



UNIVERSITY OF MISSOURI EXTENSION

Douglas County 2024

Annual Report



**SERVE
MISSOURI.
DELIVER
MIZZOU.**



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Extension
University of Missouri

an equal opportunity/ADA institution



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December 2024

Dear county commissioners, elected leaders and friends of MU Extension and Engagement,

As we reflect on the past year, I want to express my deep gratitude for your support of MU Extension and for your partnership in enhancing the lives of Missourians.

Your support for MU Extension fuels Missouri's agriculture, strengthens families, prepares our youth and promotes the health, well-being and vitality of our communities. Over the past year, our programs have focused on addressing key needs throughout the state:

- **Expanding access to 4-H:** To make 4-H more accessible, we've introduced more in-school and after-school clubs, reducing barriers and creating opportunities for young Missourians to develop essential skills and leadership abilities.
- **Supporting agriculture and land stewardship:** We're addressing critical issues such as succession planning for family farms, rural mental health, agricultural business management and land stewardship. These initiatives are helping Missouri's farmers plan for the future and preserve the health of our land for future generations.
- **Advancing health initiatives:** Our team of community health field specialists, covering every region of the state, works directly with local leaders to assess health needs and bring UM System resources and expertise to these communities, supporting healthier lives and stronger communities.
- **Promoting economic development:** MU Extension is helping to create economic opportunities by working with individuals, supporting businesses in their growth and collaborating with communities to enhance local vibrancy. Through these efforts, we help bring new jobs, skills and possibilities to Missourians across the state.
- **Providing essential training:** Our continuing education programs prepare Missouri's firefighters and health care workers to meet the demands of their roles with the latest skills and knowledge, ensuring they are well-prepared to serve our communities.

As you read through this annual report, I hope you feel as proud as I do of the accomplishments we've achieved together. The dedication and professionalism of MU Extension's faculty and staff are inspiring, and I am grateful to work alongside them—and each of you—as we make Missouri a stronger, healthier and more vibrant place. Thank you for your continued support and partnership. Together, we are serving Missouri by delivering the University *for* Missouri.

Warm regards,

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

Who we are

Faculty and staff



Megan Crane, PhD (Left)
Cooperative Feral Hog Outreach
Specialist

Katy Taylor
4-H Youth Development

Shelby Yake
Community Health Specialist

Judy Curry
Administrative Assistant

Dr. Janice Weddle
Extension Engagement Specialist

Rebecca Smith
Nutrition Program Associate



Council members

Garry Devore, Chairman
Aaron Dalton, Vice-Chairman
Logan Little, Secretary
Don Scrivner, Treasurer
Nina Carter
Noel Dye
David Emerson
Buddy Irby
Jeff Martin
Blaize Molton
Randy O'Dell
Larry Patterson

**SERVE
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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 20,000

City Appropriations 10,000

Total Income 30,000

Expenses

Salaries/Benefits 21,318

Travel 2,940

Telephone 1,100

Copier 1,284

Office Supplies/Service 1,533

Insurance 1,825

Total Expenses 30,000

Return on investment

University System 100,000

Donations 14,000

Program Revenue 4,087

Key outcomes and numbers

8 Pressure Canners Tested

68 Soil Sample Tests

205 Nitrate Quick Tests

23 Hay and Forage Tests

135+ Calls Responding to Questions

Weekly Extension Interview on KKOZ

Monthly Newsletter

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.



Douglas County 2024 Events

January-Barn Quilt Class, Kyle Whittaker

January-Field to Freezer Class, Kyle Whittaker

February-Growing Shiitake Mushrooms, Patrick Byers

March-Private Pesticide Applicator Training, Sarah Kenyon

March-Home Food Preservation, Alicia Amyx-Winrod, Rebecca Smith

April-Tea Time, Shelby Yake

April-The Brain & Disease of Addiction, Shelby Yake

April-Feeding America, Katy Taylor, Rebecca Smith

April-Silent Auction Basket for Ava R-1 School, Extension Office, Rebecca Smith

May-Barn Quilt Class, Kyle Whittaker

May-June-Ava Summer School, Katy Taylor, Rebecca Smith

July-Douglas County Fair, Katy Taylor

August-The Brain & Disease of Addiction, Shelby Yake

September-4-H Homeschool Back to School Bash, Katy Taylor

September-Douglas County Extension Hosted the Ava Area Chamber Luncheon

September-Backyard Poultry Workshop, Elizabeth Picking

September-4-H Information Meet and Greet, Katy Taylor, Shelby Yake and Rebecca Smith

October-Pioneer Heritage Festival, Janice Weddle, Katy Taylor, Shelby Yake and Council Members

October-MOCH Health Fair, Shelby Yake, Rebecca Smith

October-Missouri Crunch Off, Janice Weddle, Katy Taylor, Shelby Yake, Rebecca Smith and Council Members

December-Farm Tax Workshop, Jake Hefley

Customer Comments

- After our Backyard Poultry Workshop, one of the attendees emailed, "Thank You! It was a good class, really enjoyed meeting you all!"
- Client stopped in to pickup our hay probe and commented while she was here, "so glad you are doing nitrate testing in Douglas County, having to travel to other counties made it so time consuming and inconvenient."

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$11,145,237 in federal funds to Missouri. The funds support engagement with 74,864 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 1,164,143 indirect educational contacts through newsletters, health fairs, food pantries, and the Show Me Nutrition helpline.

