



UNIVERSITY OF MISSOURI EXTENSION

# St. Francois County 2025



## Annual Report

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**SERVE MISSOURI.  
DELIVER MIZZOU.®**



**Extension**  
*University of Missouri*

an equal opportunity/ADA institution



Office of Extension  
and Engagement  
*University of Missouri*

**VICE CHANCELLOR'S OFFICE**

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Dear County Commissioners, Elected Leaders, and Friends of MU Extension and Engagement,

As I reflect on the past year, I am struck by the remarkable progress we have made together. MU Extension continues to deliver on its mission of linking the University of Missouri with every community across our state, ensuring that Missourians have access to the knowledge, resources, and partnerships they need to thrive.

Through the dedication of our faculty, staff, councils, partners, and advocates, MU Extension continues to make a measurable difference across Missouri. Last year, we had more than 1.5 million educational contacts and generated more than \$1 billion in economic impact. Building on that momentum, your support also helped secure a \$5 million recurring increase in state funding. This important milestone is already being invested in people, programs, and facilities to strengthen agriculture, improve health and well-being, support local economic development, and prepare youth for leadership through 4-H.

We have also adapted to new realities. Even as the sunset of federal SNAP-Ed funding forced hard choices, our commitment to delivering nutrition and health programs to families in need has not wavered. We are expanding investments in rural health, civic leadership and community development to address the priorities Missourians tell us matter most. We are also aligning our work with university, state, and federal priorities to maximize impact, whether in rural healthcare, agricultural innovation or workforce development.

Our strengths remain clear: people, programs, and partnerships. From nearly 6,000 4-H volunteers to county council members, master gardeners, and master naturalists, Extension thrives because of the dedication of those who serve. Our trusted, research-based content was accessed nearly 2 million times and downloaded more than 76,000 times last year, and innovative programs, from soil testing to urban revitalization initiatives, continue to meet Missouri's evolving needs.

Thank you for your continued partnership. MU Extension belongs to all Missourians, and together we will keep building resilient communities, fostering innovation, and preparing our state for the future.

With appreciation,

*Chadwick C Higgins*

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

# WHO WE ARE

## Faculty and Staff

Kendra Graham  
Extension Engagement Specialist

Kayce Amsden  
4-H Youth Program Associate

Alyssa Bowyer  
Nutrition Program Associate

Janet Braun  
Field Specialist in 4-H Youth Development

Jane Epstein  
County Office Support Staff

Michael Graham  
Field Specialist in Livestock

### Other faculty serving St. Francois County

Sarah Barks  
Field Specialist in Community Health

Gatlin Bunton  
Field Specialist in Agronomy

Maria Calvert  
Field Specialist in Human Development

Sarah Higgins  
Field Specialist in Natural Resources

Rachel Hopkins  
Field Specialist in Agriculture and Environment/Ag Business

Kate Kammler  
Field Specialist in Horticulture

Matt Herring  
East Central Regional Director

## Council Members

Shea Davis, Chair, District 1

Kelly Racer, Vice-chair, District 1

Jennifer Vaughn, Secretary, District 1

Eric Davis, Treasurer, District I

Taylor Bullock, District I

Shelby Davidson, District 2

Kary Buckley, Appointed-County Commission

Matt Merrill, District I

Keith Schweigert, District 1

Amanda Stegall, District 2

Tracy Stroud/Renee Baird, Appointed-Farm Bureau

## County executives

Harold Gallaher, Presiding Commissioner

Kary Buckley, District 1

David Kater, District 2

# BUDGET AND MORE

## Appropriations budget

Income	
County Appropriations	89,453.40
Misc. Income	15.00
Council Funds	1,149.93
<b>Total Income</b>	<b>90,618.33</b>
Expenses	
Salaries/Benefits	75,427.39
Non-Payroll Salaries	2,200.00
Travel	6,078.00
Postage	995.77
Advertising	495.00
Office Supplies/Service	1,423.77
Other Contract Service/Misc.	235.00
Insurance	2,060.00
Election	247.42
Repairs/Maintenance	1,455.98
<b>Total Expenses</b>	<b>90,618.33</b>

## St. Francois County partners

Natural Resource Conservation Services  
 St. Francois County United Way  
 Parkland Beekeepers  
 Habitat for Humanity  
 Parkland Master Gardeners  
 Farmington and Park Hills Senior Centers  
 Missouri Forage and Grasslands Councils  
 Farmington Head Start  
 Farmington Community Garden  
 St. Francois County Women, Infants, and Children  
 Farmington Public Library  
 Local Food Banks  
 St. Francois County Farm Bureau  
 East Central Cattlemen Association  
 St. Francois County Fair Board  
 Community Partnership  
 Mizzou Alumni Association  
 Shared Blessings Homeless Shelter  
 Bonne Terre Chamber of Commerce  
 Desloge Chamber of Commerce  
 Farmington Chamber of Commerce  
 Park Hills - Leadington Chamber of Commerce  
 East Missouri Action Agency  
 Convoy of HOPE

## 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 *(name of county)* County Extension Council, faculty and staff would like to express our appreciation to the *(name of county)* County Commissioners for their continued support of extension programs.



