

# EXTENSION DUNN COUNTY APRIL HIGHLIGHTS



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON  
DUNN COUNTY

## Check Out What We've Been Up To:

- A four-week, virtual Arts and Crafts program for young people in grades 3-5 where we explored the art mediums of paper, fabric, clay, and paint in order to illustrate art concepts such as symmetry and negative space.
- A video for individuals who use a local food pantry that demonstrated how to utilize pantry foods in a recipe. The goal of this effort was to encourage pantry participants to have a broader selection of foods followed by an increased consumption of a wide variety of healthy foods available to them.
- Distribution of recorded video lessons for elementary age children, where they learn about healthy eating. This effort is designed to help teachers promote healthier foods in the classroom, outreach to parents at home, and for students to try new fruits and vegetables.
- Offered and presented virtual classes for parents of young children where they learned to make healthy snacks and discussed ways to include youth in food preparation. This helps create mealtime harmony and supports children consuming more variety of healthy foods.
- Planning classes for parents of young children to learn healthy eating, food safety, and money-saving practices for their families. This will help them to plan meals, provide healthy meals & snacks, and stretch their food dollars.
- Planning the implementation of the Farmers Market -Market Match program in collaboration with local partners and the Health Dunn Right -Chronic Disease Prevention Action Team. The goal of this effort is to allow SNAP/FoodShare recipients to receive double tokens which increases their food security.
- A poster session at statewide and national virtual conferences where our team shared results of Motivational Interviewing as a Tool to Address Farm Stress and Transitions efforts. This program increased the professional capacity of Extension educators by improving their communication and facilitation skills with the clientele they serve.



Joy Weisner, FoodWise Nutrition Educator,  
virtually teaching youth the importance of veggies!

**SELECT UPCOMING EVENTS:** For more visit [dunn.extension.wisc.edu/calendar/](https://dunn.extension.wisc.edu/calendar/) and [extension.wisc.edu/events/](https://extension.wisc.edu/events/)

May 18th - Testing, Amending, and Managing Gardens for Soil Health: <https://go.wisc.edu/461n76>

May 19th, 26th, and June 2nd - Triple P: <https://forms.gle/Vs8RABzrWvPz8bAZ9>

May 19th - Kick-off of a 7 week WeCOPE series: <https://forms.gle/rUEbXBAo94Co6i1CA>

May 20th - Kick-off of a weekly drop-in the mindfulness class, Practicing the Pause: <https://forms.gle/oiBzDLZKDbfqFtSNA>






May 22nd - Parents Forever: <https://forms.gle/9T2Bmr4sPxLDwWeJ9>



### **Katie Wantoch | Associate Professor and Agriculture Agent, Specializing in Economic Development**

Educators at Extension have developed a professional development program for colleagues from diverse disciplinary perspectives, in the use of Motivational Interviewing (MI). The program is a novel approach to emerging and ongoing challenges with a proven technique to engage clientele on particularly time-sensitive topics. Due to ongoing economic conditions in agriculture, many farms are facing significant financial challenges, resulting in questions regarding the viability of the businesses. Educators are working with farmers, farm families and rural clientele who have experienced chronic stress in recent years. Motivational Interviewing is one communication tool of many techniques that can be applied to our effort in supporting farms, and farm families dealing with stress and transition. The program increased the

