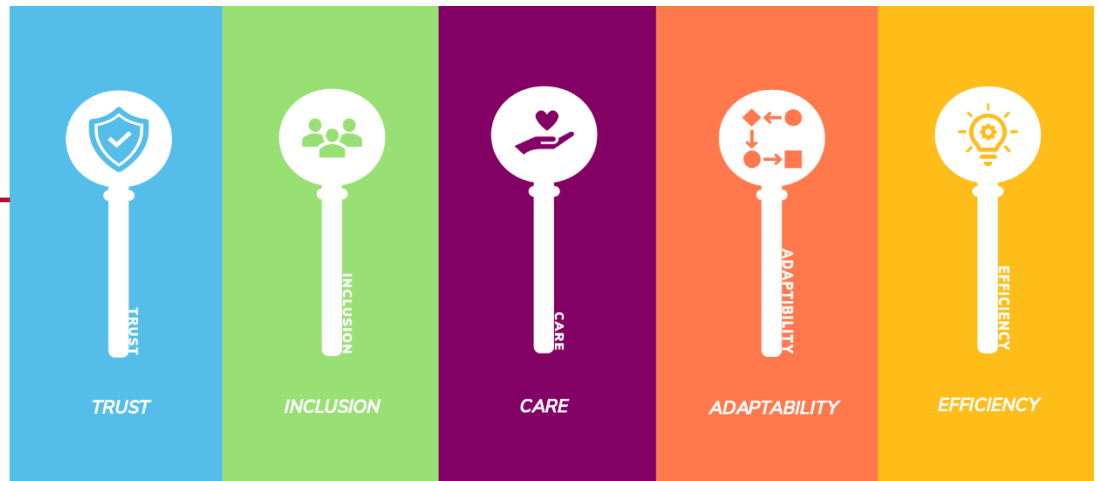


We are the Keys to Extension.

Breakout Session and Poster Descriptions

EXTENSION CONFERENCE
DECEMBER 10-11, 2024



Breakout Session and Poster Descriptions

You are invited to attend and participate in the 2024 OSU Extension Conference – we each hold the Keys to Extension! Our conference will highlight our five keys: Trust, Inclusion, Care, Adaptability, and Efficiency. These five keys are essential in our daily work to foster a supportive and dynamic organizational culture within Extension. By incorporating these values in our work, we can enhance collaboration, improve our services, and better meet the diverse needs of Ohioans. You are encouraged to join us to celebrate our successes over the past two years and re-establish some vital, personal connections among our colleagues.

Breakout and Poster Session Times:

[Breakout Session 1: Tuesday, December 10 ■ 11:15am-12:05pm](#)

[Breakout Session 2: Tuesday, December 10 ■ 1:30-2:20pm](#)

[Poster Session and Exhibitors: Tuesday, December 10 ■ 3:30-4:30pm](#)

Poster Types: [Undergraduate/Graduate Student](#), [Research](#), [Educational Outreach](#), [Ideas in Action](#)

[Day 2 Morning Meet-and-Greet: Wednesday, December 11 ■ 7:30am-8:30am](#)

[Breakout Session 3: Wednesday, December 11 ■ 10:00am-10:50am](#)

[Breakout Session 4: Wednesday, December 11 ■ 11:00am-11:50am](#)

NOTES about this document:

1. The 25-minute sessions identified with “a/b” will be paired together in the same room and presented back-to-back.
2. The **Engage in 5** sessions identified with “a,b,c...etc” will be grouped together in the same room and presented back-to-back.
3. You may click on the session times listed above to jump to that section of the document.
4. Click the link at the bottom of any page to return to the session times listed above.
5. For the poster session, the lead author will be presenting unless otherwise indicated by an * next to one of the other authors.

Breakout Session 1: Tuesday, December 10 ■ 11:15am-12:05pm

1. Resilient Leadership *[All Career Stages]*

Join our Keynote Speaker, Alex Sheen, as he dives into how you can be a resilient leader!

[#ExtensionKeysTrust,Inclusion,Care,Adaptability](#)

Presenter: Alex Sheen – author and founder of "because I said I would." movement

2a. Community Coalition Building: Lessons Learned from Implementing Taking Action to Address Substance Use in Communities (TASC) in One Rural Ohio Community *[All Career Stages]* (25-minute Session ■ 11:15-11:40am)

Learn about the Taking Action to Address Substance Use in Communities (TASC) program, developed by experts from Purdue University, the University of Illinois, and The Ohio State University, which offers a strategic framework for Extension professionals to collaborate with communities on substance use issues. This initiative focuses on community-based methods to address the challenges of limited treatment access and recovery support in rural areas. TASC provides tools for Extension educators to build comprehensive recovery-oriented systems of care by enhancing local resources and fostering cooperation among organizations involved in prevention and recovery. We will share practical insights and experiences from a six-month pilot project, showcasing effective coalition-building strategies and offering guidance for other educators interested in implementing this model in their own communities.

[#ExtensionKeysTrust,Inclusion,Care,Adaptability,Efficiency](#)

Presenters: Kelly Cabral – project director; Ken Stewart – educator, family and consumer sciences; Michael Betz – state specialist, family and consumer sciences

2b. Increasing Community Empathy in Our Agricultural and Rural Communities Through a Trauma-Informed Approach *[All Career Stages]* (25-minute Session ■ 11:40am-12:05pm)

Farmers face a suicide risk 3.5 times higher than the general population due to financial strain, limited mental health resources, and reluctance to seek help. Additionally, recent data shows overall heightened stress and social isolation among rural and farming communities. We will introduce the trauma-informed approach (TIA), extending trauma-informed care principles to community settings, and how Extension professionals can use this in their programs. TIA focuses on understanding trauma and fostering supportive, empathetic environments. Attendees will gain an understanding of how TIA can provide practical strategies for supporting trauma-affected individuals, learn from successful implementations in Ohio, and gain skills to enhance mental health support in both urban and rural areas. Engaging visuals and storytelling will illustrate the program's impact. [#ExtensionKeysTrust,Inclusion,Care,Adaptability,Efficiency](#)

Presenters: Kelly Cabral – project director; Jami Dellifield – educator, family and consumer sciences; Candance Heer – educator, family and consumer sciences; Ken Stewart – educator, family and consumer sciences

3. Unlocking Impact: Mastering the Five Keys to Crafting Powerful Impact Statements in Extension *[All Career Stages]*

Are you struggling to create impactful statements or seeking to refine your skills? Transform your approach with five essential keys to developing powerful impact statements. You will gain a comprehensive understanding of what makes an impact statement effective, explore the importance of strong documentation, and learn best practices for writing impactful narratives in reports and dossiers. You will also engage in hands-on practice to refine your skills and produce clear, compelling statements that effectively highlight program successes. Learn how to move beyond ineffective statements and unlock the full potential of your impact reporting, to enhance the visibility and recognition of your programs' contributions. [#ExtensionKeysEfficiency](#)

Presenters: Ingrid Adams – professor; Daniel Remley – associate professor and field specialist in food, nutrition and wellness; Chris Igodan – professor

4. The Key to Unlocking Your Potential [All Career Stages]

To help Extension professionals unlock their full potential, we will explore a purpose-driven approach to managing priorities and offer insight into aligning personal values with work and life goals. The program examines tools to focus time and resources on priorities to help an Extension professional become more energized, focused and engaged in the moments that matter most. Attendees will receive access to this presentation to use with community audiences. [#ExtensionKeysCare,Efficiency](#)

Presenter: Shannon Carter – area leader and educator, family and consumer sciences

5. 4-H In-School and After-School Programming: Curriculum Swap [All Career Stages]

Calling all 4-H educators with an in-school and after-school program, this curriculum swap is for you! We will guide you through the steps it took to build a successful school enrichment program in an urban and rural county. The Extension in the Classroom program of Mahoning County has served more than 4,700 students since 2021, and much has been learned along the way in how to best promote hands-on learning, reach learning objectives, and create mutually beneficial partnerships with community organizations. Leave with new curriculum in hand including teachers' guides for geology, Superhero You, nutrition, and robots. Bring your successful curriculum templates as well. Collaboration is key when helping build these programs across all of Extension. [#ExtensionKeysTrust,Inclusion,Care,Adaptability,Efficiency](#)

Presenters: Kristen Eisenhauer – educator, 4-H youth development/agriculture and natural resources; Alex Kennedy – educator, 4-H youth development

6. Building Community Leaders and Partners Through Adult Leadership Education [All Career Stages]

Brown LEADS is a comprehensive place-based leadership program designed for business professionals who are passionate about making a positive impact in both their professional and local environments. This program has been a tool for cost recovery to the Extension county office. A total of 98 percent of participants indicated in post-class evaluations that they gained more county knowledge than expected, which is important to strengthening our communities as well as identifying programmatic needs that OSU Extension can help address in our communities. Get an overview of the 10-month program, community partnerships that were developed, and highlights of cross-programmatic collaborations. Leave with an understanding on how to replicate this program in your own county. [#ExtensionKeysTrust,Inclusion,Care,Adaptability,Efficiency](#)

Presenters: Trevor Corboy – educator, agriculture and natural resources/community development; Christy Clary – educator, 4-H youth development

