.



Local Support

Did you know you can donate directly to McDonald County Extension with a gift to be used immediately or as an endowment contribution for long term efforts. Monies put into the endowment are left forever to earn interest with the county office benefiting each year. You can also direct your donation to a specific program such as 4-H or Master Gardeners.

UM System County Impacts

2024 UM Systemwide Impact Data Sheets

McDonald County



University of Missouri System

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UM System Footprint in the county in 2023



FY23 county students

22 students

- 20 Undergraduates
- 2 Graduate and professional students
- 17 Full-time students
- 5 Part-time students



County employees and retirees

5 people employed by UM

- 4 Campuses
- 1 MU Health Care



County alumni

Selected school alumni

- 1 Medicine
- 5 Nursing
- 3 Health Professions
- 1 Pharmacy
- 3 Veterinary Medicine
- 6 Agriculture
- 15 Engineering
- 4 Law

Alumni teaching K-12

- 6 teachers
- 2.1% of all district teachers



County breakdown

MU

- 12 students
- 45 alumni
- 3 employees

UMKC

- 3 students
- 13 alumni
- 0 employees

Missouri S&T

- 6 students
- 14 alumni
- 1 employee

UMSL

- 1 student
- 4 alumni
- 0 employees



County properties and offices

MU Extension in: McDonald County



County population: 23,267



County services provided

Health care (FY23)

- 33 in-state patients seen at MU Health Care, with \$160,422 of uncompensated care
- 1 in-state patient seen at UMKC School of Dentistry with a statewide average of \$43.61 per patient in uncompensated care
- MU Health Care's Missouri Telehealth Network recorded 47 visits to 19 patients having ZIP codes associated with the county

Extension (2022)

- 7,136 Total educational contacts from MU Extension to residents of the county, including:
- 5,068 contacts related to productive farming, better gardening, and managing natural resources
- 2,068 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development

UM System County Impacts

2024 UM Systemwide Impact Data Sheets

McDonald County

UM System Statewide Footprint

Economic and Community Development Highlights

- In 2022, Business Development Specialists worked with small businesses and entrepreneurs statewide to create or retain 81,645 jobs.



\$3.1
billion

For every dollar invested from 2019 to 2021, the MU Extension Business Development Program has returned \$133 in economic impact for its clients by increasing sales more than \$1.6 billion. For a total impact of \$3.1 billion, the program has generated more than 37,000 jobs and attracted nearly \$451 million in capital investments and \$1.5 billion in government contracts.

- Between FY17 and FY22, UM System brought Missouri more than \$1.46 billion in federal and private research funds, funded primarily from outside the state, but spent within the state.



In FY23, UM System was issued 33 patents and filed 61 new U.S. patent applications.

- In FY23, the UM System awarded 805 design and construction project contracts throughout Missouri, for a total investment of \$279.2 million in the state.



In FY23, to improve access to medical and health related services, MU Health Care's Missouri Telehealth Network's Show-Me ECHO program provided 18,381 hrs of case-based instruction to 2,938 learners located in 112 of 114 Missouri counties and the city of St. Louis.

Education and Training Provided



41,992 police, fire fighters, and medical professionals attending continuing education (2022)



Agriculture and natural resource programs served 174,692 farmers and related businesses (2022)



311,749 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs (2022)



University of Missouri System
COLUMBIA | KANSAS CITY | ROLLA | ST. LOUIS

Education Highlights

FY23 Financial Aid Awards

In FY23, 67.3% of the UM System's 80,702 students received financial aid totaling \$973.7 million

MU

27,256

students receiving financial aid

\$536.0M

financial aid awarded

UMKC

11,859

students receiving financial aid

\$217.3M

financial aid awarded

Missouri S&T

6,748

students receiving financial aid

\$117.7M

financial aid awarded

UMSL

8,489

students receiving financial aid

\$102.8M

financial aid awarded



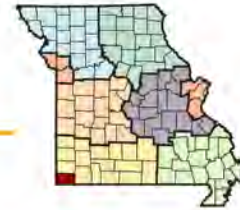
UM System's MOREnet (Missouri Research and Education Network) provides internet connectivity, access, support and training to 58 higher education institutions (230,000 students), 485 K-12 school districts (832,000 students) and 132 public libraries (serving nearly 3 million Missourians) in 2022.

- UM System awarded 50.5% of the 32,098 Bachelor's or higher degrees awarded by Missouri four-year public institutions in 2022-23.
- UM System awarded 36.6% of the 1,935 research doctorates and 26.9% of the 3,593 professional doctorates awarded by Missouri public and not-for-profit private institutions in 2022-23.
- In FY23, UM System's \$37.9 million in National Science Foundation (NSF) grants represented 88.3% of all NSF grants made to Missouri public colleges and universities.
- In 2023, over 10,900 Missourians accessed mobroadband.org, part of the UM System Broadband Initiative which helped the statewide build-out of high-speed internet infrastructure. MU Extension also supported residents in making individual challenges to the FCC that resulted in \$810,000 in additional funding for the state of Missouri.

Supporting the University of Missouri is an investment in the future of Missouri.

Missouri Grand Challenges: Local Solutions

MCDONALD COUNTY



Knowing Missouri's Needs

MU Extension asked Missourians to share the greatest challenges they and their communities face.

We heard that feedback and made big changes in the way we work with council and local partners to improve lives. Locally, a network of county engagement and subject matter specialists now share MU's knowledge, research and engagement, targeting programs, information and assistance in:

- agriculture and environment
- youth and family
- business and community
- health and safety

For each grand challenge, MU Extension and Engagement targets a specific gain by 2023:



Economic opportunity

Increase MU Extension and Engagement's economic impact to the State of Missouri from \$1 billion to \$1.5 billion overall, and from \$88 billion to \$100 billion in agriculture, the top economic sector



Educational access and excellence

Increase participation in postsecondary education from 66% to 70%



Health and well-being

Improve Missouri's health ranking from 40th to 35th in the nation

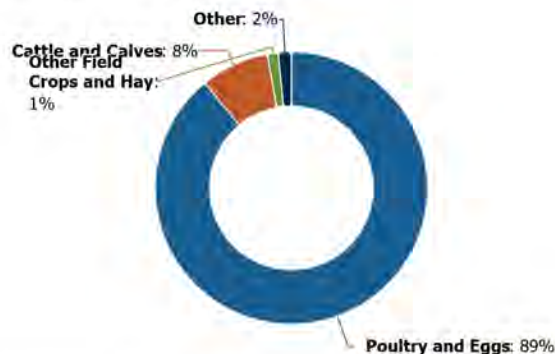
Knowing Local Challenges



CHALLENGE 1: Economic Opportunity: *Agricultural Economics*

Leading Agricultural Products

Total Commodity Sales: \$197,457,000



Data Source: US Department of Agriculture, National Agricultural Statistics Service, [Census of Agriculture](#). 2017.

