



UNIVERSITY OF MISSOURI EXTENSION

Douglas County

2023

Annual Report



**SERVE
MISSOURI.
DELIVER
MIZZOU.**



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417-683-4409



Extension
University of Missouri

an equal opportunity/ADA institution



Office of Extension
and Engagement
University of Missouri

**OFFICE OF THE VICE CHANCELLOR
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

Who we are

Faculty and staff



Shelby Yake (Left)
Community Health Specialist

Judy Curry
Administrative Assistant

Dr. Janice Weddle
Extension Engagement Specialist

Katy Taylor
4-H Youth Development

Rebecca Smith
Nutrition Program Associate



Council members

Aaron Dalton
Garry Devore
Noel Dye
David Emerson
Logan Little, Secretary
Jeff Martin
Blaize Molton
Keith Moore, Vice Chair
Tommy Roberts, Chair
Don Scrivner, Treasurer



County commissioners

Rodney Clouse
Presiding Commissioner

Travis Cheyney
Associate Commissioner 1st District

Brad Loveless
Associate Commissioner 2nd District

Budget and more

Appropriations budget

Income

County Appropriations	14,569
City of Ava	10,000
Total Income	24,569

Expenses

Salaries/Benefits	15,600
Copier	2,175
Telephone	1,100
Office Supplies/Service	1,720
Furniture/Repair	1,000
Insurance	750
Legal/Postage	275
Travel/Mileage	1,949
Total Expenses	24,569

Return on investment

University System	100,000
Donations	14,000
Program Revenue	4,087

Key outcomes and numbers

- 4 Pressure Canners Test
- 90 Soil Sample Tests
- 35 Nitrate Quick Tests
- 9 Hay and Feed Tests
- 75+ Calls Responding to Questions
- Weekly Extension Interview on KKOZ

Douglas County partners

Douglas County Commissioners
City of Ava
Ava R-1 Schools
Plainville R-8 Schools
Skyline R-II Schools
Copeland, Ava, MO
KKOZ Radio Station
Heart of the Hills Food Pantry
Missouri Ozarks Community Health



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

Local Support

Did you know you can donate directly to *Douglas 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.





MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**

through credible statewide programs

Missouri 4-H for ages 8 – 18

Katy Taylor
4-H Youth Development



Afterschool clubs

These clubs meet after school for periods ranging from a few weeks to a full 4-H program year. These clubs typically focus on a single project at a time but can rotate through more than 100 different project topic areas. Members can elect officers and plan learning activities with options of public speaking, community service and links to career readiness.



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 Natural Resources programs

employ hands-on activities in climate science, environmental sustainability, renewable energy, sportfishing and wildlife conservation. The **Shooting Sports program**, which teaches marksmanship, safe firearm use, hunting and archery principles, is a prime illustration of how 4-H programs promote holistic youth development and responsible citizenship. Supported by caring adult leaders, these programs offer opportunities to cultivate life skills, self-worth and conservation ethics.



Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Douglas County

Missouri 4-H

Local Impact

- A community of 14 youth building life skills, contributing to their community, and becoming college and career ready.
- 4-H members are supported by 5 youth and adult volunteers

Missouri 4-H Inspires Kids to Do

98% said they are willing to work hard on something difficult.

91% set personal goals.

97% said they try to learn from their mistakes.

98% said they treat others the way they want to be treated.



Douglas County

Community and Professional Health Education

Shelby Yake, Community Health Specialist (CHS)

Background Information

- Hello! My name is Shelby Yake. I am the new Community Health Specialist (CHS) with MU Extension. My office is in Ava (Douglas County), but I serve the rural southwest region of the state. I serve Douglas, Howell, Ozark, Taney, Texas, Webster, and Wright counties. I started this position in July 2023.
- I was born and raised in southwest Missouri. After high school, I attended Missouri State University (MSU) in Springfield, MO. I have a Bachelor of Science in Operations Management, with a minor in International Marketing, as well as a Master of Science in Secondary Family and Consumer Sciences (FCS) Education. I also have a lifelong teaching certificate in K-12 FCS education.



Office of Health Outreach, Policy, and Education (HOPE)

- I am an employee of HOPE.
- HOPE is a partnership between MU Extension, MU School of Medicine, and MU School of Health Professions.
- The director of HOPE is Dr. Kathleen Quinn.
- HOPE has 5 departments: Missouri TeleHealth Network (MTN), Rural Scholars Program, Continuing Education for Health Professions, Center for Health Policy, and Community Health Engagement and Outreach (CHEO).



