

# CURRICULUM VITAE FOR EXTENSION EDUCATOR FACULTY

University of Idaho

**NAME:** Tasha (Killian) Howard

**DATE:** October 25, 2023

**RANK OR TITLE:** Assistant Professor

**DEPARTMENT:** University of Idaho Extension, Southern District

**OFFICE LOCATION:** University of Idaho Extension, Canyon County  
501 Main Street  
Caldwell, ID 83605

**OFFICE PHONE:** 208-459-6003

**FAX:** 208-454-6349

**EMAIL:** [thoward@uidaho.edu](mailto:thoward@uidaho.edu)

**WEB:** [uidaho.edu/extension/canyon](http://uidaho.edu/extension/canyon)

**DATE OF FIRST EMPLOYMENT AT UI:** August 8, 2022

**DATE OF TENURE:** Untenured

**DATE OF PRESENT RANK OR TITLE:** August 8, 2022

## EDUCATION BEYOND HIGH SCHOOL:

### Degrees:

MS, 2018, Family and Human Development, Utah State University, Logan, Utah.

BS, 2016, Family, Consumer, and Human Development, Utah State University, Logan, Utah.

AS, 2014, General Studies Utah State University, Logan, Utah.

### Certificates and Licenses:

Utah State University Rural Online Initiative, Master Remote Work Professional, 2019

Utah State University Extension, Master Food Preserver, 2018

National Council on Mental Wellness, Adult Mental Health First Aid, 2018

National Council on Mental Wellness, Youth Mental Health First Aid, 2018

Collaborative Institutional Training Initiative (CITI), Investigator/Student Researcher Certificate, 2018.

## EXPERIENCE:

### Teaching, Extension and Research Appointments:

Assistant Extension Professor, University of Idaho, Canyon County, Caldwell, Idaho, 2022-present.

Assistant Extension Professor, Utah State University, Juab County, Nephi, Utah, 2018-2022.

### Academic Administrative Appointments:

County Chair, University of Idaho Extension, Canyon County, Boise, Idaho, 2019-present.

County Director, Utah State University, Juab County, Nephi, Utah, 2019-2022.

## TEACHING ACCOMPLISHMENTS:

### Areas of Specialization:

Health & Wellness

4-H & Youth Development

### Interns/Students Advised:

Sayki, Kelvin, College of Idaho, Public Health, 2023.

Woodland, Madison, Southern Utah University, Communications, 2022.

Samuelson, Sydney, Southern Utah University, Public Affairs, 2021.

**Interns/Students Advised (cont.):**

Winn, Sara, Utah State University, Agricultural Education, 2021.  
Johnson, Heather, Utah State University, Applied Sciences and Technology Education, 2021.  
Taylor, Kylee, Utah State University, Agricultural Education, 2020.  
Woolstenhulme, Sabrina, Brigham Young University, Family & Consumer Sciences Education, 2019-2020.  
Peterson, Savannah, Utah State University, Plant Sciences, 2018.

**Materials Developed:****Workbooks, Manuals:**

Dart, C., R. Griffin, **T. Howard**, C. Nicholls, D. Widdison, A. Leonard, Utah 4-H Operations Handbook. Utah State University Extension. 2020.

**Webpages:**

Howard, T., Dementia Friends Idaho, 2023-Present. <https://www.uidaho.edu/extension/dementia-friends>  
Howard, T., D. Lowber, Family & Consumer Sciences UI Extension Canyon County, 2022-Present. <https://www.uidaho.edu/extension/county/canyon/family-consumer-sciences>  
Howard, T., A. Butler, J. Hawkins, Mental Health Education Website, Utah State University Extension, 2020-2022. <https://extension.usu.edu/mentalhealth/>  
Howard, T., A. Butler, Ag Wellness Website, Utah State University Extension, 2022. <https://extension.usu.edu/agwellness/>  
Howard, T., J. Ercanbrack, Juab County Extension Website, Utah State University Extension, 2018-2022. <https://extension.usu.edu/juab/>

**Video Productions:**

McConnell-Soong, L., J. Peutz, M. Toomey, T. Howard, S. Greenway, and L Sant. Caldwell Senior Produce Program. Well Connected Communities Case Study. YouTube Video. [www.youtube.com/watch?v=I\\_wb7IWUO9U](http://www.youtube.com/watch?v=I_wb7IWUO9U). October 2023.  
Nielson, M., **T. Howard**, (2023). Meet Extension: Tasha Howard. YouTube video. <https://youtu.be/GIxMuJnNy5M>  
Dallin, J., C. Ward, J. Hadfield, **T. Howard**, P. Wray, (2021). Farm Stress and Mental Health. YouTube Video. <https://youtu.be/uiFTVNcljC0>  
Howard, T., P. Wray, (2022). UTAC: A Model for Response to Mental Health. YouTube video. <https://youtu.be/RuOLH22UUmU>  
Dallin, J., C. Ward, J. Hadfield, **T. Howard**, P. Wray, (2021). Farm Stress and Mental Health. YouTube Video. <https://youtu.be/6nqgtrNfW5o>  
Killian, T., P. Wray, (2020). *Rural Mental Health*. Select Health Award Videos. <https://youtu.be/2eGDWDU6Hz4>

**PowerPoint/Slide Presentations:**

Howard, T., P. Wray, B. Morrisroe, 4-H Mental Health Upholding Fences. 2023.  
Howard, T., P. Wray, B. Morrisroe, 4-H Mental Health Mending Fences. 2023.  
Howard, T., P. Wray, B. Morrisroe, 4-H Mental Health Building Fences. 2023.  
Howard, T., What is Extension? April 2023.  
Howard, T., P. Wray, A. Litchford, Utah talks, answers, & connects, 4-H volunteer curriculum. 2022.  
Howard, T., P. Wray, C. Ward, J. Dallin, J. Hadfield, Mending fences: Utah talks, answers, & connects, Ag Wellness curriculum. 2021.

**PowerPoint/Slide Presentations cont.:**

Howard, T., P. Wray, The biggest asset is you, Ag Wellness curriculum. 2020.  
 Howard, T., C. Dart, How to run a successful 4-H Club. Utah 4-H Core Leader Trainings.  
<https://extension.usu.edu/utah4h/staff-resources> 2020.

