

State Faculty & Staff Roundtables – Wednesday, December 6, 2:30 PM

Mental Health Community Education Programs and Resources

Dr. Brittney Schrick

Family Life faculty will be available to discuss Mental Health First Aid, QPR, and other mental health programs available for county agents to be trained as facilitators or to host trainings in their counties. Also included is the Farm Stress Management & Resilience Project materials and resources.

Needs: Assessing, Identifying, and Prioritizing

Dr. Jessica Vincent & Addie Wilson

As Extension professionals, addressing the needs of the community we serve is at the core of our values. Being able to assess needs, identify how to address them, and prioritize addressing them can be challenging while managing a full workload. Stop by to learn effective ways to assess, identify, and prioritize the needs of your community for strategic program planning.

Information Technology Information

Dr. Karen DiCicco

Join us to pick up IT informational resources and get your IT questions answered.

Selling to the Government: Bring Jobs and Dollars to Your County via Arkansas PTAC Education

Melanie Berman

The Arkansas PTAC is part of a nationwide network of Procurement Technical Assistance Centers (PTAC) working to help small businesses compete successfully in the government marketplace.

The Arkansas Procurement Technical Assistance Center's mission is to assist Arkansas small businesses to succeed in obtaining government contracts. These contracts stimulate the growth of Arkansas' economy. For over 25 years Arkansas PTAC has assisted Arkansas businesses.

We would like to teach you how to bring jobs and dollars to your county by connecting local businesses to the government marketplace. Are you interested to bring jobs and dollars to your county? Visit with The Arkansas PTAC to learn how!

Diet, Food, Exercise, and Nutrition to prevent chronic Disease (DFEND)

Dr. Jamie I. Baum

The current increased number of adults age 65 and older is recognized as one of the most substantial demographic trends in United States history and life expectancy is projected to increase from 78.5 years in 2017 to 85.6 years by 2060. Maintaining independence, quality of life, and health is crucial as we age. Nutrition and physical activity play essential roles in the health, function, and wellbeing and are essential for healthy aging. DFEND 4 will focus on nutrition and physical activity needs through the life span with a focus on successful aging. During this Roundtable, we welcome feedback to help with development of this program.

Extension Get Fit and Walk Across Arkansas: How to utilize these physical activity programs in counties

Heather Wingo, Dr. Jessica Vincent & Dr. Bryan Mader

Bring your physical activity implementation questions to this roundtable to learn how to best utilize these programs to fit your needs.

Communications Services

Tracy Courage & Chris Meux

Visit with Communications and find out how we can help you with branding, marketing, media relations, graphic design, printing, video, social media and more!

Diabetes and Nutrition Programming: Find It, Try It, Make it Yours

Christine Sasse & Dr. Josh Phelps

Roundtable participants will learn new options for diabetes and nutrition programming, with opportunities to review sample curriculum, learn how decisions about new programming are made, and discuss survey results that will lead future programming. Discussion will include how to locate general nutrition resources in BOX, determine which program is the best fit for each audience, and customize programs to meet participant interests.

UADA SNAP-Ed Program

Amy McClelland, Sarah David, Julia G. Miller & Katie Holland

The SNAP-Ed Team will host a roundtable and will be available to discuss all things SNAP-Ed.

Arkansas EFNEP (Expanded Food and Nutrition Education Program)Keith Statham-Cleek,
Cynthia Martin & Katie Reid

The EFNEP Team will host a roundtable and will be available to discuss all things EFNEP. As EFNEP looks to grow its reach in Arkansas, we are looking forward to talking with you about what EFNEP has to offer.

Financial Security for ALL

Dr. Laura Hendrix & Megan Wells

Financial Security for ALL will be displaying all the financial program resources that are available to agents including Bank On Arkansas+, Your Money Your Goals, Money on the Bookshelf and other grab and go lesson materials.

FCS Health Programs

Dr. Bryan Mader, Heather Wingo & Dr. Jessica Vincent

Bring your questions about any of our FCS Health programs.

Upcoming Leadership Applications

Ashley Dingman

It's that time of year!! The Arkansas 4-H Leadership applications: Teen Star, Ambassador, & State Officer Candidate; along with Ambassador Re-Certification (due later) and Hall of Fame nominations are due soon. Please come ask your questions, learn how to advise your 4-H'ers during application, & hear about the full process.

Leadership

Dr. Julie Robinson

Learn about the leadership programming available in the CPED department.

Get Real, Bank On, Estate Planning, Annie's Project and other Personal Finance Programs

Dr. Laura Hendrix & Megan Wells

Learn more about Extension's personal finance and family resource management programs.

All Things EHC

Nancy Hightower

Q&A regarding EHC events, resources, and other EHC business.

Arkansas Business Navigators

Kamelle Gomez

Arkansas Business Navigator is an initiative focused on supporting small business owners and entrepreneurs across Arkansas with an emphasis in supporting rural, women-owned, veteran-owned, and minority-owned businesses across northcentral and southwestern Arkansas. Brandon Matthews and Kamelle Gomez are Program Associates of Economic Development from the University of Arkansas Cooperative Extension is with one of six partner organizations providing NO-COST 1:1 business consulting, business planning, market research, access to capital, industry-specific training. Learn how Brandon and Kam ABN can help your business communities launch, grow, and plan for success!