Community Health Engagement & Outreach (CHEO)

- I am a specialist with the CHEO team.
- Our mission at CHEO is to achieve optimal health and well-being for every Missourian at every stage of life. We serve people of all ages – youth and adults.
- CHEO's main focuses are prevention, health and well-being promotion, and opioid and substance use disorder programs. CHEOs programs cover topics such as: vaccinations, diabetes prevention, health disparities, recovery friendly communities, trauma-informed health education, and promoting resilience.
- If you have any questions or would like further information, please contact me.



Douglas County

Community and Professional Health Education

Shelby Yake, Community Health Specialist (CHS) – Ongoing Programs

Extension for Community Healthcare Outcomes (ECHO) → Partnership with Missouri TeleHealth Network (MTN)

MU Extension's Show-Me ECHO uses videoconferencing to connect interdisciplinary teams of experts with primary care clinicians and other professionals. ECHO topics include Hepatitis C, pain management, eating disorders, Head Start, diabetes, kidney disease, HIV, hypertension, oral health, opioid use, asthma, and more. Part of my role as a CHS is to educate people about ECHO and market and attend ECHOs.



Layperson Naloxone Training

This course is designed to teach people how to recognize the signs of an opioid overdose, discuss harm reduction strategies in the opioid public health crisis, understand overdose prevention tips, and confidently and accurately administer Naloxone. This class can be 30 or 60 minutes.



Recovery Friendly Workplaces (RFW)

The RFW initiative empowers workplaces to support people affected by substance use disorders and those in recovery. RFW foster a workplace culture that promotes employee safety, health, and well-being through strategies that provide support for managers and employees, including reducing stigma and providing recovery resources related to the challenges surrounding substance use disorders. I can meet with any employers/businesses interested in becoming Recovery Friendly.



The Brain & The Disease of Addiction

The course is designed to teach people about the disease of addiction by looking at brain neuroplasticity, how the brain is affected by substances such as drugs and alcohol, how the disease of addiction develops, and how treatment and recovery can change and reset the brain. This class can be 30 or 60 minutes.



WeCanPROSPER Resilience Training (WRT)

WRT is a research-based training grounded in a long tradition of resilience enhancement science that enables participants to improve personal stress management, clarify their resilience needs, identify relevant supportive resources, and build skills to enhance resilience during their daily routines. I am certified to facilitate the WRT virtually and in person.





Douglas County

Community and Professional Health Education

Shelby Yake, Community Health Specialist (CHS)

2023 Programs & Events in Douglas County

- Douglas County Council Meetings: 4
- Ava Chamber of Commerce Meetings: 4
- Heart of the Hills Food Pantry Visit – July
- Community Health Assistance Resources Team & Interagency Council (CHART) Meeting – July
- KKOZ Radio Interview – September
- Ava Pioneer Heritage Festival – September
- Harm Reduction 101 Training – November
- Dry-Cured Bacon Workshop – December
- Missouri Ozarks Community Health (MOCH) & CHEO Partnership Meeting – December
- Ava Christmas Parade – December
- Budget Meeting with Douglas County Commissioners – December



← Me & Judy Curry at the Dry-Cured Bacon Workshop on 12-5-23

↓ Douglas County Extension staff at the Southwest Regional Meeting on 12-19-23



← Me at the Pioneer Heritage Festival on 9-29-23



Community Health Needs Assessment (CHNA)

All CHSs have been working on CHNA since September 2023. The assessments focus on strengthening the bridge between leading scientific research and community-based Extension practice. The goal is to create a dissemination and implementation protocol that will facilitate acceleration of relevant knowledge and discovery into the most vulnerable Missouri communities throughout MU Extension's CHEO office. Some key findings about Douglas County from the CHNA are listed below.

- Most commonly diagnosed cancer: Lung & Bronchus
- No addiction/Substance Use Disorder (SUD) specialists
- # of Primary Care Physicians: 2 (15 per 100K population)
- # of Dentists: 2 (17 per 100,000 population)
- # of Mental Health providers: 11 (94 per 100K population)
- % of adults with Hypertension: 43.4% (MO is 32.3%)



→ Me, my boyfriend (Trenton), and our dog (Bagel) at the Ava Christmas Parade on 12-9-23



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 through credible statewide programs
Community and Professional Health Education



Resilience is the capacity to adapt when faced with adversity. **WeCanPROSPER Resilience Training** is a 2.5 hour training for participants to evaluate their personal resilience, tap into resources and create an action plan to enhance their resilience.