## Local support

Did you know you can donate directly to St. Francois 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

## Century Farm

The Missouri Century Farm program, administered by University of Missouri Extension, awards certificates to persons owning farms that have been in the same family for 100 years or more. The line of ownership from the original settler or buyer may be through children, grandchildren, siblings, nieces or nephews, including through marriage or adoption. The present farm shall consist of no less than 40 acres of the original land and shall make a financial contribution to the overall farm income.

The Mike and Cindy Belken Farm of 113.3 acres was purchased in 1911 by Mr. and Mrs. Ed Belken and Mr. and Mrs. Charles Belken.



Grandpa John Belken, Aunt Phyllis and Charlie or Bob. Early 1940's

Charlie (Mike's dad), John (Mike's grandpa) and Bob Belken (uncle). Late 50's, early 60's.



Grandpa John, Charlie and Mike working cattle. Notice Mike's Extension hat. Mike worked as the Madison County Small Farm Education Asst. from 1993-2005.



## King Family Chosen as the St. Francois County State Fair Farm Family

Raymond & Terry King and family of Farmington were among the families honored during the 68th annual Missouri Farm Family Day, Aug. 11 at the Missouri State Fair. The King family was selected as the St. Francois County Missouri Farm Family by University of Missouri Extension in St. Francois County and the local Farm Bureau. The family includes Stephen and Erin.

Each year, the fair sets aside a day to recognize farm families from across the state that are active in their communities, involved in agriculture, and/or participate in local outreach and extension programs such as 4-H or FFA.

The King family operates a 140-acre farm along with Raymond's uncle. The family farm consists of hay, cattle, sheep, and a few acres of row crops to feed the kids' fair projects. Raymond & Terry are leaders of the Wild Bunch 4-H club. Raymond is the secretary and a board member of the Mineral Area Heritage Tractor Club. Stephen and Erin are active in 4-H and show sheep, rabbits, chickens, and cured hams and bacons at the county fair.



**St. Francois County State Fair Farm Family**

Front row: Erin & Stephen

Back row: Raymond & Terry

# St. Francois County

A community of 847 youth building life skills, contributing to their community and becoming college and career ready.

## Missouri 4-H

### Local Impact

Janet Braun, Field Specialist in 4-H Youth Development

4-H programs are grounded in the belief that youth learn best by doing. Through hands-on projects like science, health, agriculture, and civic engagement in a positive environment, youth receive guidance from adult mentors and are encouraged to take on proactive leadership roles. Youth can concentrate on one focus area, or they can try a variety of programs throughout their 4-H experience.

### Program Reach & Engagement

- 150 youth enrolled as 4-H members.
- 697 additional contacts through day camps and in-school programming.
- 84 registered volunteers supporting youth development.
- 362 entries displayed in the building during the fair, demonstrating a wide range of projects.
- 165 items sold at the fair (livestock and cured meat), generating \$266,573.50 in proceeds for youth.
- Ten youth participated in 4-H Day at the Capitol, gaining civic engagement experience.
- Ten St. Francois County youth also exhibited exhibits in the 4-H Building and livestock shows of the Missouri State Fair
- Three youth from St. Francois County participated in the State Shoot events.



### The Role of the County Fair in 4-H

The county fair plays a significant role in the 4-H experience and is an important milestone for many members. Fairs provide an opportunity for youth to showcase the projects they have worked on throughout the year, whether in livestock, foods, crafts, or other areas. Beyond the ribbons and awards, members gain valuable skills such as responsibility, time management, and confidence in presenting their work to the public. They also learn the importance of sportsmanship, teamwork, and community involvement, as they share their accomplishments and support their peers. The county fair is not only a celebration of their hard work, but also a chance to connect with the broader community and highlight the positive impact of 4-H.



### Local Impact

Kayce Amsden, 4-H Youth Program Associate



#### 4-H Powered Space Camp

St. Francois County 4-H, in partnership with Missouri 4-H and Missouri University of Science and Technology, participated in the Luse Booth Foundation grant, which brought **\$84,000 in STEM resources to the region**. The grant supported the development of a STEM curriculum focused on six key areas that make space exploration possible. St. Francois County youth piloted the curriculum through afterschool programs, project meetings, and the 4-H Powered Space Camp held in Bismarck, Missouri. Approximately **50 youth** participated locally, with a total of **250 youth engaged statewide**.