**Dunn County Staff Highlights**

	<p>professional capacity of Extension educators by improving their communication and facilitation skills with the clientele they serve. As a result of this project, educators gained confidence in their ability to engage and respond to sensitive conversations with clientele and reported being in a better position to develop strong relationships and presence in communities they serve.</p> <p>The results of this program were accepted and presented at the 2021 Extension Risk Management Education (ERME) National Conference. The conference was held virtually via Pheedloop platform. The poster was available for viewing during the three-day conference held March 23-25. Poster presenters also virtually chatted with attendees during the poster session held on March 24. The poster will also be presented during the 2021 Wisconsin JCEP Conference during the poster session on May 6 and it is attached at the end of the highlights for viewing.</p>		
	<p><b>Margaret Murphy   Horticulture Outreach Specialist</b></p> <p>Margaret is working on horticulture questions that are coming in daily. They span a variety of topics so are keeping Margaret on her toes.</p> <p>Upcoming programs: Dunn County together with Eau Claire and Chippewa Counties hosted a virtual talk on vegetable diseases by Dr. Brian Hudelson, Director of the Plant Disease Diagnostic Clinic, on April 29<sup>th</sup>. We had over 150 people attending. Margaret also presented on vegetable gardening 101 for beginning vegetable gardeners on April 13 hosted by the Chippewa Falls Public Library and on growing vegetables in containers for the Strong Bodies program on May 3 and 4. Margaret will also be presenting on food safety in the donation garden for Master Gardeners on May 17<sup>th</sup>.</p> <p>Our newly developed mentorship program is off and running with new Master Gardener Volunteers now paired with mentors who will help them through their first year as a new volunteer. Lastly, Margaret participates on a few committees including one with the Master Gardener Program to help develop the new Foundations in Horticulture (FIH) course, which will be available this fall to a limited number of counties. This course will be available for the public as well as for those interested in becoming a Master Gardener Volunteer. It will be all virtual in 2021 with the anticipation of including in-person labs in 2022. Margaret has a growing list of people interested in Master Gardener training so she plans to offer the FIH course for this area in the fall.</p>		
	<p><b>Sandy Tarter</b> <b>FoodWise Coordinator</b></p>  <p><b>Nancy Fastner</b> <b>FoodWise Educator</b></p>	 <p><b>Pamela Warren-Armstrong</b> <b>FoodWise Educator</b></p>	 <p><b>Joy Weisner</b> <b>FoodWise Educator</b></p>
<p>FoodWise staff have been quite busy in April with virtual programming in elementary school classrooms, after school programs, teens, Head Start parents, WIC participants, Strong Bodies, along with summer planning and very comprehensive FY22 planning! It feels great to report that our FY22 budget will remain the same for next year as it is in FY21...which has not been the case for the last 4 years of repeated cuts and reductions. Our educators complete a significant amount of direct education in three counties, even with reduced positions: Nancy- .70 FTE, Pamela- .88 FTE, and Joy, full time. Yet the need for our nutrition education continues to rise. Dunn County saw an increase of FoodShare participation of 25% from January-December, 2020.</p>			

Dunn County Staff Highlights



**Stephanie Hintz | Human Development & Relationships Educator**

April was full of programming including wrapping up two separate 7-week WeCOPE classes, a 6-session Parenting the Love & Logic way series, and the monthly 4-hour Parents Forever course for families going through a family transition including but not limited to divorce, separation, or custody change.

I also attended a two-day intensive training for Triple P Family Transitions. This is a more intensive program for families that may need more support during their family transition. The program comprehensively covers strategies designed to manage the transition through separation and divorce, cope with accompanying emotions, manage conflict and move on to establish a new family identity. Several instructional methods are compromising didactic presentations, clinical problem solving, rehearsal of consultation skills, provisions of constructive feedback and peer-mentoring strategies.



**Luisa Gerasimo | 4-H Educator**

Looking back at this month I feel like I have been on a marathon combined with a sprint. I guess I “April Fooled” myself by running two mini-camps this month: 4-H Art U, and Digging Deeper into 4-H, both held with Chippewa and EC counties while interviewing for and then beginning training with over a dozen camp counselors. Sometimes you just have to make things happen!