100% of participants indicate that the skills and techniques they learned will help them become **MORE RESILIENT.**



The **Missouri Research-Extension (MO-RE)** Protocol program focuses on strengthening the bridge between leading scientific research and community-based practice by creating a dissemination and implementation protocol that will facilitate acceleration of relevant knowledge into the most vulnerable Missouri communities through Community Health Engagement and Outreach.



Adverse childhood experiences (ACEs) can lead to trauma and increased risks of substance use disorders, including opioid and alcohol misuse.

Show-Me ACEs

- offers educational opportunities to professionals, communities, and individuals to help mitigate the impact of ACEs within communities
- empowers individuals to make trauma-informed decisions related to ACEs and chronic stress

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

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 5,855 participants were from Douglas 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.

Schools/Agencies served:

Ava Elementary R-1
Ava Middle School
Plainview R-VIII
Skyline R-II
Ava Head Start
Emerson Climate Technologies
Heart of the Hills Food Harvest



Rebecca Smith, Nutrition Program Associate, shared the following success stories from Douglas County:

I was teaching Adventures in Nutrition with Show Me Chef to Kindergarten at Skyline R-II. The taste test was edamame which is a bean grown in Missouri. The teacher tried the edamame and loved it so much, she looked them up and put them in her shopping cart as I was teaching the class and informed me, she was looking into growing them.

The assistant director at the Heart of the Hills Food Pantry gave me this message. A client came in last week with a pear and walnut cake. She said she had received the canned pears and the walnuts from our food bank and used one of the recipes I had handed out to make the cake. She was very thankful for the food and the recipes and wanted to say thank you by baking us a cake.



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**

through credible statewide programs

Agriculture and Environment

Elizabeth Picking

Field Specialist in Livestock

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.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**

through credible statewide programs

Agriculture and Environment

Show Me Quality Assurance Trainings

The Show Me Quality Assurance (SMQA) program is a youth-focused training emphasizing good livestock management practices in the handling and use of animal health products. This program encourages youth involved in livestock projects to take an active role in the health of their livestock. By completing this program, youth demonstrate their commitment to animal production and producing safe and wholesome food. Completion of this program serves to benefit both the livestock and food industries, by reducing the risk of management-based incidents that could destroy consumer confidence in the food supply. Livestock Specialist, Elizabeth Picking, teaches this training to 4Hers through hands-on activities and group learning.

Missouri AgrAbility Project

AgrAbility helps farmers with disabilities and their families succeed. The program links MU and Lincoln University extension services with a nonprofit disability organization to provide practical education and on-the-farm assistance that promotes agricultural and rural independence.

Missouri AgrAbility can...

- help determine if you're eligible for agency services
- perform a customized, on-site assessment of your farm or ranch
- recommend effective and safe solutions to help you overcome limitations
- provide educational resources to support your goals
- connect you with a peer support network

Elizabeth Picking is part of the Missouri AgrAbility Project team and discusses the program with perspective clients, completes on-farm assessments, and helps connect livestock producers to resources.



Legend



**Agricultural Growth
& Stewardship**



**Economic
Opportunity**



**Educational
Access &
Excellence**



**Health
& Well-Being**



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**

through credible statewide programs

Agriculture and Environment

Sarah Kenyon

Field Specialist in Agronomy

Drought

In 2023, drought was once again a major topic in agronomic programming, marking two years in a row where drought impacted the region. In 2023, drought workshops were held in Howell, Ozark, Texas, and Reynolds Counties, over 80 farmers attended these workshops. Howell County Extension Center conducted over 150 nitrate spot tests for various forage crops.



Soil Testing

Soil testing assists landowners with understanding the nutrient needs of their soils and helps producers determine the best course of action for fertilizing pasture and crop ground. Soil testing also enables producers to determine the best investment for profitability. The following are the number of farm soil tests conducted in the multi-county area: Howell - 530; Ozark – 123; Douglas - 106; Texas - 334; Wright – 154; Webster - 267.



Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**

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Agriculture and Environment

Private Pesticide Applicator Training

This program educates farmers about the safe and proper use of agricultural pesticides. To purchase and apply restricted-use pesticides, producers in Missouri must attend a training session, view a training video, or attend a Zoom session. A total of 163 private applicators received training in 2023 by either face-to-face meetings or two Zoom trainings.



Farm Visits

Consultations with individuals and small groups are a significant method of knowledge transfer for MU Extension. These contacts include phone conversations, office walk-ins, emails, and on-site farm visits. Consultations typically have made up a large portion of my work and have involved a wide range of topics. Fifty-five farm visits were conducted in the multi-county area.