#### 4-H Gardening

In 2025, St. Francois County 4-H supported the development of two new community gardens. 4-H and nutrition staff partnered to teach preschool students at Little Learners about plants and the importance of eating fresh foods from the garden. The second garden was established at the Southeast Missouri Violence Council, where Extension staff, volunteers, and residents worked together to build a new garden space. Participants completed six lessons covering the basics of gardening and reported a successful harvest.



#### The County Fair - Beyond Livestock

St. Francois County 4-H turned up the excitement at the county fair by expanding activities and opportunities for youth! Throughout the week, the exhibit building buzzed with fun and laughter as 4-H members tackled hands-on STEM challenges, powered a blender by pedaling a bike to make refreshing fruit slushes, and showcased their creativity by selling homemade goods at the 4-H Makers Market. These engaging experiences gave youth a chance to learn, create, and shine while sharing their talents with the community.



#### 4-H Dojo Day Camp

For the third year, St. Francois County 4-H received funding from the Rotary Club of St. Francois County to provide a girls' empowerment program. This year's camp focused on helping girls prepare for the new school year "like a ninja." Community volunteers and Extension staff worked together to teach skills for a successful school year, including time management, yoga, the power of affirmations, and gardening. A total of **57 girls** participated, and each received a backpack filled with school supplies.

# St. Francois County

4-H Clubs offer in-depth educational experiences in which members learn life skills such as decision making, public speaking, and working with others.

## Missouri 4-H

### Local Impact

#### 4-H in the Classroom

St. Francois County 4-H continued to expand its reach by bringing hands-on gardening and STEM programming directly into classrooms. Programs were offered after school, during the regular school day, and through summer school, allowing youth to explore science, technology, and gardening in multiple learning settings. Through these efforts, more than **550** students were engaged in experiential learning activities that encouraged curiosity, problem-solving, and healthy habits.



Exhibitors learning cattle grooming



Kayce and Sarah serving the Bismarck community meal



4-H members learning at the rabbit clinic



SFC shooting sports at the State Shoot



4-H members collecting food for Feed Missouri

# Livestock St. Francois County

## Agriculture and Environment

### Local Impact

#### The Show-Me-Select Replacement Heifer Program

Created in 1998, the three objectives for the Show-Me-Select Heifer program are: 1. Improved heifer development through a Total Quality Management strategy. 2. Increased marketing opportunities for adding value for Missouri-raised heifers. 3. Creating reliable sources of quality replacement heifers based on management, reproduction, and genetics. This program utilizes a collaborative effort between the producer, the MU extension livestock specialists, and local veterinarians to create a reliable source of replacement heifers in terms of genetics and management.

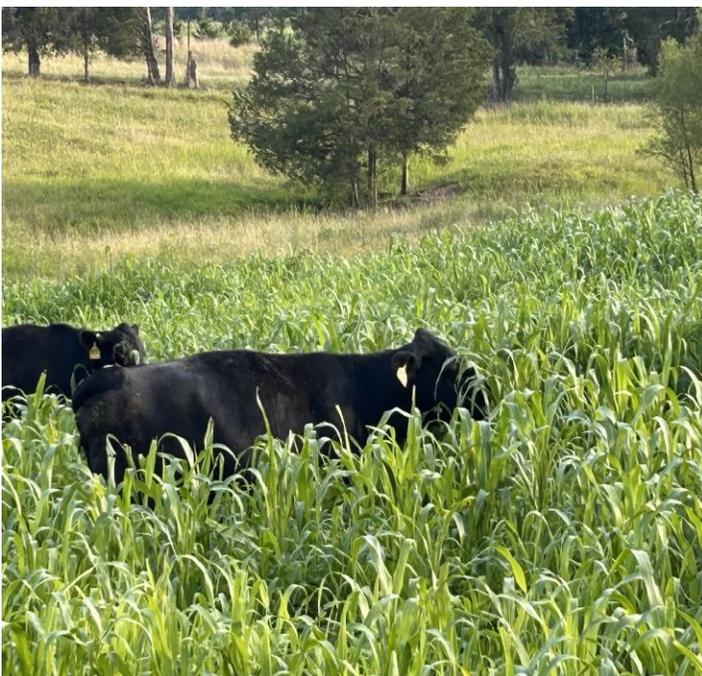
- Two sales were held in St. Francois County in 2025 at the Farmington Regional Stockyards. 240 total heifers sold from 15 producers.
- Gross revenue from the Farmington Show-Me-Select sales were \$943,600.00 in 2025.



