

UTAH STATE UNIVERSITY EXTENSION

Impact Report

2016



ABOUT EXTENSION

Utah State University Extension is a network of available local experts who bring relevant information, education and solutions to individuals, families and communities. USU Extension offers online research-based information and live programming in gardening, family finance, relationship education, food safety, emergency preparedness, agriculture, natural resources and 4-H and youth programs.

The Utah State University Extension office in Salt Lake County is a partnership between USU Extension and Salt Lake County Government. Employees and programming in Salt Lake County work to “IMPROVE LIVES AND COMMUNITIES” by conducting workshops, trainings, mass media demonstrations, 4-H youth projects, consultations, groups collaborations and by providing educational resources. All services offered are research based and scientifically sound.

The following impacts represent a small portion of the overall work we do in Salt Lake County. Additionally, we have included impacts from the larger Wasatch Front Urban Initiative (Weber, Davis, Salt Lake, and Utah Counties) as learning and access to resources does not stop at county boundaries.



Gardening



Food and
Nutrition



4-H and
Youth



Business



Natural
Resources



Finance



Home and
Family



Urban
Agriculture

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USU Extension Building at USU Botanical Center in Kaysville

Justen Smith, *Davis County*

SITUATION

The USU Extension office in Davis County has been located at the Davis County Memorial Courthouse for the past 20 years. Though the facility has served Davis County Extension well, it has been disjointed from the USU Botanical Center, also in Davis County (Kaysville), causing confusion for Extension patrons, and not allowing for the full potential of USU Extension programming. To ensure meeting the needs of current and future residents along the Wasatch Front, it is critical to situate the USU Extension office at the USU Botanical Center.

The goal: To greatly expand what USU Extension can offer the public not only in Davis County but along the Wasatch Front and across the Intermountain West.

USU EXTENSION RESPONSE

A team consisting of Extension faculty, Kaysville City elected officials, County elected officials, and Utah State Legislators launched a funding proposal to construct a USU Extension building on the USU Botanical Center property. The goal is to greatly expand what USU Extension can offer the public not only in Davis County but along the Wasatch Front and across the Intermountain West. Educational programs will expand using a “Farm to Fork” theme. The funding proposal was presented to the Utah State Legislature during the 2016 Legislative Session.

IMPACT

As a result of this funding proposal, the Utah State Legislature approved \$1.2 million for the construction of a USU Extension building as an expansion to the already existing USU Education Center. All USU entities in Davis County will now be housed in one permanent location and are poised to greatly expand services to the public in the areas of:



\$1.2 MILLION
for the construction of the USU Extension Office at the USU Botanical Center



Horticulture



Bee Keeping



Nutrition
Education



Natural
Resource
Education



Agriculture



Urban
Farming



Community
Development



Native Plant
and Water-
Wise Plant
Research and
Development



4-H Youth
Programming



Safe Harbor Women's Shelter Meat Donation Program

Justen Smith, *Davis County*



USU Extension has provided over 1 million pounds of meat to needy families across Utah for the past 10 years.

The Safe Harbor Women's Shelter houses over 50 women and children each month affected by domestic and sexual violence.



SITUATION

In the fall of 2015, the Davis County Commissioners approached the USU Extension 4-H Program seeking help to provide meat for the Safe Harbor Women's Shelter. **USU Extension in Davis County has been successful with the 4-H Donated Meat program that has provided over 1 million pounds of meat to needy families across Utah for the past 10 years.** The Commissioners hoped to expand these meat donations to include the Safe Harbor Women's Shelter, as they had recently lost their source for meat. The shelter was left in a desperate situation of providing meat to the over 50 women and children affected by domestic and sexual violence, housed in their facility.

USU EXTENSION RESPONSE

The USU Extension Davis County 4-H Program accepted the task of providing meat to this facility. Starting in the fall of 2015 and during all of 2016, 4-H families in Davis County implemented fundraisers and service projects in order to purchase meat for Safe Harbor.



IMPACT

In 2016, through the efforts of Davis County 4-H families, over 3,000 pounds of meat were donated to the Safe Harbor Women's shelter. This donation provided all of the meat needed to feed the many women and children housed at Safe Harbor each month. In addition, the 4-H program has taken on the responsibility of being the sole provider of meat for the facility.