783 direct and 4111 indirect contacts were made in 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:

Katy Taylor, the 4-H specialist in Douglas County, and I taught Illinois Junior Chef to middle school students at Ava during summer school. On Tuesday, June 25, one of the recipes the students made was Gingerbread pancakes. At our next lesson, Thursday, June 27, one of the students told me he had made the pancakes for his family that morning at breakfast and they all really liked them.

I am teaching Healthy Plants Healthy Bodies to Kindergarten during summer school. I took sugar snap peas and edamame in for the students to try for lesson 3: Seeds we Plant/Seeds we eat. One little boy told me he had tried and loved edamame because his mama cooked them at home, but he had never tried sugar snap peas. He tried the sugar snap peas and loved them. His mom is the administrative assistant in the elementary, so on my way out, I stopped and told her about her son eating and loving sugar snap peas. She was very impressed and said they would go on her shopping list that week.

Tim Schnakenberg
Field Specialist in Agronomy

Douglas County

Agriculture and Environment

Local Impact

There were around 400 farm producers who participated in the **40th Annual Southwest Missouri Spring Forage Conference** in Springfield in February. There were fourteen key presentations and a trade show. This is one of Missouri's largest gatherings of farmers and ranchers and is hosted by a committee made up of extension field specialists and professionals from Soil & Water Conservation Districts, Natural Resources Conservation Service and Missouri Department of Conservation.



*"We hope to apply this information to leave a better place for future generations." "Start to finish, teachers and students were impressive and full of practical information and support." "You **can** teach an old dog new tricks!"*

Farm Fest at the Ozark Empire Fairgrounds in Springfield is the largest gathering of the farm community in Southwest Missouri. MU Extension ag specialists staff a booth at this event throughout the entire weekend in October. Thousands of visitors streamed by the booth and hundreds stopped in to visit with regional specialists.

Insect Trap Monitoring is an ongoing effort by extension agronomists to monitor insect pest movement in Missouri. Counts are recorded weekly on the MU IPM website and alerts are provided for farmers who sign up for the service. The service provides a heads-up for insect invasions in both crops and forages. Insects are monitored in two locations in Southwest Missouri including fall armyworm, true armyworm, stinkbug, Japanese beetle, corn leafhopper and black cutworm.

Missouri Grazing Schools provide the most in-depth training on how to be successful with Management-intensive Grazing (MiG) practices. These three-day schools are unique to Missouri and have set a standard for teaching and demonstrating the newest grazing concepts. Schools were offered in 2024 in Ozark, Howell, Lawrence, Stone, Webster, Newton, Barton and Polk counties. The schools allowed farmers to think differently about how they manage their pastures and have become a very effective tool. There were around 150 livestock producers who attended the sessions from many counties. Numerous presentations were offered along with on-farm field trips to evaluate pasture grazing systems.

Tim Schnakenberg
Field Specialist in Agronomy

Douglas County

Agriculture and Environment

Local Impact



Farmers, ranchers and gardeners frequently use the **MU Soil and Plant Testing Services**.

University of Missouri County Extension offices offer soil testing and plant testing via the soil testing lab and plant disease diagnostic lab in Columbia, MO. The results from soil tests give producer insight into the pH level, available phosphorus, potassium, calcium and magnesium; organic matter; acidity and cation exchange of their soil. Soil reports also offer educational advice and recommendations from the soil lab and local extension specialists to help producers make important agricultural decisions regarding soil fertilization for intended crops and forages.

Regional Drought Assessments were conducted by Tim Schnakenberg and Micah Doubledee in 14 counties. These extensive reviews of the 2024 drought helped the state FSA office and county committees to determine financial assistance for landowners who had signed up for drought insurance programs.

Corn Stunt was first identified in Christian County this year and soon was found in all southwest Missouri counties by August. This significant disease was found in a field and later confirmed by the MU diagnostic laboratory. This was the first time in 40 to 50 years that stunt made an appearance in Missouri. Trapping for the vector, corn leafhopper, has continued by extension agronomists to monitor its movement.





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Missouri 4-H for ages 8 – 18



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



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.



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



Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Douglas County

Missouri 4-H

Local Impact

2023-2024

- 3 Active Clubs
 - 1 After School Club
 - 1 In-School Club
 - 1 Community Club
 - 19 Participants/Volunteers

2024-2025

- Currently 4 Active Clubs

- Ava 4-H Club (FFA)
 - Brent Lakey
 - blakey@avabears.net
 - Bears Den (Ava After School)
 - Kristy Elliott
 - kelliott@avabears.net
 - Up 'N' At 't
 - Missy Rogers
 - misseyrogers@yahoo.com
 - Future 4-H Pioneers (Homeschool)
 - Sarah Beauter
 - Sbeauter2006@gmail.com



Douglas County

Missouri 4-H

Profiles and Stories



4-H Builds Leadership and Communication Skills

95% help others reach their goals.

86% comfortable speaking in a group.

99% said they show respect for other's ideas.

85% Can work with someone who made them upset.

95% Look for ways to involve all members of a group.