East Central Show-Me-Select Bred Heifer Sale

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

Missouri's consists of 114 soil and water conservation districts that are organized under state law to carry out Missouri's soil and water conservation programs. Each county district provides information and education, financial incentives, and technical support with design, implementation and maintenance to voluntarily implement soil and water conservation practices that decrease soil erosion and protect water resources. The St. Francois County District consists of four elected board members and one representative from the University of Missouri-Extension. MU Extension conducted a program at the annual dinner for the district consisted of Grasslands Conditions for producers of the county. 115 producers from St. Francois County learned about the importance of meeting the nutritional needs of their ruminant animal with the forage provided.



Cattle utilizing warm season annuals that help prevent soil erosion and extend the grazing season.

# Livestock St. Francois County

## Agriculture and Environment

### Local Impact

#### Local Cattlemen Programs

Cow/calf operators make up the majority of animal agriculture in St. Francois County. The East Central Cattlemen's Association is a popular group that is committed to learning and applying new and exciting research-based information that is designed to help each producer be more profitable and productive. Extension Livestock Specialists play an integral role in meeting this mission.

In 2025, extension provided seven programs specifically tailored to the cattle business. From forage and pasture management to succession planning for landowners, extension is meeting the directive from the cattlemen to provide relative and reliable programming. In 2025, those seven programs provided information to 110 producers.

**Michael Graham**

Field Specialist in Livestock



#### Metal Inert Gas (MIG) Arc Welding program

The whole farm program sometimes means producers must learn and be able to apply many different knowledges gained to help make a farm run smoothly. One of these such learning opportunities was the MIG welding class offered to area producers.

- Nine producers signed up for a two-evening course.
- 100% of the attendees learned new welding skills or honed existing skills.

The Objectives included:

- Safe operation of the MIG arc welder.
- Setting the welder for the size metal needing to be fused
- Ensuring that the metal was prepared correctly
- Learning by hands-on application

# Livestock St. Francois County

## Agriculture and Environment

### Local Impact

#### Client Contacts:

112 calls and emails providing research-based livestock information.

Topics included:

- Soil health
- Forage testing
- Herd health
- Budget sheets for livestock enterprises
- Backyard chicken flocks
- Equestrian nutrition

#### Programs Delivered:

- **CVI (Certificate of Veterinarian Inspection)** – Farmington (10 participants)
- **2024 Cattle Farming Year in Review** – Farmington (14 participants)
- **Show-Me-Quality Assurance** – Farmington (35 Youth)
- **Succession Planning** – Farmington (18 participants)
- **Pasture Management** – Farmington (24 participants)
- **Importance of Agriculture** – Farmington Lion's Club (10 participants)
- **Livestock in St. Francois County** – Park Hills Middle School (9 students)
- **How to Raise and Show Swine** – Farmington Farmer 4-H (9 attendees)
- **Fenceline Feeding** – Farmington (35 participants)
- **Identifying Common Forages** – Farmington (19 participants)

**Michael Graham**

Field Specialist in Livestock



I authored a monthly livestock news article titled *The Livestock Ledger*, which was emailed to 356 producers each month. The article delivered timely, practical information relevant to the livestock industry and highlighted upcoming educational programs and events across each county. To expand its reach beyond email, I also shared the article on social media platforms, where it had the potential to reach an audience of 90,000+ people. This effort strengthened communication with producers, increased awareness of Extension programming, and broadened outreach to a wider agricultural audience.



Participants learning about warm and cool season grasses.

# Horticulture St. Francois County

## Agriculture and Environment

### Local Impact

#### Client Contacts:

**71 calls and emails** providing research-based horticulture information.

Topics included:

- Soil test results
- Sources for wildflower seed
- Herbicide carryover in manure
- Plant hybridization
- Brown rot on peaches
- Tomato hornworm
- And many other horticulture-related inquiries

#### Programs Delivered:

- **Private Pesticide Applicator Training** – Farmington (13 participants)
- **Bug Bingo** – Farmington Summer School Program (80 youth)
- **Native Plant ID** – *100 Days, 100 Miles*, St. Francois County (20 participants)
- **Horticulture in Ireland** – 25 Gardeners Garden Club, Farmington (9 participants)
- **Holiday Plants** – Cedarhurst Senior Living, Farmington (18 participants)
- **Horticulture in Ireland** – Parkland Master Gardeners, Farmington (9 participants)
- **Plants of the Holidays** – Parkland Garden Symposium (14 participants)
- **Flowering Bulbs** – Parkland Garden Symposium (21 participants)



Learning about native plant identification.

**Katie Kamler**

Field Specialist in Horticulture

#### Impact:

- Reached **184 participants** through educational programs
- Delivered diverse learning opportunities for gardeners, youth, and senior residents
- Supported community engagement with topics ranging from pesticide safety to cultural horticulture



#### Success Story: Growing Garden Knowledge in Missouri

In 2025, the **Garden Spade e-newsletter** continued to be a trusted resource for horticulture enthusiasts across Missouri. With **2,556+ subscribers** and a **9.6% increase in subscriptions**, the newsletter reached more people than ever before.