Net Farm Income

Net farm income (total sales, government payments, and other farm-related income minus total farm expenses) reflects the strength of the local agricultural community and can be an important measure for lenders and policy makers. The report area had a combined net farm income of \$57,693,000 in 2017, an average of \$61,376 per farm. This compares favorably to the statewide average farm income of \$29,485.

Report Area	Total Farms	Average Farm Income
McDonald	940	\$61,376
Missouri	95,320	\$29,485

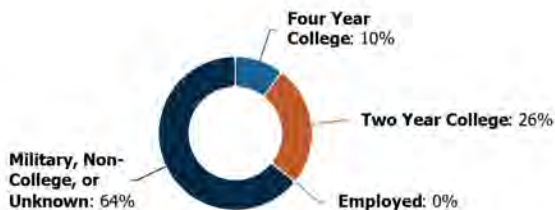
Data Source: US Department of Agriculture, National Agricultural Statistics Service, [Census of Agriculture](#). 2017.



CHALLENGE 2: Educational Access and Excellence: *College and Career Readiness*

Post High School Report

The 12-month post-graduation activity of recent high school graduates can inform communities about postsecondary education, career readiness, and characteristics of the future workforce. In 2022, of 223 graduates surveyed in the report area, 23 went to a four-year college, 57 to a two-year college, 0 directly entered the job market. The remaining 143 are reported as in the military, not in college, or unknown.



Data Source: [Missouri Department of Elementary & Secondary Education](#), 2022.



CHALLENGE 3: Healthy Futures: *Access to Care*

Mental Health Care Providers

Mental health is a critical public health issue worldwide. Access to mental health services is a challenge across Missouri, which ranks 46 out of 51 states in provider access. In the report area there are approximately 1 credentialed professionals providing mental health care to serve the area's 23,303 residents. The patient-provider ratio in the report area is 23,303 to 1, which means there is 1 provider for every 23,303 persons. The ratio of persons to providers in the report area is higher than the state average of 855:1, which means there are fewer providers per person in this area.

Ratio (Population to Providers)

23,303:1

McDonald

Missouri

855:1

Primary Care Providers

Older adults make up a historically large percentage of the U.S. population and meeting the healthcare needs of an aging population can be challenging. In the report area, there are approximately 3 primary care physicians (MDs and DOs) to serve the area's 3,527 residents over the age of 65. The patient-provider ratio in the report area is 1,176:1, which means there is 1 provider for every 1,176 older adults. The ratio of adults to providers in the report area is higher than the state average of 242:1, which means there are fewer providers per person in this area.

Ratio (Population to Providers)

1,176:1

McDonald

Missouri

242:1

Data Source: Centers for Medicare and Medicaid Services, [CMS - National Plan and Provider Enumeration System \(NPPES\)](#), December 2023.

Data Source: US Department of Health & Human Services, Health Resources and Services Administration, [HRSA - Area Health Resource File](#), December 2023.



CHALLENGE 4: Agricultural Growth & Stewardship: *Agricultural Economy*

Jobs Derived

Missouri has a diverse agriculture industry, strong in crops and livestock, as well as food and forestry processing industries. These industries remain a significant part of Missouri's economy, supporting more than 1 in every 10 jobs, on average. In 2021, agriculture, forestry, and related industries in Missouri were estimated to contribute: 456,618 jobs, \$93.7 billion in output and \$31.8 billion in household income. [Learn more about Missouri Agriculture's Economic Impact.](#)

Percent of Jobs Derived from Agriculture

73.9%

McDonald

Missouri

23.55%

Data Source: Missouri Department of Agriculture, [Missouri Agricultural and Small Business Development Authority](#), 2021.

Value Added

Value-added agriculture refers to production, manufacturing, marketing or other services that increase the value of primary agricultural commodities. In 2021, the total value-added derived from agriculture, forestry and related economic activity was an estimated \$34.9 billion. Meat processing, food processing, animal and pet food manufacturing, and crop production and related industries are Missouri's top value-added products: \$9.5 billion and 155,425 jobs from livestock production and related industries alone. [Learn more about Missouri Agriculture's Economic Impact.](#)

Percent of Total Value Added from Agriculture

74.5%

McDonald

Missouri

21.98%

Data Source: Missouri Department of Agriculture, [Missouri Agricultural and Small Business Development Authority](#), 2021.

County Highlights

2023 McDonald County State Fair Farm Family

The Jordan family was selected as the McDonald County Missouri Farm Family by University of Missouri Extension in McDonald County and the local Farm Bureau.

BJ & Janet Jordan, and family, were among the families honored during the 66th annual Missouri Farm Family Day on August 14, 2023, at the Missouri State Fair.



McDonald County Century Farm

In 2023, Drake Dynasty Ranch was named a Century Farm by the University of Missouri Extension.

This Century Farm is located near Anderson and is currently owned by Keith & Sherry Drake. Drake Dynasty Ranch has been in the family since 1909.



County Highlights

Community Outreach Events

Jesse James Days – 4-H



Pineville Fall Festival

The McDonald County Extension Council hosted the second annual hay contest to help educate producers about the need to understand the nutrient value of their hay and determine if their livestock need additional feed supplements. All producers received their first entry free thanks to generous donations from First Community Bank, McDonald County Farm Bureau, and The Cornerstone Bank.

Samples were submitted in two forage categories: Cool Season Hay and Warm Season Hay.

Winners from each class were recognized with certificates and ribbons during the Pineville Fall Festival.





MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**

through credible statewide programs

Missouri 4-H for ages 8 – 18



Community clubs are organized by volunteer club leaders and teams of recognized volunteers. Members attend club meetings, elect officers, enroll in projects and plan learning and community service activities. Some clubs opt to be single-project clubs, where all members focus on the same project.



4-H's Leadership and Civic Engagement programs foster understanding, confidence and decision-making skills to empower youths to become informed and active young citizens. 4-H civic engagement initiatives prepare young people to become future leaders by engaging them in programs where they have voice and influence.



4-H's Healthy Living programming teaches skills for healthy choices and lifestyles, enhancing overall well-being and equipping youths to tackle life's challenges. Emphasizing social-emotional health, 4-H fitness, health, nutrition and safety programs cultivate confident, caring young leaders who prioritize mental and physical well-being.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



16 Health & Well-Being



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**
through credible statewide programs

Missouri 4-H for ages 8 – 18



4-H In-school clubs meet during the school day. Members participate in projects that supplement their existing lessons. Clubs may meet for short periods or span the full 4-H program year. Members can elect officers and plan learning activities with options of public speaking, community service and links to career readiness.



4-H's College and Career Pathways program

emphasizes the pivotal role of education in attaining career goals, creating paths to success through exposure to project areas and mentorship. In addressing workforce challenges, 4-H strives to equip young people with financial literacy and basic skills for productivity.



Legend



Agricultural Growth
& Stewardship



Economic
Opportunity



Educational
Access &
Excellence



17
Health
& Well-Being

McDonald County

Missouri 4-H

Local Impact

4-H Community Outreach Events



McDonald County

Missouri 4-H

Local Impact

McDonald County Fair

Each year members submit projects to the McDonald County Fair to earn awards, along with the opportunity to advance to the next level, Ozark Empire Fair. In 2023, McDonald County 4-H had a significant increase in submissions. Members truly allowed their creativity to flow in 2023!