Jake Hefley
Field Specialist in Ag Business

Douglas County

Agriculture and Environment

Local Impact

2024 Taney County Livestock and Forage Conference		Freezer Beef School	
County	Total	County	Total
Boone	1	Howell	2
Greene	2	Morgan	1
Jasper	1	Ripley	1
Stone	2	Texas	3
Taney	29	Wright	2
Vernon	1	Other states or foreign country	7
Other states or foreign country	29		

What Ag Lenders Need to Know in 2025		Ava Farm Tax Workshop	
County	Total	County	Total
Barry	5	Douglas	7
Greene	2	Ozark	1
Jasper	1	Wright	1
Lawrence	3		
McDonald	2		
Newton	1		
Vernon	1		
Webster	2		
Other states or foreign country	1		

Poultry Processing at the Southwest Research, Extension, and Education Center Field Day

County	Total
Barry	18
Barton	50
Cedar	15
Christian	19
Dade	50
Greene	35
Jasper	48
Laclede	17
McDonald	2
Polk	46
Stone	23
Taney	47
Webster	9



Profiles and Stories



This Cooking Matters was two six-session series classes in Douglas County serving 14 participants through partnerships with DoCo Inc Sheltered Workshop and Firefly Services. Firefly Services serves members of our communities with cognitive impairment. Rebecca Smith, Douglas County NPA, and I adapted our curriculum and teaching methods to serve the needs of participants.

COOKING MATTERS®



“BJ ate some of the food. That is a big deal for him to do that.”

Participant Caregiver

“Liked the cooking tips and the kitchen goodies,” Participant

After taking Cooking Matters courses, families report cooking meals more often and making meals healthier and more budget friendly even up to 6 months after the course. They also report eating more fruits and vegetables. Families were 17% more confident in stretching their food dollars.

Annual diet-related cardiometabolic disease costs are \$300 per person. **By improving the diet of those participating in Cooking Matters courses, there is potential to save \$300 per person per year. Fourteen participants completed the course in Douglas County this year for an economic impact of \$4,200.**

Cooking Matters	
Sessions	20
Contacts	76

Profiles and Stories



The Douglas County **Pressure Canning Workshop** at GB Activity Center in Ava, MO served **21 participants** providing the tools they need to safely succeed when preserving food at home and answers to questions on canning, food safety, freezing, dehydrating, and preparing food products for long term storage.



The Douglas County **Community Garden** site is in progress. Thanks to a statewide funding initiative through the Missouri Department of Health and Human Services and an ongoing partnership with the University of Missouri Family Nutrition Education Program the garden project has a garden shed, raised beds, garden tools, and supplies.



100 Miles, 100 Days statewide initiative by MU Extension, is a free program igniting physical activity over summer. **807 Missourians** joined this program including Douglas County residents. This program encourage participants to increase or maintain their physical activity throughout the summer through education, competition, and goals.



The virtual 2024 **Chronic Disease Self-Management Program (CDSMP)** is an evidence-based 6-week class for individuals living with a chronic health condition and their caregivers. Participants make weekly action plans, share experiences, and help each other solve problems in creating and carrying out their self-management program.



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 through credible statewide programs
Health and Human Sciences



Cooking Matters

Make quick, tasty, and affordable meals everyone will enjoy.

Learn valuable tips for stretching your food dollars and how to prepare a recipe and sample easy, low-cost, nutritious and delicious dishes.

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

Cooking Matters facilitator about a class participant



Home Food Preservation

Preserve the season's bounty - deliciously and safely.

Learn safe techniques for pressure canning, boiling water bath canning, steam canning, dehydration and freezing.

Understand the importance of using safe preservation and storage methods to avoid cross-contamination and foodborne illnesses.

"This course made me more self-sufficient and improved my family's access to quality food."



Policy, systems, and environmental (PSE) changes encourage residents to improve community health by making healthy choices easier and more accessible. Residents design strategies around local needs, assets, and interests.

HELPING HANDS FOOD PANTRY leaders decided pantry clients needed access to healthier foods. Review of food procurement and display practices led to a new policy allocating **\$1,000** of pantry discretionary spending for **LOW-FAT DAIRY OR FRESH PRODUCE.**

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Chloe Collins
Field Specialist in Dairy

DOUGLAS County

Agriculture and Environment

Local Impact

SWREEC Career Exploration Day

SWREEC Mount Vernon, MO - September 19th

1600 local youth, middle to high school age, attend the field day.

“Chloe Collins spoke to multiple groups of students about the structure and function of the rumen. She was also able to expose and educate students on a cannulated cow and their purpose in the agriculture research industry.”



Chloe Collins
Field Specialist in Dairy

Douglas County

Agriculture and Environment

Local Impact

Ask The SW Ag Experts

Online Zoom Program - December 12th

3 attendees, 9 specialists

“Chloe Collins organized a region wide program which involved agronomy, horticulture, dairy, livestock, and ag business specialists. Specialists introduced themselves and spoke about their area of expertise and what programs might be of interest to producers. Then time was given for attendees to ask questions from the specialists.”

Spring Forage Conference

Springfield, MO - February 20, 2024

“The 40th Annual conference is a collaboration between University of Missouri Extension regional ag specialists, Natural Resource Conservation Service employees, and Soil & Water Districts. This conference brought in nationally recognized speakers to create a high-quality conference. This conference had approximately 450 producers and industry stakeholders attend. The Spring Forage Conference planning committee is made up of NRCS, Soil & Water, and MU Extension personnel including: Elizabeth Picking, Patrick Davis, Andy McCorkill, Tim Schnakenberg, Micah Doubledee, Terry Halleran, Reagan Bluel, Chloe Collins, David Brown, Wesley Tucker, Jake Hefley, and Jennifer Lutes.”

Artificial Insemination School

Joplin, MO - April 16-18th, October 29-31st
“Elizabeth Picking Livestock Specialist, Reagan Bluel Dairy Specialist, and Chloe Collins Dairy Specialist taught artificial insemination schools in April and October of 2024 in partnership with Kent Daniels from Select Sires, FCS Financial in Joplin, 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 24 attendees, from across SW Missouri, became certified to artificially inseminate cattle.”