UADA Early Childhood Programming

Rebecca Simon, Amy Cofer & Ashley Foster

Extension offers Early Childhood Professional Development programming to meet the needs of child care providers statewide. Participants will learn about and ask questions about Best Care, Best Care Connected, Guiding Children Successfully and Best Care Out of School Time.

Asset-Based Community Development as a mindset---Community and Workforce Development Tools, Resources, and Programs for your County

Dr. Hunter P. Goodman

Join us for an engaging, interactive conversation about community and workforce development programs, tools, and resources through UADA-Extension's CPED! We will explore asset-based community development as a lens for community development in your county and specific programs you can implement.

Increasing Access to Healthy Foods in Rural Communities

Darby Treat, Dr. Jessica Vincent,
Dr. Bryan Mader, Julie Goings & Heather Wingo

The Arkansas Delta Region Obesity Project has been working in 5 delta counties on the High Obesity Program grant awarded by the CDC. This grant aims to reduce obesity by increasing access to healthy food and safe ways to be physically active through Policy, System, and Environmental (PSE) changes. A major success has been the Phillips County mobile food trailer, The Drop Off, which is a collaborative effort through federal, state, and local partners, including FCS Agent Julie Goings. Other projects in various counties include food pantry capacity work, food pantry policy adoption, community and school gardens, wayfinding signage, bike lanes and crosswalk projects, and enhancement of parks.

Sexting, Drugs, and Rock n' Roll

Dr. Jen Becnel, Associate Professor,
Human Development and Family Sciences

Dr. Becnel's research focuses on adolescent and young adult risk and resilience and physical and mental health, specifically on substance use and sexual behavior among youth. Dr. Becnel's current research explores the role of technology in youth sexual communication and its potential associations with mental health, physical health, and other risk behaviors. In addition, she is interested in how adults - parents, educators, and health care providers - communicate with teens regarding technology and sexual development, health, and relationships. Topics to collaborate on can include digital communication, physical health, self-care, human trafficking, bullying, healthy and unhealthy relationships, boundaries, and understanding diversity.

Clothing the World through Grit and Glamour

Dr. Laurie Apple, Associate Professor,
Apparel Merchandising and Product Development

With two-degree programs related to nutrition, the discussion will focus around ways the faculty can assist agents with food and nutrition programming. Some possible ideas could be healthy eating for all ages, the relationship of nutrition to specific diseases or conditions, food preservation, food safety in the home, or distinguishing reputable sources of nutrition information.

Current research in progress relates to diet and colon cancer prevention focused on how natural compounds in plant food influence genes in a way that may decrease the risk for colon cancer.

Nutrition Facts, Fads, and Fallacies Mechelle Bailey, RDN, Interim Director of the Didactic Program in Dietetics and Instructor in the Human Nutrition and Dietetics Program

Dr. Apple will share research in sustainability, e-commerce, merchandising, and other areas. She will highlight the use of design software, and technology such as body scanning used in the program curriculum and show examples of production items and entrepreneurial notebooks developed by students in the program.

Am I getting too old for this?

Dr. Tim Killian, Associate Professor,
Human Development and Family Sciences

Dr. Killian's research focuses on later life and the development of individuals and families. He will share recent research on aging and the family, managing well-being, care-giving, and life span development.

Hogs, Honey, and Hootenannies

Dr. Nick Johnston, Assistant Professor,
Hospitality Management Program

Dr. Johnston's research focuses on behavior and culture in the food and beverage industries, and he is particularly interested in exploring the intersection of hospitality and rural economic development. His current research examines local food eco-systems, marketing programs, and entrepreneurship focusing on branding, consumer satisfaction, and management best practices. Topics for potential collaboration may include local food entrepreneurship and marketing, destination management, rural culture and consumer behavior, as well as survey development and analysis using quantitative and/or qualitative methodology.

Are we all a little crazy? First Aid for Mental Health.

Dr. Shari Moxley, Teaching Assistant Professor,
Human Development and Family Sciences

Dr. Moxley focuses her research on mental health challenges. She is certified as a trainer in mental health first aid for higher education and rural communities. Dr. Moxley will share ways this training can assist with addictions and mental health issues impacting families and teens.

The Kevin Bacon Approach to Program Development and Evaluation

Dr. Amanda Terrell,
Associate Professor, Human Development and Family Sciences

Dr. Terrell's research interests address risk and resiliency processes and health outcomes among adolescents and emerging adults from diverse backgrounds. Often with interdisciplinary teams, Dr. Terrell uses mixed-method approaches to study youth and families in community and digital settings, particularly:

- *Cascading risks and life course resilience among elite and vulnerable youth*
- *Social media technology and digital advocacy*
- *Development and evaluation of community programs.*

Facebook in county 4-H programs in Arkansas: Is it effective for communication?

Haley Burden,

Jesse Bocksnick & Creenna Bocksnick

The purpose of this study is to determine if the use of Facebook in county 4-H programs in Arkansas is effective for communication. As social media rises in popularity and with Facebook leading the way, county 4-H agents have the opportunity to use Facebook in their communication efforts. By completing this survey, you are helping the researcher to gain insight into the effectiveness of Facebook for communication purposes in county 4-H programs in Arkansas.