### **Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc.:**

#### **Health & Wellness:**

Howard, T., Dementia Friends Information Session, Online. October 26, 2023.  
 Howard, T., Diabetes Prevention Program Information Sessions 0-3. October, 2023.  
 Howard, T., Dementia Friends Information Session, Online. September 14, 2023.  
 Howard, T., Dementia Friends Information Session, Online. August 24, 2023.  
 Howard, T., B. Morrisroe, Dementia Friends Information Session, Idaho Commission on Aging, Boise, ID, August 17, 2023.  
 Howard, T., Eating Healthy Away from Home, Diabetes Prevention Program -Nampa Rec Series, Nampa, ID, July 19, 2023.  
 Petty, B., **T. Howard**, A. West, Partnering with Activity Directors, and Others to Innovate for a Brighter Tomorrow, Idaho Health Care Association Convention, Boise, ID, July 12, 2023.  
 Howard, T., L. Blanch, L. Sant, Dementia Friends Information Session, July 6, 2023. Online.  
 Howard, T., B. Morrisroe, Dementia Friends Information Session, Hispanic/American Indian Friends Information Healthcare Conference, June 7, 2023, Twin Falls, Idaho.  
 Howard, T., Dementia Friends Information Session, Caldwell, ID. June 1, 2023.  
 Howard, T., L. Blanch, L. Sant, Dementia Friends Information Session, Alzheimer's and Related Dementias State Alliance, May 31, 2023. Online.  
 Morrisroe, B., T. Howard, Dementia Friends Information Session, American Association of Retired Persons (AARP), May 18, 2023. Boise, Idaho.  
 Howard, T., Coping Skills for Healthcare Workers, Horizon Home Health, Meridian, ID. May 16, 2023.  
 Howard, T., Stress Management for Healthcare Workers, Horizon Home Health, Fruitland, ID. May 11, 2023.  
 Howard, T., Stress Management for Healthcare Workers, Horizon Home Health, Emmett, ID. May 4, 2023.  
 Howard, T., Coping Skills for Healthcare Workers, Horizon Home Health, Fruitland, ID. April 27, 2023.  
 Howard, T., Stress Management for Healthcare Workers, Horizon Home Health, Caldwell, ID. April 25, 2023.  
 Howard, T., Coping Skills for Healthcare Workers, Horizon Home Health, Emmett, ID. April 20, 2023.  
 Howard, T., Coping Skills for Healthcare Workers, Horizon Home Health, Caldwell, ID. April 18, 2023.  
 Howard, T., B. Morrisroe, K. Tift, K. Jensen, L. Blanch, L. Sant, University of Idaho Annual Extension Conference, Sun Valley, Idaho. April 12, 2023.  
 Howard, T., B. Morrisroe, Dementia Friends Information Session, Canyon County Extension Office, Caldwell, Idaho, March 30, 2023.  
 Howard, T., Mental Health Training, Caldwell, ID. March 1, 2023.  
 Howard, T., What is Extension?, Caldwell, ID. March 1, 2023.  
 Howard, T., Freezing & Freeze-drying, Online. February 28, 2023  
 Howard, T., Meyers Briggs Personality Training, Boise, ID. February 21, 2023.  
 Howard, T., The Importance of Communication, Caldwell, ID. February 6, 2023  
 Howard, T., Mental Health First Aid, Caldwell, ID. January 14, 2023.  
 Howard, T., Working with Different Personalities, Caldwell, ID. November 2022.  
 Howard, T., Air Fryer Basics, Caldwell, ID. October 2022.  
 Howard, **T.**, T. Hunsaker, Freeze Drier Certification, Nephi, UT. July 2022.  
 Howard, T., C. Nicholls, What is Extension?, Juab Information Fair, Nephi, UT. July 2022.  
 Hadfield, J., J. Dallin, **T. Howard**, TAC for 4-Hers, Teen Summit, Springville, UT. July 2022.  
 Dallin, J., C. Ward, **T. Howard**, UTAC for USU, 4-H In-Service, St. George, UT. June 2022.

**Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc. (cont.):****Health & Wellness:**

- Hadfield, J., J. Dallin, **T. Howard**, Ag Wellness Program, Ag Wellness Podcast Interview, online. June 2022.
- Nielson, M., **T. Howard**, Meet Extension, Facebook Live. May 2022.
- Howard, T., T. Mathis, C. Jensen, Utah Extension Association of Family and Consumer Sciences Annual Meeting, Midway, UT, April 20-22, 2022.
- Hunsaker, T., **T. Howard**, Freeze-Drier Certification Course, Nephi, UT, March 30, 2022.
- Wray, P., **T. Howard**, Mini-Grant Work Presentation, Utah State University Annual Conference, Lehi, UT, March, 3, 2022.
- Wray, P., **T. Howard**, Be Well – UTAC presentation, Utah State University HR Presentations, Online, February 22, 2022.
- Howard, T., Using Technology as a Tool, Utah Marriage Celebration, Utah State University, Online, January 19, 2022.
- Dallin, J., P. Wray, **T. Howard**, J. Hadfield, C. Ward, The biggest asset is you, Small Farms Conference, online. 2021.
- Howard, T., E. Timothy, T. Keady, Utah State University Mental Health Response, Utah Association of Commissioners Meeting, Salt Lake City, UT. 2021
- Aller, T., **T. Howard**, Utah State University Ag Wellness Program, WRASAP Network Meeting, online. 2021.
- Howard, T., Pressure Canner Lids and Education, Nephi, UT. 2021.
- Howard, T., T. Hunsaker, Freeze Dryer Certification Course, Nephi, UT. 2021
- Killian, T., Tech Savvy Relationships, Utah Marriage Celebration, Online. 2021.
- Killian, T., M. Nielson, Posting During the Pandemic. USU Extension Facebook Live Series, online. 2020.
- Garcia, Z., **T. Killian**, Empowering Mental Wellness Within Our Campuses and Community Program, Extension Annual Conference, Logan, UT. 2020.
- Killian, T., Nutrition for Seniors, Juab County Senior Center, Nephi, UT. 2020.
- Killian, T., P. Wray, Mental Health First Aid, Snowville, UT. 2020
- Killian, T., J. Dallin, P. Wray, C. Ward, J. Hadfield, The biggest asset is you, online. 2020.
- Killian, T., Healthy Digital Habits, Six County Career Fair, Ephraim, UT. 2020.
- Killian, T., Pressure Canner Lids and Education, Nephi, UT. 2020.
- Killian, T., Medication Take Back Fair Presentation, Juab Unites Motivating Prevention Fair, Nephi. UT. 2019.
- Killian, T., Poison Prevention, Juab County Senior Center, Nephi, UT. 2019.
- Killian, T., C. Jensen, Youth Mental Health First Aid, Price, UT. 2019.
- Killian, T., J. Bigler, Mental Health First Aid, Kaysville, UT. 2019.
- Killian, T., P. Wray, Mental Health First Aid, Nephi, UT. 2019.
- Killian, T., P. Wray, Mental Health First Aid, Blanding, UT. 2019.
- Killian, T., First time home buyers Education, Busy Bee Parents Night, Nephi, UT. 2019.
- Killian, T., Budgeting for Teens, Young Women's Class, Mona, UT. 2019.
- Killian, T., Great Utah shakeout, Nephi, UT. 2018
- Killian, T., Tech Talks, Nephi, UT. 2018.
- Killian, T., Physical activity, and wellness., Six County Career Fair, Ephraim, UT. 2018.
- Killian, T., Pressure Canner Testing & Instruction, Nephi, UT. 2018.
- Killian, T. Blender Bike Demo, Juab County Fair, Nephi, UT. 2018.
- Killian, T., L. Bates., J. Jensen, 4-H Foods Camp, Nephi, UT. 2018.
- Killian, T., Canning 101, Millard County Canning Night, Fillmore, UT. 2018
- Killian, T., Pressure Canning Lids & Basics, Nephi, UT. 2018.

**4-H & Youth Development:**

- Howard, T. Building Fences Training, Cambridge, ID. September 13, 2023.
- Howard, T., Dementia Friends Information Session, 4-H Day Camp, Caldwell, ID. June 30, 2023.
- Wray, P., **T. Howard**, 4-H Building Fences, STAC Training, Moscow, Idaho. June 27, 2023.

**Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc. (cont.):****4-H & Youth Development:**

- Wray, P., **T. Howard**, 4-H Fences, STAC Steering Committee Training, Moscow, Idaho. June 26, 2023.
- Morrisroe, B., **T. Howard**, Dementia Friends Information Session, Cascade Lake 4H Camp, Donnelly, Idaho. June 9, 2023.
- Morrisroe, B., **T. Howard**, 4-H Mental Health: Building Fences, Cascade Lake 4H Camp, Donnelly, Idaho. June 8, 2023.
- Howard, T., Youth Mental Health First Aid, Caldwell, ID. May 13, 2023.
- Howard, T., Coping Skills, Young Women's Mutual Activity, Caldwell, ID. April 4, 2023.
- Howard, T., Talk, Answer, Connect for 4-H Volunteers, 4-H Volunteer Training, Nampa, ID. February 11, 2023.
- Wray, P., **T. Howard**, 4-H Mending Fences Workshop, Central District 4-H Meeting, Burley, ID. January 12, 2023.
- Clarich, C., S. Martinez, **T. Howard**, Yoga & breathing, Washington Elementary School Fitness Night, Caldwell, ID. September 2022.
- Howard, T., S. Samuelson, Youth voice. Teen Summit. Springville, UT. July 28, 2022.
- Howard, T., F. Spaeth, C. Dart, Youth voice & civic engagement, Youth City Councils training. Logan, UT. March, 2022.
- Howard, T., C. Nicholls, C. Wilkey, Juab Teen Council Leadership Lessons, Nephi, UT. 2022.
- Howard, T., C. Nicholls., Youth resilience, Juab Junior High Assembly, Nephi, UT. 2022.
- Howard, T., C. Nicholls, Digital Safety, Juab Junior High Assembly, Nephi, UT. 2022.
- Howard, T., S. Samuelson, Civil Disagreement. Utah 4-H Teen Summit, Provo, UT. 2021.
- Howard, T., What Does a Career in Extension Look Like? Brigham Young University – Idaho, FACS Teacher Class, online. 2021.
- Howard, T., P. Wray, Mental Health Awareness & Advocacy for 4-H Staff. Utah 4-H Spring In-Service, Hurricane, UT. 2021.
- Howard, T., C. Nicholls, What is 4-H & How can you Partner with Them? Juab Local Interagency Council, Nephi, UT. 2021.
- Samuelson, S., **T. Howard**, 4-H Mindfulness, 4-H Teen Summit, Provo, UT. 2021.
- Howard, T.**, C. Nicholls, 4-H Teen Council Training, JUMP Coalition Meetings, Nephi, UT. 2021.
- Killian, T., Working with different personalities, 4-H All Hands Meeting, Online, 2021.
- Killian, T., C. Nicholls, Juab County Fair & State Contests, Juab County Fair, Nephi, UT. 2020.
- Killian, T., Speeches and Resumes, Juab County 4-H Resume workshop, Nephi, UT, 2020.
- Killian, T., C. Dart, How to Run a Successful 4-H Club. Utah 4-H Staff Training, online. 2020.
- Killian, T., C. Nicholls, How to Write a Resume & Interview, Juab CTE Career Class, Nephi, Utah. 2020.
- Killian, T., Building Digital Citizenship, 4-H Leadermete, Kaysville, UT. 2019.
- Killian, T., B. Crandall., Building Community Through 4-H Clubs, 4-H Leadermete, Kaysville, UT. 2019.
- Parent, V., **T. Killian**, What is 4-H, Experiential Learning? 4-H After School Training, Nephi, Utah. 2019.
- Taylor, A., J. Jensen, **T. Killian**, Art & science, 4-H Summer in the Park, Nephi, UT. 2019.
- Taylor, A., J. Jensen, **T. Killian**, Healthy living, 4-H Day Camp, Nephi, UT. 2019.
- Killian, T., A. Reynolds, 4-H Teen Council Training, Moab, UT. 2019.
- Killian, T., T. Walker, W. Kenison, Technology & 4-H Parents, Parent Night Out, Nephi, UT. 2019.
- Killian, T., Communication in Real Life. Juab Unites Motivating Prevention Community Night Out, Nephi, UT. 2018.
- Ward, C., E. Davis, **T. Killian**, World of Work Presentation, FACS Teacher Annual Conference, Saratoga Springs, UT. 2018.
- Killian, T., I. Butts, What is 4-H & How do I join?, Juab Arts in The Park, Nephi, UT. 2018.
- Killian, T., B. Crandall, 4-H Careers, Juab High School Career Day, Nephi, UT. 2018.
- Jensen, J., **T. Killian**, 4-H Sewing Camp, Juab High School, Nephi, UT. 2018.

**Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc. (cont.):****4-H & Youth Development (cont.):**

- Taylor, A., J. Jensen, **T. Killian**, Art & science, 4-H Summer in the Park, Nephi, UT. 2018.  
 Taylor, A., J. Jensen., **T. Killian**, Healthy living, 4-H Day Camp, Nephi, UT. 2018.  
 Killian, T., Teen Council Leadership Boot Camp, Nephi, UT. 2018.  
 Killian, T., S. Peterson, FCS Bowl Instructions and workshop, Nephi, UT. 2018.

**Teaching Honors and Awards:**

- Murza, G., T. Howard, Best of State: Utah, Excellence in Mental Health Education, Utah Best of State Awards Program Board and Sponsors, July 2022.  
 Howard, T., Peer Recognition Award, Utah Extension Association of Family and Consumer Sciences, March 2022.

**SCHOLARSHIP ACCOMPLISHMENTS:**

Description of personal contributions

\* Corresponding author

1. Developed project idea
2. Obtained or provided project funding/resources
3. Collected data
4. Analyzed data
5. Contributed significantly to writing
6. Contributed significantly to editing

**Publications, Exhibitions, Performances, Recitals:****Refereed:****Journals:**

- Aller, T.\*, R. Russo, Byers, R., **Howard, T.**, E. Fauth, (2022) Promoting mental health literacy in agricultural families: Leveraging the role of Extension in community programs, National Council on Family Relations Report (2, 3, 5, 6)  
 Hadfield, J., M. Wierda\*, P. Wray, **T. Howard**, Ward,, Dallin, J., Incorporating Mental Health CEU's in Statewide Virtual Pesticide Workshops. Journal of National Association of Agricultural Agents. 2021. (1,2,3,6)  
 Swinton, J.\*, **T. Killian**, & Wray, P., Importance of Adding Objective Data to Stakeholder Data in Needs Assessments. Journal of Extension. 58(3). 1-8. 2020. (5,6)

**Extension Publications:****Bulletins/Pacific Northwest (PNW) Publications:**

- Howard, T.\*, B. Morrisroe. 2023. Practical Coping Skills for Managing Stress. University of Idaho Extension. Bul 1053.

**Utah State University Fact Sheets:**

- Gossner, J. D\*., E. Fauth, & **T. Howard**, Values: Helping agricultural producers find motivation by focusing on what matters [Fact sheet]. Utah State University Extension. 2022.  
[https://digitalcommons.usu.edu/extension\\_curall/2290/](https://digitalcommons.usu.edu/extension_curall/2290/) (1,2,6)  
 Gossner, J., E. Fauth, & **T. Howard\***, Managing stress for agricultural producers: Learning to "unhook" [Fact sheet]. Utah State University Extension. 2022.  
[https://digitalcommons.usu.edu/extension\\_curall/2273/](https://digitalcommons.usu.edu/extension_curall/2273/) (1,2,6)

**Utah State University Fact Sheets (cont.):**

- Gossner, J. D., E. Fauth, & **T. Howard\***, Responding to financial stress for agricultural producers and couples [Fact sheet]. Utah State University Extension. 2022.  
[https://digitalcommons.usu.edu/extension\\_curall/2283/](https://digitalcommons.usu.edu/extension_curall/2283/) (1,2,5,6)
- Gossner, J., E. Fauth, & **T. Howard\***, Accepting uncomfortable emotions: Learning from car dashboards and manure [Fact sheet]. Utah State University Extension. 2022. (1,2,6)

**Curricula:**

- Bunnell, J.\*, D. Boley, **T. Howard**, Discover 4-H: Public Speaking Curriculum. Utah State University Extension, 2019.