Douglas County

Community and Professional Health Education

Shelby Yake, Community Health Specialist (CHS)

2024 Programs & Events in Douglas County

- Douglas County Council Meetings: 10
- Ava Chamber of Commerce Meetings: 5
- Community Health Assistance Resources Team & Interagency Council (CHART) Meetings: 2
- Extension & CHEO Tabling at Ava Farmers Markets – April to October: 10
- Heart of the Hills Food Pantry Visits – Oct. & Dec.
- KKOZ Radio Interviews – March, July, & Nov.
- “The Brain and the Disease of Addiction” Courses Taught in Ava, MO – April and August
- Virtual WeCanPROSPER Resilience Trainings Facilitated – 4 (2 March, 1 April, & 1 May)
- TEA Time (Talk, Eat, Appreciate) in Ava – April
- “Saved by Paws” article about the relationship between pets and mental health published on the front page of the Douglas Co Herald – June
- Douglas County Extension hosts Ava Chamber of Commerce Meeting – September
- Ava Pioneer Heritage Festival – October
- Ava MOCH 5K Run/Walk & Health Fair – Oct
- Participated in 3 Extension classes hosted in Ava



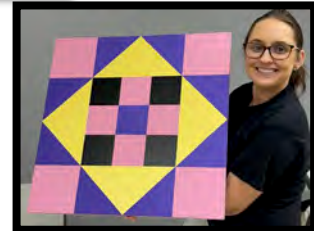
← Douglas County Extension staff & Council Members at the Pioneer Heritage Festival on 10-5-24



← Me & my fiancé (Trenton) at the TEA Time Ladies Event in Ava on 4-6-24



Me & the Barn Quilt I made at the Barn Quilt Workshop on 1-23-24 →



Missouri Voices Survey

Over the course of early 2024, as part of a Community Health Needs Assessment, all Community Health Specialists conducted a “MO Voices Survey” to gain the thoughts of community members about the health of their communities. Some key findings are listed below.

- *Please note, these results include people who live and/or work in any of the 7 counties I cover (Douglas, Howell, Ozark, Taney, Texas, Webster, & Wright).*
- “I trust my healthcare providers.” → 46.4% Somewhat agree, 35% Strongly Agree, 14.2% Disagree
- “I have access to medicines I need.” → 54.1% Strongly Agree, 30.1% Somewhat Agree, 7.7% Disagree
- “I regularly feel anxious, stressed, or hopeless.” → 29.5% Agree, 48.7% Disagree, 21.9% Neither
- “I wish we had ___ in my community.” → Mental Health Care & Resources, More Medical Professionals, Transportation, Community Centers / Resources, Access to Healthy Food, & Emergency Healthcare Services (ER & Urgent Care)
- Biggest Concern for Health & Well-Being → Financial, Access to Healthcare, & Mental Health
- Top 4 Most Pressing Health Concerns for the Community → Substance Use Disorder (SUD), Mental Health, Unhealthy Eating/Overweight/Obesity/ Diabetes, and Poor Access to Healthcare

Douglas County Extension staff at the Ava Chamber of Commerce Meeting we hosted on 9-10-24 →



Me with board members of the Ava Lions Club on 6-17-24 after presenting to them about Diabetes →





Douglas County

Community and Professional Health Education

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

In 2024, I completed the trainings to teach/ facilitate the following programs/courses

**Note: All courses below meet once a week for 6 weeks, for 2.50 hours each session and can be held virtually or in-person.*

Chronic Disease Self-Management Program (CDSMP)

The CDSMP is a direct education intervention that helps individuals and caregivers of those with chronic health conditions build a "toolbox" of strategies they can utilize to help achieve their health goals. Workshops are for adults and are highly participatory and build mutual support. Workshop topics include techniques to deal with symptoms of chronic conditions, such as fatigue, pain, sleeplessness, shortness of breath, stress, and emotional problems, such as depression, anger, fear, and frustration. Participants learn appropriate exercises for maintaining and improving strength and endurance, fall prevention, healthy eating, better breathing techniques, appropriate use of medication, working more effectively with health care providers, communication skills, action planning, problem solving, and decision making. Through actively achieving small goals, participants obtain success, which builds confidence in their ability to manage their health & maintain active, fulfilling lives.



Diabetes Self-Management Program (DSMP)

This course is designed to help people with diabetes live a healthy life. The DSMP focuses on helping people make small changes to their routines, habits, and physical activities to reduce the burden of their condition. Participants learn to make healthy food choices and plan menus, increase physical activity and exercise safely, prevent or delay diabetes complications, communicate effectively with health care providers, and develop action plans to improve their health and wellbeing.



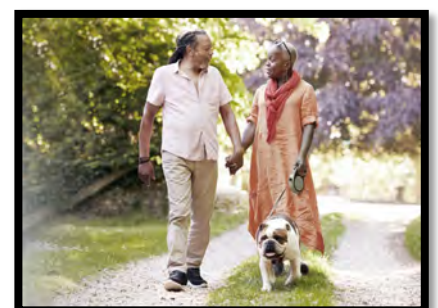
Chronic Pain Self-Management Program (CPSMP)

This course is designed to help people with chronic pain live a healthy life. The CPSMP focuses on helping people make small changes to their routines, habits, and physical activities to reduce the burden of their pain. Participants learn to manage frustration, fatigue, isolation, & poor sleep; make healthy food choices; increase physical activity safely to improve strength, flexibility, and endurance; communicate effectively with family, friends, and health professionals; use medications appropriately and evaluate new treatments; and develop action plans to better manage pain and improve overall health and wellbeing.