Each monthly issue delivered practical, research-based tips on topics such as **insects, weeds, landscape plants, trees, fruits, and vegetables**, helping readers make informed decisions in their gardens and landscapes.

This growth reflects the strong interest in reliable horticulture information and the value of Extension resources in supporting healthy, productive gardens. By expanding its reach, the Garden Spade is empowering more residents to succeed in their gardening efforts year-round.

# Horticulture St. Francois County

## Agriculture and Environment

### Parkland Master Gardeners

Number of Volunteers – 10

Number of Volunteer Hours – 126.5

Dollar Value of Volunteer Hours - \$4,400.94\*

(\*[Independent Sector](#) at \$34.79/hour)

Number of Continuing Education Hours – 35.75



Parkland Master Gardeners learn how to make wreaths at local Christmas tree farm.

### Cultivating Knowledge: Parkland Master Gardeners Inspire Growth Through Annual Garden Symposium

Each year, the **Parkland Master Gardeners** bring together gardening enthusiasts and experts for their highly anticipated **Garden Symposium**. This event offers a rich variety of horticulture topics, taught by seasoned professionals who share practical tips, innovative techniques, and research-based insights.

The symposium isn't just about learning—it's about building a community of passionate gardeners who leave empowered to create thriving landscapes and sustainable gardens. By fostering education and connection, the Parkland Master Gardeners are planting the seeds of knowledge that continue to grow long after the event ends.



Garden Symposium participants listening to keynote speaker.



# Ag Business St. Francois County

## Agriculture and Environment

### Local Impact

Covering Franklin, Gasconade, Osage, Maries, Miller, Pulaski, Phelps, Dent, Crawford, Washington, St. Francois and Ste. Genevieve Counties

**Rachel Hopkins**  
Field Specialist in Ag Business

### 2025 AT A GLANCE

- **38** Lenders attended 'What Lenders Need to Know in 2026' in Jefferson City. Lenders heard from presenters discussing Market Outlooks, Policy Updates, Beef Feeding Calculator, Farmland Values and Rental Rates.
- **60** attendees at the Farm Tax Workshops held in December, both in-person and online. Rachel hosted 2 locations (Ste. Genevieve & Vienna) and presented on drought & farm lease.
- **89** mid-Missouri farmers and ranchers attended the Central Missouri Forage & Beef Conference in Maries County.
- **35** local producers attended the Wurdack Producer Field Day in October to hear about local applicable topics.
- **120** producers attended three Grazing Schools where Financial Aspects of Grazing were taught.

**\$47,753** in leases  
consulted on in 2025.



The cannulated bovine is always a memorable time with the FFA students.

### 1924 DIRECT CONTACTS 7140 INDIRECT CONTACTS



Rachel spoke to the East Central Cattleman's Association in March 2025 on tips for succession planning.

### KEY SUCCESSES

**Monthly emails** out to subscribers letting them know of upcoming Extension programs in the region.

Connect & Educated **50 STL City youth** about agriculture at **Wurdack Extension Center**.

**Rural Safety Day** educated **177 3<sup>rd</sup> graders** in Washington County of hazards they might encounter and thus preventing traumatic injuries.

**Annie's Project** brought together **13 women in Maries County** for the 6 weeklong event. It included field trips, guest speakers and activities.

**Wurdack FFA Day** provided a learning opportunity for **528 9<sup>th</sup> graders** on different fields in agriculture and exposes them to new ideas and concepts.

# Agronomy St. Francois County

## Agriculture and Environment

### Local Impact

Franklin, Jefferson, St. Francois, St. Louis, Ste. Genevieve and Washington Counties

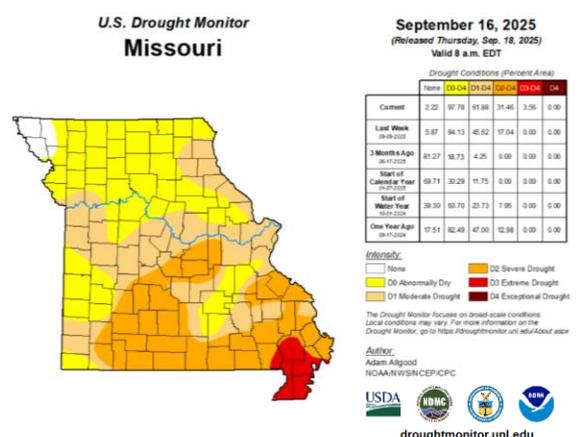
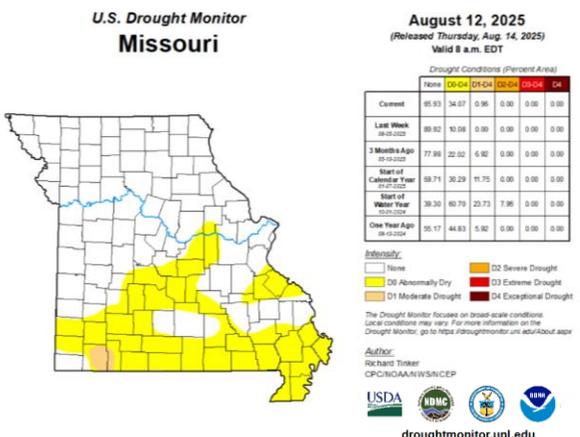
**Kate McDonald**  
Field Specialist in Agronomy