**4-H ART U** -- A UW Stout professor, who is a member of one of my clubs and another professor who is a 4-H alum, asked if their art education students might have some time with 4-H youth in a virtual art class setting. Her group has a grant from A.I.M. (Arts Integration Menomonie) that helped us fund some of the supplies for what turned out to be a 3 county program for all ages. This involved a ton of planning and very complicated supply orders which would have been near impossible without the support of Stout’s faculty and our own Support Specialist Michelle. We had over 70 people sign up! Each week I hosted a Zoom and we broke out into 4 grade specific Zoom rooms where the art ed students taught a series of classes. They were supervised by a mentor and a professor from UW Stout. Here are just a few of the comments we got in our survey at the end of class: “This was a great event! You all did a wonderful job.” “I liked the teachers and I like doing the projects.” “Super fun, organized, and the teachers were great!” “I loved it thank you...I had a great time!” “Loved having student art teachers this round.”

**Digging Deeper into 4-H** is still going on so I will report on that next month. I will tell you that I am proud to say I taught the STEM segment on electricity and we successfully made working flashlights while promoting careers in science.

This month saw a huge uptick in clubs planning safe in person activities, which meant a lot of work on my end with communication, meetings, and filing documents at the state level. Some of the complexity is being relieved this spring and that will mean less time filing and more time doing activities with our clubs. The end of April will be marked by an invite from Ideal 4-H to learn campfire songs around a real campfire at Hoffman Hills. I am fully vaccinated and plan to be there learning some new camp songs and watching my community having fun together for the first time in a year. We will also be meeting our crew of camp counselors in person in May to prepare for our upcoming two county summer day camp at Cleghorn School Park in June.

**Vacant | Community Development Educator**

**The hiring process for the Community Development Educator position has begun.** The Search & Screen Team will start reviewing applications, meeting to recommend candidates who will advance to preliminary interviews likely by the end of May. While we are starting to screen applicants (after posting the position for 4 weeks), we will continue to accept applications until June 30. The position is posted here <https://jobs.hr.wisc.edu/en-us/search/?job-mail-subscribe-privacy=agree&search-keyword=EXT%2F>. Please encourage qualified applicants you may know of to apply for the position.

## Dunn County Staff Highlights

Feel free to post this in an email or your media sites to promote the position:

Come be a part of Wisconsin's largest classroom. A rewarding career awaits you as the Community Development Educator in Chippewa, Dunn, and Eau Claire Counties. Our passionate and collaborative staff actively partner with people, organizations, and local government to transform lives and communities through the power of research and education. There are professional development opportunities to continue learning and growing in your career. We offer generous leave (sick, vacation, and personal days, plus holidays), competitive + benefits, and promote a healthy life-work balance. Join our team as we use our gifts and talents to help our community meet local and statewide challenges and opportunities. The position is posted here:

<https://jobs.hr.wisc.edu/en-us/search/?job-mail-subscribe-privacy=agree&search-keyword=EXT%2F>

Click the red *Apply Now* button to submit your application. Please contact [catherine.emmanuelle@wisc.edu](mailto:catherine.emmanuelle@wisc.edu) 715-450-0823 with any questions. Applications are accepted until June 30. The University of Wisconsin is an Equal Opportunity and Affirmative Action Employer. We promote excellence through diversity and encourage all qualified individuals to apply.

For information on Extension's Community Development efforts see

<https://extension.wisc.edu/community-development/>, and how Extension is responding to COVID-related work supported by Community Development Educators, see <https://fyi.extension.wisc.edu/covid19/category/topics/communities/>.



### Michelle Bachand | Support Specialist

As the calendar creeps closer to planting season people are planning for their summer gardens and looking for ways to better manage their lawns. We have had a greater than typical amount of soil samples brought into the office already this year! The soil samples get sent to the UW Soil and Forage Lab where they are processed and a soil analysis report is generated and returned to the client.

4-H has been a flurry of virtual activities this month. The preparation and support process for a virtual event is quite different from an in-person event! There were registrations, supply ordering, kit packing, delivery mapping and more, all of which required a great deal of detailed organization.

The Spring edition of the Agriculture newsletter went out this month to 476 local farmers physically with many more receiving the electronic version. The newsletter contained timely articles related to pandemic related assistance, tax implications, and new resources available.