McDonald County

Missouri 4-H

Local Impact

4-H Teen Council

The purpose of this organization is to promote teen leadership in the county 4-H program. 4-H members 12 years old and older are eligible to partake in this opportunity. It is a space where young leaders can grow and develop, while being a part of a team. In February of 2023, the McDonald County 4-H Teen Council celebrated their 1st full year as a team!

The McDonald County 4-H Teen Council has grown significantly since the start in 2022. Members elected to begin fundraising as a club to create opportunities for the group without having to fund the project or activity on their own. Their first fundraiser was a youth led bake sale that was very successful. In addition to fundraising, the council decided to add entrepreneurship to their list of activities. They have begun the task of creating apparel for the county 4-H program each year from start to finish. It is exciting to see this group continue to evolve!



McDonald County

Missouri 4-H

Local Impact

The Teen Council stepped into a new territory in 2023 by teaching other youth. After being invited to the annual Science Night at Anderson Elementary, the teens got to work creating not one, but two activities to teach to the youth and their families at the event. Their leadership skills truly shined at this event with minimal assistance from the leader, which is the YPA.

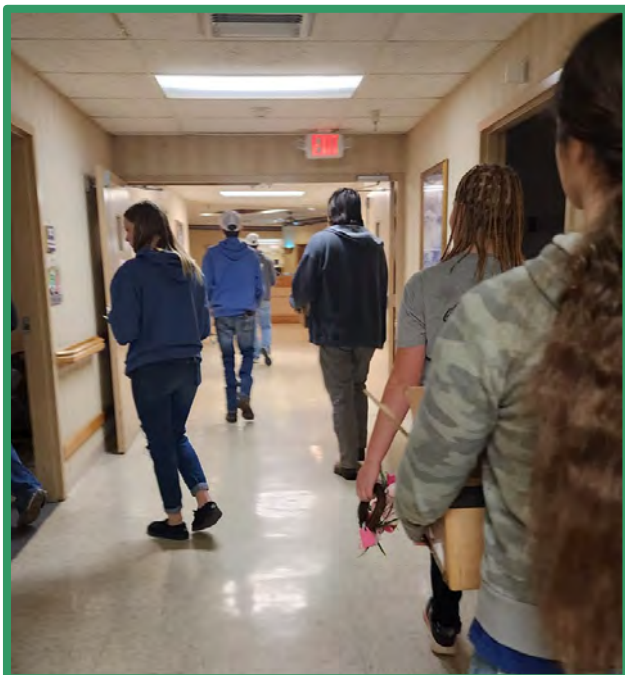


McDonald County

Missouri 4-H

Local Impact

Beyond business meetings, the 4-H Teen Council enjoys getting together to have some fun. Team building events are extremely important when you have a group of teens working together for the first time. The youth members took full advantage of creating events that they could all enjoy, such as going to their annual bowling outing after their community service project and trying a swing at TopGolf.



McDonald County

Missouri 4-H

Local Impact



McDonald County

Missouri 4-H

Local Impact

McDonald County 4-H Shooting Sports

Bullseye Shooting Sports 4-H Club began in the start of the 2022-2023 4-H year. 2023 signified their first full year practicing shooting sports again in McDonald County. Volunteers attended multiple trainings to become certified in almost all of the disciplines offered in Missouri 4-H.

During the season, members spent many hours practicing their discipline. The team even took the next step in beginning a program and began attending competitions! Some members received medals for their high placement at the meets. To round out the season, multiple members attended the Missouri 4-H State Shooting Sports Competitions around the state of Missouri!



McDonald County

Missouri 4-H

Local Impact



McDonald County

Missouri 4-H

Local Impact

Recognition Night

Each year 4-H members and volunteers are recognized at the annual McDonald County 4-H Recognition Banquet. In 2023, the program definitely saw a growth in overall projects and awards given. One new award was given at this banquet, which consisted of an Outstanding Clover Kid award. One other change to the program this year was the McDonald County 4-H Teen Council helped run the entire program. Finally, to continue the tradition, outstanding awards were given, along with the volunteer of the year award and the Friend of McDonald County 4-H award. In 2023, the Friend of McDonald County 4-H was awarded to Cowboy Catering for their continuous generosity and support of the program. We are truly grateful for all of the community support!



McDonald County

Missouri 4-H

Local Impact

1st Annual 4-H Fundraiser

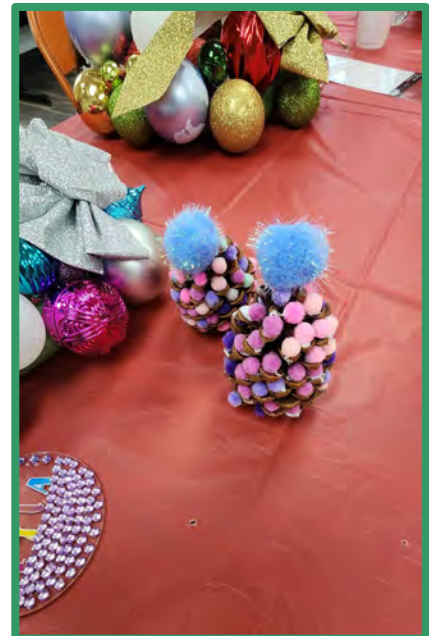
As a nonprofit organization, fundraising is a large component of having the ability to create opportunities for the youth in our county. In 2023, volunteers worked to put together the first annual fundraiser for the county program. A 90's theme trivia night accompanied by dinner was a hit in the community. It was a pleasure witnessing the generosity of McDonald County.



Local Impact

Winter Craft Day

Offering new and exciting events for the youth each year is always on the agenda. In 2023, a county craft day was established. The first craft day was winter themed. Members had the opportunity to allow their creative juices to flow! There were a multitude of project available, including ornament wreaths, pinecone trees, coloring sheets, DIY ornaments as well as a few others. This was truly a fun event, and the members knew exactly how to get crafty!



Local Impact

Food & Fashion Judging

Fashion Revue has always been on the list of events for McDonald County 4-H, but it has been a joined event with Newton County 4-H. In 2023, the program decided to take a new approach by creating a food and fashion day judging event. Members in sewing, quilting, fashion, and food competed.



McDonald County

Missouri 4-H

Local Impact

R.A.T.T.

