

# Farm Stress Voucher Programs: A Three-State Overview

## Missouri

# About This Program

- **Show-Me Strong Farm Families is a strong collaboration**
  - United State Department of Agriculture
  - Farm & Stress Alliance Network (funding source)
    - North Central Region (NCR)
  - MU Extension
    - <https://extension.missouri.edu/programs/agrability/show-me-strong-farm-families>
  - Psychological Services Clinic (PSC)
  - Clinician-provides telehealth services to all of Missouri.

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# MU Extension

- The boots on the ground.
- Educate the public
- Encourage individuals/families to reach out for help
- Promote the program on social media

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University of Missouri



**Extension**  
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# PSC Overview

- **The MU PSC is an on-campus community mental health clinic that provides:**
  - Affordable evidence-based assessment and treatment services to youth, adults, families, and groups in Columbia and the surrounding community.
  - Training for MU doctoral trainees in clinical psychology and related disciplines in planning, administering and evaluating research supported assessment and treatment services.
  - Support to research advancing the understanding and effective promotion of psychological health.

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# PSC Partnership

- Administrative
- Equipment
- Coordination
- Electronic Medical Record

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# About Me

- Current-clinician
- Worked for MU for 5 ½ years at the Southwest Research, Extension and Education Center-Southwest REEC
- Many stories from farmers themselves about hardships and no where to turn.
- Obtained masters degree, and then partnered with MU.
- Mixed background of business, agriculture, and counseling.

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# Importance

- **Telehealth was the solution to several barriers**
  - Stigma
  - Time
  - Money
- **Nature of engagement**
  - We are “going” to the client.

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# Conclusion

- Strong partnerships
- Direct support
- Keeping the individual on the farm

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