**Professional Meeting Abstracts and Proceedings:**

- Ward, C.\*, J. Hadfield, J. Dallin, P. Wray, **T. Howard**, Mental Health Literacy and Awareness for Rural Agriculture Youth Organizations, Epsilon Sigma Phi Conference, September 2022. (1,5,6)
- Wray, P.\*, C. Nelson, **T. Howard**, C. Ward, J. Dallin, J. Hadfield, Talk, Answer & Connect for Mental Health. National 4-H Summit on Healthy Living, April 21-24, 2022. (1,5,6)
- Howard, T.\*, Litchford, (2022). *Mental Health Literacy for 4-H Volunteers*. National Extension Conference on Volunteerism, Oklahoma. (1, 2, 5)
- Howard, T.\*, K. Ure, (2022). *Personality in Extension Leadership*. Extension Leadership Conference, Kansas City, Missouri. (1,5,6)

**Peer Reviewed/Evaluated:****Extension Publications:**

- Howard, T.\*, P. Wray, J. Hadfield, J. Dallin, and C. Ward, USU Extension's Focus on Stress and Mental Health in Rural Agriculture, Outcomes and Impact Quarterly: Vol. 1: Iss. 2, Article 1., 2021. DOI: <https://doi.org/10.26077/39fc-0234> Available at:  
<https://digitalcommons.usu.edu/oiq/vol1/iss2/1> (1,2,5,6)

**Professional Meeting Abstracts and Proceedings:**

- Howard, T.\*, A. Litchford, Mental Health Literacy for 4-H Volunteers. National Extension Conference on Volunteerism, Oklahoma. April 2022.
- Howard, T.\*, K. Ure, Personality in Extension Leadership. Extension Leadership Conference, Kansas City, Missouri. February 2022.
- Killian, T., Z. Garcia\*, P. Wray, Mental Health First Aid – An Ecological Approach to Mental Health. National Council on Family Relations Annual Conference, Online. November 2021.
- Bunnell, J.\*, **T. Killian**, Future is Bright with Public Speaking, National Association of Extension 4-H Youth Development Professionals Annual Conference, Online. October 2020.
- Killian, T.\*, P. Wray, C. Ward, (2020, April). *Best Practices: A Cross-Discipline Approach to Rural Stress*, Home & Community Annual Inservice, Online (1,5,6)
- Killian, T.\*, (2018). *Personality & Program Fidelity*, Utah State Extension Southern Region Faculty Meeting, Nephi, UT (1,5,6)

**New Curricula Developed:**

- Dart, C.\*, **T. Howard**, R. Griffin, C. Nicholls, D. Widdison, Leonard, A., (2021). 4-H Volunteer Leader and Staff Protection of Minors Training. Utah State University Youth Development Programs. (5,6)

**Educational Media:**

- Howard, T.\*, (2022). Using Tech for Connection. Utah Marriage Celebration.(1,5,6)

**Educational Media (cont.):**

Killian, T.\*, (2021, February 19). Be “Tech SAVVY” in Your Relationship. Utah Marriage Celebration. (1,5,6)

**Other:****University of Idaho Extension Impact Statements:**

Howard, T.\*, B. Morrisroe, K. Tift, K. Jensen, L. Blanch, L. Sant. Extension educators turn understanding to action through Dementia Friends program. August 2023. <https://www.uidaho.edu/-/media/UIDaho-Responsive/Files/Extension/admin/Impacts/2023/25-23-thoward-dementia-friends.pdf> (2, 3, 4, 5, 6)

Toomey, M.\*, L. McConnell-Soong, J. Peutz, and T. Howard. 4-H health advocates lead change for nutrition equity at Caldwell High School. July 2023. <https://www.uidaho.edu/-/media/UIDaho-Responsive/Files/Extension/admin/Impacts/2023/22-23-mtoomey-4h-health.pdf> (6)

Toomey, M.\*, T. Howard, L. McConnell-Soong, and J. Peutz. November 2022. Caldwell Senior Produce Program strengthens connections, community and health. <https://www.uidaho.edu/-/media/UIDaho-Responsive/Files/Extension/admin/Impacts/2022/44-22-mtoomey-produce-program.pdf> (5,6)

**Utah State University Extension Impact Statements:**

Garcia, Z.\*, T. Killian, 2020. Mental Health Program Impacts, [https://extension.usu.edu/news\\_sections/impacts/mental-health-programs](https://extension.usu.edu/news_sections/impacts/mental-health-programs) (1,2, 3, 5,6)

**Utah Farm Bureau Federation Letters:**

Killian, T.\*, (2021). The Biggest Asset is You. Utah Farm Bureau Federation Newsletters Webpage, <https://www.utahfarmbureau.org/Article/The-biggest-asset-is-you> (1, 2,5,6)

**Scholarly Presentations and Other Creative Activities:****Displays and Posters:**

Howard, T., P. Wray, Addressing Mental Health through a Social -Ecological Approach with 4-H Youth and Volunteers. Epsilon Sigma Phi Annual Conference, Billings, MT. September 2023.

Howard, T., P. Wray, 4-H Building Fences Program, Extension Annual Conference, Sun Valley, ID. April 2023.

Killian, T., Z. Garcia\*, P. Wray, Mental Health First Aid – An Ecological Approach to Mental Health. National Council on Family Relations Annual Conference, Online. November 2021.

Bunnell, J.\*, T. Killian, Future is Bright with Public Speaking, National Association of Extension 4-H Youth Development Professionals Annual Conference, Online. October 2020.

**Professional Meeting Papers, Workshops:**

Howard, T., A. Litchford, Mental Health Literacy for 4-H Volunteers. National Extension Conference on Volunteerism, Oklahoma. April 2022.

Howard, T., K. Ure, Personality in Extension Leadership. Extension Leadership Conference, Kansas City, Missouri. February 2022.

Killian, T., P. Wray, C. Ward, (2020, April). *Best Practices: A Cross-Discipline Approach to Rural Stress*, Home & Community Annual Inservice, Online (1,5,6)

Killian, T., P. Wray, C. Ward, (2020, April). *Best Practices: A Cross-Discipline Approach to Rural Stress*, Home & Community Annual Inservice, Online (1,5,6)

Killian, T., (2018). *Personality & Program Fidelity*, Utah State Extension Southern Region Faculty Meeting, Nephi, UT (1,5,6)



**Online Extension Courses:**

Aller, T., **T. Howard**, E. Fauth, Ag Wellness for Community Members, Utah State University Extension Course Catalog. Online. 2022. <https://extensioncourses.usu.edu/product/ag-wellness/>  
 Aller, T., **T. Howard**, E. Fauth, Mental Health Awareness and Advocacy for Ag, Utah State University Extension Course Catalog. Online. 2022.  
<https://extensioncourses.usu.edu/product/mental-health-awareness-advocacy-for-ag/>

**Podcast Series:**

Dallin, J., J. Hadfield, A. Schiwal, **T. Howard**, Ag Wellness Podcast Series, Online. October 2021-August 2022.

