
Curriculum Vitae
SABITA SHRESTHA

CONTACT INFORMATION

52 Whitmar Dr.
Hammond, LA 70401
(618) 303-7182 (cell)
sashrestha4@gmail.com

EDUCATION:

Ph.D. Southern Illinois University, Carbondale IL (SIUC), 2017
Dept. of Public Health & Recreation Professions
(Formally, Dept. of Health Education and Recreation)
Concentration: Health Education and Promotion
Dissertation: Mental health and help-seeking behaviors of International and US students

MSW Southern Illinois University Carbondale, 2008

MS Southern Illinois University Carbondale, 2003 (Workforce Education and Development)

BA University of Wisconsin-Whitewater, 1995 (International Studies)

ACADEMIC EMPLOYMENT:

August 2018 – May 2021	Assistant Professor, Department of Kinesiology and Health Studies, Southeastern Louisiana University (SELU), LA
January 2018 - May 2018	Lecturer, School of Social Work, SIUC, IL
August 2013 - Dec. 2014	Instructor/Teaching Assistant, School of Social Work, SIUC, IL
January 2013 - May 2014	Graduate Research Assistant, Health Education and Recreations, SIUC
January 2011- May 2011	Graduate Research Assistant, Health Education and Recreations, SIUC
August 2010 - December 2010	Instructor/Teaching Assistant, Health Education and Recreations, SIUC

SCHOLARSHIPS:

PEER REVIEW PUBLICATIONS:

Larsen, K. D., **Shrestha, S.**, and Jones, K. (2019). Effects of cognitive restructuring techniques on physical activity in older adults. *Journal of Public Health Issues and Practices*, 3(141), 1-6. doi.org/10.33790/jphip1100141

Reese, D. J., Smith, M. R., Butler, C., **Shrestha, S.** and Erwin, D. O. (2013). African American client satisfaction with hospice: A comparison of primary caregiver experiences within and outside of hospice. *American Journal of Hospice and Palliative medicine*, 00(0), 1-8. doi: 10.1177/1049909113494462

Swanke, J., Doctor, J., **Shrestha, S.** and Dreuth-Zeman, L. (2013). Is the week over yet? Insight for educators about social network support among cyber mothers raising children with ASD. *Teacher Education*, 24 (2), 222-234. doi:10.1080/10476210.2013.786895

PROFESSIONAL CONFERENCE PRESENTATION (Peer Review):

Shrestha, S. (2020). Gender Based Violence and Immigrant Women: An Ecological Approach to Prevention through Community Engagement. American Public Health Association Conference 2020 Annual Meeting and Expo, **Virtual** (October 24-28). [Accepted Abstract - Withdrawn]

Shrestha, S. & Colson, T. (Nov., 2019). Senior Community Center as a Social Engagement Platform for Older Adults in Nepal: An adaptation of Western Concept. **Poster Presentation** at The Gerontological Society of America (GSA) 2019 Annual Scientific Meeting, Austin, TX.

Shrestha, S. & Webb, N. (Nov., 2019). An Ecological Approach to Prevention: Fostering connections between Mental Health and Gender Based Violence among South Asian Immigrant Women. Research **Poster Presentation** at 2019 LAHPERD Convention, Baton Rouge, LA

Shrestha, S. & Buila, S. (Oct./Nov., 2016). Mental Health Challenges in Nepal: Is There a Solution? **Poster Presentation** at American Public Health Association (APHA) 2016 Annual Meeting and Expo, Denver, CO.

Buila, S. & **Shrestha, S.** (Oct./Nov., 2016). Is Health Literacy a Tool for Addressing Racial Health Disparities? Implications for Social Work. **Oral Presentation** at American Public Health Association 2016 Annual Meeting and Expo, Denver, CO.

Jurkowski, E., **Shrestha, S.**, & Houge, M. H (2014, July). The Innovative Use of Media in Social Work Practice. **Poster Presentation** at NASW Convention, Washington, DC.

Patel, D., Hogue, M.H., & **Shrestha, S.** (2014, July). Service Delivery Practices for Native Americans: Are we meeting their needs? **Poster Presentation** at Annual NAMRC Training Conference, St. Louis, MO.