### Catherine Emmanuelle | Area Extension Director - Chippewa, Dunn, & Eau Claire Counties

I am working with our Support Specialist on two big projects with the county: 1.) 2021 Classification and Compensation Study by reviewing her job description and coordinating with the county HR office on this important project. 2.) The 2022 operating budget. We will be evaluating each line in our budget before submitting the budget to make sure we are recommending our best estimates of the local needs and the Extension Department. I am working to lead our Community Development Educator Search & Screen process. It is exciting to dream of the possibilities that are on the horizon. There is a more detailed update on this work under the Community Development Educator section above. Statewide, Extension has expanded in-person programming guidance, with compliance with CDC, state and local public health recommendations. Our educators continue to do an amazing job to balance out virtual teaching and some in-person programming (including volunteers teaching others, such as in 4-H). Lastly, please save the date for Thursday, September 16, 2021, 10 a.m. - 12 p.m. for an Extension Meet & Greet, hosted for our committee members and county leadership for an opportunity to hear from Extension educators in Chippewa, Dunn, & Eau Claire Counties and their educational impact with our communities.

# Motivational Interviewing as a Tool to Address Farm Stress and Transitions

Wantoch, K.<sup>1</sup>, Clark, J.<sup>1</sup>, Hintz, S.<sup>2</sup>, Hopke, D.<sup>2</sup>, Kirkpatrick, J.<sup>3</sup>, Plaster, S.<sup>1</sup>, Vance, N.<sup>2</sup>, Wagner, T.<sup>1</sup>, Zierl, L.<sup>2</sup>  
<sup>1</sup> UW-Madison Division of Extension Agriculture Institute, <sup>2</sup> UW-Madison Division of Extension Human Development & Relationships Institute, <sup>3</sup> UW-Madison Center for Dairy Profitability

## INTRODUCTION

- The ongoing conditions in agriculture have clearly taken a toll, financially and mentally, for many farms, farm families, and rural communities which depend on agriculture.
- Educators working with farmers, farm families, and rural communities can be involved in difficult and emotional conversations, which they may have little experience or training in.
- MI is one communication tool of many techniques that can be applied to address emerging and time-sensitive efforts in supporting farms, farm families, and rural communities dealing with stress.

**MOTIVATIONAL INTERVIEWING IS A COLLABORATIVE CONVERSATION STYLE FOR STRENGTHENING A PERSON'S OWN MOTIVATION AND COMMITMENT TO CHANGE.**

## BACKGROUND

- Motivational Interviewing (MI) is a collaborative, goal-oriented communication technique for strengthening a person's own motivations to change, and has been used extensively in health care.
- MI skills provide the ability to ask open-ended questions, affirm authentically, utilize reflective listening techniques, summarize statements and encourage participants to own their outcomes.
- MI technique emphasizes listening and affirming the client perspective and recognizing that the motivation for change stems from the client.
- MI approach inherently recognizes and teaches the importance of diversity of perspective and sensitivity to the unique and diverse backgrounds of clientele.

## PROGRAMMATIC METHODS

- Two introductory sessions held prior to series in January & February, 2020.
- Four-meeting professional development series held through Zoom in March & April, 2020.
- Each 'Motivational Mondays' session held from 2:00 – 3:15 pm (75 minutes).
- Sessions were recorded and posted for later viewing.
- The series highlighted the four key concepts or foundation of Motivational Interviewing:
  - The Spirit of MI
  - Engaging
  - Focusing
  - Evoking
- Over forty educators from across multiple disciplinary perspectives participated.

## OBJECTIVES

### Outcomes for Trained Educators

- Increase knowledge in MI technique that can be applied to specific subjects and clientele.
- Gain confidence to engage and respond to sensitive conversations with clientele on challenging subjects.
- Be in a better position to develop strong relationships and presence in communities.
- Engage in meaningful conversations to assist in developing focus and direction.

### Outcomes for Clientele

- Strengthen their own motivations.
- Make informed decisions based on their values and goals.
- Take action to reach their own goals.