**Grants and Contracts Awarded:**

Howard, T., J. Puetz, L. McConnell-Soong, EXCITE-3 Implementation Phase, eXtension Foundation, June 2023-November 2024. \$99,999.59 (shared spending authority).  
 Howard, T., B. Morrisroe, K. Tift, K. Jensen, L. Blanch, L. Sant, Dementia Friends Pilot Program, Alzheimer's Disease and Related Dementias, Idaho Department of Health and Welfare, February 2023-June 2023. \$19,438 (\$19,438 shared spending authority).  
 Hansen, L. B. Henderson, D. Callister, T. Hoene, **T. Howard**, and K. Tift. Farm stress/mental health, Wester Region Agricultural Stress Assistance Program, 2022 \$199,993.00 (\$10,000 spending authority).  
 Peutz, J., M. Toomey, L. McConnell-Soong, S. Greenway, L. Sant and **T. Howard**. Idaho's Well Connected Communities Initiative, Wave 3. National 4-H Council in partnership with Robert Wood Johnson Foundation, January 1, 2022- October 31, 2023. \$40,000 (\$40,000 co-spending authority).  
 Killian, T., T. Aller, B. Fauth, A. Schiwal, J. Dallin, J. Hadfield, Western Region Stress Assistance Program: MHAA & ACT, Outreach Sub-Award. Washington State University. 2020-2022, \$267,000 (\$200,000 co-spending authority).  
 Howard, T. Create Better Health Nutrition Education grant- Juab County, funded by USU Extension and the Food and Nutrition Services. 2022. \$34,000 (\$4,000 spending authority)  
 Killian, T. Mental Health First Aid in Rural Utah. Select Health Marketing Awards. 2020, \$23,000 (\$3,000 spending authority).  
 Ivie, D., **T. Howard**, After school in Juab and Tintic School Districts. Utah State Board of Education. 2021-2024, \$441, 049 (\$175,000 spending authority).  
 Dart, C., **T. Howard**, 4-H Civic Engagement. Koch Foundation. 2021-2022, \$99,766. (\$99,766 co-spending authority).  
 Howard, T., Create Better Health Nutrition Education grant – Juab County, funded by USU Extension and the Food and Nutrition Services. 2021. \$34,473. (\$4,000 spending authority)  
 Dallin, J., J. Hadfield, **Killian, T.**, C. Ward, P. Wray, IPM/ Sustainable Agriculture Mini Grant. 2020-2025, \$5,000 (all shared spending authority).  
 Killian, T., Create Better Health Nutrition Education grant- Juab County, funded by USU Extension and the Food and Nutrition Services. 2020. \$34,473. (\$4,000 spending authority)  
 Killian, T., Create Better Health Nutrition Education grant – Juab County, funded by USU Extension and the Food and Nutrition Services. 2019. \$34,473. (\$4,000 spending authority)  
 Parent, V., **T. Killian**, D. Ivie, 21<sup>st</sup> Century After School Programs. Utah State Board of Education. 2018-2023. \$1,073,941 (\$357,980 spending authority).  
 Killian, T., Create Better Health Nutrition Education grant – Juab County, funded by USU Extension and the Food and Nutrition Services. 2018. \$34,473. (\$4,000 spending authority)

**University of Idaho Internal Funding Awarded:**

Wray, P., **T. Howard**, B. Morrisroe, Teens Reaching Youth Mental Health 4-H Pilot Program. University of Idaho. 2023. \$6,950. (co spending authority)

**Utah State University Internal Funding Awarded:**

Aller, T., **T. Killian**, R. Russo, E. Fauth, Mental Health Literacy for Youth in Rural Utah: Training and curriculum development. Center for Persons with Disabilities. 2021-2022. \$70,000. (all shared spending authority)

Wray, P., **T. Howard**, C. Ward, J. Dallin, J. Hadfield, Mental Health Literacy and Awareness for Rural Agriculture Youth Organizations Discipline. Utah State University Extension Seed Grant Program. 2021-2022. \$18,500. (all shared spending authority)

Howard, T., USU summer intern. 2022. \$4,000.

Howard, T., (2021). USU summer interns. 2021. \$8,000.

Killian, T., (2020). USU summer intern. 2020. \$4,000.

Killian, T., USU summer interns. 2019. \$8,000.

Killian, T., USU summer intern. 2018. \$4,000.

**In-kind and Industry Support:**

McConnell-Soong, L., D. Adams, **T. Howard**, A. Serrano, D. Dixon, Senior Produce Program Donation by St. Luke's Hospitals. 2023, \$5,000

McConnell-Soong, L., D. Adams, **T. Howard**, A. Serrano, D. Dixon, Senior Produce Program Donation by City of Caldwell. 2023, \$5,000

Howard, T., 4-H Program Support donation by Ute Stampede Committee. 2021. \$750.

Howard, T., Supplies & Meeting Space for Juab Shooting Sports Club donated by Nephi Gun Club. 2021. \$1,000.

Howard, T., 4-H Program Support donation by Ute Stampede Committee. 2020. \$1,050.

Howard, T., and C. Nicholls, Supplies & Meeting Space for Juab Shooting Sports Club donated by Nephi Gun Club. 2020. \$1,000.

Howard, T., and C. Nicholls, Supplies & Meeting Space for Juab Shooting Sports Club donated by The Bow Shop. 2020. \$1,000.

Howard, T., Conference travel and registration fees donated by Juab Unites Motivating Prevention Coalition. 2019. \$2,617.

**Scholarship Honors and Awards:**

Wray, P., **T. Howard**, C. Ward, J. Dallin, J. Hadfield, National Association of Extension 4-H Youth Development Professionals Search for Excellence in Teen Programming Award, State, Region, and National Winner, 2022.

Ward, C., J. Dallin, J. Hadfield, P. Wray, **T. Howard**, Epsilon Sigma Phi: Distinguished Team Award for Mental Health Literacy and Awareness for Rural Agriculture Youth Organizations, State and Region Winner, 2022.

Ward, C., J. Dallin, J. Hadfield, P. Wray, **T. Howard**, Utah Association of Extension 4-H Youth Development Professionals Diversity Team: Second Place, Mental Health Literacy and Awareness for Rural Agriculture Youth Organizations, 2022.

Howard, T., J. Dallin, J. Hadfield, T. Aller, A. Schiwal, Utah Extension Association of Family and Consumer Sciences Marketing/ Public Relations Program: Third Place Team, Ag Wellness Podcast, 2022.

Timothy, E., D. Schramm, E. Davis, N. Brower, **T. Howard**, Utah Extension Association of Family and Consumer Sciences Marketing/ Public Relations Program Marketing/ Public Relations Program: First Place Team, Couples and Family Relationships Working Group: Online Articles, 2022.

Howard, T., P. Wray, Ward, C., J. Dallin, J. Hadfield, National Extension Association of Family and Consumer Sciences Family Health & Wellness Team Award, Ag Wellness for Producers and Families, 2022.

Howard, T., ., P. Wray, Ward, C., J. Dallin, J. Hadfield, Utah Extension Association of Family and Consumer Sciences Diversity Program Team Award: Second Place, The Biggest Asset is YOU, 2021.