Thriving Hives Beekeeping Classes

JayDee Gunnell, *Davis County*

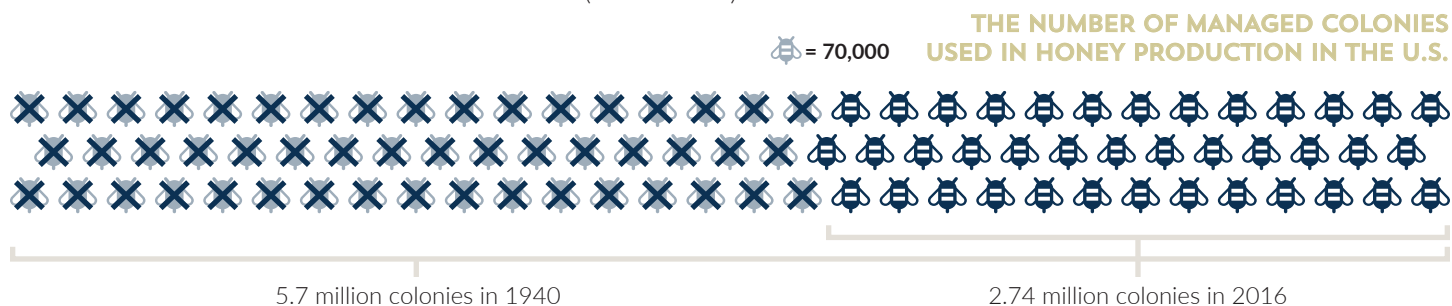
Pollinators, most often honey bees, are also responsible for one in every three bites of food we take, and increase our nation's crop values each year by more than 15 billion dollars.

Pollinator Health Task Force 2015

SITUATION

According to the USDA 2016 Honey Bee Colony report, Varroa mites were the number one stressor for beekeeping operations with five or more colonies during each of the quarters surveyed and the number two stressor for operations with five or less colonies (directly behind “unknown stressor”).

Honey bees have been in serious decline for more than three decades in the United States, as noted in the National Academy of Sciences report Status of Pollinators in North America (National Research Council, 2007). Declines in the number of managed honey bee colonies used in honey production have been documented by the USDA's National Agricultural Statistics Service (USDA 2014).

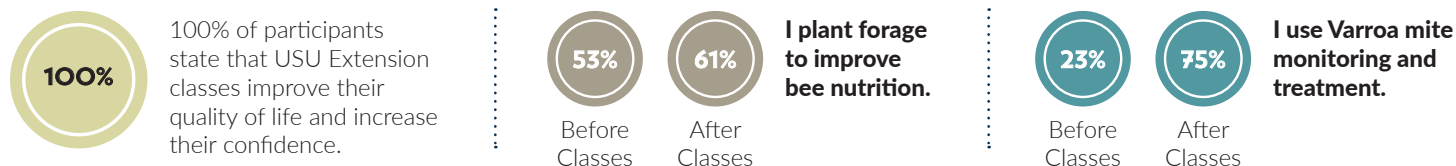


USU EXTENSION RESPONSE

In 2016, USU Extension began a six-workshop series called Advanced Beekeeping as well as a series of single courses entitled, the Thriving Hive Series.

Twenty-six people from across the Wasatch Front completed the Advanced Beekeeping series with a total of 20 hours of hands-on experience and instruction. The course utilized USU Extension experts and facilities (USU Botanical Center in Kaysville) as well as guest presenters from the Utah Department of Agriculture and Foods, professionals within the industry, bee inspectors, and the Utah Beekeepers Association. The Thriving Hive Series provided instruction to 46 participants and covered topics such as preparing for winter, honey harvesting, and queen rearing and selection.

IMPACT





USU Farmers Markets

Shawn Olsen, *Davis County*

SITUATION

Access and affordability of fresh food is a growing concern in Utah, where the USDA lists 50 separate locations in 20 of Utah's 29 counties as food deserts. Typically, food deserts are defined by: **1)** the lack or absence of large grocery stores and supermarkets that sell fresh produce and healthy food options; and **2)** low-income populations living on tight budgets. These food deserts are also signified by high levels of obesity, diabetes, and cardiovascular problems.

Utah food hardship rate (inability to afford adequate food)



To help link residents to fresh, local, and affordable food, USU Extension held their first farm to table dinner at the USU Botanical Center and also promoted affordable food options at the USUBC farmers market.

USU EXTENSION RESPONSE

The market features produce from local farmers and the USU Kaysville Research Farm's booths where master gardener volunteers answer gardening questions, help with food tastings of berries and peaches from the research farm, and more. The USU Extension Food \$ense and EFNEP teachers provide information on good nutrition, menu cards, and ways to reduce salt in the diet. To ensure affordability, the market accepts Horizon cards (food stamps) and participates in the Double-Up Food Bucks program which matches the first \$10 of food stamps with an additional \$10 for local produce. Market attendees come from all along the Wasatch Front, but primarily from Farmington, Kaysville, and Layton.

IMPACT

USU Extension efforts help increase local food consumption, encourage farmers market participation, and provide access to affordable food.

FARM TO TABLE DINNER

55

Fifty-five people attended the farm to table dinner from Davis, Salt Lake, and Morgan counties.

90%

Ninety percent indicated they were likely or very likely to request local food in subsequent dining experiences.

FARMERS MARKET

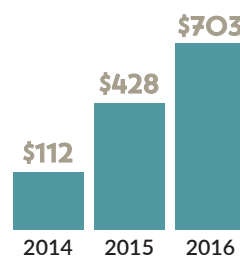


7,092 people in attendance at the farmers market in 2016 (highest since 2012)

People enjoyed the farmers market for:

- "Fresh produce and fresh eggs"
- "Lots of produce and local options"
- "Produce and entertainment"

DOUBLE-UP PROGRAM



The Double-Up program has helped increase Horizon card usage at the market. This has helped increase produce access for low income populations.