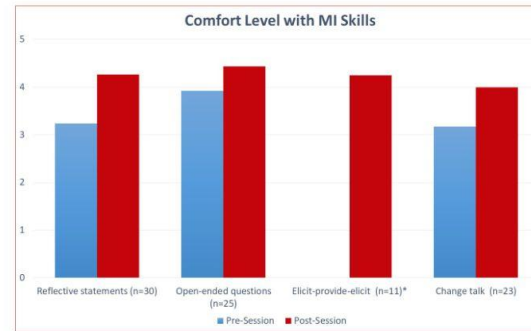
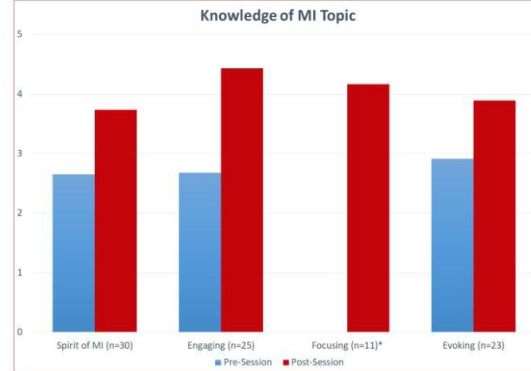


### Session Objectives

Extension educators will:

- Spirit of Motivational Interviewing
  - Understand the fundamental spirit and principles of Motivational Interviewing (MI).
  - Become more comfortable creating reflective statements/responses.
- Engaging
  - Strengthen empathic skills OARS + I.
  - Learn how to engage clients in the change process.
- Focusing
  - Understand the process of focusing, including: Identification of specific goals and Identification of intended outcomes.
  - Increase awareness of how to conduct effective information exchange through the exploration of: Common traps and Principles of good practice.
- Evoking
  - Become aware of fundamental ways to strengthen clients' motivation for change.
  - Learn of skills to recognize and respond to change talk.
  - Become more comfortable responding to change talk in a way that strengthens it.

## RESULTS



\* Due to a Zoom meeting host issue, pre-session data was lost.

- Likert-type pre and post assessments were given in Zoom to determine educators self-evaluation of knowledge and comfort in each MI topic and skill area.

- All respondents reported learning more about the topics that were presented (increasing their knowledge by 1-2 points on a 5-point Likert scale).

- Respondents indicated feeling more confident with using MI skills (increasing their understanding by 0.5-1 point on a 5-point Likert scale).

## IMPACTS & CONCLUSIONS

- Educators became aware of ways to increase their professional capacity by improving their communication and facilitation skills with the clientele they serve.
- Specifically, educators gained skills to engage in conversations on critical and time-sensitive topics and strengthen a person's own motivations to change.
- Work-from-home requirements as a result of COVID-19 impacted the ability of educators to implement the MI techniques and skills learned in the series.
- Educators continued to practice the MI techniques and increase their skills through a peer-to-peer "community of practice" in 2020.
  - Seven monthly professional development series held through Zoom in July to December 2020.
  - Each "community of practice" session held from 2:00 – 2:45 pm (45 minutes).
  - The series featured in-depth focus on the OARS+I (specific MI components) with take-home practice ideas.
    - You Can't Want It More Than They Do (Righting Reflex)
    - "Tell Me More" The Art of Asking Open-Ended Questions
    - Listening for Strengths and Values (Affirmations)
    - Reflective Statements Can Be Your Superpower! (Reflective Listening)
    - Summaries to Fill Your Bucket
    - Information Giving and Sharing
    - You don't have to be the expert (Right frame of mind to work with clients)
- The MI technique and skills will be utilized in the implementation of Wisconsin's approach in the National Institute of Food and Agriculture, North Central Farm and Ranch Stress Assistance Network grant and farm financial curriculum to be developed.

Funding for this project was provided by a UW-Madison Division of Extension Research & Educational Programming Initiative Grant.