Gautam, Y. **Shrestha, S.** & Ritzel, D. (2013, April). Trials and Tribulations of Teaching Online Courses. HEDIR Technology Seminar - **Electronic Poster Presentation** at AAHE/AAHPERD Convention in Charlotte, NC.

Shrestha, S., Gautam, Y., Sullivan, P. & Kittleson, M. (2012, March). Challenges Faced by International Students Utilizing Student Health Center. **Poster Presentation** at AAHE/AAHPERD Convention in Boston, MA.

INVITED BOOK CHAPTER:

Swanke, J., Doktor, J., **Shrestha, S.**, & Dreuth Zeman, L. (2015). Is the week over yet? Insight for educators about social network support among mothers raising children with ASD. In Reyes Quezada, Vivian Alexandrowicz, Sarina Molina, Family, School, Community Engagement and Partnerships: Theory and Best Practices. New York: Taylor and Francis.

INVITED ROUNDTABLE DISCUSSIONS/PRESENTATIONS:

Panelist, “Against the Odds: Making a Difference in Global Health,” Global Health Experience, SIUC, Fall 2010

Guest Speaker, “Domestic Violence Training,” The Women’s Center, Carbondale, IL, 2017- 2018

Guest Speaker, “International Week Event”, John A. Logan Community College, IL, Fall 2015

Presenter, “The Use of Media in Social Work Practice” COEH Brown Bag Series, SIUC, Spring 2015

Panelist, “An International Dialogue on Faith: A Women’s Perspective,” Mt. Moriah Missionary Baptist Church, Paducah, KY, Sponsored by Center for International Education, SIUC, Spring 2015

INVITED ROUNDTABLE DISCUSSIONS/PRESENTATIONS:

Panelist, A Weekly Radio Program “Dare to Care”, WGGH Radio 1050 AM, Marion, IL, Spring 2014

Presenter, “Conflict Resolution” for Residents of Schneider Hall, SIUC, Spring 2014

Guest Speaker, “International Experience,” Zonta International Inc., Cape Girardeau, MO, Fall 2011

RESEARCH/SCHOLARSHIP INTERESTS:

Interested in broad range of topics: Cross cultural health mental health, stigma, and help seeking behavior practices; International health education; Health literacy; Aging; Gender based violence; Social, cultural, and environmental impact on health and wellbeing of underserved population & Immigrant population.

TEACHING:

Southeastern Louisiana University (SELU)

Courses Taught, Fall 2018 – Spring 2021

Undergraduate

Healthy Lifestyles for the 21st Century

Promoting Health in the Worksite

Health Promotion and Program Planning

Research Methods in Health Science

Masters

Drug Education Programming

Worksite Health Promotion

(Note: As a part of grant, graduate class developed social norming poster/digital campaign based on CORE Survey, and launched the campaign/ad. during Homecoming [October 7-12, 2019] and Mocktails [November 14th, Alcohol and Drug Awareness month] at SLU.)

Program Planning and Evaluation

[Note: Due to COVID-19, classes were taught remotely – Spring (March 17th), Summer, & Fall 2020; & Spring 2021 (Face-to-Face, Virtual & Online).]

Southern Illinois University (SIUC)

Courses Taught - Social Work Dept. & Health Education Dept. (2010-2014, 2016-2018)

Undergraduate

Foundations of Human Health for Health Science

Statistics for Social Work

Human Behavior & Social Environment for Social Work (Micro Level)

Special Topics in Social Work (Course developed, designed & taught)

(Subject Topic: Global Perspective on Violence against Women & Children)

Masters (Substitute Teaching as needed)

Human Behavior & Social Environment for Social Work

Advanced Children, Youth, and Family Practice for Social Work

Health Mental Health Practice for Social Work

Program Evaluation for Social Work

STUDENT ADVISEMENT:**Southeastern Louisiana University (SELU), Fall 2018 – Spring 2021**

Undergraduate advising for Kinesiology and Health Studies (KHS) students

Graduate advising for Health Promotion and Planning students

SERVICES:**Southeastern Louisiana University (SELU), Fall 2018 – Spring 2021**

Faculty Status: KHS Full Graduate Faculty

Department Level:

Proctor & Examiner Graduate Comprehensive Exam, Fall 2018 – Spring 2021

ASK KHS Committee Member, Spring 2019 – Spring 2021

Health Education and Promotion Committee, Fall 2018- Spring 2021

Major/Minor Fair, Fall 2018 & 2019

Dept. Head Search Committee, Fall & Spring 2019

Health Education Course Assessment, Spring 2020

Asst./Assoc. Prof. Search Committee Member, Fall 2018 & Spring 2019

Faculty Senate (Proxy), Spring 2019

Real World Ready/Study Abroad Committee Member, Fall 2018 – Spring 2021

College Level:

System President Meeting, Fall 2019

College Convocation, Fall 2018 & 2019

Dept. Head Search Committee Member, Spring 2019

Freshmen/Transfer Orientation Assistance, Spring 2019

University Level:

Scholars Showcase, Spring 2019 & 2020

Hoarding and Graduation Ceremony, Spring 2019

Freshmen/Transfer Orientation Assistance, Spring 2019

Sexual Harassment Prevention Training, Code of Ethics, & Title IX, 2018-2021

University Honors Convocation, Fall 2018 & 2019

Other Services:

Volunteer, The Fuller Center, Ginger Ford Northshore, Habitat for Humanity, Summer 2019

Attendee, Training on Films on Demand, Sims Library, SLU, LA, Spring 2019

Southern Illinois University Carbondale (SIUC)

Past Committee Members, School of Social Work

Research Sequence Committee, Spring 2018

Curriculum Committee, Spring 2014 & 2018

INTERNSHIP EXPERIENCES:

International Experience:

Intern, UN Development Program (UNDP), “Addressing Gender-Based Violence,” Damascus, Syria, Fall 2008

U.S. Experience:

Intern, Substance Abuse Recovery Services, SIRSS, Carbondale, IL, 2007-2008

Intern, Domestic Violence Shelter, The Women’s Center, Carbondale, IL, 2006-2007

Intern, Adult Literacy Program, John A. Logan College, Carterville, IL Spring 2002

OTHER & VOLUNTEER EXPERIENCES (in US):

Volunteer, Fuller Center, Ginger Ford Northshore Habitat for Humanity, Hammond, LA, Summer 2019

Research Assistant (Volunteer), School of Social Work, SIUC, IL Spring 2017

Graduate Assistant, Morris Library Affairs, SIUC, IL, Fall 2011-Spring 2017

Volunteer, YWCA (Children’s Program), Madison, WI, Summer & Fall 2009

Volunteer, Home health assistant, Madison, WI, Summer & Fall 2009

EXPERIENCES IN NEPAL:

Instructor, Nepal International Education, Kathmandu, 2005-2006

Program Officer, Fulbright Commission Nepal/USEF, Kathmandu, 2004-2005

A special State Department sponsored educational program in Nepal, “Partnerships for Learning Undergraduate Studies (PLUS) Program.”

VOLUNTEER EXPERIENCES (in NEPAL):

Interpreter, French Anthropologist, Pokhara, Summer 2000

Community Educator, Women & Children Welfare, Kathmandu, Fall 1999

Interpreter, Swiss Anthropologist, Charikot, Fall 1999

Community Educator, HABOGRA (HadSinja Botann Gratitude Fund), Savings/income generation program for women, Jumla, Fall 1998

Community Educator, SAMAGRA, Non-formal education program for women, Lumjung, Fall 1998

ABSTRACT REVIEWER:

American Public Health Association (APHA), Spring 2019 – Fall. 2021

The Gerontological Society of America (GSA), Spring 2020 – 2022

MANUSCRIPT REVIEWER

SAGE Open Publication, Spring 2020 – Present

TRAINING & CERTIFICATIONS:

First Aid CPR AED, SELU, 2019 – 2021

Advanced Motivational Intervening (MI) Training at North Oaks Hospital, Hammond, LA, Fall 2018

Basic Motivational Interviewing (MI) Training at North Oaks Hospital, Hammond, LA, Fall 2018