A total of 26 people used Horizon cards at the farmers market in 2016. 



Pop-up Farmers Markets at Salt Lake County Senior Centers

Katie Wagner, Salt Lake County

SITUATION

Approximately **15%** of Utah seniors face the threat of hunger and over **50,000** seniors reported that they are currently struggling with hunger. Seniors comprise approximately **10%** of Salt Lake County's total population (110,000 seniors in Salt Lake County). *Source 2010 US Census.*

1. Federal Interagency Forum on Aging and Related Statistics – Key Indicators of well-being 2012 results
2. W. D. Goodwill Initiatives on Aging Belle S. Spafford Endowed Chair College of Social Work, Fran Wilby, PhD, MSW; Marilyn Luptak, PhD, MSW U of U, College of Social Work



Seventy-two percent of MOW clients² say that the meal delivered is their primary meal of the day.



Eighty-two percent say that the meal helps them to continue to live at home.



And 55 percent of the clients say that the driver or volunteer delivering the meal is the only person they see most days.

Produce was donated from the USU Extension-managed Meals Plus Harvest Garden, Wheeler Farm, Green Urban Lunchbox, and Bell Organic.

USU EXTENSION RESPONSE

In 2016, Salt Lake County Master Gardeners began disseminating locally grown produce at nine senior centers in Salt Lake County. Markets were held bi-weekly and resembled vendor booths at local farmers markets. Participating seniors could “shop” for seasonal fruits, vegetables and herbs to take home free of charge.

IMPACT

The pop-up senior center farmers markets were a huge success with increasing numbers of seniors taking advantage of free produce with each passing week (average 39 seniors, range 18-100 seniors per event). The program serviced a total of 1,168 seniors in its pilot year and will continue in 2017.

Did receipt of produce from this program help you:	SENIOR'S RESPONSES:		
	YES	NO	UNSURE
Increase your consumption of fruits and vegetables?	85%	10%	5%
Contribute to a healthier diet?	95%	3%	2%

“Without this, I wouldn't eat any vegetables.”
Taylorsville Senior Center

“Great for a low budget!”
Taylorsville Senior Center

“Having this is good for the community. Lots of people don't eat healthy. If they could get fresh produce, they would eat it.”
Friendly Neighborhood Center

“When they do things like this it helps people that live on extremely low incomes.”
West Jordan Senior Center

“I think it's a blessing because it stretches the budget – it's very helpful for seniors on a fixed income!”
Taylorsville Senior Center



Northern Utah Marriage Celebration

Naomi Brower, Weber County



SITUATION

The relationships we have with others are critical to our personal health, professional effectiveness, and quality of life. One report estimates that divorce and unwed childbearing costs taxpayers in Utah \$276 million every year. Unhealthy relationships impact not only individuals, children, and families, but these effects extend to the workplace and society in general.

\$276 MILLION

USU EXTENSION RESPONSE

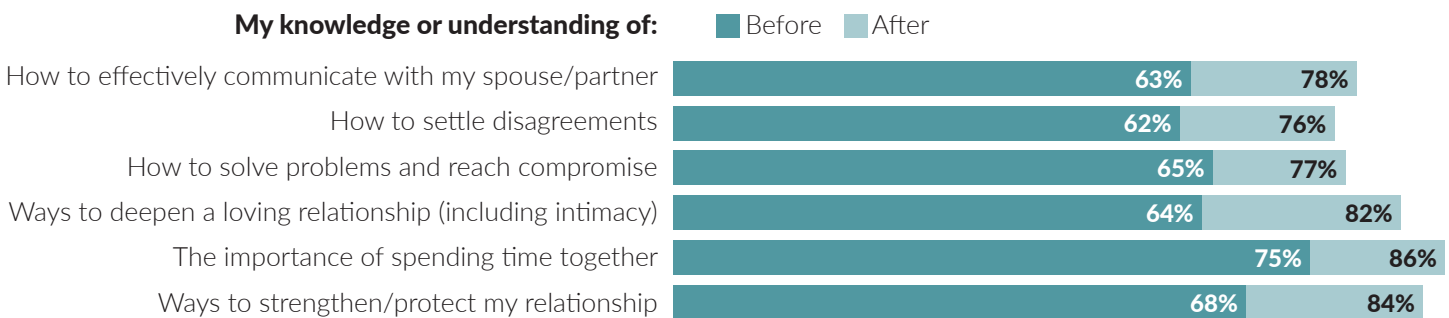
Research suggests that relationship education significantly:

- Impacts participants' communication skills**
- Impacts participants' relationship quality**
- Strengthens relationships**

The Northern Utah Marriage Celebration, a date night of education and entertainment, is held every February with the goal of helping couples gain knowledge and learn skills to strengthen their relationships. The event usually draws a crowd of nearly 700 people each year from across the Wasatch Front and occasionally other states.