7. Diverse Ohio SNAP-Ed Office Hours: Working with Immigrants and Refugees Panel [All Career Stages]

As part of the bimonthly Diverse Ohio SNAP-Ed open office hours, we will be posting a panel discussion about working with immigrants and refugees in community nutrition programs. Panelists will share best practices and resources they use, there will be a time for Q&A, and we will end by encouraging audience members to share about resources and tip they have. [#ExtensionKeysTrust, Inclusion, Care, Adaptability](#)

Presenters: Mona Lisa Hoffman – SNAP-Ed program coordinator, Putnam County; Jenan Rabi – SNAP-Ed program coordinator, Hamilton County; Heather Davis-Kohli – SNAP-Ed program assistant, Allen County; Sara Amelung – SNAP-Ed program assistant, Auglaize and Mercer counties; Michelle Duffy – SNAP-Ed program assistant, Licking County; Tina Robbins – SNAP-Ed PSE (policy systems and environmental change) specialist; Erin Polston – SNAP-Ed program assistant, Montgomery County

8. Managing Notification Settings in Microsoft Teams [All Career Stages]

Description: In this session, learn the essential aspects of managing notification settings in Microsoft Teams, including setting up preferences, best practices, tracking missing notifications, and demonstrations to reinforce learning. [#ExtensionKeysEfficiency](#)

Presenter: Mandy Gagliardi – instructional design senior analyst, Office of Technology and Digital Innovation, Communications and Training

9a. Time versus Energy: Which Will You Manage? [All Career Stages]

(Engage in 5 Session ■ 11:20-11:25am)

Participants will consider a simple question: What if, instead of trying to manage your time, you worked on managing your energy? This thought-provoking challenge will hopefully help you focus on positive, energizing aspects of work and life that can be found in the four sources of energy: Body. Emotion. Mind. Spirit.

[#ExtensionKeysCare,Efficiency](#)

Presenter: **Brian Raison** – professor and field specialist in organizational and community leadership development

9b. Growing Teachers Throughout the Seasons – Extension’s Key to Solving School Garden Barriers [All Career Stages]

(Engage in 5 Session ■ 11:25-11:30am)

Teachers want school gardens, and Extension has a great new resource for them. Research indicates that pre-K through grade 12 teachers want to engage kids in growing foods, yet they experience many common barriers: a lack of knowledge, funding, time, support, garden space, curriculum, and materials, and perceived seasonality challenges. OSU Extension professionals who specialize in urban agriculture and nutrition education identified keys to mitigating those obstacles. They developed Growing Teachers Throughout the Seasons (GTS), which addresses the barriers through step-by-step instructions for planting, tending, harvesting, and taste testing a different food each month (September through May) using three growing methods suitable for school settings. Get acquainted with how you and other Extension professionals can empower teachers to grow foods at school during the school year using the new GTS guide, free online learning modules, and convenient online training. [#ExtensionKeysInclusion,Adaptability,Efficiency](#)

Presenters: **Carol Smathers** – associate professor and field specialist in youth wellness and nutrition; **Timothy McDermott** – assistant professor and educator, agriculture and natural resources

9c. Active Transportation for Extension Professionals [All Career Stages]

(Engage in 5 Session ■ 11:30-11:35am)

Active transportation is a growing initiative within both city design and public health to more easily incorporate physical activity into our daily lives. This is done by utilizing our built environments and working to create better, more accessible communities to support actively traveling from destination to destination. This easily incorporates physical activity into our busy daily lives. Many state and federal agencies have available funding and grants to focus on active transportation initiatives and projects. Ultimately, active transportation addresses several community concerns: roadway safety, economic growth, climate concerns, equitable transportation access, physical and mental health, and traffic congestion. As Extension professionals, we have an opportunity to be at the forefront of active transportation planning for the communities we work in to provide accessible, meaningful opportunities that go beyond physical activity in our counties.

[#ExtensionKeysInclusion,Adaptability](#)

Presenter: **Zoie Clay** – educator, family and consumer sciences

9d. Better Together: The Power of Inclusion, Collaboration, and Networking to Enrich and Expand our Teaching Footprint [All Career Stages]

(Engage in 5 Session ■ 11:35-11:40am)

Change it up – how a simple conversation results in new programming, relationship building, and exciting opportunities. By asking questions and listening, you might uncover a seed that grows and produces surprising fruit on many levels. Listen to educators who were curious and formed an enduring program and relationship built on trust, inclusion and caring. [#ExtensionKeysTrust,Inclusion,Care](#)

Presenters: **Kyle White** – educator, community development; **Melissa Rupp** – assistant professor and educator, family and consumer sciences, Fulton County

9e. Sustainable Water Management in Chile [Mid-Career (11-19 years)]

(Engage in 5 Session ■ 11:40-11:45am)

Extension includes a range of formal and informal education and outreach activities that are as valuable in Ohio as abroad. In 2024, I was able to expand my programming internationally to Chile, South America as a Fulbright specialist. My Fulbright project entailed collaborating with university faculty and staff on strategies for developing a sustainable water management plan for the region and a “Water Management Institute” at the Universidad de Atacama similar to a model that has had success at The Ohio State University. I would often give a short presentation on some of the strategies that have been successful in Ohio and then lead a less formal question and answer session on tools that might be effective in the Atacama region. I will introduce the Fulbright program and discuss the similarities and differences of conducting research, education and outreach in the United States and Chile. [#ExtensionKeysInclusion](#)

Presenter: Scott Hardy – educator, Sea Grant

9f. NAMI (National Alliance on Mental Illness) Partnership, Ending the Silence-Free Mental Health Awareness Evidence-Based Program. [All Career Stages]

(Engage in 5 Session ■ 11:45-11:50am)

Learn about a free mental health awareness evidence-based program you can be easily trained to teach or have someone teach to your audience through a new partnership with NAMI (National Alliance on Mental Illness). Nothing has been easier than this. Did you know a new Ohio Law went into effect for the 2023-24 school year, through HB 123 requiring each school district, county office of education, state special school, and charter school, that offers one or more courses in health education to middle or high school students to include in mental health instruction as part of the curriculum. The ETS program meets this requirement. Learn about this program and how you can be easily trained or have someone trained teach it to your population.

[#ExtensionKeysTrust,Inclusion,Care,Adaptability,Efficiency](#)

Presenters: Lisa Manning – educator, 4-H youth development/family and consumer sciences; **Laryssa Hook** – educator, 4-H youth development

9g. 10,000 Welcomes and Other Lessons Learned from Ireland! [All Career Stages]

(Engage in 5 Session ■ 11:50-11:55am)

Professional and personal insights from traveling abroad. One educator's experience while presenting at an international conference. The learning continued while exploring, observing, and participating in a grand adventure. Take a 5-minute whirlwind tour through Ireland: the beauty, the innovation and the tradition.

[#ExtensionKeysInclusion,Adaptability](#)

Presenter: Melissa Rupp – assistant professor and educator, family and consumer sciences

Breakout Session 2: Tuesday, December 10 ■ 1:30-2:20pm

1a. How to Effectively Communicate Data [All Career Stages]

(25-minute Session ■ 1:30-1:55pm)

Despite the cliché, numbers do not speak for themselves; it is up to us to tell the story. But using data to tell a compelling story can be overwhelming. I will demonstrate how to effectively communicate data to increase engagement. Learn best practices for visualizing data, and how to make it easier for your stakeholders to understand and use your findings. [#ExtensionKeysTrust,Efficiency](#)

Presenter: Stephanie Karhoff – field specialist, agronomic systems

1b. Digital Accessibility Essentials: Basic Digital Accessibility for All [All Career Stages]

(25-minute Session ■ 1:55-2:20pm)

Are you interested in learning how to make your documents and educational materials more accessible to meet Ohio State's accessibility guidelines? Learn more about basic digital accessibility. Learn how to test for accessibility in popular applications like Canvas, MS Word, MS PowerPoint, Adobe Acrobat, and WordPress. Support the inclusion and care keys of Extension by making your educational materials accessible to the widest possible audience. [#ExtensionKeysInclusion,Care](#)

Presenter: Jon Gladden – systems developer

2. Encouragement Matters [All Career Stages]

While hard skills such as management or digital software use are critical to program success, offices are finding that soft skills are just as vital to office productivity and impact. While it is true that these skills are often more difficult to define and learn, the genuine use of encouragement and empathy in the workplace can transform both the individual and others. Join me to learn how. [#ExtensionKeysTrust,Care](#)

Presenter: Julie Evans – office associate

3. Professionalism: The Master Key [All Career Stages]

Teaching and implementing programs is at the heart of what we do as Extension professionals. Learn best practices for you to connect with clientele and provide environments in which invited presenters also can thrive. We enter this Extension profession from a variety of backgrounds, and few have formal training as teachers. Together, we will explore strategies to assess and improve instructional abilities to make us better teachers. We will also brainstorm program and meeting management best practices. Attention to detail before, during, and after a program is the difference between a good program and a great program. We will provide very practical steps from the initial planning phase to program implementation to follow-up and next steps. Professionalism is the master key. It is built through using the keys of care, efficiency, inclusion, and adaptability. We will share collective insights from across all program areas as strategies to consider.