The RATT or the Regionally Action-Packed Trip for Teens is an event organized by the Southwest Regional 4-H Council, council leader Kirby Douglass, and other regional staff for 4-H youth ages 12 and older. In 2023, the teens voted to adventure to Branson! 4-H'ers made their first stop at Billy Gail's which is an exciting breakfast place that serves pancakes the size of medium pizzas! Some members found that their eyes were much bigger than their stomachs, but we all started the day with a full belly. Our first main attraction of the day was at Ripley's Believe It or Not. Members were mesmerized by the weird history and overly large objects, like a huge toilet paper roll. Next, 4-H'ers took a step back in time and boarded the Titanic. Some passengers made it to the end of the voyage, but, unfortunately, many had to find their name on the list of individuals that did not survive the Titanic tragedy. Being placed into the storyline at the museum was an awesome way for the youth to learn about history. After lunch, we took a ride to Beyond the Lens, where members were immersed in hundreds of games from vintage to new. Career development is an important aspect in the 4-H world, so before concluding with dinner, the team adventured to Willow Spring Farm to learn about the innerworkings of the tulip farm. Overall, it was truly a wonderful day had by all!





MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**
 through credible statewide programs
Agriculture and Environment



MU Extension specialists

play an important role in addressing emergencies and disasters. MU Extension specialists swiftly distribute information so farmers and ranchers can make timely decisions that safeguard their enterprises.



The Missouri Integrated Pest Management Program,

funded by USDA grants, has been an important extension program for 30-plus years. Mizzou IPM distributes articles, pest monitoring data and publications on how to improve the application of integrated pest management strategies and systems.

The MU Soil Testing Program delivers research-based nutrient and lime recommendations to more than 32,500 customers annually.



MISSOURI AGRICULTURE,
 FOOD AND FORESTRY
 INNOVATION CENTER 



The Missouri Agriculture, Food and Forestry Innovation Center

(MAFFIC) helps Missouri farmers pursue value-added agricultural production and marketing. Partners in this statewide initiative include the Show-Me-State Food, Beverage and Forest Products Manufacturing Initiative, Missouri Agricultural and Small Business Development Authority and the University of Missouri.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



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 Health & Well-Being



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**
 through credible statewide programs
Agriculture and Environment



Management-intensive grazing involves dividing large fields into smaller paddocks and systematically rotating livestock among them. Producers who attend grazing schools learn how to reduce costs through improved livestock, grazing and pasture management while getting insights into fencing, watering systems and grazing system design.

The annual impact of management-intensive grazing is estimated to be \$125 MILLION per year in Missouri.



The Missouri Show-Me-Select Replacement Heifer Program strives to enhance beef herd reproductive efficiency, boost farm income and establish dependable sources of quality replacement cows in Missouri.



Since its inception more than 900 FARMS have enrolled, with an estimated statewide impact of \$200 MILLION.



The Missouri Master Gardener program enables people of all ages to get in-depth horticultural training and then apply what they've learned to improve their communities and educate others about gardening.



In 2022, almost 4,000 Missouri Master Gardeners completed over 133,000 VOLUNTEER HOURS throughout the state.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



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Health & Well-Being

McDonald County

Agriculture and Environment

Local Impact

Farm Visits and County Office Interactions

University of Missouri Field Specialists in Agronomy, Dairy, Livestock and Ag Business offer local farmers and producers individualized education via in-person interaction, phone calls, email, and farm visits to answer agricultural related questions. This education helps farmers and producers make important management decisions for their farms and businesses and helps improve the overall management of Missouri's important natural resources and agriculture production.

Pesticide Applicator Training

University of Missouri Extension provides initial pesticide applicator training and recertification of Missouri's agricultural producers that desired a private pesticide applicator license. This training is for producers wanting to purchase and apply restricted-use pesticides. Private Pesticide Applicator Training program is a vital educational program that focuses on providing knowledge of the safe and proper use of agricultural pesticides as well as the legal requirements associated with application. During 2023, Tim Schnakenberg along with other specialists and office personal provided in-person and online pesticide applicator training classes, and 27 people from McDonald County participated.



Agronomist Micah Doubledee demonstrating how to properly sample hay for hay testing.

Soil Testing and Plant Testing

University of Missouri County Extension offices offer soil testing and plant testing via the soil testing lab in Columbia, MO for Missouri landowners, farmers, gardeners, commercial and agricultural producers. The results from soil tests give producer insight into the pH level, available phosphorus, potassium, calcium and magnesium; organic matter; acidity and cation exchange of their soil. Soil reports also offer educational advice and recommendations from the soil lab and local extension specialists to help producers make important agricultural decisions regarding soil fertilization for intended crops and potential yield goals. In 2023, 132 soil tests were submitted through the McDonald County office.

Forage Testing and Feed Testing

The McDonald County Extension office offers forage testing and feed testing via Custom Laboratory in Monett, MO. In 2023, 10 forage tests and feed tests were submitted through the McDonald County office.

McDonald County

Agriculture and Environment

Local Impact

Newton-McDonald County Cattlemen's Association

MU Extension often provides support for the Newton-McDonald County Cattlemen's Association by providing relevant educational programs at their monthly meetings. For example, on two occasions in 2023, Field Specialist in Agronomy, Tim Schnakenberg, was invited to make presentations. In January he spoke on hay feeding strategies (65 participants) and in September, he addressed rebuilding the forage base (60 participants). These cattlemen's events are always well attended.



Regional Drought Assessments

Regional Drought Assessments were conducted by Tim Schnakenberg, Micha Doubledee and Hunter Lovewell for Farm Service Agencies in 13 counties. These extensive reviews of the 2023 drought helped the state FSA office and county committees to determine financial assistance for landowners who had signed up for drought insurance programs.

Farm Visits with Farm Producers

Farm Visits with Farm Producers is a hallmark of MU Extension. These personalized visits are invaluable to producers and help MU to be involved first-hand with the issues facing today's ag industry. Here, a cattle producer gets a visit from livestock field specialist, Patrick Davis, to evaluate what may be causing a lameness issue. Pest issues, nutrient management, animal health and nutrition, crop management and economics are just a few of the topics that are discussed. Field specialists who also did farm visits in the county include Jennifer Lutes, Tim Schnakenberg, Micah Doubledee, and Robert Balek.



McDonald County

Agriculture and Environment

Local Impact

Artificial Insemination Schools

Elizabeth Picking Livestock Specialist, Reagan Bluel Dairy Specialist, and Chloe Collins Dairy Specialist taught artificial insemination schools in March and November of 2023 in partnership with Kent Daniels from Select Sires, the MU Southwest Research, Extension, and Education Center, American Foods Group, and Joplin Regional Stockyards.



This multi-day school combined classroom learning about estrous synchronization, reproductive anatomy, and management strategies to increase AI success with hands-on learning. Attendees were able to get hands on practice artificially inseminating cows and handling and thawing semen. These attendees became certified to artificially inseminate cattle.

McDonald County

Agriculture and Environment

Local Impact

39th Annual Spring Forage Conference

There were 370 farmers and ranchers from across Southwest Missouri who attended the 39th annual Spring Forage Conference this year in Springfield. This is the largest conference and trade show offered to the livestock community in the region. There were sixteen concurrent sessions were held throughout the day on a variety of topics of interest to most grass producers. This event is a partnership between University of Missouri Extension, Natural Resources Conservation Service, Soil and Water Conservation Districts, Missouri Department of Conservation and Missouri State University.