Legend



Agricultural Growth
& Stewardship



Economic
Opportunity



Educational
Access &
Excellence



Health
& Well-Being



Missouri Grazing Schools

This program teaches management-intensive grazing (MiG), which subdivides large fields into smaller paddocks then rotates livestock across paddocks. The program is delivered in 2- and 3-day schools that are held during the growing season (April to October) throughout Missouri, including at MU outlying centers. School instructors in MU Extension are regional specialists in Agronomy, Livestock, and Ag Business. They pair up with colleagues in NRCS, who teach fencing and watering systems as well as design of grazing systems. In 2018, impact of the grazing school program was \$125 million annual to the state economy.

- Ozark/Douglas – August 9-11th / 17 Attendees



Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

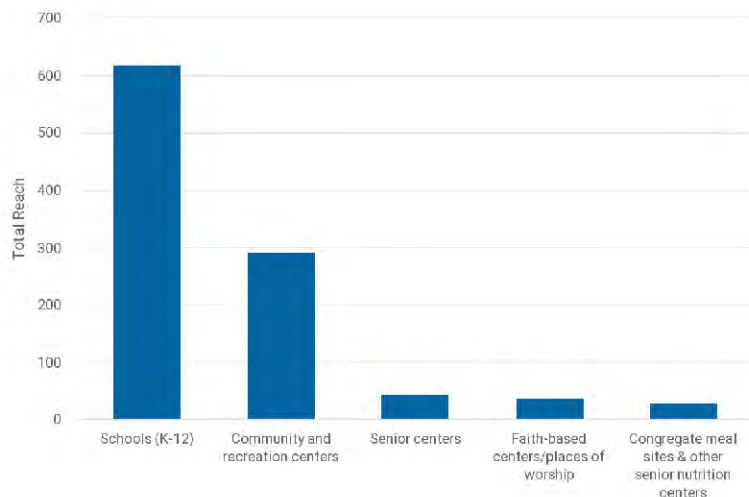


County Highlights

Alicia Amyx-Winrod
Field Educator, Health & Human Sciences
serving Ozark, Douglas, Wright, and Webster

Douglas County Health and Human Sciences

- Chicken Processing workshop: Douglas & Ozark County
- Douglas County Community Garden project
- DOW Camp, Douglas, Ozark, & Wright Counties
- AmeriCorps Grant administration for Ozark County
- CDC Hop Grant
- National Convening Washington, D.C. AmeriCorps Senior Demonstration Project
- Snap benefit assistance
- Nutrition education from Preschool to Adult
- Douglas County direct and indirect programming: Eating Smart ♦ Being Active, Healthy Changes



New Program Training

Stay Strong Stay Healthy:

Exercise program that incorporates the latest research to help develop fitness, flexibility, and balance that enables and maintains independent living.

Chronic Disease Self-Management:

Adult workshop on chronic health conditions that focuses on disease management skills including decision making, problem-solving, and action planning

DOUGLAS County

Chloe Collins
Field Specialist in Dairy

Agriculture and Environment

Local Impact

Career Exploration Day

1600 area youth came to the SW Research, Education, and Extension Center in Mt. Vernon on September 21st to learn about careers in agriculture. Chloe Collins spoke to students about careers in the cattle industry and all about the rumen, the largest stomach, of the cow.





MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**

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Agriculture and Environment

Artificial Insemination Schools

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Legend



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& Stewardship



Economic
Opportunity



Educational
Access &
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Health
& Well-Being

Jennifer Lutes, Field Specialist in
Agricultural Business

DOUGLAS County

Agriculture and Environment

Local Profiles and Stories



Sheep & Goat Production Management Workshop

Fifty-four (54) producers attended the course April 6th in Mt. Vernon, MO. Participants learned about different ways to manage their sheep and goat farms.

Participants learned about nutrition and body condition scoring, selecting replacements and culls, managing grazing and pasture rotation, and creating year-round forages.

“Very good information, I’m glad I came and learned!”



8 Attendees – Participants learned how to process live poultry and different techniques of cutting up poultry for freezing along with safe food practices.