Building Better Caregivers (BBC)

The course is designed to help caregivers manage their stress related to caring for another person. Topics covered in the course include caring for their own health, dealing with difficult emotions, managing care partner behaviors, planning for the future, finding resources, improving communication skills, conducting effective family meetings, and others.





Douglas County

Community and Professional Health Education

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

In 2024, I completed the trainings to teach/ facilitate the following programs/courses

Changing Our Mental and Emotional Trajectory (COMET)

COMET is a two-hour interactive training that teaches participants how to reach out in a meaningful, respectful and supportive way to friends, co-workers or acquaintances who seem to be struggling somewhere between wellness and a mental health crisis. While designed for rural and farming communities, it can also be used in urban and suburban settings. Often, we want to support our friends, neighbors and colleagues in times of need but may not know how. COMET empowers us to be more prepared to support others' mental health needs — especially before a crisis. This training doesn't expect community members to "fix it," but instead trains people to feel comfortable initiating a supportive and potentially emotional conversation by using a simple seven-question guide.



Ambiguous Loss & Farming

Ambiguous loss is an unclear loss without closure. The lack of clarity is based on something or someone being both here and not here at the same time, such as a missing person or someone who has dementia. Others may not recognize the loss, and people may not be able to move forward in solving the original need or problem. Ambiguous loss theory has long been used to support family therapy in cases such as terminal illnesses and children leaving home. However, ambiguous loss also has many applications for families in the farming industry. In the changing farm and rural landscape, loss of land, livestock, changing markets, and even relationships can be ambiguous losses that lead many to feel "stuck."



Community Health Worker Credential (CHW-C)

I took an online course at State Fair Community College (SFCC) during the Fall 2024 semester to become a Community Health Worker (CHW). A CHW is a frontline public health worker who is deeply connected to the community they serve, acting as a bridge between residents and healthcare providers by identifying health needs, providing culturally appropriate health education, navigating social services, and advocating for community wellness, essentially improving access to healthcare for vulnerable populations. CHWs are links between people & healthcare providers, helping individuals navigate the healthcare system & address barriers to care. They also conduct outreach activities to identify individuals in need, educate them about health issues, and promote healthy behaviors. I got this credential to increase my knowledge of public health and increase my skill set.





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



Recovery Friendly Workplaces (RFWs) foster a workplace culture that promotes employee safety, health and well-being through strategies that support managers and employees, including reducing stigma and providing recovery resources related to the challenges surrounding substance use disorders. The framework was developed in partnership with MU Extension's Labor and Workforce Development Program.

As of 2024, 41 Missouri businesses have been designated recovery friendly workplaces, and 2,651 EMPLOYEES have been trained on addiction, stigma and naloxone distribution.



The **Missouri Research-Extension (MO-RE) Protocol** emphasizes the role of Community Health Field Specialists in transforming health and well-being across the state. Following a comprehensive county health needs assessment, each specialist is sharing their findings with partners, stakeholders and organizations in their regions to address the identified priorities.



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. Upon completing the training, participants can attend a facilitator session, enabling them to deliver the content within their communities and strengthen resilience within their networks.

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

Legend

Shelby Yake, Community Health Specialist (CHS)



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Local Impact

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.

- Hartville – Canceled due to low enrollment
- Houston - September 18-20 (37 Attendees)
- Gainesville – August 7-9 (18 Attendees)
- West Plains – April 30-May 2 (34 Attendees)



Ozark-Douglas County Grazing School



Elizabeth Picking
Field Specialist in Livestock

Douglas County

Agriculture and Environment

Local Impact

Artificial Insemination Schools

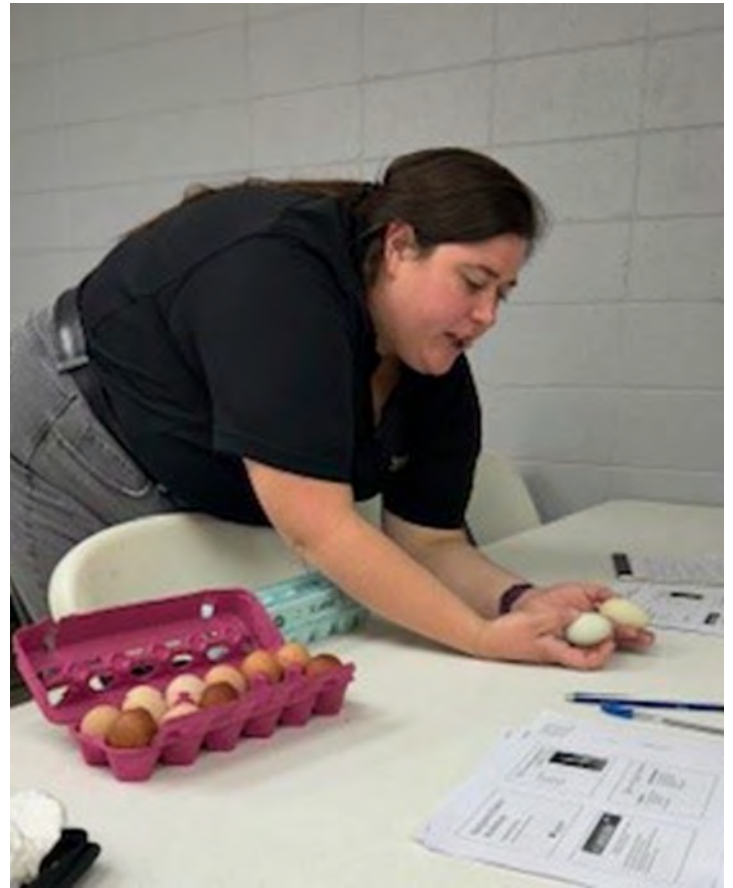
Elizabeth Picking Livestock Specialist, Reagan Bluel Dairy Specialist, and Chloe Collins Dairy Specialist taught artificial insemination schools in April and October of 2024 in partnership with Kent Daniels from Select Sires, FCS Financial in Joplin, American Foods Group, and Joplin Regional Stockyards. 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 24 attendees became certified to artificially inseminate cattle.