McDonald County

Agriculture and Environment

Local Impact

Show Me Select Heifer Program

This program gives cattle producers an opportunity to market high quality replacement heifers through 12 sales a year. This also offers producers a source of bred replacement heifers which have gone through a reproductive tract score and pelvic measurement as well as being bred to low birth weight bulls to reduce the risk of calving difficulties. MU Extension livestock specialists work with producers enrolling heifers to collect data and run sales. In fall of 2023, 928 Show-Me-Select logo heifers were marketed through six sanctioned sale locations with gross sales of \$2,544,825.



McDonald County

Agriculture and Environment

Local Impact

Missouri Grazing Schools

Missouri Grazing Schools provide the most in-depth training on how to be successful with Management-intensive Grazing (MiG) practices. These three-day schools are unique to Missouri and have set a standard for teaching and demonstrating the newest grazing concepts. Schools were offered in 2023 in Christian, Greene, Newton, Dade, and Lawrence counties. The schools allowed farmers to think differently about how they manage their pastures and have become a very effective tool. There were 131 total livestock producers who attended the sessions from many counties. Numerous presentations were offered along with on-farm field trips to evaluate pasture grazing systems.



A total of 19 producers participated in the Grazing School held June 6th – 9th in Neosho, MO. This program teaches management-intensive grazing (MiG), which subdivides large fields into smaller paddocks then rotates livestock across paddocks.

The program covered the following topics: Art and Science of Grazing, Economic Aspects of Grazing, Evaluating Resources, Pasture Allocation & Evaluation, Grazers Arithmetic, Stockpile and Strip Grazing, Matching Livestock to Pasture Resources, Livestock Nutrition, Forage Basics, Evaluation of Soil Resources and Fertility, Multi-species Grazing, Water Systems, and System Layout and Design.



McDonald County

Agriculture and Environment

Local Impact

Fruit Learning Farm Workshops

University of Missouri Extension, Webb City Farmers Market, and Lincoln University are teaming with a Hmong farmer in Newton County to develop a training site for commercial berry production. Activity in 2023 included management of a high tunnel strawberry planting, blackberries on an RCA trellis, elderberries, and establishment of a new blueberry planting. Four workshops that reached 35 attendees were held in 2023 that focused on innovative production practices for blackberry, strawberry, elderberry and blueberry.



McDonald County

Agriculture and Environment

Local Impact

SW Center Career Day

The Career Exploration Field Day is a large gathering of high school agriculture students from sixty-one communities in Southwest Missouri. One of the pictures shows about a half-mile of school buses in the parking lot. Most MU Extension regional specialists were involved in this effort at the Southwest Research, Extension and Education Center at Mt. Vernon in September. Each provided a booth and an agricultural topic to discuss for about 20 minutes. They also took time to discuss career options for these youth to consider in agriculture. Over 1,600 students along with volunteers, extension and MU faculty and businesses made the Career Exploration Field Day successful!



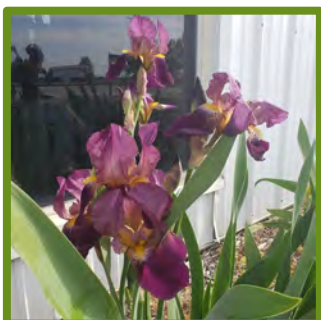
McDonald County

Agriculture and Environment

Local Impact

Hill n' Hollow Master Gardeners

The Hill n' Hollow Master Gardeners of Newton & McDonald counties is 12 members strong. They offered two workshops in March of 2023, Seed Starting and Waking Up the Roses. Both workshops were well attended with 17 people total in attendance. In April of 2023, they participated at the Neosho Fish Hatchery open-house. Additionally, one of the Master Gardener members spoke at the Pineville American Legion on our projects. The Master Gardeners were also present at the science night with Anderson Elementary, which was well attended with a total of 125 students in total planting cucumbers for their gardens. The Master Gardener Annual Plant Sale was held in May of 2023 and was a big success for the funding of their projects. The Hill n' Hollow Master Gardeners also continued their outreach project with the Neosho Farmers Market where they focus on the children within the community, and they have been active with this project for the last two years. Some of the subjects they have discussed at this outreach event include fairy gardens, bees, butterflies, and bird feeders. This group participated at the Newton County Fair as judges, and they also maintained an informational booth at this event to share with the public. They also participated at the Prairie Day event located at the George Washington Carver National Monument. The Hill n' Hollow Master Gardener club celebrated and awarded a husband-and-wife team, Jack & Jill Kaminsky, as their Rookie of the Year. In 2023, the group also gained 3 new members. They are looking forward to new projects and good fellowship in 2024.





MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Business and Community**

AMERICA'S
SBDC
MISSOURI

CLIENT HIGHLIGHT

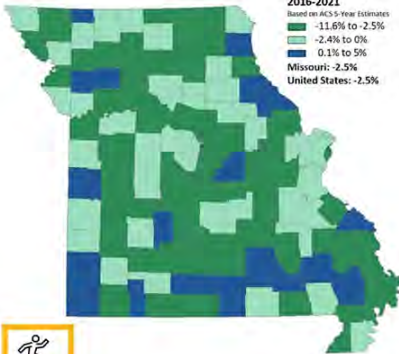


LOCS
— OF —
GLORY

The **Missouri Small Business Development Centers** (SBDC) provide professional training and customized one-on-one counseling to small businesses across the state. Working with the Missouri SBDC helps business owners make confident decisions.

FY2020-2022, Missouri SBDC ASSISTED 878 STARTUPS and helped Missouri small businesses earn more than \$440 MILLION.

Percentage Point Change in number of people living in poverty: 2016-2021
Based on ACS 5-Year Estimates



The **Missouri Economy Indicators (MEI)** series explores business, industry and workforce topics that affect Missouri's economy. The data is shared through newsletters and on social media. MU Extension faculty and staff receive talking points and collateral to share with local stakeholders.

In 2022, MEI published 15 issues, and MEI online resources were accessed MORE THAN 5,000 TIMES. Two out of five MEI newsletter recipients reported using the information to help guide policy or decision-making in their work.



Missourians from all walks of life celebrated the **2023 Missouri Good Neighbor Week**, Sept. 28 to Oct. 4, by completing and reporting neighboring acts and nominating others as the most engaged neighbors in their counties.

In 2023, the goal was to document 15,000 acts of neighboring. That goal was surpassed with 19,752 Missourians being positively affected during MISSOURI GOOD NEIGHBOR WEEK.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



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Health & Well-Being

McDonald County

Business and Community

Local Profiles and Stories

MU Extension Community Development Specialists (CDS) help build Civic Muscle, which is the collective strength of people in a place (neighborhood, town, region) to respond to challenges and proactively pursue thriving communities. CD specialists coach communities to build Civic Muscle in four key “Muscle Groups.”



David L. Burton
Community Development
Specialist
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BELONGING

Neighboring 101 is offered monthly on Zoom and features nationally known practitioners of neighboring, like Maxwell King (at left), author of “The Good Neighbor” on Mister Rogers. **McDonald County** has 3 individuals in this class.