[#ExtensionKeysInclusion,Care,Adaptability,Efficiency](#)

Presenters: Emily Marrison – assistant professor and educator, family and consumer sciences; David Marrison – professor and field specialist in farm management

4. Leveraging Community Engagement and Partnerships to Develop and Disseminate a Farmers' Market Mobile App for SNAP Consumers [All Career Stages]

Technology has the potential to improve awareness about farmers' markets and promote nutrition incentive programming use among SNAP consumers, which ultimately may increase the availability of healthy foods to SNAP households. The Produce Path app was designed to link families receiving SNAP benefits to local farmers' markets offering incentive programs. We will review the extensive app development process and highlight features that have been included in the app. Learn about the dissemination approach, including how the Produce Path app has been implemented thus far in Ohio. We will underscore key takeaways from the development, dissemination, and adoption of the app and share a discussion of the benefits and tradeoffs of leveraging technology for community nutrition initiatives and the potential far-reaching impacts of the app.

[#ExtensionKeysInclusion,Efficiency](#)

Presenters: Katie Poppe – research associate; Patrick Tegge – PSE (policy systems and environmental change) specialist; Owusua Yamoah – research scientist

5. Unlocking New Features in the Extension Data Portal *[All Career Stages]*

Learn about updates coming to the Extension Data Portal (EDP), including mobile access and a CART integration, as well as Interfolio connections. We'll talk about how to engage with your data using available tools like EDP reports, Tableau dashboards, and Excel. [#ExtensionKeysTrust,Inclusion,Adaptability,Efficiency](#)
Presenters: **Valerie Kohlwey** – data integration developer; **Debby Lewis** – resource planning analyst; **Teresa McCoy** – director, Learning and Organizational Development; **Brian Butler** – program evaluation director, family and consumer sciences

6. Building Inclusive Community Spaces Through Dialogue *[All Career Stages]*

We will explore strategies to build inclusive community spaces. The intergroup dialogue model is utilized as a framework to create these spaces. Four steps are explored including: forming and building relationships; exploring differences and commonalities of experience and identity; exploring and discussing potential “hot” topics when they arise; and action planning and alliance building. Attendees will gain an understanding of group dynamics, develop a critical awareness of social identities, understand one’s own lens, and develop interpersonal communication skills. [#ExtensionKeysTrust,Inclusion,Care,Adaptability](#)
Presenter: **Nicole Nieto** – assistant vice provost, Office of Academic Affairs, Outreach and Engagement

7. Beyond Sponsorship: Creating Enduring Trust and Partnerships *[All Career Stages]*

With CFAES Advancement, Extension educators, and sponsors, we will explore strategies for establishing enduring and trusting partnerships with programming sponsors. The process involves: 1) crafting a holistic approach to sponsorships, looking at long-term relationship building between the organizations, 2) understanding companies' organizational goals before pursuing them as sponsors and finding alignment between their goals and the goals of CFAES, Extension, and your county programming, ultimately identifying common areas of interest; and 3) proactively seeking to understand the other connections potential sponsors might have with our college and department. The overarching goal is to create a framework for collaboration between CFEAS Advancement, sponsors, and Extension educators to create a positive experience that strengthens the long-term collaboration and relationship between potential and long-term sponsors.

[#ExtensionKeysTrust,Care](#)

Presenters: **Rob Leeds** – educator, agriculture and natural resources; **Chris Zoller** – interim assistant director, Agriculture and Natural Resources and educator, agriculture and natural resources; **Shawnda Vega** – Nationwide account executive, Ohio sponsor relations; **Keith DiDonato** – chief advancement officer for the College of Food, Agricultural, and Environmental Sciences

8. Packing Your Chute and Pulling the Ripcord – Jumping Into Our Future with George (and Genevieve) Gist *[All Career Stages]*

You continually grow your content expertise through your program teams, program in-services, and pursuit of certifications. How are you intentionally developing your leadership, management, and interpersonal skills to make a better version of you and ultimately the organizations and relationships you are a part of? Do you find working with others to be challenging at times; or are you frustrated at the end of the day by the way you did or didn't speak up or respond to an opportunity, challenge, or question? Do you wonder about future opportunities for program leadership or your opportunities for a future role in administration? We will discuss the Gist Endowed Chair program and its intent to grow skills, abilities, and confidence of Extension professionals with an interest in leading Extension into the future. Recent organizational culture research will be shared as well as Extension teaching opportunities and professional development opportunities and funding to support them. [#ExtensionKeysTrust,Inclusion,Care,Adaptability,Efficiency](#)

Presenters: **Greg Davis** – professor and Gist endowed chair; **Nevaeh Miller** – graduate assistant; **Kenzie Johnston** – educator, agriculture and natural resources/community development

9. Sharing and Managing Documents in Teams and OneDrive *[All Career Stages]*

In this session, learn how to share files in Teams, manage documents in OneDrive, and collaborate with live editing, gain insights on advanced sharing options and tips to stay organized and in control of your content. [#ExtensionKeysEfficiency](#)

Presenter: Mandy Gagliardi – instructional design senior analyst, Office of Technology and Digital Innovation, Communications and Training

Day 2 Morning Meet-and-Greet: Wednesday, December 11 ■ 7:30am-8:30am

So, you want to be a faculty member? *[All Career Stages]*

If you are an Educator IV and are thinking about applying for a faculty position in the Department of Extension, come to this session and get your questions answered! We also welcome all other educators who want to plan ahead for their future. [#ExtensionKeysInclusion,Care,Adaptability](#)

Presenter: Tracy Kitchel – senior associate dean and director of CFAES Faculty and Staff Affairs

Breakout Session 3: Wednesday, December 11 ■ 10:00am-10:50am

1a. Lifestyle Medicine in Extension: Collaborating to Improve Health Outcomes *[All Career Stages]* (25-minute Session ■ 10:00-10:25am)

Lifestyle medicine uses evidence-based, whole-person, therapeutic lifestyle interventions to treat chronic conditions including, but not limited to, cardiovascular diseases, type 2 diabetes, and obesity. Prescriptive lifestyle changes within the six pillars of lifestyle medicine (nutrition, physical activity, stress management, restorative sleep, social connection, and substance misuse) are used to treat and, when used intensively, reverse such conditions. The pillars of lifestyle medicine are areas of focus that Extension is uniquely poised to address through partnership and collaboration. Extension educators have developed multi-year friendships with various community partners to deliver content on planting, harvesting, preparing, and preserving fresh produce with supplemental nutrition and wellness information. We will highlight program area collaborations and partnerships that have used lifestyle medicine to improve health outcomes of county clientele.

[#ExtensionKeysTrust,Adaptability,Efficiency](#)

Presenters: Jenny Lobb – educator, family and consumer sciences; Timothy McDermott – assistant professor and educator, agriculture and natural resources

1b. Empowering Rural Ohio: Strategic Vaccine Toolkits and Outreach Initiatives *[Early Career (4-10 years)]*

(25-minute Session ■ 10:25-10:50am)

Discover OSU Extension's vaccine toolkit developed under the EXCITE program with CDC and USDA-NIFA funding. This toolkit is specifically designed for rural Ohio communities to tackle vaccine hesitancy with evidence-based resources. It includes CDC-aligned guidelines on routine, age-specific, and seasonal vaccines, enriched with digital media, infographics, and vaccine information statements (VIS). Explore how the toolkit enhances vaccine confidence and fosters meaningful dialogue between individuals and healthcare providers. We will explain its development, the role of feedback from Extension educators, and its multi-channel distribution strategy. Learn how this innovative toolkit is bridging healthcare gaps and promoting informed vaccination decisions in rural areas. [#ExtensionKeysTrust](#)

Presenters: Myriam Shaw Ojeda – assistant professor; Daniel Remley – assistant professor and field specialist in food, nutrition, and wellness; Hira Siddiqui – AmeriCorps member; Melanie Ruzga – student pharmacist; Ashley Blackford – student pharmacist; Adrianna Carrillo Malpica – student pharmacist

2. Extension @ the Pantry *[All Career Stages]*

Looking to expand interdisciplinary programming opportunities? Our team found success introducing Extension to previously unreached populations through organizations with established clientele. This new partnership established monthly opportunities for educators to engage with the community.