In typical Missouri fashion, 2025 brought on its mix of challenges. The year started off cool and wet, making it hard for farmers to get in the field and get things planted. Late spring in April and May we saw some sporadic rainfalls, some with severe weather and flooding. Many fields were replanted due to this. As we rolled into summer and crops were established, the timely rains were perfect and left many optimistic about the year. However, in August the rain turned off, and we faced some extreme heat sending us into a drought. Mid-august, St. Francois County fell under abnormally dry (d0). By the first week of September, 94% of the state was considered abnormally dry (d0) and 31% of the state was moderately dry (d1). Through September,

the hot, dry trend increased rapidly, sending St. Francois County into severe drought (d2) by September 16<sup>th</sup>. Despite early-season flooding and the severe drought through the end of the growing season, corn performed exceptionally well statewide. Missouri is projected to set a new record average yield around 187–188 bushels per acre, surpassing last year's record. St. Francois County contributed strongly to this trend with an average around 175 bu/ac. Soybeans struggled with the drought hitting at just the wrong time for pod set and seed development, but overall maintained some resilience with a state average of around 50 bu/ac.

Soil testing is another service that MU Extension offers where producers can submit samples for quality testing and unbiased, research-based recommendations to clients for economically viable and environmentally safe nutrient management practices. **This year I analyzed and provided support for 132+ soil tests in St. Francois County.**

This year, I had **17 program participants and 20+ direct contacts (calls, texts, and emails) from St. Francois County producers.** Popular topics include soil test results and recommendations, forage and pasture management, lime and nutrient requirements, herbicides and weed control, and drought resources and nitrate testing.



### Local Impact

**Alyssa Bowyer**

Nutrition Program Associate

#### **SNAP-Ed Public Value Statement 2025**

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$11,419,598 in federal funds to Missouri. The funds support engagement with 70,722 Supplemental Nutrition Assistance Program (SNAP) recipients and eligible citizens of Missouri who learned about being active and healthy eating on a budget. This year we had 970,939 indirect educational contacts through newsletters, health fairs, and food pantries.

#### **10,558 direct and indirect contacts were made in St. Francois 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.

#### **Combined SNAP-Ed and EFNEP Public Value Statement 2025**

Missouri's **Family Nutrition Education Program** oversees two programs: the Supplemental Nutrition Assistance Program Education (**SNAP-Ed**) and Expanded Family Nutrition Education Program (**EFNEP**). Together, these programs brought over \$13 million in federal funds to Missouri in 2025. MU Extension's Family Nutrition Education Program engaged with 970,000+ Missourians with low income. Over 74,000 Missourians participated in nutrition education classes.

Participants in SNAP-Ed and EFNEP 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 **reduces healthcare costs** over the participant's lifetime and **saves taxpayer money** in reduced public healthcare benefits and insurance premiums.



Alyssa, in the gray hat, helping with the dumplings for the Bismarck community meal

### Local Impact

Serving Bollinger, Iron, Madison, St. Francois, Ste. Genevieve, Washington Counties

**Sarah Barks**

Field Specialist in Community Health

### Mental health for the region

Across the report area, mental health remains a top concern, with all counties exceeding state and national averages for poor mental health days. Community Voices data reflects widespread concern, with most respondents identifying mental health and substance use as their primary concerns. Rural and underserved communities continue to face provider shortages and stigma, making timely support difficult. These challenges guided my work throughout the year.

To address these needs, I engaged in Community Health Improvement initiatives, local coalitions, and statewide partnerships, providing tailored materials to improve behavioral health literacy and reduce stigma.

Key trainings I provided:

#### **Changing Our Mental and Emotional Trajectory (COMET):**

- 6 sessions delivered with 5 partner organizations
- Approximately 65 participants reached

#### **WeCanPROSPER Resilience Training (WRT):**

- 11 sessions delivered statewide (virtual and in person). Professional development sessions for businesses and organizations helped in expanding access through a SEED grant,

secured collaboratively with other specialists, that allowed both COMET and WRT to be offered at no cost.