Media Outreach & Podcasts on Neighboring featuring David Burton reached over 8,000 people in **McDonald County** this year.



CONTRIBUTION

Missouri Good Neighbor Week— statewide we document 19,582 acts of neighbor between Sept. 28 and Oct. 4. **McDonald County** had 5 acts reported.

Wont You Be My Neighbor Day — Has become a national effort to celebrate Mister Roger’s birthday. We had 2 participants from **McDonald County**.



LEADERSHIP

Neighborhood Leadership Academy—The Southwest Missouri cohort had 12 participants this year.

Being a thought leader — Presented a workshop on neighboring at the Neighborhoods USA conference and won the Best Neighboring Program of the Year. Research and writing led to individual coaching calls on this the subject of neighbors and neighboring from 2 individuals in **McDonald County**.



VITALITY

Engaged Neighbor Pledge — A commitment to pursue the Engaged Neighbor principles. In **McDonald County**, 2 people have taken the pledge.

Engaged Neighbor newsletter — 11 subscribers in **McDonald County**.

Coming in 2024 — Neighborhood Exploration Teams, Neighborhood Labs and Show-Me Neighborhood Art Week are being introduced in 2024.

McDonald County

Business and Community

Local Profiles and Stories

MU Extension Labor and Workforce Development is dedicated to advancing the skilled workforce of Missouri through a comprehensive approach to applied research and teaching. Through our commitment to research-based solutions, we are able to provide cutting-edge strategies that are tailored to the specific needs of the workforce actors we partner with across the state. By working together, we can build a skilled and sustainable workforce that will drive Missouri's economic growth and prosperity.



Amy Patillo, Ed.D.
Labor and Workforce
Development Specialist
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Building Workforce Capacity

AgriProspects a national collaboration with the National Institute of Food and Agriculture and the Extension Foundation to form a robust network of public and private entities across every U.S. region and 112 Land Grant Universities to build the nation's capacity to respond to the changing needs in the food and agriculture sector.



A preliminary Workforce Development Assessment identified 113 Workforce Development programs in Cooperative Extension and identified ongoing workforce challenges.

Heroes to Hives, Workforce Development for Veterans and their Allies

Heroes to Hives seeks to address the financial and personal wellness of veterans through professional training and community development centered around beekeeping. This project is funded by United States Department of Agriculture National Institute of Food and Agriculture, Enhancing Agriculture Opportunities for Military Veterans grant.

24-year military veteran reports, "MU Extension programs are a godsend. I benefit from the amazing, high-quality learning opportunities that University of Missouri Extension continually provides, not only to veterans but many other diverse groups that are interested in learning and potentially pursuing new careers."



Missouri Farm and Ranch Stress

The Farm and Ranch Stress Assistance program provides mental health assistance and suicide prevention services. The program served 3,173 farm community members in 114 of 114 Missouri counties and the City of St. Louis. In 2023, the total value of mental and behavioral health services totals \$411,976. Through MU Extension's Farm and Ranch Stress programs and five different field-tested workshops, rural participants are equipped with tools to improve their mental health, are connected to useful mental health resources, and participants gain access to free one-on-one telepsychology sessions. 44



McDonald County

Business and Community

Local Profiles and Stories



Lisa Robinson
Field Specialist
Regional Economic
Development
robinsonlj@missouri.edu

In October, Lisa Robinson was one of three speakers for the inaugural Hispanic Connection hosted by Arvest Bank. The Hispanic Connection gears programming to reach Hispanic owned businesses in the area to make them aware of resources available to grow their entities.



Extension staff joined the Jasper County Extension Council during a day of service activity to install shepherd hooks and bird feeders at a local nursing home in Carthage, MO.



In December, Lisa Robinson grabbed the microphone at the Joplin Area Chamber of Commerce, "Good Morning Joplin program. Robinson promoted the Digital Ambassadors program that is piloting in Newton County in 2024. The program allows participants to learn more about digital applications and broadband resources. The program provides educational opportunities to friends, neighbors, and colleagues. The program trains community members to assist others in accessing affordable connections and devices. Lastly, participants gain a new connections in their community.



Local Profiles and Stories

Extension Tax Schools

University of Missouri Extension ag economics department and ag business specialists worked together to coordinate one summer and three fall tax schools. The summer school was in person and live online. Fall schools were in Columbia and Springfield and in addition a was online. The schools were designed for those who prepare taxes including enrolled agents, tax preparers, CPAs, individuals, and attorneys.

The training included updates on legislation, rulings and cases, individual taxpayer issues, agricultural and natural resources topics, ethics, trusts and estates, agriculture and natural resource tax issues, business tax issues, business entity tax issues, IRS issues, penalties and defenses, form 4,797 sales of property, retirement tax issues, like-kind exchange issues. The schools were approved for 8 and 16 hours of continuing education credit by the IRS, Missouri Bar and for CFP continuing education. Total continuing education hours reported to IRS for the schools was 3,336 hours.

The teaching teams included a CPA and former IRS stakeholder liaison, an IRS certified retired ag economics professor, an attorney, Missouri Department of Revenue and extension ag business specialists.

The trainings received positive evaluations and planning is underway to offer trainings in 2024. Local county residents benefit when local tax preparers have the opportunity to gain knowledge, which benefits their clients and communities. The tax schools are a program of the ag business and policy program of MU Extension, coordinated by Mary Sobba with help from a team of ag business specialists throughout the state.

The resources for the schools included the IRS, the National Income Tax Workbook from the Land Grant University Tax Education Foundation, and materials written by the instructors.

The 2023 school attendance totaled 327 people. The participants were from throughout Missouri, with 3 from McDonald County.



McDonald County

Business and Community

Local Profiles and Stories

Missouri Small Business Development Center (SBDC)

The Missouri SBDC at Missouri Southern State University provides support to McDonald County entrepreneurs and small business owners through 1:1 assistance and training. Over the course of 2023, our office met with clients to discuss a wide range of topics including:

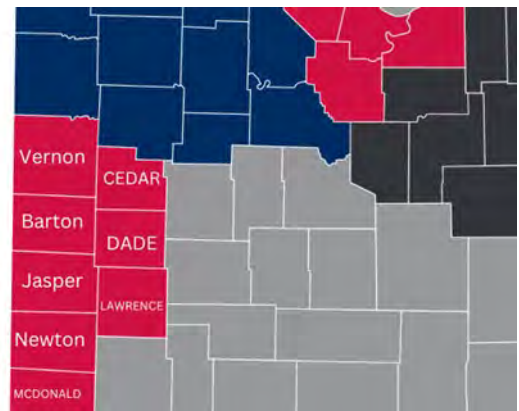
- Starting a business
- Cash flow management
- Business loan refinance and expansion
- Business relocation
- Financial planning
- Marketing and social media strategy
- Purchasing a business
- Childcare grant application assistance
- International expansion opportunities
- Technology commercialization

Through leveraging regional partnerships, we are able to offer the following:

- Innovate SOMO
- Early-Stage Boot Camp
- Government contracting assistance
- Identification of grant opportunities effecting businesses due to imports

KEY OUTCOMES

- ✓ 11 Business owners received multiple 1:1 consulting sessions regarding their small businesses
- ✓ 58 Jobs retained
- ✓ 1 Government contract awarded to small businesses in McDonald County
- ✓ 48 Training event attendees



The Missouri SBDC at Missouri Southern State University serves 8 counties in southwest Missouri (highlighted).