IMPACT

An evaluation for the marriage celebration indicated the impact of the following for the participants:



Fifty-eight percent of respondents felt that the conference addressed their main relationship concern, problem, or question either "quite a bit" or "a lot."



Ninety-nine percent of respondents indicated that they talked to their partner about what they learned at the conference within the 2 weeks following the event.



Those who attended other healthy relationship events for couples such as the date nights and Marriage Survival series also completed IRB-approved evaluations and indicated similar impacts.



Soil Moisture Probes for Water Conservation

Britney Hunter, Davis County

SITUATION

Utah is the second driest state in the nation with the highest per capita water use.



The USU Center for Water Efficient Landscaping (CWEL) states that **50-65%** of municipal water in Utah is used for urban landscapes.

According to the US EPA, as much as 50% of water used for irrigation is wasted due to



caused by inefficient irrigation methods and systems. **This potentially amounts to 16,500 gallons of water wasted per month!**

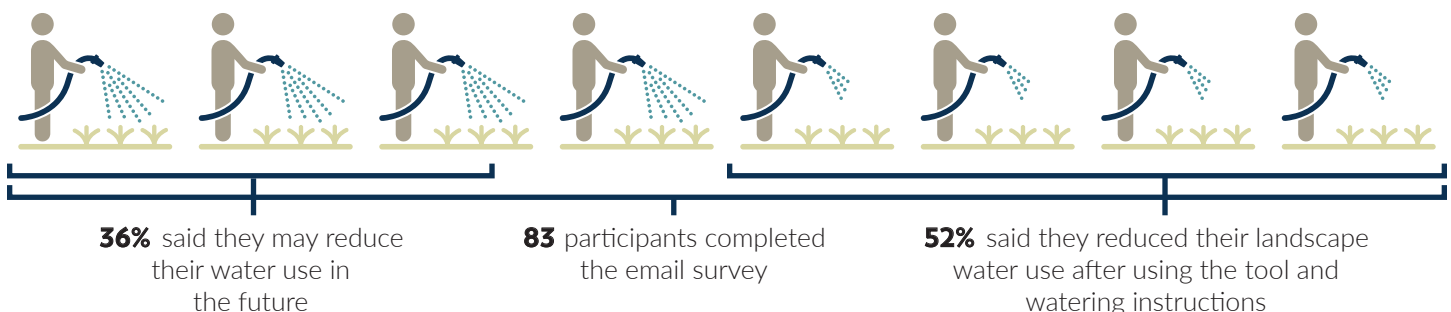
USU EXTENSION RESPONSE

USU Extension in Davis County secured funding to provide 250 soil moisture testing tools to homeowners to encourage proper watering in their landscapes. Program participants were given the soil moisture testers and educated on proper watering techniques and plant water needs. Specifically, they were asked to monitor soil moisture and only water when needed.

A follow-up email survey was distributed and received responses from 83 participants.

USU Extension plans to expand and replicate this program to increase the impact on community water conservation both in Davis County and beyond.

IMPACT



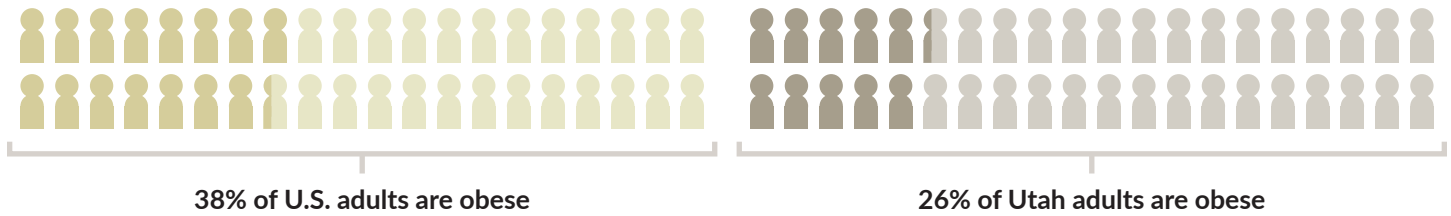


EFNEP Expanded Food and Nutrition Education Program

Paula Scott, EFNEP State Director

SITUATION

The U.S. obesity epidemic continues to worsen: The latest reports show that 38% of U.S. adults are obese. Though recent reports indicate Utah adults fare better, weight-wise, than their counterparts in 44 states, Utah's still show an obesity rate of 26%, or roughly one in four.



The obesity epidemic in the U.S. is now 3 decades old, and huge investments have been made. As the adult obesity rate continues to rise both nationally and within many states, preventable health care costs will also rise. If states can lower their obesity rates, even modestly, they can achieve significant cost savings and improve their residents' well-being.

USU EXTENSION RESPONSE

EFNEP Utah goals are to help:

- Improve dietary quality
- Increase physical activity
- Reduce obesity

by implementing nutrition education and continuing to be committed to the facilitation, support, and coordination of these efforts. EFNEP works collaboratively with organizations to engage partners.