**Scholarship Honors and Awards:**

- Christensen, A., M. Jewkes, C. Ward, **T. Howard**, et al., National Extension Association of Family and Consumer Sciences Social Media Education Team Award, Utah Money Moms, State, Region, and National Winner. 2021.
- Howard, T., Select Health Awards Winner, Utah State University Extension Rural Mental Health, 2020.
- LeBlanc, H., **T. Howard**, et al., National Extension Association of Family and Consumer Sciences Education Marketing Package Team Award, Create an Active Winter, State, Region, and National Winner, 2019.
- Howard, T., Marketing/ Public Relations Award, Tech Talks, Utah Extension Association of Family and Consumer Sciences, 2019.
- Nielson, M., **T. Howard**, et al., Epsilon Sigma Phi: IOTA Chapter Distinguished Team Award, Facebook Live Team, , 2019.
- Howard, T., Z. Garcia, Wray, P., Crowdfunding Award with LikeMinded, Impact Collaborative Summit, 2019

**SERVICE:****Major Committee Assignments:****National:**

- Western Region Mental Health and Nutrition Network, Program Development, Workgroup Member, 2023-Present.
- Dementia Friends Evidence-Based Curriculum Work Group, Dementia Friends USA Organization, Committee Member, 2023-Present.
- National Extension Association of 4-H Youth Development Professionals Civic Engagement Working Group, Member, November 2019-2022.
- National Extension Association of Family and Consumer Sciences Conference Speaker and AV Committee, Chair, 2019-2020.

**University of Idaho:**

- University of Idaho College of Agriculture and Life Sciences, Thesis Committee Member, 2023-2025
- University of Idaho UBUNTU Committee, Member, 2023-2024

**Utah State University:**

- Utah State University College of Agriculture and Applied Sciences Home and Community Department Head Search, 2022
- Utah State University College of Agriculture and Applied Sciences Thesis Committee Member, 2021

**State:**

- Idaho Alzheimer's Disease and Related Dementias Alliance, Goal team 4 Committee Member, 2023-Present.

**Extension:**

- University of Idaho Extension Educator Search Committee, Canyon County, 2023
- University of Idaho Extension Health and Wellness Priority Extension Team member, 2022-Present
- Utah State University Extension Home and Community Mental Health Workgroup Chair, 2020-2022

**Extension cont.:**

Utah State University Extension Home and Community Workgroups Member, 2020-2022  
 Utah State University Extension 4-H Workgroups Member, 2020-2022  
 Utah State University Extension 4-H Civic Engagement Sub-Committee Chair, 2020-2022  
 Utah State University Extension Faculty Search Committee, Juab County, 2022  
 Utah State University Extension Faculty Search Committee Chair, Summit County, 2021  
 Utah State University Extension Faculty Search Committee Member, Sevier County, 2019, 2021

**District:**

University of Idaho Southern District Promotion & Tenure Committee Member, 2023-Present  
 University of Idaho Family and Consumer Sciences Southern District Chair, 2023-Present  
 Utah State University Extension Southern Region Faculty Best Practices Reviewer, 2019

**County/Local:**

Caldwell Health Coalition, 2022-present  
 Southwest Idaho Suicide Prevention Group, 2022-Present  
 Idaho Mental Health First Aid Instructors Group, 2022-Present  
 Juab Unites Motivating Prevention Coalition Member, 2018-2022  
 Juab County Local Interagency Council Member, 2018-2022  
 Juab County Fair Board Member, 2018-2021

**Professional and Scholarly Organizations:**

National Association of Community Development Extension Professionals, 2022-Present

**Professional and Scholarly Organizations (cont.):**

Epsilon Sigma Phi, Idaho Chapter, 2022-Present  
 Idaho Extension Association of Family and Consumer Sciences, 2022-Present  
 President Elect, 2023  
 Idaho Extension Association of 4-H Youth Development Professionals, 2022-Present  
 National Council on Family Relations, 2021-Present  
 National Extension Association of Family and Consumer Sciences, 2018-Present  
 National Extension Association of 4-H Youth Development Professionals, 2018-Present  
 Epsilon Sigma Phi, 2018-Present  
 Utah Extension Association of Family and Consumer Sciences, 2018-2022  
 Immediate Past President, 2022-Present  
 President, 2022  
 President Elect, 2021  
 Secretary/ Treasurer, 2020  
 Membership Committee (chair), 2019-2020  
 Epsilon Sigma Phi, Utah Chapter, 2018-2022  
 Utah Extension Association of 4-H Youth Development Professionals, 2018-2022

**Outreach Service:****Classes, Workshops, Seminars, Share Fairs and Tours Organized:**

Howard, T., Diabetes Prevention Program, Canyon County HR Wellness Program,  
 October 10, 2023  
 October 17, 2023  
 October 24, 2023  
 October 31, 2023  
 McConnell-Soong, L., J. Puetz, T. Howard, Poverty Trainings for Health Districts,  
 September- November 2023, 8 sessions

**Classes, Workshops, Seminars, Share Fairs and Tours Organized cont.:**

- Howard, T., T. Hoene, Western Region Farm & Ranch Stress Meetings, January -September 2023  
 Glens Ferry Mental Health “Fun August Nights” Community Event  
 Cambridge Mental Health Outreach Community Event BBQ  
 Cambridge Meeting #5  
 Cambridge Meeting #4  
 Glens Ferry Meeting #5  
 Glens Ferry Meeting #4  
 Glens Ferry Meeting #3  
 Glens Ferry Meeting #2
- Howard, T., Board of County Commissioners Extension Office Tour, 2023, Caldwell, ID
- Howard, T., Horizon Home Health Management Coping & Stress Trainings, 2023 Spring Sessions  
 Coping Skills, Meridian Office  
 Coping Skills, Emmett Office  
 Stress Management Plan, Emmett Office  
 Coping Skills, Emmett Office  
 Stress Management Plan, Emmett Office  
 Coping Skills, Caldwell Office  
 Stress Management Plan, Caldwell Office
- Adams, D., **T. Howard**, L. McConnell-Soong, Caldwell Health Coalition Monthly Meetings, January – October 2023
- Howard, T., N. Ghimire, County Needs Assessment Training, Caldwell, Idaho. October 2022.
- Peutz, J., L. McConnell-Soong, M. Toomey, and **T. Howard**. Senior Produce Program 2022 Market Season, Participant Focus Group. Caldwell Idaho. October 2022.
- Howard, T., T. Mathis, C. Jenkins, K. Ure, J. Dyckman, Utah Extension Association of Family and Consumer Sciences In-Service, Midway, Utah, April 20-22, 2022.
- Dart, C., **T. Howard**, C. Nicholls, A. Arnold, R. Griffin, D. Widison, Utah 4-H In-Service, Dart, C., **T. Howard**, C. Nicholls, A. Arnold, R. Griffin, D. Widison Hurricane, Utah, May 2021, 2022.
- Dart, C., **T. Howard**, C. Nicholls, A. Arnold, R. Griffin, D. Widison Utah 4-H In-Service, Price, Utah, October 2021.
- Wray, P., **T. Howard**, T. Mathis, E. Davis, C. Nelson, Utah Extension Association of Family and Consumer Sciences In-Service, Online, April, 2021.
- Howard, T., Freeze Dryer Rental Training Workshop, Nephi, UT. 2021-2022  
 8 sessions
- Howard, T., C. Nicholls, How to Write a Resume & Interview, Juab Junior High School CTE March 2021; 4 class sessions
- Wray, P., **T. Howard**, T. Mathis, P. Davis, C. Nelson, Utah Extension Association of Family and Consumer Sciences In-Service, Online, April, 2020.
- Howard, T., C. Nicholls, Teen Council Leadership Trainings & Workshops  
 Workshop Development Leadership Training, September 2021-July 2022, 9 trainings  
 Service Leadership Training, April 2019-March 2020, 7 sessions  
 Basic Leadership Training, March 2018-March 2019; 8 sessions
- Howard, T., P. Wray, A. Yaughner, Mental Health First Aid Workshops  
 Box Elder County Farm & Ranch Mental Health First Aid, Snowville, UT, February 2020  
 Carbon County Educator Youth Mental Health, January 2020  
 Davis Behavioral Tech College Mental Health First Aid, Kaysville, UT, September 2019  
 Juab County Mental Health First Aid, Nephi, UT, March 2019  
 San Juan County Mental Health First Aid, Blanding, UT, March 2019  
 Extension Annual Conference Mental Health First Aid, Logan, UT, March 2019
- Howard, T., A. Reynolds, 4-H Teen Council Retreat, Moab, Utah, February, 2019.
- Walker, T., **T. Howard**, 4-H After School Family Night Out, August 2019.