Learn more about our latest programs and training:

sbdc@mssu.edu
417-625-3182
www.mssutrainng.com

REGIONAL HIGHLIGHTS

\$400,000
Increase in sales for client companies through the assistance of the SBDC.

\$19,281
Government contracts secured through the assistance of APEX (formerly MO PTAC).



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**
 through credible statewide programs
Community and Professional Health Education



The **Diabetes Prevention Program** is a CDC-recognized program provided by licensed lifestyle coaches to prevent type 2 diabetes. Through lifestyle coaching participants can achieve sustainable weight loss, increase in physical activity and learn coping skills to manage stress.

More than 1 IN 3 PARTICIPANTS
have reached the
5 - 7% WEIGHT LOSS GOAL.



Rural Immersion Program is an opportunity for medical students interested in rural practice to gain experience in the rewards and challenges of working and living in a rural community, examining rural health disparities and quality of life concerns within a specific region. Group activities and meetings with community leaders in business, government, education, health care and natural resources give students a preview of life in a rural area.

All of the 2023 participants agreed that the Rural Immersion Program significantly contributed to them FORMING INSIGHTS on the suitability of living and working in a rural community, both personally and professionally.



Strengthening Families Program: for Parents and Youth 10-14, is a seven-session series for parents or caregivers and their young teens to attend together to improve family communication, resolve conflict and improve parental skills.

A research study conducted by the Partnerships in Prevention Science Institute found a RETURN OF \$9.60 for every dollar spent implementing the Strengthening Families Program.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



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 Health & Well-Being

McDonald County

Community and Professional Health Education

Local Impact

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$10,874,798 in federal funds to Missouri. During FY2023, Missouri's SNAP-Ed program reached over 78,000 Missourians through direct classroom education. Each person participated in an average of 6 hours of education totaling over 15,000 hours. In addition, an additional 760,135 persons participated in indirect education. Direct and indirect education resulted in over 1.8 million total contacts with Missourians.

A total of 3,098 participants were from McDonald County.

Participants in SNAP-Ed learn the importance of making healthier meals and snack choices, eating breakfast more often, are more willing to try new foods, increase their physical activity, and make healthier food choices. Those who practice healthy eating and are physically active are more likely to contribute to a healthy labor force and enjoy a high quality of life throughout the lifespan.

This vital programming effort also reduces healthcare costs over the participant's lifetime, saving taxpayer money in reduced public healthcare benefits and insurance premiums.



The following is a list of the locations where participants were served in McDonald County:

Schools/Agencies
Longview Head Start
Crosslines – McDonald County
SW City Senior Center
Harp's Food Store
Noel Housing Authority





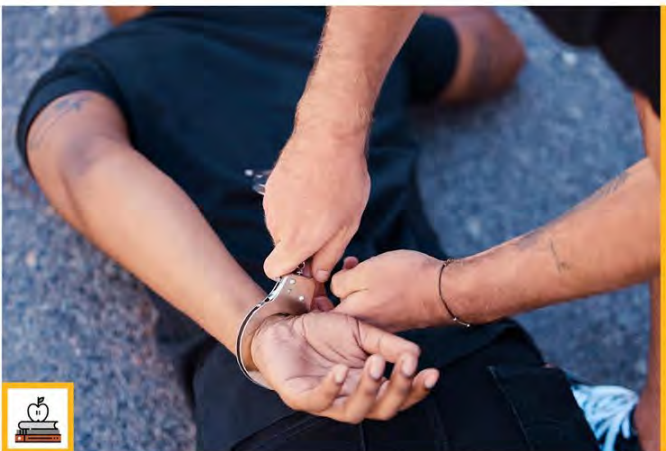
MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **First Responder Education**



The programming from the **MU Fire and Rescue Training Institute** (FRTI) is available to all qualified fire and emergency first responders. Seventy percent of courses are held at the local departments or agencies. With most of the state's fire service personnel considered volunteer or part-time, this local access and flexibility assures training opportunities for all firefighters and emergency responders.



The **Missouri Extension Disaster Education Network** provides education and technical assistance to individuals and families, local governments, schools and organizations so they can prepare for and respond to natural and man-made disasters. Because of the unique relationship it maintains with each community, MU Extension is a key resource for the public, emergency services and public officials.



The **Law Enforcement Training Institute** (LETI) offers advanced training on a wide variety of topics, including defensive tactics, firearms, use of force and de-escalation. LETI offers customized programs for all required continuing education areas of concentration.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



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Health & Well-Being



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**
 through credible statewide programs
Health and Human Sciences



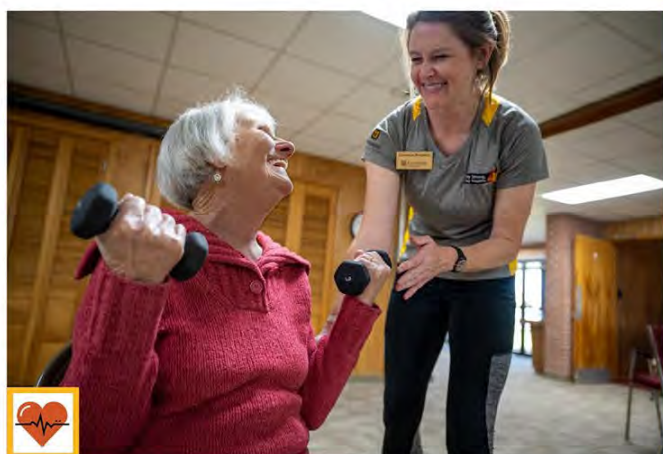
Chronic Disease Self-Management programs offer evidence-based information for individuals and their caregivers to boost self-confidence in managing symptoms, enhancing quality of life and even reducing health care expenses.

These programs have undergone rigorous evaluation and are proven to be effective tools for individuals dealing with chronic conditions like arthritis, fibromyalgia, depression and diabetes.

“This course made me more self-sufficient and improved my family’s access to quality food.”



MU Extension offers research-based **home food preservation** courses and publications to help people cut food waste and save money.



Stay Strong, Stay Healthy teaches older adults easy yet powerful exercises to boost strength, balance and daily life capabilities. Participants also gain insights into nutrition for healthy aging and active living.

After eight weeks, Stay Strong, Stay Healthy participants significantly IMPROVED their STRENGTH, BALANCE and SLEEP QUALITY.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



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Health & Well-Being



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Health and Human Sciences**



Cooking Matters teaches shopping strategies, using nutrition information to make healthier choices and to learn how to cook delicious, affordable meals at home.

“We prepared barley jambalaya in class and one participant mentioned she had never tried barley before. She tried the jambalaya and really enjoyed it. A few days later she excitedly said she made the recipe at home and her whole family enjoyed it!”