[#ExtensionKeysTrust,Inclusion,Care,Adaptability](#)

Presenters: **Tammy Jones** – educator, family and consumer sciences; **Joy Bauman** – educator, 4-H youth development; **Amanda Perkins** – educator, agriculture and natural resources; **Shelly Wisener** – SNAP-Ed; **Julie Evans** – office associate

3. Maximizing Your Extension Advisory Committee *[Early Career (4-10 years)]*

Gain a better understanding of how to mobilize and utilize your Extension advisory committee (EAC). Aside from prepared questions that will shed light on different important aspects of forming, storming, and norming in these committees, professionals who join this conversation will have time to ask their tough questions to the group for further investigation into how to help solve the issues specific to their county. Building mutually beneficial partnerships increases the positive outcomes of the Extension office in any county. We will share real-life examples of past successes and challenges when working with members of the EAC boards in two very different counties – one rural and one rural and urban. Leave with an action plan for your county's EAC as well as a plethora of tips and tricks to create Extension advocates, members who go out into the community and share the good work that is Extension. [#ExtensionKeysTrust,Inclusion,Care,Adaptability,Efficiency](#)

Presenters: **Janessa Hill** – educator, agriculture and natural resources, Holmes County; **Alex Kennedy** – program assistant, 4-H youth development/agriculture and natural resources

4. Keys to Success in Extension: Publishing in Peer-Reviewed Journals *[All Career Stages]*

As an educational and scholarly organization within a land-grant university, OSU Extension benefits when its program staff, including specialists and educators, publish in academic journals. Locally-based research and program information that appears in scholarly journals raises the visibility and credibility of OSU Extension in general, and the locality in particular. But often Extension professionals face serious obstacles to publishing via peer-reviewed journals. Learn the keys to identifying and overcoming the barriers to publication, as well as taking advantage of the opportunities we have in Extension to get our work published in a variety of peer-reviewed outlets. You will see that the efforts at publication and local programming are actually complementary to one another – and even synergistic. Leave with an understanding of the personal rewards you can achieve, important "do's and don'ts," and a plan of action for how to get started on the road to publication. [#ExtensionKeysTrust,Inclusion,Care,Adaptability,Efficiency](#)

Presenter: **Thomas Blaine** – associate professor

5. Communicate and Resonate: Using Personal Values to Shape an Effective Message *[All Career Stages]*

When a message is complex, controversial, or unfamiliar, most people have a tendency to disengage or jump to conclusions. However, individuals are also driven by key personal values that when triggered, increase the willingness to engage with the message. We will discuss distinct personal values and how to apply them for better conversations and increases in trust. [#ExtensionKeysTrust,Inclusion,Care,Adaptability,Efficiency](#)

Presenters: **Cara Lawson** – assistant professor of agricultural communication; **Joy Rumble** – associate professor of agricultural communication

6a. Opportunity versus Meaning: Which Will You Pursue? *[All Career Stages]*

(Engage in 5 Session ■ 10:05-10:10am)

Practice missional thinking by reflecting on past and future opportunities in work and life. This can help us find internal fulfillment – and not simply career success – which can be remarkably energizing.

[#ExtensionKeysEfficiency](#)

Presenter: **Brian Raison** – professor and field specialist in organizational and community leadership development

6b. Embracing Agricultural Education Through 4-H Camp [New(er) Employee (3 years or less), Mid-Career (11-19 years)]

(Engage in 5 Session ■ 10:10-10:15am)

Montgomery County 4-H youth development and agriculture and natural resources programming partnered for 4-H camp to be able to host an agriculture exploration track through a grant through Farm Credit Mid-America. Through the three-day camp offering, we were able to offer lessons including agricultural mechanics, agriculture marketing, and natural resources. This offering has led to other partner programming to enhance Extension in Montgomery County as well as expand the audience of 4-H and agriculture and natural resources. [#ExtensionKeysInclusion,Efficiency](#)

Presenters: Leeoria Willis – educator, agriculture and natural resources; Rebecca Supinger – educator, 4-H youth development, Montgomery County

6c. 2024 Lucas County Sneak a Zucchini Campaign [All Career Stages]

(Engage in 5 Session ■ 10:15-10:20am)

Have you ever wondered what to do with the excess produce from your garden? Do you wish you could engage your Extension colleagues in a public service project that utilized multiple program areas? We will introduce learners to the Lucas County Sneak a Zucchini campaign, which uses a popular gardener's holiday to collect excess produce for people in need. [#ExtensionKeysCare,Efficiency](#)

Presenters: Suzanne Saggese – program specialist; Patrice Powers-Barker – educator, family and consumer sciences

6d. Strong Couples Project: Free Relationship Help for Couples in All Life Stages [All Career Stages]

(Engage in 5 Session ■ 10:20-10:25am)

Join us for a 5-minute simulation demonstrating a real-life scenario using the Strong Couples program tools to build greater intimacy, communicate more effectively, and protect the relationship. [#ExtensionKeysTrust,Care](#)

Presenters: Caitlin Mathews-Smith – educator, family and consumer sciences; Tracey Perry – educator, family and consumer sciences

6e. Expanding Extension Educators' Capacity to Promote Active Transportation, Produce Incentives, Food Service Guidelines, and Farm to Early Care Through HOP – the "Healthy Opportunities Program" [All Career Stages]

(Engage in 5 Session ■ 10:25-10:30am)

Education alone is rarely enough to create lasting health behavior changes, especially when it comes to nutrition and physical activity. How can Extension educators help create environments that provide healthy options? The Healthy Opportunities Program (HOP) increases Extension educators' capacity to: 1) increase access to healthier food by promoting Ohio's Good Food Here food service and nutrition guidelines and coordinating uptake and expansion of Produce Perks fruit and vegetable voucher incentives; 2) increase access to physical activity by developing policies and plans that support safe and accessible physical activity opportunities; and 3) increase the number of early care and education programs that benefit from Farm to ECE improvements to better purchase, serve, and teach about local foods in ECE settings. Learn how HOP leverages partnerships and proven resources among Extension, public health, and community-based organizations and coalitions at county and state levels. [#ExtensionKeysTrust,Inclusion,Adaptability](#)

Presenter: Carol Smathers – associate professor and field specialist in youth wellness and nutrition

6f. Using Artificial Intelligence (AI) in Agricultural Extension [All Career Stages]

(Engage in 5 Session ■ 10:30-10:35am)

Viewers will learn: a) What is generative AI; b) What different AI tools can be used in agricultural-related Extension work; c) What advantages they offer in agricultural-related Extension work; and d) What should be

kept in mind before/while using AI tools. My only aim here will be to make Extension workers aware that these tools exist, and they are helpful. I will be using mostly visuals and try to connect those with the ideas of AI use in agricultural-related Extension. Hence, my main goal is less to explain in detail, but to make others aware of a useful emerging tool in Extension. [#ExtensionKeysAdaptability,Efficiency](#)

Presenter: Sudarshan Adhikari – graduate student

6g. You Had Me At Merlot [All Career Stages]

(Engage in 5 Session ■ 10:35-10:40am)

The Extension enology educator team formed in 2021 to assist the work of OSU Extension enology (wine) and viticulture (grape) specialists. With more than 300 wineries now in Ohio, the team is able to be boots on the ground throughout the state to assist with troubleshooting and provide resources. Team members are Extension professionals in both agriculture and natural resources and family and consumer sciences. We will share about the importance of the wine and grape industry in Ohio and its impact on communities in every region in the state. We will also encourage participants to let wineries and vineyards in their counties know about the team and the available resources from Ohio State. Salute! [#ExtensionKeysInclusion](#)

Presenters: Emily Marrison – educator, family and consumer sciences; Ken Ford – educator, agriculture and natural resources

7. SAs, ERs, Comparison Forms... Oh My!: Extension Travel Basics [All Career Stages]

Everything you need to know to successfully plan your overnight and out-of-state travel.

[#ExtensionKeysEfficiency](#)

Presenter: Jesse Buxton. – county fiscal officer

8. Microsoft Storage and Email Changes [All Career Stages]

This session covers upcoming storage changes effective June 1, 2025, with new limits for Teams and Outlook. Participants will learn how to view storage usage in OWA and OneDrive, manage email storage through primary and archive mailboxes, and automate retention with Outlook tools. [#ExtensionKeysEfficiency](#)

Presenter: Mandy Gagliardi – instructional design senior analyst, Office of Technology and Digital Innovation, Communications and Training

9. Aligning Faculty Identity and Priorities: A Workshop for Associate Professors (Part 1) [Mid-Career (11-19)]

This workshop is designed to support associate professors (mid-career faculty) in reflecting on their faculty identity and career goals. They will explore their roles and responsibilities, examine patterns in their decision making, and identify opportunities to shift time allocation to align priorities with professional aspirations. Through reflection activities and interactive discussions, we will provide strategies to evaluate how they spend their time, what energizes or drains them, and how to reframe obligations as intentional choices. The goal is to empower faculty to cultivate sustainable careers that reflect their values and aspirations.