Introduction of Motivational Interviewing Across Healthcare Professionals, Rosaryville Spirit Life Center, Ponchatoula, LA, Fall 2018

LANGUAGE SKILLS:

English (Fluent)

Nepali (Fluent)

Newari (Fluent)

Hindi (Intermediate level)

Studied French & Spanish

WORK IN-PROGRESS:

Health Literacy in Social Work Profession

Social Work and Self-Care Curriculum

Mental Health Challenges in Nepal

AWARDS & HONORS:

Graduate Assistantship Award, SIUC, 2010 & 2017

Student Recognition Award, Morris Library, SIUC, Spring 2008, 2015 & 2016

Elmer J. Dissertation Award, College of Education, SIUC, Spring 2013 & 2014

PROFESSIONAL DEVELOPMENTS (SELU):

Experiential Learning of Internship Workshop, Spring, 2020

Experiential Learning: Fundamentals, Spring 2020

The Health Transition Alliance: An RWR Student-Immersive Program, Fall 2019

Let's Talk about ... Teaching Workshop, Fall 2019

Field Experiences: A Reflective Discussion of Best Practices, Fall 2019

Faculty Disruption in their Classrooms... Why Bother?, Spring, 2019

EL Assessment: Find The Opportunity in What you Already Do., Spring 2019

Southeastern's Real-World Ready Grant and EL Team Opportunities, Spring 2019

The Power of Experiential Learning: Student Success and Southeastern's Real- World Ready (RWR) Initiative, Fall 2018

Ensuring Quality in the Online Classroom with Experiential Objectives, Fall 2018

PROFESSIONAL TRAININGS (SIU):

Social Media Training. Illinois Public Health Association (IPHA), Springfield, IL, Spring 2012

Domestic Violence Training. The Women's Center, Carbondale, IL, Fall 2006 & 2007

PROFESSIONAL AFFILIATIONS:

The Gerontological Society of America (GSA), 2019 - 2022

American Public Health Association (APHA), 2014-2017, 2019 – 2021

Louisiana Health Physical Education recreation and Dance (LAHPERD), 2019 – 2021

Society for Public Health Education (SOPHE), 2014 & 2015, 2019-2020

UNA-USA, Southern Illinois Chapter, Carbondale, IL, Fall 2007 - 2008 & 2010 - 2017

Eta Sigma Gamma, Alpha Chapter, Health Education, SIUC, IL, Spring 2011 - 2015

American Association for Health Educators (AAHE), Fall 2011 - 2013

Phi Alpha Honor Society, Xi Rho Chapter; Social Work, SIUC, IL, Fall 2007 - 2008

PROFESSIONAL REFERENCES

1. Mark J. Kittleson, PhD, MCHES, FAAHB, FAAHE

Chair and Professor
New York Medical College
School of Health Science & Practice
Department of Public Health, Rm 2N-J25
19 Skyline Drive
Valhalla, NY 10595
Email: mkittleson@nymc.edu
Office: (914)-594-2828

2. Terry A. Clark, PhD

Dean and Professor
College of Business
Rehn Hall, RM 114 Mail Code 4619
Southern Illinois University
1025 Lincoln Drive
Carbondale, Illinois 62901
Email: tclark@business.siu.edu
Office: (618) 453-7960
Cell: (618) 303-8221

3. Sarah M. D. Buila, PhD, MSW

Undergraduate Program Director and Associate Professor
School of Human Sciences, Social Work
Pulliam Hall, Rm 250 Mail Code 4329
Southern Illinois University
Carbondale, IL 62901
Email: sdbuila@siu.edu
Office: (618) 453-1151

4. Dona J. Reese, PhD, MSW, LCSW

Professor
School of Human Sciences, Social Work
Pulliam Hall, RM 250 Mail Code 4329
Southern Illinois University
Carbondale, IL 62901
Email: djreese@siu.edu
Office: (618) 453-3616

5. Patricia Welch Saleeby, PhD, MSSA

Director of Social Work Program

Sociology, Criminology, and Social Work

Bradley University

1501 W. Bradley Ave.; Bradley Hall 107

Peoria, IL 61625

Email: psaleeby@fsmail.bradley.edu

Office: (309) 677-4718