

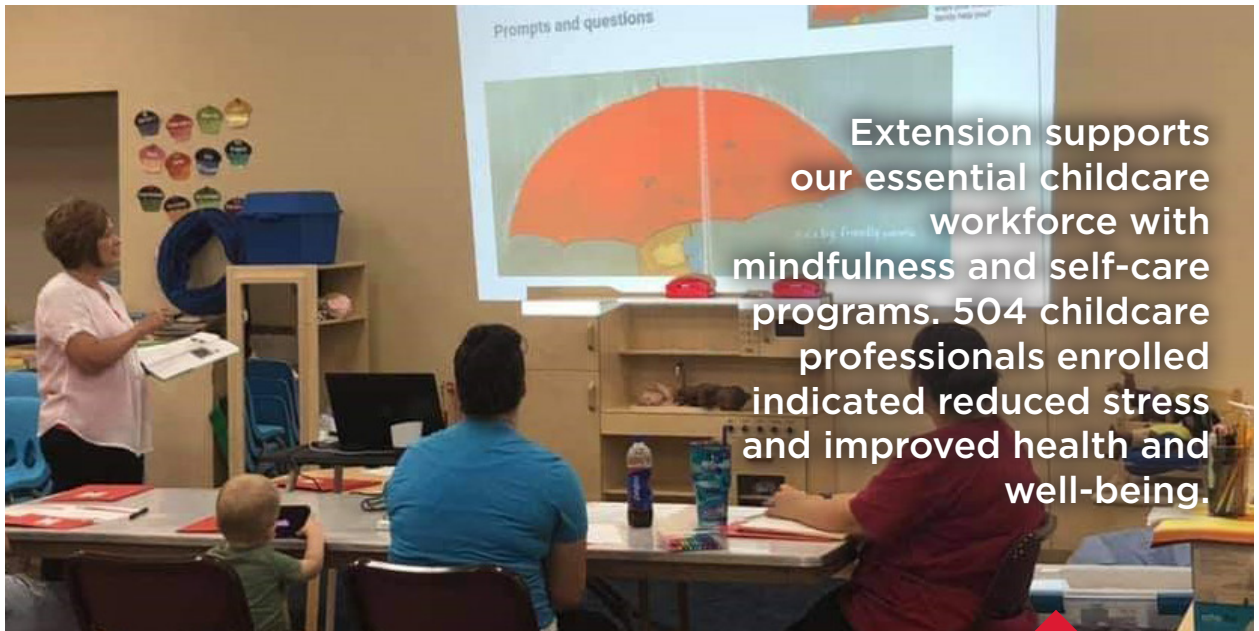
Adams County

2021 Impact At-A-Glance



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Extension supports our essential childcare workforce with mindfulness and self-care programs. 504 childcare professionals enrolled indicated reduced stress and improved health and well-being.

Cultivating Healthy, Intentional, Mindful Educators (CHIME) meets for 2 hours a week for eight weeks. In between the weekly sessions, teachers practice the mindfulness skills for themselves and implement the guided activities with children in their care. One teacher stated, “Throughout the 20 years I have done childcare, this is the most educational 8-week program I’ve been in. It helped me 150% make a difference in caring for myself and realizing the person I am to become the person I want to be.” CHIME helps teachers be well to teach well.

Programs At-A-Glance

- The 4-H program is building the future through belonging and education of youth. Over 180 youth experienced 24 4-H Workshops and Camps during the summertime learning opportunities.
- Early Childhood programs reached 4412 childcare teachers through 222 hours of online programs emphasizing mindfulness and self-care, saving teachers \$68,225 in fees and materials.

54% increase in youth reach in 2021 for the Nutrition Education Program

79% of 2021 Cover Crop and Soil Health Conference attendees will likely incorporate cover crops into their farm operations.

381 Horticulture clientele reached including 110 home landscape diagnostic visits.