14 Attendees – Participants learned how to preserve bacon as the old timers did, before refrigeration.





**Century Farm Recipient 2023
Double H Ranch**

From left to right: Tommy Roberts, Chair
Jake Paris, Double H Ranch Manager
Carl Huff, Owner of Double H Ranch
Lora Smith, Sister of Carl Huff

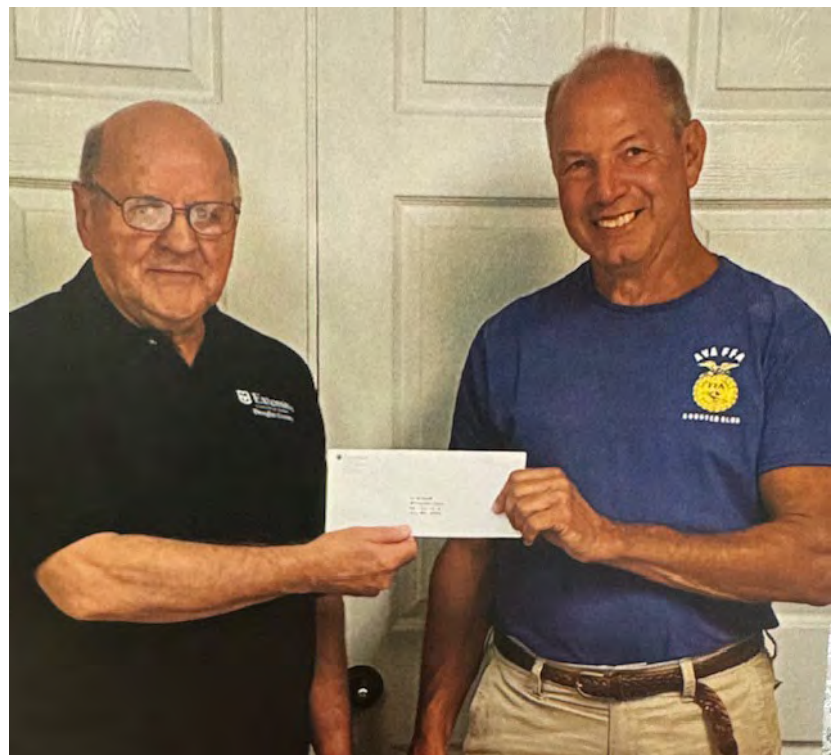


**Century Farm Recipient 2023
Max & Eloise Reese Farm**

From left to right: Tommy Roberts, Chair
Max Reese, Owner

**State Fair Farm Family 2023
Wittspride Dairy**

From left to right:
Tommy Roberts, Chair
Ed Wittorff, Owner





Celebrating 50 years



WITTSPRIDE
Registered Brown Swiss & Holsteins

of operation



UNIVERSITY OF MISSOURI EXTENSION

Douglas County

**TRIBUTE TO OUR
2023 CENTURY FARM RECIPIENTS
AND OUR
2023 STATE FAIR FARM FAMILY**



Extension
University of Missouri





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through credible statewide programs

Agriculture and Environment

Patrick Byers

Horticulture Field Specialist



SWREEC Field Day
(Lawrence and other counties)

Hundreds of students at the annual FFA Exploration Day at the MU SWREEC learned about beekeeping and the importance of pollination from Heroes to Hives project participants.



Missouri Blueberry School (Greene)

The 2024 Missouri Blueberry School was held in Springfield in February. The first day of the conference included presentations on a wide range of blueberry production topics from national and local speakers. The second day of the conference included farm visits to Missouri Berries (Republic) and Sunshine Vally Farm (Rogersville). 56 current and prospective blueberry farmers attended the program.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Business and Community Development

David L. Burton
Community Development
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LOCAL IMPACT FOR ANNUAL REPORT

DOUGLAS COUNTY

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.”



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. **Douglas County** has 2 individuals in this class.

Media Outreach & Podcasts on Neighboring featuring David Burton reached over 15,000 people in **Douglas County** this year.



CONTRIBUTION

Missouri Good Neighbor Week— statewide we document 19,582 acts of neighbor between Sept. 28 and Oct. 4. **Douglas County** had 13 acts reported.

Wont You Be My Neighbor Day — Has become a national effort to celebrate Mister Roger’s birthday. We had 11 participants from **Douglas 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 4 individuals in **Douglas County**.



VITALITY

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

Engaged Neighbor newsletter — 8 subscribers in **Douglas County**.

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

Labor and Workforce Development

Amy Patillo, Ed.D.
Labor and Workforce
Development Specialist
417-881-8909
patilloa@missouri.edu



LOCAL IMPACT FOR ANNUAL REPORT

GREENE COUNTY

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.

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.

2023 FARM STRESS ANNUAL REPORT

Amber Allen & Amy Patillo, team members



An equal opportunity/access/affirmative action/pro-
disabled and veteran employer.

PROJECT GOALS

- Increase access and utilization of free teletherapy coaching sessions.
- Prioritize providing mental and behavioral support services and training in urban counties.
- Provide training for community members who work with the youth.
- Provide mental health training in 100% of counties.