Tech Talks, Parenting Workshop, 2 sessions  
 Howard, T., J. Jensen, C. Nicholls, Robertson, A., Henstra, T., 4-H Day Camps  
 Mona 4-H Day Camps, June-July 2022, 3 sessions

**Classes, Workshops, Seminars, Share Fairs and Tours Organized cont.:**

Nephi 4-H Day Camps, June-July 2022, 3 sessions  
 Levan 4-H Day Camp, June 2022, 1 session  
 Mona 4-H Day Camps, June-July 2021, 3 sessions  
 Nephi 4-H Day Camps, June-July 2021, 3 sessions  
 Levan 4-H Day Camp, June 2021, 1 session  
 Eureka City 4-H Day Camp, July 2021, 1 session  
 4-H Take Home Day Camp Kits, Summer Sessions, 2020  
 Mona 4-H Day Camps, June-July 2019, 3 sessions  
 Nephi 4-H Day Camps, June-July 2019, 3 sessions  
 Levan 4-H Day Camp, June 2019, 1 session  
 Mona 4-H Day Camps, June-July 2018, 3 sessions  
 Nephi 4-H Day Camps, June-July 2018, 3 sessions  
 Levan 4-H Day Camp, June 2018, 1 session  
 Howard, T., Nicholls, C., Woolstenhulme, S., Reynolds, A., Family & Consumer Sciences Bowl  
 Team Practices, September 2018-March 2021  
 Howard, T., C. Nicholls, Crandall, B., Juab County Community Night Out, Nephi, UT.  
 Community Resources Scavenger Hunt, July 2022  
 Food Demonstration Workshop, July 2021  
 Leadership Workshops, August 2019  
 Communication in Real Life, August 2018

**Miscellaneous Extension Publications:**

**Utah State University Extension Workgroup Internet Articles:**

**Mental Health Workgroup:**

Creating Healthy Routines for the New Year, 2022.  
 The Importance of Self Appreciation, 2021.  
 Building Connections for Mental Health, 2021.  
 Supporting a Loved One with Mental Health Illnesses, 2021.  
 Summertime Mental Health Tips, 2021.

**Family Relationships Workgroup:**

Tech Toys for Christmas, 2021.  
 The Importance of Showing Gratitude to Your Partner, 2021.  
 Building Independence in College-Aged Kids, 2021  
 Newlywed Tips, 2021.  
 How Can 4-H Help Your Family?, 2020.  
 Resolutions & Dopamine, 2020.

**Finance Workgroup:**

Protecting yourself as a Renter, 2021.  
 Budgeting Tips and Tricks, 2021.  
 Dollar Store Decor, 2020.  
 5 Ways to Save Money as a College Student, 2020.  
 Storing as a Single Lady, 2020.  
 Internet Safety Day, 2020.  
 How to Save Money on Holiday Travel, 2019.  
 3 Thrifty Decorating Hacks, 2019.  
 #FinanceGoals, 2019.  
 Summer Spending – Had Me A Blast, 2019.  
 Financial Security for Singles, 2019.

**Popular Press:****Nephi Times Newspaper Articles:**

Reducing Spending Stress., June 2022.  
 Formula Shortage, May 2022.  
 Common Canning Myths, May 2022.  
 Be Part of the Solution, April 2022.  
 Grocery Budgets, and Inflation, March 2022.  
 Creating Healthy Routines for the New Year, January 2022.  
 USU Extension Juab County 2021 Report, December 2021.  
 Better Everyone Juab, October 2021.  
 Building Independence in College-Aged Kids, September, 2021.  
 Combatting the Summertime Blues, June, 2021.  
 What can Extension do for You?, April 2021.  
 Protecting Yourself as a Renter, March 2021.  
 The Biggest Asset is YOU, February 2021.  
 Budgeting Tricks, January 2021.  
 Finding Hope in the New Year, January 2021.  
 The Importance of Traditions, December 2020.  
 Pay it Forward – Gratitude, November 2020.  
 Holiday Travel During the Pandemic, November 2020.  
 Stress on Parenting During Covid-19, October 2020.  
 Be the Change, September 2020.  
 Covid & Screentime, April 2020.  
 Coronavirus Myths & Facts, March 2020.  
 Tech SAVVY Media Plans, January 2020.  
 Holiday Travel Tips, December 2019.  
 Savings Matters, April 2019.  
 Pressure Cooking Then vs Now, April 2019.  
 Rural Online Initiative, April 2019.  
 Savings Matters, February 2019.  
 Fighting the Screentime Battle, January 2019.  
 New You, More Money, January 2019.  
 Perfectionism, The Goal Killer, December 2018.  
 Extension in Juab County, November 2018.  
 Combatting Holiday Stress, November 2018.  
 Incorporating Gratitude, November 2018.  
 Mental Health First Aid, October 2018.  
 Online Safety, September 2018.  
 Eliminating New School Year Stress, August 2018.  
 4-H, What, Why, & How, July 2018.  
 Reducing Stress on Road Trips, July 2018.  
 Summertime Accident Prevention, July 2018.  
 Summertime Slide, June 2018.  
 Tech Talk, May 2018.  
 Combatting Stress, April 2018.

**Interview Articles:**

O'Connell, J., Well connected communities, Keeping up with CALS, May 31, 2023.  
 O'Connell, J., UI Extension pilot program making communities friendlier toward those with dementia, Idaho State Journal, May 17, 2023.  
 Nelson, J., Mental Health Resources for Utah State University Students, Utah Statesman, June 23, 2022.

Webber, M., USU Extension to launch free online mental health courses to support rural Utah farmers and ranchers, St. George News, December 16, 2020.

#### **Interview Articles cont.:**

Rudd, S., USU Extension receives grant for mental health in rural communities, Cache Valley Daily, November 4, 2020.  
 Wilde, J., USU Extension receives funding for rural mental health resources, Herald Journal News, November 4, 2020.  
 Foster, K., USU Extension Receives Grant to Improve Rural Mental Health Programs, Utah Public Radio, November 13, 2020.

#### **Media Presentations:**

Getting Mental Health First Aid Certified. Finding Hope, ABC 6 News, Boise, Idaho. Aired July 5, 2023.  
 ¿Cómo podemos ayudar a otros con salud mental?, Nuevo Amanecer, Sal y Luz Radio, Boise, Idaho. Aired April 4, 2023.  
 Utah State University Extension Ag Wellness Grant. Community Spotlight Feature, Fox 13 News Salt Lake City. Aired November 2020.  
 Tech SAVVY Families. Good Things Utah, Fox 13 Salt Lake City. Aired March 2020.