EFNEP goals and strategies are accomplished through the joint efforts of state and local government agencies, nonprofit organizations, business leaders, health care providers, and education organizations. Working together to increase impact and effectiveness while addressing the burden of poverty, chronic disease, obesity, and physical inactivity are the first steps toward combating these problems in Utah.

51% Fifty-one percent of adults participating in EFNEP programming participated in 150 minutes or more of aerobic physical activity per week, compared to the national average of thirty-eight percent.

Sixty-seven percent of EFNEP graduates reported having at least one improvement in food safety, compared to the national average of sixty-five percent.

67%

IMPACT

Understanding the importance of physical activity becomes the cornerstone when teaching recommendations and guidelines that better enable individuals to Good nutrition can be impacted by lack of income and other resources such as knowledge, skills, and community resources.

Food handling safety risks at home are still very common. A majority of adults feel confident they understand and follow food handling procedures, yet many do not consistently follow safe food handling practices.



Food \$ense (SNAP-ED) Nutrition Education Program Salt Lake, Davis, and Utah Counties

Melanie Jewkes, Salt Lake County

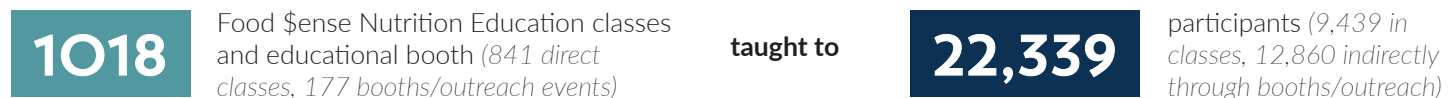
SITUATION

According to the Utah Department of Health, most of the geographic areas with high obesity rates were located in urban areas of Utah. These small areas ranged primarily along the Wasatch Front and were 8-11% higher than the Utah average. High obesity rates are closely linked with diabetes, heart disease, high blood pressure, and stroke.

USU EXTENSION RESPONSE

The Utah State University Food \$ense Nutrition Education Program (SNAP-Ed) provides nutrition education to food stamp (SNAP) recipients and eligibles. Food \$ense offers a variety of classes to expand participants' knowledge of nutrition, budgeting, cooking, food safety, and physical activity. These hands-on classes are taught by Nutrition Education Assistants who are trained through the National Nutrition Paraprofessional Certification Program, created by Food \$ense of Utah.

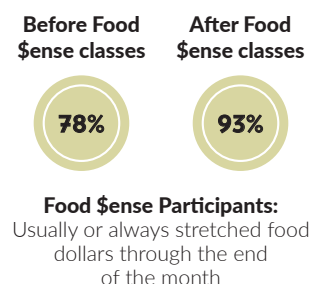
From October 1, 2015 – September 30, 2016, in Salt Lake City, Utah, and Davis counties combined, there were:



IMPACT

The following intents to change behavior can lead to increased food security, by stretching food dollars and time, and lead to less risk of developing chronic diseases, which will also lead to reduced health-care costs and less use of public assistance. Research also shows that eating meals together as a family improves children's performance at school and reduces the likelihood that they will engage in risky behaviors, such as drug abuse and premarital sexual activities.

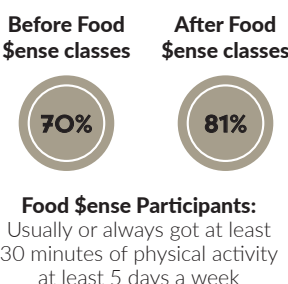
FOOD SECURITY



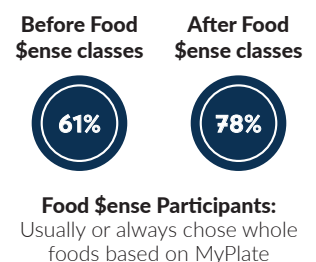
EATING AS A FAMILY



PHYSICAL ACTIVITY



HEALTHY FOOD





First Time Homebuyer Education - Face to Face and Online Courses

Marilyn Albertson, Salt Lake County

SITUATION

The median existing single-family home price in the West rose **7.6 percent**, to **\$349,200**, in the third quarter of 2016 compared with the third quarter of 2015. Home prices in Salt Lake City specifically rose by **\$17,800**. This, coupled with large household sizes, high rental costs, and a large portion of income going toward housing, make homeownership a difficult and intimidating task.