Missouri's mental health crisis is more challenging for the agricultural community, fueled by growing economic and mental health challenges that are severely affecting the health, safety, and well-being of farm families. These stressors have contributed to substantial and critical mental health issues among rural Missourians, especially farmers and ranchers.

To address Missouri's mental health crisis, the University of Missouri Extension provides free mental health classes, prevention of suicide programs, and stress/depression awareness resources and collaboratively partners with the University of Missouri College of Arts & Sciences Psychological Services Clinic offers free teletherapy counseling services.

In 2022 MU Extension was awarded a gift of \$500,000 from the MFA Foundation which covers the cost of free coaching sessions from a trained therapist. In 2023, 42 clients participated in 203 hours of responsive teletherapy counseling. The services are provided at no-cost to farmers, ranchers, and farm families and are valued at \$54,303.



PROTECTING OUR FARMERS

Agriculture remains the backbone of Missouri's strong economy, supporting both rural and urban communities. It is critical to help Missouri farmers, ranchers, and their families remain safe, healthy, and productive.

2023 ANNUAL IMPACTS

1,391

MP2

FARMERS AND ALLIES
SERVED

100%

COUNTIES SERVED

\$247,413

TOTAL VALUE OF
SERVICES

74

Workshops

996

People
Completed
Mental Health
First Aid
Training

46

People
Completed
Question
Persuade
Refer
Training

307

People
Completed
Weathering the
Storm Training

Client Quotes

- "Use 988 for myself when no one is available to talk with [me] about my family member."
- "I'm capable of helping our students. I feel more confident to help our students."
- "I learned that some of the feelings/emotions [that] I've experienced when helping others are valid."
- "I learned 988 isn't just for suicide. Anyone can call."
- "I learned the importance of self-care."
- "I will work with other staff members to review our policies and procedures to see where we need to make updates and then retrain staff on policies."
- **"I plan to speak with a family member regarding concerns about feeling sad or anxious. I now have better tools to open the conversation"**



ACKNOWLEDGEMENTS

Show-Me Strong Farm Families is supported by funds from the North Central Farm and Ranch Stress Alliance Center (NCFRSAC),
USDA NIFA grant number 2020-70028-3272
USDA NIFA MO FR SAN Grant Award #: 2021-70035-35436

MP1

2023 2501 ANNUAL REPORT

Amber Allen & Amy Patillo, team members

PROJECT GOALS

- Assist socially disadvantaged/veteran farmers and ranchers in owning and operating successful farms and ranches.
- Increase participation among socially disadvantaged or veteran farmers and ranchers in USDA programs.
- Build relationships between beginning farmers and USDA's local, state, regional, and national offices.
- Provide innovative training and technical assistance techniques.

USDA's 2501 Program supports the development of socially disadvantaged and veterans (SDV) who want to start or grow their own farm or ranch.

MU Extension's multidisciplinary team collaborated by utilizing a culturally appropriate experiential learning model of formal education. Activities include Farm WalkABOUTs, Value-Added Product Classes, Value-Producer Accredited Program, (North Sarah) and Team-to-One Coaching.

The project team identified an interest in food security and self-sufficiency among urban farmers, with an interest in poultry production.

"Empowering Missourians is the goal of poultry processing education. Teaching the process of safely preparing chickens for consumption empowers participants to take control of their personal food supply."

~Jennifer Lutes



GROWING THE NEXT GENERATION OF FARMERS

USDA's 2501 Program supports the development of socially disadvantaged and veterans (SDV) who want to start or grow their farm or ranch.

2023 Annual Impacts

768 BEGINNING FARMERS	35	36	11	5
505 VETERAN FARMERS	Farmers Started an USDA Grant Application	Team-to-One Farmers Who Were Coached	Team-to-One Individual Farmer Coaching Sessions	Farmer Workshops & Classes
236 SOCIALY DISADVANTAGED FARMERS				

SUCCESS STORIES

- Team-to-One Farmer Client in Jackson County, Missouri, was funded for equipment valued at \$29,084.99 by Missouri Vocational Rehabilitation through Missouri AgrAbility.
- \$11,274 awarded to an urban farmer for "scaling up production to meet low-income/low-access food needs."
- \$14,995 (SARE) was awarded to a beginning farmer to increase production of morel mushrooms.