Local Impact

Backyard Poultry Workshops

- Oregon county: August 16 – Alton (7 attendees)
- Douglas county: September 24 – Ava (3 attendees)



Local Impact

Show Me Select Heifer Program

This program gives cattle producers an opportunity to market high quality replacement heifers through 12 sales a year. This also offers producers a source of bred replacement heifers which have gone through a reproductive tract score and pelvic measurement as well as being bred to low birth weight bulls to reduce the risk of calving difficulties. MU Extension livestock specialists work with producers enrolling heifers to collect data and run sales.



Farmfest

Scenes from the University of Missouri Extension booth at the Ozarks Farm Fest in Springfield. An estimated 40,000 people attended this popular event in the Ozarks and MU Extension Faculty and staff managed the booth during the three-day event.



Spring Calving SALE AVERAGES

Joplin • **\$3203** • 114 head
Kingsville • **\$3791** • 124 head
Fruitland • **\$3487** • 55 head
Kirksville • **\$3202** • 120 head
Farmington • **\$3214** • 116 head
Palmyra • **\$3599** • 323 head



Kyle Whittaker
Extension Engagement Specialist
Greene County

Douglas County

Agriculture and Environment

Local Impact

Engagement Activities in Douglas County



The Douglas County MU Extension Council asked for Kyle Whittaker, Extension Engagement Specialist and a Value-Added Meats Team co-leader to conduct a Field to Freezer program in Douglas County. The council also partnered with the Missouri Department of Conservation to deliver the program. The event was well attended by Douglas County residents. Attendees learned how to score whitetail deer antlers using the Boone & Crockett scoring method. Attendees also learned how to properly make summer sausage with their deer harvest. The hands-on program provided an opportunity for participants to stuff some sausage, and each person left with 1 ½ - 2 pounds of summer sausage to cook at home.





Kyle Whittaker
Extension Engagement Specialist
Greene County

Douglas County

Agriculture and Environment

Local Impact

Engagement Activities in Douglas County



Kyle Whittaker Extension Engagement conducted a Barn Quilt Class in Douglas County. Participants spent the day learning how to create a barn quilt to be displayed on a barn. Each attendee left with a 2' x 2' barn quilt.



Regional Impact



Kyle Whittaker – Extension Engagement Specialist served as the Country Ham Show Superintendent at the 2024 Ozark Empire Fair. The show held in mid-July was a record with 140 hams exhibited by area youth.

Four area youth were chosen to sell their hams at the 2024 Gold Buckle Gala. The youth receive 75% of the funds. The sale was record setting, the 4 hams sold for \$83,000. Funds from the sale also support the Ozark Empire Fair Foundation.

Southwest Missouri Led the Way During Neighbor Week

Counties in Southwest Missouri were well represented during Missouri Good Neighbor Week. Statewide, projects organized by county extension councils reached over 14,000 individuals. The following county councils reported doing a community service activity during the week.

Barton 85 | Barry 2 | Cedar 75 | Dade 300 | Dallas 50 |
Douglas 325 | Greene 525 | Jasper 12 | Lawrence 65 |
Stone 45 | Texas 60 | Webster 45 | Wright 100

In Greene County, the council collected 200 high quality coats for distribution to new residents of Springfield from international locations (Pic 1). Springfield had 18 registered block parties during the week. (Pic 2) Council members also staffed at table at the Springfield Cultural Festival (Pic 3).

We also recognized 22 individuals statewide as the Most Engaged Neighbor and these counties had an honoree. These honorees were from Greene County:

- Chance Parish, Springfield (Pic 4)
- Stefanie Johnson, Springfield
- Nancy Susan Williams, Springfield
- Rudy Widmar and Rebecca Welsh, Springfield
- Jamie Tatum, Springfield
- Hayden Hradek, Republic

Besides the winners, we had 130 nominations for “Most Engaged Neighbor” including nominations from these counties:

Christian 2 | Dallas 1 | Newton 1 | Polk 3 | Stone 2 |
Taney 4 | Greene 12 | Webster 3 |

Additionally, the City of Springfield was named one of the five “Most Neighborly Cities” in Missouri based on numbers during Missouri Good Neighbor Week. David Burton presented the award to the Springfield City Council. (Pic 5) Republic was a runner-up in its city size category.

Totals Acts of Neighboring During the Week Reported From These Counties in SW Region.