USU EXTENSION RESPONSE

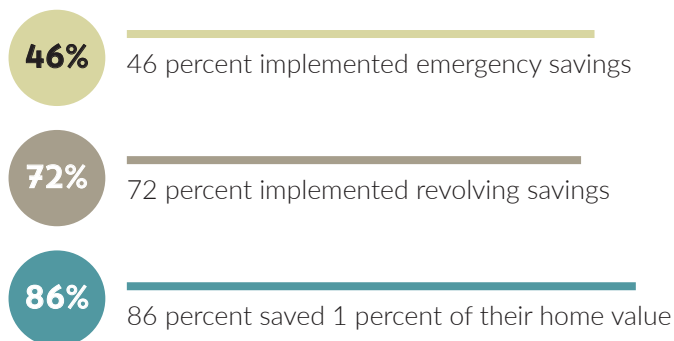
USU Extension provided a First Time Homebuyer Course in 13 face to face opportunities as well as an online course for 345 households across Utah. The Homebuyer Course is made up of the following seven units which provide potential homebuyers the full education they need to make a wise purchase:



IMPACT

Not only did households gain knowledge of the homebuyer process and learn to evaluate their readiness to buy and qualify for lower interest loans, but they also were eligible to apply for grants. For those 168 households who reported qualifying for grants, the estimated savings from the grants was \$800,225, leading to more stable housing for Utahns and others.

Because of the course:



Testimonials

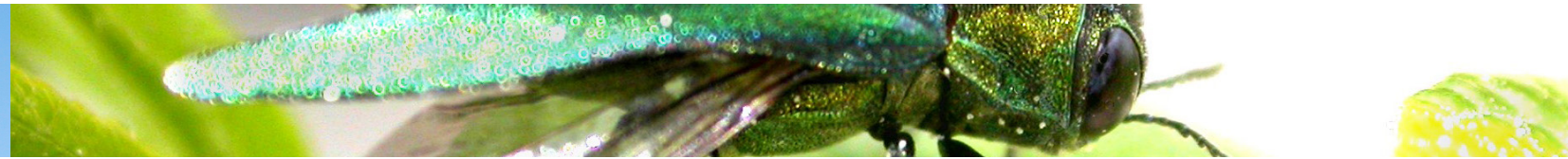
The courses helped households understand their financial situation, navigate the home-buying process, and evaluate their readiness to purchase a home.

“We learned we weren’t ready yet, we need to get our finances in order.”

Participant

“We are now ready to purchase.”

Participant



Emerald Ash Borer Detection

JayDee Gunnell, Statewide Master Gardener Coordinator,
in partnership with the Utah Plant Pest Diagnostic Lab

“Because ash can grow in challenging sites it has become a popular city tree, we estimate about 15-20 percent of Utah’s public urban forest is ash.”

Meridith Perkins, Urban and Community Forestry Coordinator, Utah Division of Forestry, Fire & State Lands.

SITUATION

Emerald Ash Borer may be introduced to Utah in the future.

The Emerald Ash Borer (EAB) is an invasive pest that attacks ash trees, and is considered to be the most destructive forest insect to ever invade the U.S. In 2002, EAB was first detected in the U.S. in Michigan, and is thought to have arrived in wood packing material from its native Asia. Since then, EAB has been found in nearly 30 mid-western and eastern states, killing more than 50 million ash trees. In 2013, it was discovered in Boulder, Colorado, representing its western-most occurrence in the country. (UDAF)

USU EXTENSION RESPONSE

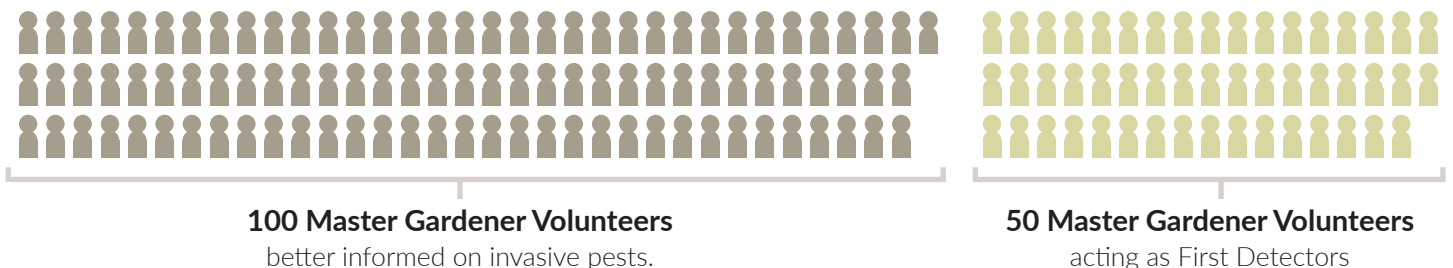
USU Extension has undertaken two specific efforts to educate the public about EAB. At the USU Botanical Center in Kaysville, horticulture agents planted 100 different trees to demonstrate other planting options for ash trees. The Botanical Center is open to the public and visitors can browse the trees before deciding which tree is more suitable for their needs.



Additionally, in 2016, USU Extension teamed up with the Utah Plant Pest Diagnostic Lab during the statewide Master Gardener Conference to educate volunteers on how to identify and detect invasive species, including EAB. This training led to a cadre of citizen scientists ready and able to assist federal and state agencies with preventing invasive species from entering and becoming established in Utah.