"I will do a better job of keeping track of my sales and costs"
`Beginning Farmer Client



ACKNOWLEDGEMENTS

Outreach & Assistance for Socially Disadvantaged Farmers & Ranchers and Veteran Farmers & Ranchers (2501 Program)
Grant ID # AO212501X443G004





Economic Opportunity

Serving: Greene, Polk, Dallas, Webster, Wright, Texas, Shannon, Oregon, Howell, Ozark, Douglas, Christian, Taney, Stone, Barry

Missouri Small Business Development Center (SBDC)

The Missouri SBDC at Missouri State University provides support to your county's 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
- Business financing
- Business expansion and relocation
- Financial planning & cash flow management
- Marketing strategy & strategic growth
- Course projects with MSU students
- Purchasing a business
- International expansion opportunities
- Technology commercialization

Through leveraging regional partnerships several programs geared toward small businesses and enhancing the local workforce were offered through an initiative called Innovate SOMO. This collaborative effort led by Codefi and efactory aims to unlock the full potential of entrepreneurship and innovation to transform communities in the southernmost 47 counties in Missouri. Programs offered throughout the region include:

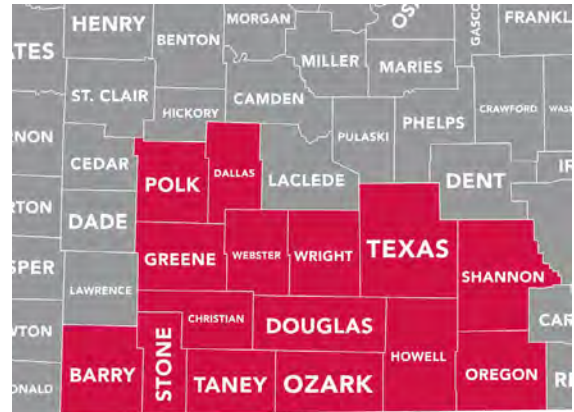
- Early-Stage Business Boot Camp
- 120 Day Tech Startup
- Code Labs
- Youth Coding League

REGIONAL KEY OUTCOMES

- ✓ **704** Business owners received multiple 1:1 consulting sessions regarding their small businesses.
- ✓ **\$33.4 million** Approved capital funding
- ✓ **\$86.3 million** Increase in sales
- ✓ **31** New businesses started
- ✓ **403** New jobs created
- ✓ **39,446** Jobs retained
- ✓ **1589** Attendees joined our business and professional development training programs.



Missouri State UNIVERSITY



The Missouri SBDC at Missouri State University serves 15 counties in southwest Missouri (highlighted).

Learn more about our latest programs and training

sbdc@missouristate.edu

417-837-2617

sbdc.missouristate.edu

STATEWIDE HIGHLIGHTS

\$730,110,142

Increase in sales for client companies through the assistance of the Missouri SBDC network

\$525,507,913

Government contracts secured through the assistance of APEX Accelerators (formerly MO PTAC)

\$153,938,797

Capitalization secured through the assistance of the SBDC

Impact data is client verified and obtained by approximately 30% of clients annually for the statewide network. The Missouri SBDC is funded in part through a cooperative agreement with the U.S. Small Business Administration.

Douglas County



UM System Footprint in the county in 2023



FY23 county students

12 students

- 9 Undergraduates
- 3 Graduate and professional students
- 9 Full-time students
- 3 Part-time students



County employees and retirees

5 people employed by UM

- 5 Campuses



County alumni

Selected school alumni

- 3 Nursing
- 1 Health Professions
- 2 Dentistry
- 1 Pharmacy
- 4 Veterinary Medicine
- 14 Agriculture
- 11 Engineering
- 5 Law

Alumni teaching K-12

- 1 teacher



County breakdown

MU

- 7 students
- 46 alumni
- 5 employees

UMKC

- 0 students
- 9 alumni
- 0 employees

Missouri S&T

- 4 students
- 12 alumni
- 0 employees

UMSL

- 1 student
- 8 alumni
- 0 employees



County properties and offices

MU Extension in: Douglas County



County population: 11,808



County services provided

Health care (FY23)

- 42 in-state patients seen at MU Health Care, with \$13,857 of uncompensated care
- MU Health Care's Missouri Telehealth Network recorded 296 visits to 128 patients having ZIP codes associated with the county

Extension (2022)

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

Douglas County



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

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)

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		UMKC	
27,256	\$536.0M	11,859	\$217.3M
students receiving financial aid	financial aid awarded	students receiving financial aid	financial aid awarded

Missouri S&T		UMSL	
6,748	\$117.7M	8,489	\$102.8M
students receiving financial aid	financial aid awarded	students receiving financial aid	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.

The university advances Missouri citizens and communities through its mission of teaching, research, public service, and economic development across our four campuses and University of Missouri Extension.