Cooking Matters facilitator about a class participant



A Matter of Balance helps older adults overcome their fear of falling, increase their activity levels and reduce their risk of falls. In eight classes, participants learn fall-prevention strategies, develop personal prevention plans, acquire balance-improving exercises and make lifestyle changes to minimize their fear of falling.

“I have cleaned my house of clutter for safety, put non-slip stickers on my tub floor, I’m getting much more regular exercise and I’m feeling stronger.”



Mental Health First Aid equips people to recognize and respond to signs of mental illness and substance use disorders.

The youth version of the program is designed to support adolescents ages 12-17 facing mental health or addiction challenges, while the adult version focuses on adults age 18 and older. Participants learn how to offer initial assistance and guide individuals toward the care they need.

**In Missouri, approximately
1 MILLION ADULTS and 72,000 ADOLESCENTS
suffer from MENTAL HEALTH ISSUES.***

*Missouri Department of Mental Health 2020 Status Report

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



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Health & Well-Being

McDonald County

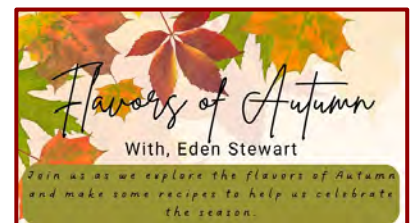
Health and Human Sciences

Local Profiles and Stories



Eden Stewart
County Engagement
Specialist
Nutrition and Health

In 2023, MU Extension partnered with the McDonald County Libraries to offer a series of classes exploring foods that are available seasonally. In each of the classes we discussed the benefits of eating seasonally that included both financial and nutritional. Furthermore, each class included a sampling of seasonal dishes with recipes to allow recreation at home. Each participant was given a seasonal produce chart to help with navigating seasonal produce while shopping. In participating in the theme of Summer Reading Theme, we decided to take the Summer seasonal produce a step further and explore how other cultures use familiar produce in a different way alongside trying new to us produce that other cultures enjoy.



McDonald County

Health and Human Sciences

Local Impact



Amber Allen
Human Development &
Family Science Field
Specialist
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Amallen@missouri.edu

In 2023, Amber Allen's engagement extended across educational programming, conference presentations, outreach efforts, and media involvement. Amber had educational contact with 3,396 participants through 108 educational sessions through 80 programs in areas of aging well, parenting and families, professional development, and mental health. Amber's impact was also shared at the national and state levels this year through six posters, seven statewide conference sessions, three national webinars, and two breakout sessions at national conferences. Amber was recognized this year with the following three awards: National Extension Association of Family & Consumer Science Ambassador Award for Poster Excellence, 3rd Place Human Development/Family Relationships Award, and 2nd Place honor at the National Extension Association of Family & Consumer Science Central Region.

Amber was also involved in various other opportunities in 2023 for community impact. She actively engaged in multiple workgroups and local coalitions focused on childcare professional development and early childhood education initiatives. She also was accepted into the University of Missouri Extension Fellows program to further her work on the Sowing and Growing Hope Program. Amber also held leadership roles, actively participated in other professional organizations, workgroups, and local coalitions, and collaborated with various media outlets. Educating, creating, and connecting in 2023 has provided a great path to create impact, foster community engagement, increase community collaboration, and shift community and social norms in 2024.



McDonald County

Health and Human Sciences

Local Impact

Program Highlights & Snapshot of Results



*A Matter of Balance-
Greene County*



*Keep Your Keys-
Jasper County*

Aging Well

Programs done this year to promote aging well included A Matter of Balance, Keep Your Keys, Wits Workout, and Alzheimer's programming. These various programs contacted 471 Missourians. The impact of these included:

"The camaraderie in this group has been wonderful. I am, by nature, an introvert, quiet, and private, and like being with myself. But this gathering, thanks to the two coaches, has helped to foster my confidence in the group and my ability/willingness to share. Thank you, Jenni and Amber!"-Matter of Balance Participant, Greene County, 4/20/23

"Now I can move my leg into the car and over curbs and stairs easier." -Matter of Balance Participant, Greene County, 4/20/23

"A friend noticed I am walking with more confidence. Also, I moved a chair into the living room to do the balance exercises." -Matter of Balance Participant, Greene County, 4/20/23

"Wits Workout has made me realize how important brain health and training is especially as we age. Thanks, so much to Amber for hosting this wonderful program."-Wits Workout Participant, Greene County, 6/7/23

Childcare Professional Development

Childcare programming by Human Development and Family Science Field Specialists in-person and virtually was completed statewide. The childcare programming provides statewide clock hours for professional development for childcare providers who are required to obtain 12 hours each year. In 2023, 610 childcare providers attended across the state of Missouri through 36 sessions amounting to 1,220 clock hours provided for professional development. This program served 32% of Missouri counties and the City of St. Louis.

Mental Health and Well-Being

Programs done this year to promote mental health and well-being included Taking Care of You, self-care programming, Youth Mental Health First Aid, Adult Mental Health First Aid, and other mental health events. These various programs impacted 1,825 Missourians. The economic impact of providing the Youth Mental Health First Aid and Adult Mental Health First Aid programs amounted to an economic impact of \$23,460.

"This was very informative. Some of the strategies have been used/shared before, but much was a fresh take on coping with stress in our lives. I am very appreciated of the opportunity to participate in this training."- Taking Care of You Participant, Barry County, 8/7/23

"Although I wasn't in all classes, the resources we discussed opened my eyes to attitudes and behaviors I had been ignoring."-Taking Care of You Participant, Barry County, 8/7/23

McDonald County

Health and Human Sciences

Local Impact

Parenting and Families

Programs done this year to promote parenting and families included Focus on Kids and Building Strong Families. These various programs impacted 394 Missourians. The impact of these included:

"I learned a lot during this class and am using these skills on a daily basis. Thank you all for your time and helping us learn positive coping skills to make our homes happy and safe for our children." Building Strong Families, April Participant, Virtual

"I think this class will help me in the future with co-parenting."- Focus on Kids Participants, Polk County, 2/20/23

Sowing and Growing Hope

Sowing and Growing Hope continued to be piloted. This program focuses on learning the science behind hope, creating a culture of hope, and how to create a personal foundation of hope. These various programs contacted 306 individuals statewide and nationally. The impact of these included:

I'm going to be more focused about having hope for others! -Participant, Virtual, 1/25/23

"From this course, I will start considering "Hope" as a protective factor with the families I serve." of the Young Years Participant, 3/10/23, Lake of the Ozarks, Mo

"As a 30 year breast cancer survivor, who was given two years to live, I love the topic of Hope. was my first training in Hope and the protective factors were new. I also loved the sliding.com word for Hope survey."- Participant, Virtual, 10/13/23

"This was a great presentation. I had never really thought about hope as it related to work and education, but I definitely see the correlation. has also caused me to be more aware of the state of hope of those around me."- Participant, Virtual, 11/19/23