IMPACT

USU Extension recognizes the need to prepare the citizens of Utah with the knowledge and skills necessary to identify potential invasive insects and/or help stop their introduction and spread. Involving public citizens in early detection of invasive species has been highly successful in many instances. For example, it was a trained Master Gardener who first detected the invasive Japanese beetle in Orem, Utah, which led to the Utah Department of Agriculture and Food implementing an intense eradication program to prevent its establishment. For EAB, we have:





Youth and STEM Programming

Vernon Parent, Salt Lake County

SITUATION

According to the ACT "Condition of STEM 2016" report:



Between 2012 and 2016, the percent of students interested in STEM has decreased by 2%.



In 2016, only 26% of ACT tested high school males show overall STEM interest.



In 2016, only 17% of ACT tested high school females show overall STEM interest.

USU EXTENSION RESPONSE

4-H is the nation's largest Positive Youth Development program. 4-H focuses on learning by doing. The Salt Lake County USU 4-H program has developed a large set of STEM related programming and opportunities, including workshops, classes, fairs, afterschool opportunities.

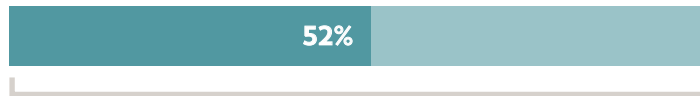
STEM programming provided to over 9,900 youth and adults (23,000 contacts/interactions)

40 mobile labs checked out and utilized by afterschool programs, libraries, and other nonprofits

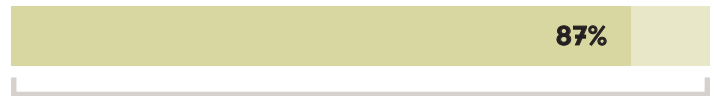
Over 20 summer camps

Teen peer mentor opportunities

IMPACT



52% of participants said they previously had not seen themselves in a STEM field in secondary education, but would now consider it



87% of adult partners and volunteers feel more qualified to teach STEM and all agree or strongly agree that our training has helped them reach their own program goals.

Utah youth and adults now have increased access to the following programming (and more):



Chemistry



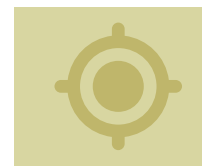
Aerospace



Small engines



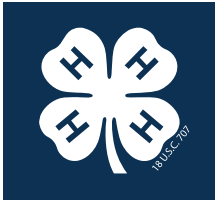
Electricity/ electronics



GPS



Robotics






Youth Public Speaking

JoLene Bunnell, *Utah County*

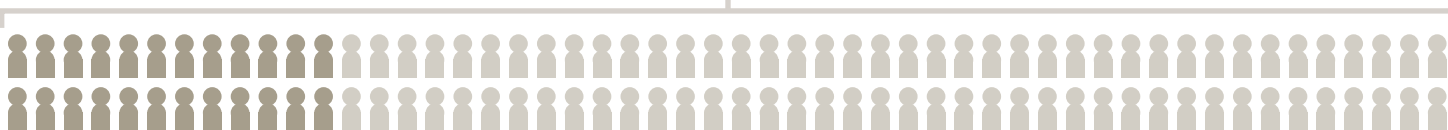
SITUATION

As technology becomes more prevalent in the lives of our youth, there may be negative impacts on their ability to communicate with their peers and adults. Brignall and van Valey (2005) analyzed the effects of technology among “current cyber-youth” – those who have grown up with the Internet as an important part of their everyday life and interaction rituals. The two authors discovered that due to the pervasive use of the Internet in education, communication and entertainment, there has been a significant decrease in face-to-face interaction among youth. They suggest that the decrease in the amount of time youth spend interacting face-to-face may eventually have “significant consequences for their development of social skills and their presentation of self.”

The benefits of proper communication, including public speaking skills include:

 <p>Discovering an important component of leadership development</p>	 <p>Increasing self-esteem, self-confidence, and the ability to accept feedback</p>	 <p>Expanding skills for planning, preparation and performance</p>
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According to a 2015 survey of 4-H youth in Utah County, 23.33% indicate they are extremely uncomfortable speaking in front of a group. We assume this reflects the populations along the Wasatch Front as well.



4-H emphasizes **“LEARNING BY DOING”** for the growth and development of youth

USU EXTENSION RESPONSE

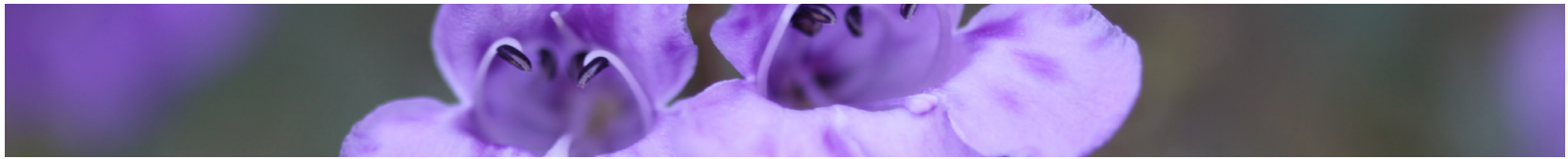
4-H is for boys and girls, grades K-12. The Utah County 4-H program has events focused on public speaking, providing teens the opportunity to build their skills through traditional public speaking programs, running/teaching camps, workshops, running meetings, and through the teen leadership program.