[#ExtensionKeysTrust,Inclusion,Care,Adaptability,Efficiency](#)

Presenters: Tracy Kitchel – senior associate dean and director of CFAES Faculty and Staff Affairs; Sathya Gopalakrishnan – professor and faculty fellow, CFAES Office of Faculty and Staff Affairs

10. Improvisation for Extension: Enhancing Communication and Flexibility in the Moment [All Career Stages]

Learn how improv techniques can be harnessed to significantly enhance your facilitation skills. Rooted in principles of spontaneity, active listening, and collaborative creativity, improv offers a powerful toolkit for Extension professionals aiming to foster more engaging and responsive programs. Learn how to apply key improv concepts such as "Yes, And..." – a foundational principle that encourages acceptance and builds on others' ideas. Delve into the importance of staying present and fully engaged, allowing facilitators to better

read the room, respond to the needs of their audience, and guide discussions more effectively. Join us to discover how integrating improv techniques into your facilitation practice can lead to more dynamic, responsive, and effective programs. [#ExtensionKeysAdaptability](#)

Presenter: Jared Miller – digital content coordinator, Learning and Organizational Development

Breakout Session 4: Wednesday, December 11 ■ 11:00am-11:50am

1. Aligning Faculty Identity and Priorities: A Workshop for Associate Professors (Part 2) [Mid-Career (11-19)]

(continuation of Part 1) This workshop is designed to support associate professors (mid-career faculty) in reflecting on their faculty identity and career goals. They will explore their roles and responsibilities, examine patterns in their decision making, and identify opportunities to shift time allocation to align priorities with professional aspirations. Through reflection activities and interactive discussions, we will provide strategies to evaluate how they spend their time, what energizes or drains them, and how to reframe obligations as intentional choices. The goal is to empower faculty to cultivate sustainable careers that reflect their values and aspirations. [#ExtensionKeysTrust,Inclusion,Care,Adaptability,Efficiency](#)

Presenters: Tracy Kitchel – senior associate dean and director of CFAES Faculty and Staff Affairs; Sathya Gopalakrishnan – professor and faculty fellow, CFAES Office of Faculty and Staff Affairs

2a. Bridging Bourbon and Agriculture: Developing Distillery Relationships for Increased Adult Agricultural Literacy [All Career Stages] (25-minute Session ■ 11:00-11:25am)

With a distinctly adult audience and increased popularity in recent years, bourbon tourism can potentially reach adult learners about agricultural and environmental topics. Bourbon distilleries rely on agricultural inputs – grains, wood, and water – to create a variety of products with distinct flavors. However, many distilleries lack direct farm connections and may not have the technical knowledge to integrate agriculture into their public tours accurately. Ohio is home to 74 craft distilleries that could benefit by integrating messaging focused on agriculture, the environment, and sustainability. By developing relationships with local distilleries, Extension professionals can serve as an expert resource and create additional connections between the bourbon and agricultural industries. [#ExtensionKeysAdaptability,Efficiency](#)

Presenters: Nicole Volk – graduate associate; Annie Specht – associate professor; Amanda Bowling – associate professor

2b. Youth Production Livestock Field Days [All Career Stages] (25-minute Session ■ 11:25-11:50am)

Youth production livestock field days provide teens with hands-on learning experiences in areas such as artificial insemination, in vitro fertilization, reproductive systems, gastrointestinal tract exploration, blood draws, and nutrition. These events bring livestock resource book knowledge to life, allowing participants to engage with concepts through direct experience. Held on local farms and featuring instructors from Extension, industry professionals, university students, and current 4-H youth, field days offer a comprehensive educational experience. We will share our experience in organizing these events and provide tools for replication, including sample schedules, topic lists, resource recommendations, potential partners, communication strategies for parents and participants, and sample budgets. Join us to be inspired and equipped to offer hands-on production livestock education to the next generation of producers.

[#ExtensionKeysTrust](#)

Presenters: Kate Wells – educator, 4-H youth development; Ty Hamilton – educator, agriculture and natural resources

3. Improvisation for Extension: Enhancing Communication and Flexibility in the Moment (repeat of previous session) [All Career Stages]

Learn how improv techniques can be harnessed to significantly enhance your facilitation skills. Rooted in principles of spontaneity, active listening, and collaborative creativity, improv offers a powerful toolkit for Extension professionals aiming to foster more engaging and responsive programs. Learn how to apply key improv concepts such as "Yes, And..." – a foundational principle that encourages acceptance and builds on others' ideas. Delve into the importance of staying present and fully engaged, allowing facilitators to better read the room, respond to the needs of their audience, and guide discussions more effectively. Join us to discover how integrating improv techniques into your facilitation practice can lead to more dynamic, responsive, and effective programs. [#ExtensionKeysAdaptability](#)

Presenter: Jared Miller – digital content coordinator, Learning and Organizational Development

4. Promoting Resiliency in Rural Ohio Through Evidence-Based Prevention Programs [All Career Stages]

We will address pressing public health emergencies: youth mental health and parental stress. With rising issues like depression, anxiety, and substance use disorders, we will highlight the impact of severe stress on both parents and children. It will explore the Ohio Youth Resilience Collaborative's (OYRC) approach to tackling these challenges in rural settings. Gain insights from Extension educators and community leaders on effective prevention strategies and evidence-based programs designed to strengthen relationships, curb substance use, and enhance mental health. Through engaging storytelling and a call to action, you will be encouraged to get involved in community-based prevention efforts.

[#ExtensionKeysTrust,Inclusion,Care,Adaptability,Efficiency](#)

Presenters: Kelly Cabral – project director; **Michael Betz** – state specialist, family and consumer sciences; **Ken Stewart** – educator, family and consumer sciences; **Heather Reister** – educator, family and consumer sciences; **Tammy Jones** – educator, family and consumer sciences; **Treva Williams** – educator, family and consumer sciences; **Dennis DeCamp** – educator, family and consumer sciences

5. Your Intentional Annual Work Plan: Creating an Efficient, Effective and Adaptable Structure to Meet Your Goals [All Career Stages]

Is your calendar a chaotic whirlwind of activity and deadlines? OSU Extension offers some of the most autonomous, exciting, professional interest, and community-driven careers. Designing and driving your goals effectively within the annual calendar can be challenging. Being intentional with your work plan can help ensure that your professional goals, community needs, and alignment with your work teams and partners across the state will create success. Learn hands-on tools to design and follow your annual calendar with intention, direction, focus, and clarity for decision making. As important as all of the Extension Keys are, we will focus on the key of efficiency, giving you the key to unlocking the work plan that works for you.

[#ExtensionKeysEfficiency](#)

Presenters: Patrice Powers-Barker – educator, family and consumer sciences; **Melissa J. Rupp** – assistant professor, family and consumer sciences

6. Strategies Using the Research Literature to Better Inform and Deliver Extension Programs [All Career Stages]

Whether we are developing new or working with existing Extension programs, we need to ensure they are based on science and research to establish trust with our clientele. Trust is one of the five important "Keys" to Extension. You will increase your skills in how to conduct an in-depth research literature review and differentiate between high-quality studies and those lacking rigor and credibility. You will leave with ready-to-use strategies for searching and selecting high-quality research and resources to inform and guide your Extension programs. The presenters have decades of experience publishing and conducting research.

In addition, they regularly evaluate peer-reviewed publications and carry out exhaustive searches of the research literature. They work at Ohio State as faculty in OSU Extension, in an academic unit, and as a research librarian. [#ExtensionKeysTrust](#)

Presenters: **Scott Scheer** – professor; **Theresa Ferrari** – professor and Extension specialist; **Florian Diekmann** – research librarian

7. Growing Greener Teens [All Career Stages]

The Green Teens Garden program offers employment to at-risk local teens through growing and harvesting produce at county community gardens. The program is also a safe space for teens to learn life skills and job readiness, as well as grow fresh, healthy food for each teen to take home. Green Teens work at local community gardens, farmers' markets, farms, and the county fair. Throughout the summer, the program also imprints the importance of community involvement and volunteerism, showing the teens how interconnected their community is. This program is supported by OSU Extension Agriculture and Natural Resources, SNAP-Ed, Creating Healthy Communities, local health departments, The United Way, the Local Food Council and Community Garden Committee, county employment agency, county farmers' markets, local banks, restaurants, food pantries, and community members. [#ExtensionKeysInclusion,Care,Adaptability](#)

Presenters: **Catie Hayes** – SNAP-Ed program assistant; **Sabrina Schirtzinger** – educator, agriculture and natural resources; **Tami Ruhl** – creating healthy communities coordinator; **Tanner Cooper-Risser** – SNAP-Ed program assistant

8. The Ohio State Brand: Enhancing Communication and Building Trust with the Communities We Serve [All Career Stages]

Join us for an informative workshop that will delve into the expectations surrounding Extension communications and marketing at both the state and local levels. This session will cover the critical roles and responsibilities of our state communication team and local/unit personnel. Participants will gain insight into college and university guidelines, explore Extension-specific resources, and discuss best practices for ensuring that all our efforts align with and reflect the Ohio State brand. This is an excellent opportunity to strengthen our communication strategies and enhance our outreach impact. [#ExtensionKeysTrust,Efficiency](#)

Presenters: **Cheryl Buck** – Extension communication manager; **Marissa Mullett** – Extension marketing and communications specialist

9. Streamlining Calendar Management in Outlook [All Career Stages]

This session provides a smooth transition from paper calendars to Outlook, offering practical tips for effective calendar use. Participants will explore how to manage non-shared calendars and gain insights into Outlook's storage management. [#ExtensionKeysEfficiency](#)

Presenter: **Mandy Gagliardi** – instructional design senior analyst, Office of Technology and Digital Innovation, Communications and Training



Poster Session and Exhibitors: Tuesday, December 10 ■ 3:30-4:30pm

UNDERGRADUATE/GRADUATE STUDENT POSTERS

Understanding the Motivations of OSU Extension Program Participants: Meeting Their Specific Needs for Learning and Engagement (poster 1)

Unleashing the potential for learning and engagement that lives in every Extension program participant is something all Extension professionals strive for! Learn about the motivational forces that drive two of our primary OSU Extension program audiences: participants of pesticide and fertilizer recertification training and Master Gardener Volunteers, involving individuals who are volunteering their time assisting with educational activities. Learn how to leverage these motivations to better engage program participants, improve program outcomes, enhance learner recruitment, and retain key stakeholders.