Barton 12 | Christian 24 | Dade 14 | Greene 4140 | Jasper 16 |
Lawrence 29 | Newton 8 | Polk 22 | Stone 18 | Taney 24 |
Texas 3015 | Webster 16 | Wright 12





Dr. Amy Patillo
Field Specialist in Labor and
Workforce Development

Greene County

Business and Community

Local Impact

Building Entrepreneurship in Missouri's Creative Economy

An interdisciplinary group of faculty and researchers from the University of Missouri Extension Business and Communities Program is embarking on a pilot research project to explore how to support the growth of entrepreneurship in Missouri's Creative Economy. Our team has identified several goals for our project, including:

To better understand what the "Creative Economy" – a relatively new concept in Missouri - looks like in our state

To learn about best practices and effective strategies from successful entrepreneurs in Missouri's creative industries

To better articulate the comprehensive impact (economic, social, and cultural) of creative businesses

Our multidisciplinary team consists of faculty with various specialized skills – field specialists in Community Development, Labor and Workforce Development, Economic Analysis, Small Business Development, and Community Arts.

Interdisciplinary team: Lisa Overholser, Community Arts Specialist in Community Development, Lisa Robinson, Regional Economic Development Specialist, Jackie Spainhower, Community Development Specialist, Luke Dietterle, Exceed Regional Economic and Entrepreneurial Development, and Dr. Amy Patillo, Labor and Workforce Development Specialist

The impact of Hamilton's creative businesses

Economic Impact				
Sewing, Needlework, and Piece Goods Retailers - 459130				
Missouri Star Quilt — 2023				
CALDWELL COUNTY				
Impact	Employment	Wages	Value-Added	Total Output
Direct	59	\$ 1,469,533	\$ 5,436,933	\$ 7,922,736
Indirect	9	\$ 294,563	\$ 396,699	\$ 1,079,802
Induced	3	\$ 93,462	\$ 243,428	\$ 405,527
Total	71	\$ 1,857,557	\$ 6,077,060	\$ 9,408,065
REST of MISSOURI				
Impact	Employment	Wages	Value-Added	Total Output
Direct	56	\$ 1,486,009	\$ 2,829,482	\$ 3,656,006
Indirect	5	\$ 306,460	\$ 484,648	\$ 934,090
Induced	8	\$ 438,750	\$ 822,832	\$ 1,359,241
Total	69	\$ 2,231,219	\$ 4,136,962	\$ 5,949,338
TOTAL				
Impact	Employment	Wages	Value-Added	Total Output
Direct	115	\$ 2,955,541	\$ 8,266,415	\$ 11,578,742
Indirect	14	\$ 601,023	\$ 881,347	\$ 2,013,892
Induced	10	\$ 532,212	\$ 1,066,260	\$ 1,764,769
Total	139	\$ 4,088,776	\$ 10,214,022	\$ 15,357,403

Data Sources: [Lightcast](#), [IMPLAN](#)

Missouri Star Quilt in particular is significant in economic contributions.

Caldwell County 2023		
Sewing, Needlework, and Piece Goods Retailers		Rank among all Industries
2023 GDP (\$)	\$7,922,736	10
Growth 2014-23	\$ 7,310,763	5
	% 1195%	8
2023 Jobs (#)	136	3
Growth 2020-25	# 77	1
	% 131%	2

Data Source: [Lightcast](#)

2024

2501Team REPORT



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

Kelly McGowan & Dr. Amy Patillo
Greene County Specialists

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 2501 multidisciplinary team collaborated by utilizing a culturally appropriate experiential learning model of formal education. Activities include Farm Walks, Value-Added Product Classes, Value-Producer Accredited Program, and Team-to-One Coaching.



2024 Annual Impacts

423 BEGINNING FARMERS	4	53	88	22
263 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
346 SOCIALY DISADVANTAGED FARMERS				

MU Extension, through a grant from the USDA Office of Advocacy and Outreach 2501 grant, helps beginning farmers and others evaluate and plan their farm enterprise. Participants attend practical seminars and field days to learn from MU Extension specialists, farmers and agribusiness operators. The grant comes at a critical time, Director Funkenbusch says. More than 300,000 veterans are expected to return to their rural Missouri roots in the next decade. "Many of them will seek work in agriculture," she says.



ACKNOWLEDGEMENTS

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



Douglas County



UM System Footprint in the county in 2024



FY24 county students

7 students

- 5 Undergraduates
- 2 Graduate and professional students
- 4 Full-time students
- 3 Part-time students



County breakdown

MU

- 4 students
- 22 alumni
- 1 employee

UMKC

- 0 students
- 5 alumni
- 0 employees

Missouri S&T

- 1 student
- 4 alumni
- 0 employees

UMSL

- 2 students
- 4 alumni
- 0 employees



County population: 11,850



County employees and retirees

1 person employed by UM

- 1 Campuses



County alumni

Selected school alumni

- 1 Nursing
- 1 Pharmacy
- 1 Veterinary Medicine
- 6 Agriculture
- 4 Engineering
- 2 Law

Alumni teaching K-12

- 1 teacher



County services provided

Health care (FY24)

- 27 in-state patients seen at MU Health Care, with \$31,088 of uncompensated care
- MU Health Care's Missouri Telehealth Network recorded 415 visits to 187 patients having ZIP codes associated with the county

Extension (2023)

- 7,573 Total educational contacts from MU Extension to residents of the county, including:
- 2,762 contacts related to productive farming, better gardening, and managing natural resources
- 4,674 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development
- 2 contacts related to starting businesses, developing community leaders, or renewing the local economy



County properties and offices

MU Extension in: Douglas County

Douglas County



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

UM System Statewide Footprint

Economic and Community Development Highlights

- In FY23, Business Development Specialists worked with small businesses and entrepreneurs statewide to create or retain 98,527 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 FY18 and FY23, UM System brought Missouri more than \$1.58 billion in federal and private research funds, funded primarily from outside the state, but spent within the state.



In FY24, UM System was issued 29 patents and filed 69 new U.S. patent applications.