#### **Recovery Friendly Workplace (RFW) Initiative:**

- Training and education empowered workplaces to support people affected by substance use disorders and those in recovery.
- 1 workplace achieved RFW designation

Across all efforts, I partnered with more than **20** organizations to strengthen connections among agencies, providers, and community members and to expand support in underserved areas. My work reached more than **1,000 individuals** through trainings, presentations, and coalition engagement.

Evaluation data showed:

- Increased coping and resilience skills
- Greater confidence in supporting individuals experiencing mental health challenges
- Improved awareness of mental health resources
- Enhanced workplace readiness to support employees affected by substance use and recovery

Collectively, these efforts helped reduce stigma, expand behavioral health education, and strengthen resilience across rural Missouri



#### **Changing Our Mental and Emotional Trajectory (COMET)**

is a 2-hour training for older youth and adults to support friends, family, acquaintances, colleagues and neighbors' wellbeing.



# St. Francois County

## Health and Human Sciences

### Local Impact

Serving Bollinger, Iron, Madison, St. Francois, Ste. Genevieve, Washington Counties

**Sarah Barks**

Field Specialist in Community Health



A regional concern is food insecurity. In cooperation with Bismarck United Methodist Church, 4-H clubs in St. Francois County and I planned, prepared and served a community meal in Bismarck. A Missouri Farmers Care Drive to Feed Kids grant helped the 4-H members feed approximately **255 people** and collect donations of 55 pounds of

canned soup and \$176.00. Volunteers also delivered meals to residents who couldn't make it to the church. The 4-H members had a great time learning about how to make dumplings and getting the opportunity to serve their community!

In partnership with the St. Francois County Rotary Club, I led sessions at the 4-H Girl Powered Dojo Wellness Camp, engaging approximately 50 youth in classes on the impact of music on mood and the power of positive self-talk.

100 Miles, 100 Days is a free statewide summer wellness program that encourages Missourians to stay active through walking, biking, dancing, or other movement. Participants set goals, track progress, and receive weekly motivation. The program supports physical and mental well-being and builds community through team participation. As part of the initiative, I co-hosted a county-based community walk at Owl Creek Park.



Photo credit: St. Francois Rotary

### **Maria Calvert**

Field Specialist in Human Development and Family Science

Serving Crawford, Franklin, Gasconade, Lincoln, Montgomery, St. Francois, Ste. Genevieve, Warren, and Washington counties

Programs focusing on healthy aging, including Wits Workout, Keep Your Keys, and Alzheimer's Association 10 Warning Signs and Understanding Alzheimer's, **served 15 community members.**

100 Miles, 100 Days Community Walk hosted in collaboration with the Owl Creek Park **brought 19 community members** together to learn about native plants. This event was a collaboration between Maria Calvert, HDFS, Sarah Barks, CHEO, and Kate Kammler, Horticulture.

Shared resources with approximately **75 individuals** during the St. Francois County Chalk Walk for Suicide Prevention.





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

**Extension Tax Schools – 5 participants**

University of Missouri Extension coordinated and offered tax education through one summer and three fall tax schools. 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, installment sales, tax benefits of home ownership, retirement tax issues, and individual tax issues. The schools were approved for up to 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 4,024 hours.



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

The 2025 school attendance totaled **three hundred eighty-nine people**, which was an 11% increase from 2024. The participants were from throughout Missouri and two from out of state.

**One comment from an online participant was “The video was outstanding – best I’ve seen on any CPE I’ve done live.”**

The **APEX Accelerators** (formerly known as Procurement Technical Assistance Centers) were created in 1984 by the Department of Defense to help businesses navigate the government marketplace. Since 1989, MU Extension has hosted the Missouri APEX accelerator as a business development partner program. The mission of the program helps businesses learn how to expand their market by selling goods and services to local, state and federal government entities.



**In 2025, the Missouri APEX Accelerators served 8 CLIENTS, 37 COUNSELING sessions in St. Francois County.**

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

**Missouri SBDC assisted 54 clients and helped St. Francois County small businesses obtain more than \$409,000 in government contracts.**



# St. Francois County



University of Missouri System

## UM System Footprint in the county in 2025



### FY25 county students

**227 students**

- 180 Undergraduates
- 47 Graduate and professional students
- 163 Full-time students
- 64 Part-time students
- 57 Pell grant recipients (aid year 2025)



### County employees and retirees

**22 people employed by UM**

- 19 Campuses
- 3 MU Health Care (includes additional employees gained via the recent integration of Capital Region Medical Center)