[ExtensionKeysTrust,Inclusion,Adaptability](#)

Author: Kate Hornyak – program coordinator

Harvesting Health: Bringing Vaccine Education to the Farm Science Review (poster 2)

Explore how interactive and engaging methods at the Farm Science Review have successfully enhanced vaccine education in rural communities. This poster details the development and impact of the vaccine toolkit created by OSU Extension as part of the EXCITE initiative. Gain insights into effective outreach strategies, including interactive learning techniques and targeted dissemination methods, and learn how these approaches can be applied to improve vaccine confidence and address hesitancy. Discover practical takeaways for optimizing public health education and engaging with underserved populations.

[#ExtensionKeysTrust,Care](#)

Authors: Melanie Ruzga – student pharmacist; Myriam Shaw Ojeda – assistant professor; Daniel Remley – field specialist in food, nutrition, and wellness/assistant professor, OSU Extension-human ecology; Hira Siddiqui – AmeriCorps member; Ashley Blackford* – student pharmacist; Adrianna Carrillo Malpica – student pharmacist

Segmentation of Extension Professionals: Efficient Way to Improve Service Delivery (poster 3)

The efficiency of Extension services can be enhanced through the strategic segmentation of Extension professionals. This poster will focus on the methodology and key findings from a recent study that employs cluster analysis to group Extension professionals based on their attitudes, beliefs, and preconceptions. This segmentation approach will guide Extension organizations to develop differentiated strategies that will align with the preferences of each segment and help to mobilize them in a way to improve service efficiency. Learn how this approach can be applied to partition diverse participants including Extension program audiences.

[#ExtensionKeysEfficiency](#)

Authors: Manita Thapa – graduate fellow; Guilherme Signorini – assistant professor; Annie Specht – associate professor

RESEARCH POSTERS

Food Safety Practices for Food Delivery Affiliated with Ohio Retail Food Service Establishments (poster 4)

Food delivery has become increasingly popular throughout the last decade, given the integration of food delivery mobile platforms within the foodservice industry and the ongoing impacts of the Coronavirus disease (COVID-19) pandemic. Food delivery drivers may or may not have food safety training, and little is known about what types of food safety practices are implemented during pick up, transit, and drop-off processes. To better understand safe food handling practices employed for food delivery orders within Ohio retail food service establishments, an exploratory study was conducted. This study characterized practices of food delivery in Ohio and provides foundational information to begin to better understand the practices impacting food safety during food delivery. Extension personnel play an important role in sharing best food safety practices; they can adopt messaging for food delivery scenarios to be included in their own programming.

[#ExtensionKeysTrust,Adaptability](#)

Authors: **Nicole Arnold** – assistant professor/field specialist in food safety; **Michala Krakowski** – graduate student, college of public health, division of epidemiology; **Janet Buffer** – senior institute manager of Institute for Food Safety and Nutrition Security, The George Washington University; **Gina Nicholson Kramer** – Miss Gina, LLC; **Laura Morrison** – managing director of membership and employer food safety, Ohio Restaurant and Hospitality Alliance; **Barbara Kowalczyk** – director of Institute for Food Safety and Nutrition Security, The George Washington University

Evaluating Digital Accessibility of Ohio State University Extension’s Home Food Preservation Fact Sheets (poster 5)

Extension fact sheets are commonly used to communicate information to the public and may be housed on online platforms. It is essential to comply with web accessibility standards, as individuals with impaired vision often rely on screen readers to assist their access to online information. To ensure compliance with the most recent Web Content Accessibility Guidelines 2.1, OSU Extension home food preservation fact sheets were evaluated using the WAVE® browser extension for Google Chrome. A total of 31 fact sheets were categorized as canning, freezing, drying, and other. Research has revealed that many of the digital accessibility-flagged documents were due to the platform that the fact sheets were housed on and was not always due to content. Fact sheets with errors or insufficient accessibility features could cause translation errors leading to unsafe food preservation practices. This information is relevant to other Extension professionals involved in the development of fact sheets. [#ExtensionKeysInclusion,Adaptability](#)

Authors: **Nicole Arnold** – assistant professor/field specialist in food safety; **Allison Howell** – doctoral candidate; **Kate Shumaker** – educator, family and consumer sciences

Collaborative Research to Understand Impacts of the Food Protection Manager Certification: A Partnership Between Academia and Local Public Health (poster 6)

This poster provides an overview of an ongoing research partnership between Franklin County Public Health, The Ohio State University, and The George Washington University. In 2019, Ohio began requiring high-risk retail food establishments to employ Certified Food Protection Managers (CFPMs), individuals who have passed an accredited test, demonstrating their knowledge on overseeing the safe handling of food at foodservice and retail food establishments. This project leverages routine inspection results to examine the relationship between CFPM presence at an establishment and inspection performance. Preliminary results suggest that establishment type (i.e. foodservice or retail) and CFPM training format (in-person or online) are significantly associated with overall inspection performance. This work provides an example of how academic researchers, local health departments, and Extension can conduct applied research to facilitate continued improvements in food safety and public health. [#ExtensionKeysTrust,Efficiency](#)

Authors: **Nicole Arnold** – assistant professor/field specialist in food safety; **Allison Howell** – doctoral candidate; **Barbara Kowalczyk** – director of Institute for Food Safety and Nutrition Security, The George Washington University; **Sarah Jensen** – director of environmental health, Franklin County Public Health

This is Not a Drill! Is OSU Extension Ready to Respond in Your Community? (poster 7)

Disaster events require immediate response and decisive actions to address key needs and issues for affected populations. Following the 2023 train derailment in East Palestine, Ohio, OSU Extension received a USDA-NIFA grant to build capacity within the organization to respond to local emergencies, whether they be natural disaster or man-made. A survey was administered to all Extension personnel to determine existing capacity and needs of Extension professionals who serve Ohio in the areas of emergency readiness, knowledge of management plans, and response coordination. This poster will share results back to the organization, highlight the vital role of Extension personnel, and reinforce the value of emergency response preparedness. [#ExtensionKeysAdaptability,Efficiency](#)

Authors: **Lee Beers** – assistant professor; **Haley Shoemaker** – educator; **Jeff Hattey** – professor; **Dee Jepsen** – professor

Exploring College and Career Readiness through Ohio 4-H Spark EXPO (poster 8)

We will describe Ohio 4-H Spark EXPO and share evaluation results highlighting its impact on college and career readiness. Spark EXPO is a three and a half-day, three-night residential program for 9th- and 10th-grade participants. Previous attendees return as junior resident assistants with leadership training. Participants experience college life by staying in residence halls, dining on campus, and touring Ohio State Columbus and ATI campuses. They engage in hands-on career exploration and hear from a 4-H alumni panel. Results show Spark EXPO helped participants identify strengths, connect to career paths, and build confidence in the college decision process. These insights inform best practices for positive youth development and offer recommendations for enhancing the 4-H program's college and career readiness initiatives. This evaluation demonstrates the program's return on investment and its effectiveness in preparing youth for future success. [#ExtensionKeysTrust,Inclusion,Care,Adaptability,Efficiency](#)

Authors: **Margo Overholt-Seckel** – program manager, Ohio 4-H workforce development and pathways; **Theresa Ferrari** – professor/Extension specialist, 4-H youth development

Engagement in Action: Outcomes from the HEALing Communities Study (poster 9)

HEALing Communities Study (HCS) is a community engaged, data-driven, evidence-based approach to reduce opioid overdose deaths over four years. This study has concluded, and we now have outcomes and lessons learned from 18 counties in Ohio and 49 others in Kentucky, New York, and Massachusetts where we implemented the intervention. Local substance use and prevention coalitions were engaged to make data-based decisions to inform evidence-based practice selection related to overdose education and naloxone distribution, medications for opioid use disorder and safer prescribing. Local community health communications were used to support these efforts. Community-based research staff will explain the implementation, share success stories from local communities and explore the toolkits, how-to guides and success stories that are available to the public to address the opioid crisis in their own communities.

[#ExtensionKeysTrust,Inclusion,Adaptability](#)

Authors: **Sara Roberts** – senior program director; **Amy Farmer** – research staff; **Kendra Green** – research staff; **Kesla Klinger*** – research staff; **Melody Kingsley*** – research staff; **Leslie Head** – research staff; **Brad Sutterfield** – research staff

Effect of Tillage and Management Practices on Soil Aggregate in Stark County, Northeast Ohio (poster 10)

Interested in soil health, carbon sequestration and how soil is a major contender as a carbon "sink"? The Stark Sustainable Soils Initiative On-Farm Research Project is sharing its work on soil aggregation and its relationship to soil organic carbon, soil health and the effects of tillage and farm management practices on 10 unique small farms in Stark County, Ohio. We'd love to share our story about how our team partnered with a local foundation to conduct this study and established the model for a larger scale national study.

