

Family and Consumer Science



MSU Extension Family and Consumer Science faculty and staff respond to issues in healthy lifestyles, food and nutrition, and financial planning with multiple impacts for individuals and families of all kinds. To address complex community concerns, MSU Extension partners with local communities to combine expertise and resources to deliver impactful local solutions.

MENTAL HEALTH FIRST AID

Mental Health First Aiders are people trained to respond in supportive ways to someone experiencing a mental health problem, as well as suggest and connect people to community resources, especially professional help.

Since 2020, MSU Extension Instructors trained **246 total Mental Health First Aiders.**



YOUTH AWARE OF MENTAL HEALTH (YAM)

YAM raises awareness about risk and factors associated with suicide, including depression and anxiety, to address stress and crises. Thirty-six Montana schools representing more than 11,000 students have participated. Fourteen MSU Extension agents and 46 community members are trained to teach the program. **Participants report higher levels of help-seeking behavior and emotional coping problem-solving skills, which are considered protective factors against suicide.**

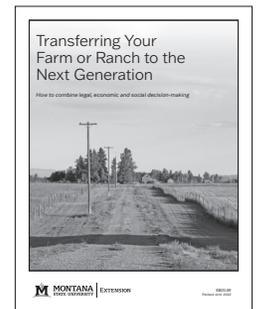
“It teaches us how to cope and learn how depression is hard, but you can get through it.”

– YAM program participant

ESTATE/LEGACY PLANNING

As a result of attending MSU Extension Estate Planning Programs, participants report:

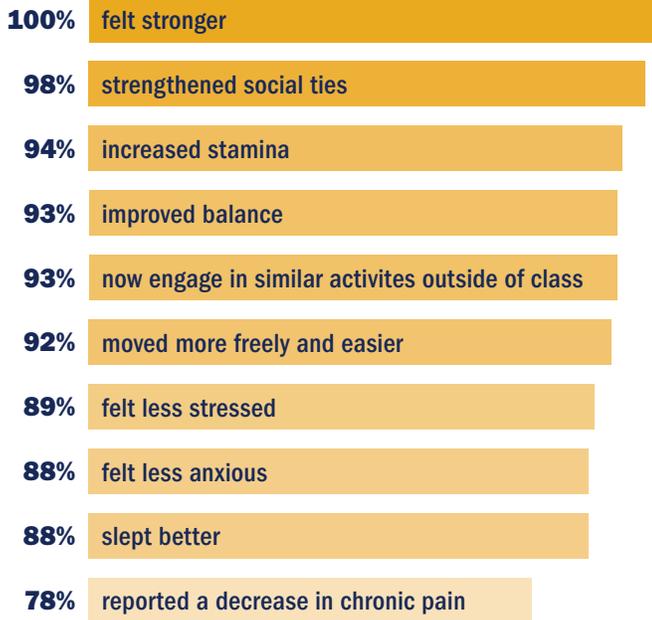
- **38% Made an appointment with an attorney** to write or revise a will.
- **46% Reviewed beneficiary designations** on life insurance policies.
- **50% Discussed estate planning** with adult children;
59% discussed estate planning with a spouse.
- **49% Reviewed beneficiary designations** on securities.
- **62% Reviewed an existing will.**
- **65% Reviewed ownership titles** on financial accounts.
- **69% Added payable on death designation and transfer on death registration** to financial accounts.



After attending MSU Extension Estate Planning programs, **59% discussed estate planning with a spouse, and 50% discussed estate planning with adult children.**

STRONG PEOPLE STRENGTH TRAINING

Strong People® is an evidence-based, 12-week program provided by MSU Extension that helps participants increase joint flexibility, muscle strength, balance, and overall well-being. Across Montana, 23 new course leaders were trained in 2020 and 2021. Of those who participated in the Strong People program:



These outcomes led to improved overall health. Prior to the program, 16% of participants reported meeting the 2018 Physical Activity Guidelines, and upon completion, 28% reported meeting the 2018 Physical Activity Guidelines.



“This program, along with family and friends, has kept me going through one of the hardest times of my life.”

– Strong People Strength Training participant



BUY, EAT, LIVE BETTER NUTRITION EDUCATION PROGRAM

Through Buy, Eat, Live Better, MSU Extension coordinates the Supplemental Nutrition Education and Expanded Food and Nutrition Education programs in Montana. With community and statewide partners, these programs provide education and nutrition assistance to low-income populations to improve their well-being through hands-on, interactive lessons to improve food and physical activity behaviors. **49% of adults and 31% of third to fifth grade youth reported eating vegetables more often after participating in educational programs. Programs in 2021-2022 reached 5,426 youth and 536 adults.**

MONTANA RESPITE RETREAT

The Montana Respite Retreat Program offers caregivers social engagement and activities to improve their mental health and sustain their well-being. Each retreat features activities on social health, mental health, nutrition/physical activity, and stress reduction for participants, who are among 110,000 unpaid caregivers in Montana.



SOCIAL HEALTH



MENTAL HEALTH



STRESS REDUCTION



NUTRITION & PHYSICAL ACTIVITY

Montana Respite Retreat participants show an immediate increase in well-being scores after participating in a day of rest, relaxation, social engagement, and activity that promotes a positive experience. Program results show a **continued increase in overall well-being after 1 month and 3 months** have passed.

“I no longer feel alone in this caregiving.”

– Montana Respite Retreat participant