

## Introduction

- Extension Burnout
  - Extension professionals are being asked to do more and more to help communities.
  - Unique demands, stressors, long hours, and bureaucratic interactions contribute to rising national rates of burnout in Extension professionals (Russell et al., 2019)
  - Extension professionals often build their own programs from scratch
- Prevention Science
  - A relatively new field, Prevention Science incorporates components of developmental psychology, epidemiology, public health, and sociology
  - Prevention Science seeks to create and evaluate programs and practices to increase positive developmental outcomes and prevent negative outcomes (National Prevention Science Coalition, 2019).

## Internship Goals

- Colorado's Extension Training
  - To address burnout, the state of Colorado sought to develop a new Extension Training to promote prevention science practices
  - To reduce workload placed on Extension professionals, the training would teach and encourage the use of evidence-based programs

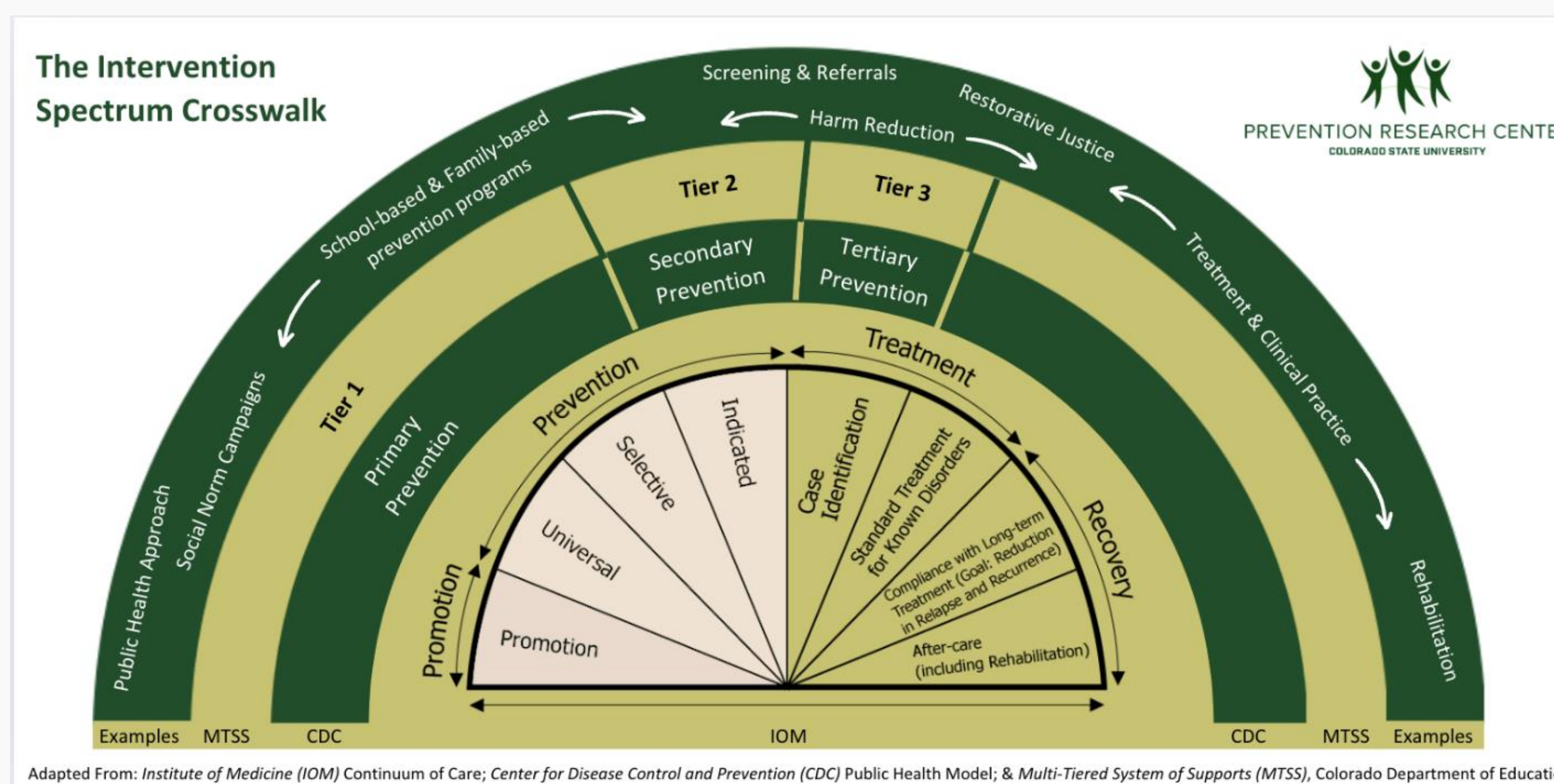


Figure 1: What is Prevention Science?  
YouTube Video

## Process

- Iterative Nature
  - Our team met weekly to review and revise all materials for the course
  - We reviewed and incorporated feedback from detailed interviews from Extension professionals
  - We will receive and incorporate feedback from a large focus group of Extension professionals on a preliminary run-through of the course
- Defining Course Objectives
  - Extension professionals illuminated gaps in their training and gave us insight into appropriate components of the course
  - The course objectives were reviewed by the team often to ensure they remained central to course creation
- Building the Course
  - With the course objectives guiding our work, we built each element of the course based on each objective
  - We utilized specialized Research-to-Practice tools provided by the PRC to help fulfill each objective (see Figure 1 & Figure 2)

Figure 2: The Intervention Spectrum Crosswalk



## Course Objectives

1. Create a shared language for Extension professionals based on prevention science and public health terminology
2. Explore how prevention science contributes to health Extension and how Extension professionals influence health attitudes and behaviors to have a community impact
3. Build awareness for Extension-specific opportunities and benefits associated with Evidence-Based Programs

## Conclusions & Future Directions

- Conclusions
  - The iterative and collaborative nature of our approach led to a finished product that all parties are extremely content with
  - We met the original goals of the program and integrated Extension-specific content, examples, and experiences to shape the course
  - Extension staff will likely benefit from a course on prevention science that reflects the interdisciplinary collaboration of our team.
- Future Directions
  - Receive initial feedback of the course and revise accordingly
  - Consider adding pre-post and follow-up measures to assess burnout and Prevention Science knowledge

## References

- National Prevention Science Coalition (2019). *What is Prevention Science?*  
[https://www.npscoalition.org/\\_files/ugd/773dc1\\_0a8e24aa6e794231adce127ee935379e.pdf](https://www.npscoalition.org/_files/ugd/773dc1_0a8e24aa6e794231adce127ee935379e.pdf)
- Russell, M. B., Attoh, P. A., Chase, T., Gong, T., Kim, J., & Liggins, G. L. (2019). Burnout and Extension Educators: Where We Are and Implications for Future Research. *Journal of Human Sciences and Extension*, 7(1), 15. <https://doi.org/10.54718/SFPK7165>