[#ExtensionKeysTrust,Adaptability,Efficiency](#)

Authors: **Heather Neikirk** – educator, agriculture and natural resources; **Gunadhish Khanal** – postdoctoral scholar, Stark Sustainable Soils Initiative, Rattan Lal Carbon Management and Sequestration Center (C-MASC), The Ohio State University; **Rattan Lal** – distinguished professor of soil science and director, C-MASC, The Ohio State University

The Current Landscape of After-School Programs in 4-H (poster 11)

After-school programs (ASPs) have attracted considerable attention as a setting for positive youth development (PYD) programming, and 4-H has been part of this growth. This poster highlights a study to describe the current extent of such programming in 4-H and to learn about the frequency, duration, breadth, and location of program offerings. This survey of 4-H professionals around the country provides a snapshot of the current ways they engage with ASPs in their communities; we found that ASPs vary in funding, goals, target audience, location, size, and staffing patterns. They are part of 4-H professionals' efforts to increase the reach of 4-H to more youth and are emblematic of the Extension adaptability key. Now, 20 years after

launching a national initiative, ASPs continue to represent a significant setting for delivering 4-H programs and represent an important way for 4-H to realize PYD goals. This poster will share the purpose, methods, results, and implications of the study. [#ExtensionKeysAdaptability](#)

Authors: **Theresa Ferrari** – Extension specialist, 4-H youth development; **Travis West*** – educator, 4-H youth development, Vinton County

EDUCATIONAL OUTREACH POSTERS

Relationships 101: A New 4-H Project Book for Youth Relationship Skills Education (poster 12)

A vital component of being mentally and physically healthy is having positive relationships. Informed by an extensive literature review, review of existing curriculum, and a needs assessment survey to 4-H members, Relationships 101 is a new intermediate-level 4-H project book focused on relationships. There are four theme areas with a total of 10 activities that guide youth to learn more about healthy relationships. It includes features characteristic of high-quality social emotional learning (SEL) programs and is aligned with SEL competencies. The activities follow a common template: each activity includes background, estimated time, supplies, learning objectives, and directions. This poster will review the background on healthy relationships, overview the components of the project book and sample activities, and discuss how it is easily adaptable to a variety of settings and audiences. [#ExtensionKeysTrust,Care](#)

Author: **Theresa Ferrari** – Extension specialist, 4-H youth development

WWWA: Wednesday Webinars for Women in Agriculture (poster 13)

Join the Ohio Women in Agriculture team leaders to get the "smackdown" on WWWA – Wednesday Webinars for Women in Agriculture! Visit our poster and meet the team leaders to learn more about this monthly virtual learning opportunity designed for your county's female producers! We're always looking for interesting topics and have opportunities for moderators and presenters!

[#ExtensionKeysTrust,Inclusion,Care,Adaptability,Efficiency](#)

Authors: **Heather Neikirk** – educator, agriculture and natural resources; **Gigi Neal** – educator, agriculture and natural resources; **Sarah Noggle** – educator, agriculture and natural resources; **Beth Scheckelhoff** – educator, agriculture and natural resources

Generation Rx: Safe Medication Practices for Better Health (poster 14)

Promoting individual and community health requires safe medication practices. Learn how a statewide collaboration paired an evidence-informed prevention education program and tailored communication strategies to effectively reach older adults. [#ExtensionKeysTrust,Adaptability](#)

Authors: **Marie Economos** – educator, family and consumer sciences; **Susan Zies** – educator, family and consumer sciences; **Alisha Barton** – educator, family and consumer sciences; **Dennis DeCamp** – educator, family and consumer sciences; **Jami Dellifield** – educator, family and consumer sciences; **Lorrissa Dunfee** – educator, family and consumer sciences; **Ruth Emptage** – professor of PharmD; **Corinna Gromley** – educator, family and consumer sciences; **Pat Holmes** – educator, family and consumer sciences; **Tammy Jones** – educator, family and consumer sciences; **Emily Morrison** – educator, family and consumer sciences; **Laura Stanton** – educator, family and consumer sciences; **Loretta Sweeney** – program assistant, family and consumer sciences; **Treva Williams** – area leader/educator, family and consumer sciences

Food Kindness: Addressing Food Security with Campus and Community Partners (poster 15)

Food security is an issue throughout Ohio. Learn more about the annual Food Kindness project, a collaboration among the Ohio State Buckeye community. During the past five years, Extension teams from 19 counties collaborated with hundreds of community organizations to deliver nearly one million shelf-stable meals, along with educational resources. The food is packed by volunteers at the Columbus campus and delivered via the official Ohio State football equipment truck with distribution at schools, fairgrounds, collaborating university campuses, and other community locations. Addressing food security throughout the year takes an entire community; and during this project, Ohio State recognizes local food kindness heroes. Scan a QR code for

county and state food security information, project details, and access to a few project resources.

#ExtensionKeysCare

Authors: Julie Fox – associate professor; Michelle Gaston – project coordinator

Ag Day: Flexing, Bouncing Back, and Teaming Up to Engage Youth in Agriculture. (poster 16)

Extension is all about making it work. We will showcase all the ways adaptability has come into play during the four years of the Medina County Ag Career Day Event and offer strategies for overcoming challenges and managing large events. **#ExtensionKeysAdaptability**

Authors: Ashley Kulhanek – educator; Erin Ruggiero – educator; Sierra Baca – educator

Building Vaccine Confidence in Ohio's Rural Communities (poster 17)

This poster will showcase how an interprofessional team of pharmacists, public health professionals, students, and AmeriCorps volunteers collaborated to create, market, and distribute the toolkit. Learn about the toolkit's structure, which is based on CDC guidelines, and how it addresses vaccine hesitancy through multi-modal outreach strategies. The poster highlights key factors influencing vaccine decisions, including confidence, convenience, and complacency, and the role of Extension professionals in disseminating accurate, localized information. It also covers the use of focus groups to refine the toolkit and survey. Discover how this project bridges healthcare disparities in rural communities and promotes informed decision making on vaccination.

#ExtensionKeysTrust,Care

Authors: Myriam Shaw Ojeda – assistant professor; Daniel Remley – field specialist in food, nutrition, and wellness/assistant professor, OSU Extension-human ecology; Amelia Meehan – consultant; Melanie Ruzga – student pharmacist; Hira Siddiqui – AmeriCorps volunteer; Harley Dawson – AmeriCorps volunteer; Megan Kroh – pharmacy fellow

Extension Publishing Analytics Build Efficiency (poster 18)

Join Extension Publishing team members for a close look at analytics from the Extension Publishing store and Ohioline. Whether you have partnered with Extension Publishing in the past or are now considering it, you can see for yourself how these platforms deliver professionally produced content to active audiences in Ohio and around the world. Statistical data from page views and sales provide powerful feedback on audience engagement that helps shape new content and identify priorities for updating older content. Discover how audience engagement data provides real-world leverage when applying for promotion and awards.

#ExtensionKeysTrust,Inclusion,Adaptability,Efficiency

Authors: Annie Steel – project coordinator; Tim Vargo – technical editor; Scott Hummel – editorial specialist

Broadband Required – Plug in to BroadbandOhio Accelerator (poster 19)

What is the BroadbandOhio Accelerator, and why should I care? Broadband is a necessary utility and is no longer a luxury. The BroadbandOhio Accelerator is a tool that teaches communities to take control of their broadband and Internet service providers. Learn how you can bring this program to your community.

#ExtensionKeysInclusion,Adaptability

Authors: Kyle White – educator, community development; Jerold Thomas* – associate professor

Solar Panels for Consumers – Lunch and Learns Packed with Facts (poster 20)

Do you want solar panels for your house? What's holding you back? Is it lack of knowledge, assumptions you have, or is it based on factual information? This poster takes the attendee on a journey of discovery. It asks: "what do you think is interesting and what do you want to learn more about"? Learn about a project that began as a personal interest and evolved into solar panel installation and teaching the community about solar panels for their homes. Learn to identify a community need and to be fearless in building a curriculum that will start a discussion about that need or interest. It will stimulate creative thinking and problem-solving.

#ExtensionKeysAdaptability

Author: Kyle White – educator, community development

Planning a Grain Bin Safety Program (poster 21)

Planning and implementing a grain bin safety program will include reviewing the steps of planning a training as well as the method of registration, partnering, etc.

#ExtensionKeysTrust,Inclusion,Care,Adaptability,Efficiency

Author: Leeoria Willis – educator, agriculture and natural resources, Montgomery County

Creative Communication: Building Support for Underserved Small-Scale Farmers (poster 22)

Urban agriculture involves diverse participants interested in alternative food systems. Small-scale underserved farmers particularly often face barriers such as lack of support and invisibility of their efforts. Through creative communication such as storytelling, Extension's impact on fostering community food security within and among diverse communities can be strengthened. **#ExtensionKeysAdaptability,Efficiency**

Authors: Sherifat Alabi – graduate teaching assistant; Joy Rumble – associate professor

Finding Local Food: How to Produce a Guide to Local Food in Your Community (poster 23)

Learn how to produce a local food guide for your community. Poster will take you through the history of one county's guide, show examples from other communities, and provide you with the information you will need to decide if this project is right for you. It will cover the following: the value of a local food guide, how to assemble a team, how to find funding, what are some of the challenges and decisions you will need to make, and how to market the guide for maximum impact. **#ExtensionKeysInclusion**

Author: Julie Wayman – educator, community development

Local Food Buying and Selling Guides for Early Care Sites Informed by Multi-Season Purchasing Pilots (poster 24)