- In FY24, the UM System awarded 707 design and construction project contracts throughout Missouri, for a total investment of \$287.3 million in the state.



In FY24, to improve access to medical and health related services, MU Health Care's Missouri Telehealth Network's Show-Me ECHO program provided 16,687 hours of case-based instruction to 3,113 learners located in 105 of 114 Missouri counties and the city of St. Louis.

Education and Training Provided



40,542 police, fire fighters, and medical professionals attending continuing education (2023)



Agriculture and natural resource programs served 369,077 farmers and related businesses (2023)

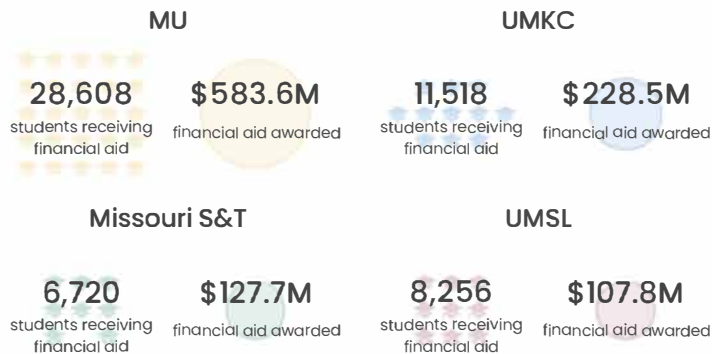


210,577 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs (2023)

Education Highlights

FY24 Financial Aid Awards

In FY24, 69.7% of the UM System's 79,014 students received financial aid totaling \$1.048 billion



UM System's MOREnet (Missouri Research and Education Network) provides internet connectivity, access, support and training to 58 higher education institutions (230,000 students), 484 K-12 school districts (830,000 students) and 134 public libraries (serving nearly 3 million Missourians) in 2023.

- 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.
- In 2024, over 12,400 Missourians accessed mobroadband.org, part of the UM System Broadband Initiative which helped the statewide build-out of high-speed internet infrastructure.

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 2024, 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





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 2024, 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

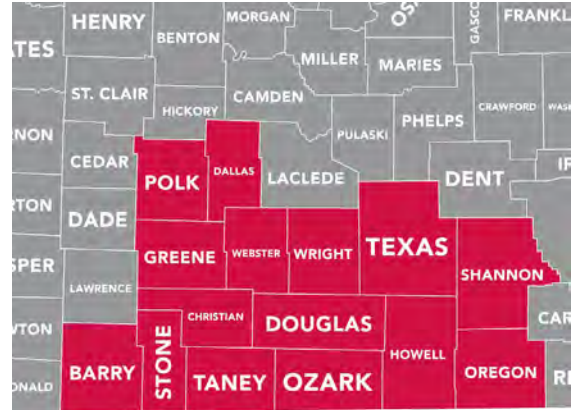
Through leveraging regional partnerships, several programs geared toward small businesses and enhancing the local workforce were offered through an initiative called Innovate SOMO. In 2024 this initiative allowed for our Center to partner with local resources and offer 16 Early-Stage Business Boot Camps across Southwest Missouri. Our Early-Stage Business Boot Camps have helped 311 entrepreneurs look at all aspects of their business including, feasibility, business planning and understanding business financials.

REGIONAL KEY OUTCOMES

- ✓ **934** Business owners received multiple 1:1 consulting sessions regarding their small businesses.
- ✓ **\$20.4 million** Approved capital funding
- ✓ **\$158.3 million** Increase in sales
- ✓ **30** New businesses started
- ✓ **773** New jobs created
- ✓ **5,189** Jobs retained
- ✓ **4,775** 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

\$648,286,781

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

\$496,469,946

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

\$108,789,957

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.

University Extension Council of Douglas County
Funds Class Sheet
January 1 through December 31, 2024 **Dec 31, 24**

1000-County Appropriations	-2,290.54
1010-City Appropriation	20,062.43
2000-Center Operations	514.31
3000-Education and Services	
3100-Soil Testing/Hay Testing	3,711.60
3200-Resales & Services	560.58
3300-Short Courses	580.06
3400-Livestock	3,228.32
3425-Agronomy/Horticulture	1,089.80
3000-Education and Services - Other	85.90
Total 3000-Education and Services	<u>9,266.26</u>
5000-Restrict Grants & Contr	
5001 - Food and Nutrition	154.10
5002 - MO 4H Foundation	125.00
Total 5000-Restrict Grants & Contr	<u>279.10</u>
9000-Council Held Money	
9400-MO 4H Foundation	1,453.13
9000-Council Held Money - Other	55.00
Total 9000-Council Held Money	<u>1,508.13</u>
	<u>104.60</u>
Plus Petty Cash	
TOTAL	<u><u>29,424.38</u></u>

University Extension Council of Douglas County
Balance Sheet
January 1 through December 31, 2024 **Dec 31, 24**

ASSETS	
Current Assets	
Checking/Savings	
0050 - Checking	29,319.69
Total Checking/Savings	<u>29,319.69</u>
Other Current Assets	
1450 - Petty Cash	104.60
Total Other Current Assets	<u>104.60</u>
Total Current Assets	<u>29,424.38</u>
TOTAL ASSETS	<u><u>29,424.38</u></u>
LIABILITIES & EQUITY	
Equity	
0002 - Retained Earnings	31,638.86
Net Income	-2,214.48
Total Equity	<u>29,424.38</u>
TOTAL LIABILITIES & EQUITY	<u><u>29,424.38</u></u>