10 UM retirees and beneficiaries

UM salary and retirement income: \$1.0 million

UM state tax revenue: \$27,448

UM federal tax revenue: \$132,931



### County alumni

**Selected school alumni**

- 33 Medicine
- 100 Nursing
- 80 Health Professions
- 16 Dentistry
- 6 Pharmacy
- 7 Optometry
- 15 Veterinary Medicine
- 97 Agriculture
- 217 Engineering
- 26 Law

**Alumni teaching K-12**

- 48 teachers
- 6.4% of all district teachers
- 3 principals and administrators
- 8.6% of all district principals and administrators



### County breakdown

**MU**

- 121 students
- 613 alumni
- 13 employees

**UMKC**

- 6 students
- 83 alumni
- 0 employees

**Missouri S&T**

- 47 students
- 224 alumni
- 1 employee

**UMSL**

- 53 students
- 514 alumni
- 5 employees



County population: 66,864



### County services provided

**Health care (FY25)**

- 515 in-state patients seen at MU Health Care, with \$210,723 of uncompensated care
- 4 in-state patients seen at UMSL Center for Eye Care with a statewide average of \$37.31 per patient in uncompensated care
- MU Health Care's Missouri Telehealth Network recorded 375 visits to 261 patients having ZIP codes associated with the county

**Extension (2024)**

- 1,067 Total educational contacts from MU Extension to residents of the county, including:
  - 859 contacts related to productive farming, better gardening, and managing natural resources
  - 14 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development
  - 22 contacts related to starting businesses, developing community leaders, or renewing the local economy



### County properties and offices

MU Extension in: St. Francois County

# St. Francois County



University of Missouri System

## UM System Statewide Footprint

### Economic and Community Development Highlights

- In FY24, Business Development Specialists worked with small businesses and entrepreneurs statewide to create or retain 71,140 jobs.

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 FY19 and FY24, UM System brought Missouri more than \$1.75 billion in federal and private research funds, funded primarily from outside the state, but spent within the state.



In FY25, UM System was issued 26 patents and filed 76 new U.S. patent applications, and earned \$6.5 million in licensing income.

- In FY25, the UM System awarded 550 design and construction project contracts throughout Missouri, for a total investment of \$729.9 million in the state.



In FY25, to improve access to medical and health related services, MU Health Care's Missouri Telehealth Network's Show-Me ECHO program provided 17,336 hrs of case-based instruction to 3,146 learners located in 102 of 114 Missouri counties and the city of St. Louis.

### Education and Training Provided



41,523 police, fire fighters, and medical professionals attending continuing education (2024)



Agriculture and natural resource programs served 297,919 farmers and related businesses (2024)

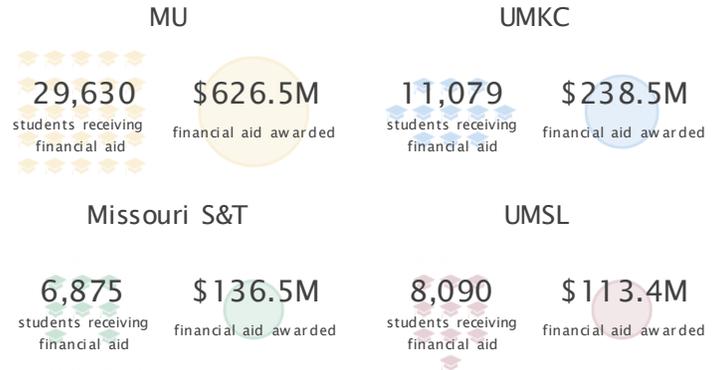


254,220 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs (2024)

### Education Highlights

#### FY25 Financial Aid Awards

In FY25, 70.6% of the UM System's 78,839 students received financial aid totaling \$1.115 billion



UM System's MOREnet (Missouri Research and Education Network) provides internet connectivity, access, support and training to 58 higher education institutions (231,000 students), 478 K-12 school districts (830,000 students) and 134 public libraries (serving nearly 5.6 million Missourians) in FY24.

- UM System awarded 50.5% of the 31,689 Bachelor's or higher degrees awarded by Missouri four-year public institutions in 2023-24.
- UM System awarded 35.0% of the 1,776 research doctorates and 26.8% of the 3,796 professional doctorates awarded by Missouri public and not-for-profit private institutions in 2023-24.
- In FY24, UM System's \$30.7 million in National Science Foundation (NSF) grants represented 96.9% of all NSF grants made to Missouri public colleges and universities.
- A \$25 million USDA-funded [Missouri Climate-Resilient Crop & Livestock \(CRCL\)](#) project has had the following impact 2.5 years into the 5-year project: Over 1,200 Missouri farmers implemented conservation practices such as cover crops, regenerative grazing, and improved nutrient management practices on approximately 300,000 acres across the state.

**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 2025, 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