Local farmers are looking for markets, and many early care and education (ECE) providers want to buy more local foods for the children they serve. Extension professionals can provide valuable technical assistance to connect producers with ECE providers using the new Ohio-specific local procurement guides recently published by OSU Extension. These guides are "Ohio's Guide to Buying Local Foods for Early Care and Education" and "Ohio's Guide to Selling Local Foods to Early Care and Education Providers." The guides were informed by a state-level Farm to ECE coalition input and pilot study findings. They describe buying/selling options, including farmer direct, farmers' markets, CSAs, food hubs, and local retail, recommended through a decision tree. Learn how to help producers and early care providers navigate Child and Adult Care Food Program (CACFP) and other applicable regulations and establish connections that result in more local nutritious foods being served to our youngest Ohioans! **#ExtensionKeysInclusion,Adaptability**

Authors: Carol Smathers – associate professor/field specialist in youth nutrition and wellness; Ali Segna – program manager for the HOP grant, family and consumer sciences

IDEAS IN ACTION POSTERS

Agritoto – A Collaboration to Engage Youth in Agriculture in Tanzania by Integrating Extension and 4-H (poster 25)

OSU Extension faculty are collaborating with leaders at a Tanzanian university of agriculture and Tanzania 4-H to provide sustainable agricultural education opportunities for youth ages 6-17 through system change. Faculty who went to Tanzania in August 2024 will share their experiences building this partnership, developing an MOU, and traveling across Tanzania to observe teaching and research facilities and pilot schools, tour farms, agribusinesses, and agricultural exhibitions, and share expertise through meetings and conference presentations. Broaden your horizons by learning about Tanzania's unique challenges, 4-H structure, and Extension model, viewing photos of amazing experiences, reflecting on Extension's

international outreach and cultural awareness activities, and considering how you might engage in international teaching, research, and scholarship. [#ExtensionKeysTrust,Adaptability,Efficiency](#)

Authors: **Carol Smathers** – associate professor/field specialist in youth nutrition and wellness; **Timothy McDermott*** – assistant professor/educator, agriculture and natural resources; **Steve Brady** – assistant professor/educator, 4-H youth development

Move Teens FOURward with Ag Career Exploration (poster 26)

Ag Career Exploration Day is an event developed by 4-H youth development and agriculture and natural resources professionals to introduce teens to career and education options in agriculture and natural resources to help foster an interest in those fields. Focusing on the Extension keys of adaptability and efficiency, this event was designed to help youth with an interest in agriculture identify potential educational and career options. Students from seven rural counties attended the one-day event to learn about jobs from more than 30 professionals working in the field, as well as programs at three colleges. Learn about program impacts and lessons learned for future program replication and delivery. [#ExtensionKeysAdaptability,Efficiency](#)

Authors: **Joy Bauman** – educator, 4-H youth development; **Maddie Allman** – educator, 4-H youth development and CFAES graduate student; **Jessica Burns** – educator, agriculture and natural resources/community development; **Zoie Clay** – educator, family and consumer sciences; **Erin Dailey** – educator, 4-H youth development; **Dirk Dempsey** – CFAES graduate student/former educator, agriculture and natural resources; **Rachael Fraley** – educator, 4-H youth development

Identifying and Communicating the Benefits of Volunteering (poster 27)

This poster will highlight the personal, organizational, and public benefits of volunteering including sharing of sample questions to assess the impacts of volunteer involvement, and examples of how to use volunteers to advocate for the program. It will also look at the calculation of the total financial contribution of volunteers, and sharing of examples of how those contributions are shared and communicated. [#ExtensionKeysEfficiency](#)

Author: **Jenna Hoyt** – educator

Extension in the Classroom: School Enrichment with Mahoning County (poster 28)

Are you interested in offering quality school enrichment in your county? Learn more about how you can best implement in-school and after-school programming for your schools, non-profit organizations, and more! The poster will show the programming aspects that make a quality in-school and after-school enrichment program, demonstrate the process of curriculum development for the program, and showcase the innovative marketing strategies used to promote the program within Mahoning County.

[#ExtensionKeysTrust,Inclusion,Care,Adaptability,Efficiency](#)

Authors: **Alex Kennedy** – educator, 4-H youth development; **Kristen Eisenhauer** – educator, 4-H youth development/ agriculture and natural resources

Yours, Mine, Ours: Creating a Positive Professional Partnership is Key to Success! (poster 29)

Are you fortunate enough to have a second or third colleague in your county with whom to share program responsibilities? Have you found a way to make it work for you and your program? Creating a mutually beneficial partnership is important, but it can be difficult to do. Allow us to share a few examples of how we have made it work in our case, and how our program is stronger because of it!

[#ExtensionKeysTrust,Adaptability,Efficiency](#)

Authors: **Lisa McCutcheon** – educator, 4-H youth development; **Adrienne Anderson** – program assistant, Licking County

Cultivating a Caring Culture in Clermont County (poster 30)

This poster explores how the Extension office in Clermont County has successfully integrated the Extension Key of care into its daily operations. By incorporating practices such as daily group walks, shared meals, and milestone celebrations, staff have created a nurturing and cohesive work environment. This poster will provide

insights into these practices, their impact on staff well-being, and actionable strategies for other organizations. [#ExtensionKeysCare](#)

Authors: Kelly Royalty – educator, 4-H youth development/family and consumer sciences; Gigi Neal – educator, agriculture and natural resources; Margaret Jenkins – educator, family and consumer sciences; Carlie Newman – educator, 4-H youth development; Becky Fiscus – SNAP-Ed program assistant; Cat Wolfe – SNAP-Ed program assistant; Meghan Burdsall – office associate

SNAP-Ed Food Pantry Connections Benefit from Adaptability (poster 31)

This poster highlights the various ways that northwestern Ohio SNAP-Ed has partnered with food pantries and food banks to help people make healthier choices. SNAP-Ed program assistants are actively engaged in helping food pantries make it easier for patrons to prepare nourishing meals with limited resources. It also highlights the efforts to reduce food waste by teaching participants how to use items they may not be familiar with. [#ExtensionKeysTrust,Inclusion,Care,Adaptability,Efficiency](#)

Authors: Suzanne Saggese – program specialist; Joanne Fyfe – program assistant

Fresh Connect: Produce Prescription Program (poster 32)

Food insecurity and chronic disease, especially with low-income individuals, continues to be a hot topic. The Fresh Connect program is a produce prescription program that was conducted in partnership with a county health department and the Creating Healthy Communities grant. This program used partnerships with doctor's offices, local retailers, and OSU Extension to be able to conduct the program. All components of starting the program, the logics of the program, and the educational session provided by the Extension educator, and initial results will be presented. [#ExtensionKeysTrust,Inclusion,Care,Adaptability](#)

Author: Katie Schlagheck – educator, family and consumer sciences

Preserving the Big Picture: Serving Clients and Supporting Colleagues (poster 33)

The Food Preservation Team has developed a comprehensive package of resources and opportunities with a goal of supporting our colleagues and serving our clients across the state. Making research-based food preservation information available to all counties is important. The “on-call” schedule, webinar library, fact sheets, and Facebook content provide Extension staff with someone to reach out to for answers and resources to share. This team meets the needs of our family and consumer sciences colleagues with as many tools as possible for conducting programming by providing training, Grab & Go lessons, and evaluations. Every one of these tools can link our clients to the correct food safety information they need and can make the job of another Extension professional more simple. How many other teams could build and share a full menu of resources to assist clients and colleagues across the state? [#ExtensionKeysTrust,Adaptability,Efficiency](#)

Authors: Kate Shumaker – educator, family and consumer sciences; Nicole Arnold – assistant professor/field specialist in food safety; Lisa Barlage – educator, family and consumer sciences; Sofia Carter – educator, family and consumer sciences; Shari Gallup – assistant professor/educator, family and consumer sciences; Laura Halladay – program specialist, healthy people; Candace Heer – assistant professor/educator, family and consumer sciences; Melinda Hill – area leader/educator, family and consumer sciences; Emily Marrison – assistant professor/educator, family and consumer sciences; Tina McGillvary – educator, family and consumer sciences; Melissa J. Rupp – assistant professor/educator, family and consumer sciences; Megan Taylor – educator, family and consumer sciences; Treva Williams – area leader/educator, family and consumer sciences

Healing Social Isolation and Loneliness with FCS Programs (poster 34)

Extension family and consumer science educators can play a role in healing social isolation and loneliness in people of all ages. This poster will highlight the results of two FCS programs offered in one Ohio county: Wits Workouts and Wellness Walks. After offering both programs for more than a year, the educator has noticed how the two programs complement each other and has led to “cross-pollination” of the same participants attending both programs regularly. Even better, she is seeing the healing effects of social connections among the older adult participants and has captured the impact through program evaluations. Learn background

information about both FCS programs, how they have become intertwined, and positive evaluation data from both programs. Educational resources, marketing examples, and potential community partners will be shared to encourage other educators who are interested in replicating similar programs.

[#ExtensionKeysInclusion,Care,Adaptability](#)

Author: **Laura Stanton** – educator, family and consumer sciences

Strengthening Local Community Coalitions (poster 35)

Learn more about how to build connections and strengthen relationships through community coalitions.

[#ExtensionKeysEfficiency](#)

Authors: **Gwynn Stewart** – assistant professor/educator, community development; **Ken Stewart** – educator, family and consumer sciences