#### **Webpages/Social Media:**

Canyon County Extension Facebook page, 2022-present.  
 Canyon County Extension Instagram account, 2022-present.  
 Juab County Extension Instagram account, 2018-2022.  
 Juab County Extension Facebook page, 2018-2022.  
 Juab County Extension 4-H Instagram account, 2018-2022.  
 Juab County Extension 4-H Facebook page, 2018-2022.  
 Ag Wellness Extension Facebook page, 2021-2022.  
 Ag Wellness Extension Instagram account, 2021-2022.

#### **Judging:**

4-H Non-Livestock projects, Canyon County Fair, Caldwell, ID, 2023.  
 4-H Project Interviews, Canyon County, Caldwell, ID 2023.  
 4-H state ambassador interviews, State ambassador process, Online, 2021.  
 4-H youth prepared speech, Utah Skill-A-Thon, Provo, Utah, 2021.  
 4-H world of work contest, 4-H Utah State Contest, Logan, Utah, 2019.

#### **Review Activities:**

University of Idaho Extension Publishing, Fast Track subeditor.  
 2023, three publications.  
 Utah State Extension Publishing, FastTrack subeditor.  
 2020, two publications.  
 2019, two publications.  
 2018, two publications.  
 2017, two publications.  
 Mini-Grant proposals, Utah State University Extension, 2019.  
 University of Nevada Reno Publishing, Spanish Fact Sheet reviewer.  
 2019, one publication.  
 2018, one publication.

#### **Community Service:**



Youth Primary Worker, Caldwell 17<sup>th</sup> Ward, The Church of Jesus Christ of Latter-Day Saints,  
2023-Present

**Community Service Cont.:**

Young Women Leader, Caldwell 17<sup>th</sup> Ward, The Church of Jesus Christ of Latter-Day Saints,  
2022-2023.

4-H Youth Volunteer, Utah State University Extension, 2017-2022.

Youth Leader, Escalante Ward, The Church of Jesus Christ of Latter-Day Saints, 2021-2022.

Volunteer Teacher, Springville 8th Ward, The Church of Jesus Christ of Latter-Day Saints, 2020-  
2021.

**PROFESSIONAL DEVELOPMENT:**

**Teaching:**

Dementia Friends Champion Training, Online, February 2023.

Diabetes Prevention Healthy Lifestyle Coach Training, Online, January 2023.

Master Food Safety Advisor Course, Boise, ID, January-March 2023.

Beegle Poverty Coaching Institute, Online, December, 2022.

Master Food Preserver Train the Trainer Course, Provo, UT, April 27-30, 2021.

Youth Mental Health First Aid Train the Trainer Course, Kaysville, UT. February 19-21, 2019.

Master Food Preserver Train the Trainer Course, Richfield, UT, September 5-7<sup>th</sup>, 2018.

Mental Health First Aid Train the Trainer Course, Taylorsville, UT. May, 2018.

**Scholarship:**

Utah State University Grant Writing Symposium, Logan, UT, May-July 2019.

**Outreach:**

Western Region Health and Nutrition Network, Las Vegas, NV, October 2023.

Epsilon Sigma Phi Annual Conference, Billings, MT, September 2023.

Idaho Council of Hispanic Affairs Health Outreach Conference, Twin Falls, ID, June 7, 2023.

University of Idaho Extension Annual Conference, Sun Valley, ID, April 2023.

Pacific Northwest 4-H Conference, Boise, ID, November 2022.

County Needs Assessment Training, Caldwell, ID, October 27, 2022.

Idaho 4-H In-Service, Boise, ID, October 25-26, 2022

Training on formatting Curriculum Vitae, Online, October 10, 2022.

Southern District Faculty Meeting, Caldwell, ID, October 5, 2022.

New Faculty Orientation Training, Moscow, ID, August 14-18, 2022.

Utah 4-H In-Service, St. George, UT. May 23-24, 2022.

National Extension Conference on Volunteerism, Oklahoma City, Oklahoma, April 25-27.

Utah Extension Association of Family and Consumer Sciences Annual Conference, Midway, UT,  
April 20-22.

Utah State University Extension Annual Conference, Lehi, UT, March 2-4, 2022.

National Association of 4-H Youth Development Professionals Annual Conference, Memphis, TN,  
November 15-18, 2021.

National Extension Association of Family and Consumer Sciences Annual Conference, Online,  
November 1-4, 2021.

Epsilon Sigma Phi Annual Conference, Savannah, GA, October 25-28, 2021.

Utah State University Extension Fall Professional Development Retreat, Moab, UT, September 12-14,  
2021.

Create Better Health Annual Conference, Online, September 29-30, 2021.

Utah State University Extension Annual Conference, Online, March 17-19, 2021.

National Council on Family Relations Annual Conference, Online, November 11-14, 2020.

National Association Extension 4-H Youth Development Professionals Annual Conference, Online, October 20-22, 2020.  
 Utah Rural Summit, Cedar City, UT, October 5-6, 2020.  
 Utah 4-H In-Service, St. George, UT, September 28-30, 2020.

**Outreach (cont.):**

Utah Extension Association of Family and Consumer Sciences, Online, April 2020.  
 Utah State University Extension Annual Conference, Logan, UT, February 26-28, 2020.  
 National Association of Extension 4-H Youth Development Professionals Conference, West Virginia, November 1-7, 2019.  
 Utah 4-H In-Service, Park City, UT, October 22-24, 2019.  
 eXtension Impact Collaborative Training, Atlanta, Georgia, October 14-17, 2019.  
 Utah State University Extension Fall Professional Development Retreat, Moab, UT, October 10-12, 2019.  
 National Prevention Network Conference, National Prevention Conference. Chicago, IL, August 2019.  
 Rural Opioid Health & Wellness Summit, Price, UT, July 17-19, 2019.  
 Statewide Conference on Prevention Efforts, Bryce Canyon, UT, June 19-21, 2019.  
 Southern Region Faculty Meeting, Nephi, UT, May 14, 2019.  
 Utah Extension Association of Family and Consumer Sciences Annual Conference, Provo, UT, April 30-May 2, 2019.  
 Utah 4-H Leadermete, Kaysville, UT, March, 14-16, 2019.  
 Utah State University Extension Annual Conference, Logan, UT. February 25-18, 2019.  
 Rural Stress Summit, University of Georgia, Atlanta, Georgia, December 9-12, 2018.  
 Utah 4-H In-Service, St. George, UT, November 13-15, 2018.  
 eXtension Impact Collaborative, Indianapolis, Indiana, October 2018.  
 Utah Food Sense Conference, Kaysville, UT, October 2-4, 2018.  
 Utah Extension Association of Family and Consumer Sciences Annual In-Service, Kaysville, UT, May 29-30, 2018.

**Administration/Management:**

Own Your Leadership Journey, eXtension, Online, September 2023.  
 County Chair Training, University of Idaho Extension, Idaho Falls, September 19-20, 2023.  
 Managing Priorities, University of Idaho Extension, Online. February, 23, 2023.  
 Civil Rights Review Training, University of Idaho Extension, Online. February 2, 2023.  
 Public Issues Leadership Development Conference, Joint Council of Extension Professionals, Washington D.C., April 3-6, 2022.  
 Extension Leadership Conference, Joint Council of Extension Professionals, Kansas City, Missouri, February 8-11, 2022.  
 Women and Leadership Training. Andrus Center. Online training, September 14-15, 2022.  
 LEAD21: Land-Grant Personal Leadership Training. LEAD21: University of Georgia Extension. Chicago, IL, June 2022.