IMPACT



Percentage of teens that are extremely uncomfortable speaking in front of a group

Percentage of teens that are very confident speaking in front of a group



Sego Supreme Native Plants Program

Jerry Goodspeed, *USU Botanical Center*

SITUATION

Utah is the second driest state in the nation with the highest per capita water use.



The USU Center for Water Efficient Landscaping (CWEL) states that **50-65%** of municipal water in Utah is used for urban landscapes.



USU EXTENSION RESPONSE

Sego Supreme is a USU program designed to introduce native and adaptable plants into the arid west landscapes; with the intent to conserve water, maintain aesthetic landscape values, and increase awareness of our valuable natural resources. Sego Supreme selects plants that will appeal to buyers for their form, color, flower, and ease of growth.

Selected plants must also be sustainable in the landscape with:

 disease resistant attributes	 drought and soil tolerances	 resistant to pests	 non-invasive
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Additionally, selected plants must be easy for growers to propagate and produce with high market demand. The plants released by Sego Supreme have undergone a thorough selection, propagation and evaluation process before being released to the landscape industry and the general public.

IMPACT

- 5** Number of different varieties introduced through the program
- Number of plants sold in 2016 **OVER 5,000**
- OVER 30** Number of different species being evaluated for future consideration

According to the US EPA, proper landscapes and native plants can:

- Lower water bills from reduced water use
- Conserve natural resources and preservation of habitat
- Decrease energy use (and air pollution)
- Reduce runoff of stormwater and irrigation water that carry top soils, fertilizers and pesticides into lakes, rivers and streams
- Extend life for water resource infrastructure

Photo: Andrey Zharkikh via Flickr.



Project AWARE

Zuri Garcia, Davis County

SITUATION

In Davis County, suicide was selected as the greatest community health concern, based on a 2013 needs assessment. Shortly after, **suicide was reported to be the leading cause of death for Utah youth, ages 10-17**; a rate that tripled from 2007- 2014. According to the American Foundation for Suicide Prevention: "Suicide is a leading cause of death – and it's preventable."

"Science shows that children who do well despite serious hardship have had at least one stable and committed relationship with a supportive adult. These relationships buffer children from developmental disruption and help them develop resilience – the set of skills needed to respond to adversity and thrive."

Center on the Developing Child at Harvard University, 2015

Center on the Developing Child at Harvard University (2015). Supportive Relationships and Active Skill-Building Strengthen the Foundations of Resilience: Working Paper No. 13. Retrieved from www.developingchild.harvard.edu.

USU EXTENSION RESPONSE

In the fall of 2015, Davis County 4-H received funding from the federal Substance Abuse and Mental Health Administration (SAMHSA) to address youth mental health. With the award of \$315,791 for 3 years, the program:

- 1 Worked to reduce the stigma associated with mental illness through community awareness events.
- 2 Trained over 200 adults (¼ residing outside of Davis County) to be able to respond to youth mental health concerns through Youth Mental Health First Aid training (YMHFA).
- 3 Empowered youth with knowledge and skills to foster positive mental health and resiliency through a 4-H Survivor Camp.

IMPACT

4-H Survivor Camp



Camp participants strongly agreed that there is help for people who have mental health challenges.



Camp participants somewhat to strongly agreed that sharing thoughts and feelings is important when it comes to mental health.



Camp participants somewhat to strongly agreed that they have a number of good qualities.



Camp participants somewhat to strongly agreed that they know how to resolve differences with others in positive ways.


First Aiders' Experiences

First Aiders reported 270 referrals of youth to professional mental health services – a skill they learned in YMHFA training.

"It gave me the knowledge and courage to aid teens by directing them to helpful resources when they are in serious emotional turmoil."


"I am feeling more confident in my ability to get students to the best place for them to receive the kind of help they need."

BY THE NUMBERS

 **34+** Faculty across the Wasatch Front

 **4** Gardens/ Extension Centers

 **10+** Program topic areas

 **\$1.50+** brought into Salt Lake County for every **\$1** provided

OVER
70,000

program participants in Salt Lake County

OVER
2,000

programs provided in Salt Lake County

OVER
3,000

volunteers in Salt Lake County

OVER
10,000

volunteer hours in Salt Lake County

Salt Lake County Team

ANDREE' WALKER BRAVO

Urban Extension Director



KATIE WAGNER

Horticulture Faculty



CATHY HASHIMOTO

4-H Youth Programs Educator

MELANIE JEWKES

Family & Consumer Sciences Faculty



MARILYN ALBERTSON

Family & Consumer Sciences Faculty



JAYDEE GUNNELL

Regional Horticulturist Faculty



VERNON PARENT

4-H Youth Programs Faculty



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