Prepared in December 2023, based on the best available and most recent data. Data Sources include: Missouri Office of Administration • UM IR • MU Institute for Public Policy • Center for Applied Research and Engagement Systems (CARES) • MU • UMKC • Missouri S&T • UMSL • UM System • UM Health Care • MU Extension • US Census Bureau • US Dept. of Health and Human Services • National Science Foundation



State of Missouri



University of Missouri System

COLUMBIA | KANSAS CITY | ROLLA | ST. LOUIS

UM System Footprint in the state in 2023



FY23 In-state students

60,014 students
(74.4% of total enrolled)

- 47,778 Undergraduates
- 12,236 Graduate and professional students
- 35,647 Full-time students
- 24,367 Part-time students
- 9,542 Pell grant recipients (aid year 2023)



In-state employees and retirees

30,925 people employed by UM

- 22,472 Campuses
- 7,909 MU Health Care
- 544 UM System

9,138 UM retirees and beneficiaries

UM salary and retirement income: \$1.9 billion

UM state tax revenue: \$61.4 million

UM federal tax revenue: \$300.0 million



In-state alumni

Selected school alumni

- 4,338 Medicine
- 14,731 Nursing
- 13,504 Health Professions
- 2,799 Dentistry
- 2,541 Pharmacy
- 658 Optometry
- 2,146 Veterinary Medicine
- 22,967 Agriculture
- 36,490 Engineering
- 9,204 Law

Alumni teaching K-12

- 12,033 teachers
- 17.3% of all district teachers
- 1,032 principals and administrators
- 25.4% of all district principals and administrators



In-state breakdown

MU

- 24,827 students
- 156,991 alumni
- 14,782 employees

UMKC

- 12,620 students
- 50,309 alumni
- 3,173 employees

Missouri S&T

- 5,078 students
- 27,106 alumni
- 2,250 employees

UMSL

- 17,489 students
- 81,725 alumni
- 2,267 employees



Construction projects

- \$235.7 million remitted to 276 In-state vendors, for 564 projects



Missouri population: 6,141,534

Total FY23 UM students: 80,702

Total UM Pell grant recipients: 11,463



In-state services provided

Health care (FY23)

- 266,476 in-state patients seen at MU Health Care, with \$111.3 million of uncompensated care
- 5,018 in-state patients seen at UMSL Center for Eye Care with a statewide average of \$34.82 per patient in uncompensated care
- 8,951 in-state patients 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 38,947 visits to 22,561 patients having ZIP codes associated with the state

Extension (2022)

- 665,948 Total educational contacts from MU Extension to residents of Missouri, including:
 - 173,979 contacts related to productive farming, better gardening, and managing natural resources
 - 356,525 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development
 - 132,078 contacts related to starting businesses, developing community leaders, or renewing the local economy

State of Missouri



University of Missouri System

COLUMBIA | KANSAS CITY | ROLLA | ST. LOUIS

UM System Statewide Footprint

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University Extension Council of Douglas County Funds Class Balance January 1 through December 31, 2023		Dec 31, 23
1000-County Appropriations		-7,624.24
1010-City Appropriation		20,000.00
2000-Center Operations		9,332.36
3000-Education and Services		
3100-Soil Testing/Hay Testing		2,885.41
3200-Resales & Services		561.58
3300-Short Courses		371.75
3400-Livestock		3,228.32
3425-Agronomy/Horiculture		1,089.80
3000-Education and Services - Other		29.10
Total 3000-Education and Services		8,165.96
5000-Restrict Grants & Contr		
5001 - Food and Nutrition		154.10
5002 - MO 4H Foundation		125.00
Total 5000-Restrict Grants & Contr		279.10
9000-Council Held Money		
9400-MO 4H Foundation		1,393.11
9000-Council Held Money - Other		55.00
Total 9000-Council Held Money		1,448.11
TOTAL		31,601.29
	Plus Petty Cash	37.57
		31,638.86
University Extension Council of Douglas County Balance Sheet January 1 through December 31, 2023		Dec 31, 23
ASSETS		
Current Assets		
Checking/Savings		
0050 - Checking		31,601.29
Total Checking/Savings		31,601.29
Other Current Assets		
1450 - Petty Cash		37.57
Total Other Current Assets		37.57
Total Current Assets		31,638.86
TOTAL ASSETS		31,638.86
LIABILITIES & EQUITY		
Equity		
0002 - Retained Earnings		32,650.95
Net Income		-1,012.09
Total Equity		31,638.86
TOTAL LIABILITIES & EQUITY		31,638.86