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ASSOCIATE DEAN

ACADEMICS

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ASSOCIATE DEAN

RESEARCH

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OUR MISSION

To inspire the discovery and application of knowledge in health and human services.

OUR VISION

To be the college of choice that equips students, staff, and faculty to be innovative and transformative through exemplary programs and opportunities in health and human services.

COLLEGE OF HEALTH AND HUMAN SERVICES

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MESSAGE FROM THE DEAN

Alumni, Friends and Colleagues,

Welcome to the 2016-2017 Annual Report for the College of Health and Human Services (CHHS) at Western Kentucky University. It is my honor and pleasure to share with you some extraordinary professional and personal achievements as well as some extensive research collaborations, community service, and teaching accolades, all with a common thread to advance the mission of our college.

This past Spring, I completed my second year serving as Dean of the CHHS. When I look over the past two years, I can see great strides we have made as a college; nationally recognized faculty and student achievements, major philanthropic gifts, and research grant funding to name a few- I could not be more proud of the advancements and accomplishments we have made as we prepare for the next chapter.

In preparing for the next chapter, I found it imperative that the CHHS have an active and relevant strategic plan for purposes of communication, marketing and fundraising. And so, the process to create a strategic plan, that aligned with both our mission and our vision began. Now, after many months and much collaboration from our faculty and staff, I am delighted to share with you the process behind our vision on pages 8-9 of this annual report.

I am excited about the next chapter and phase of development for the CHHS, but right now, I am taking the time to reflect on all of the work our college has undergone to get us to where we are today; a college rooted in outreach to the community, progressive in research and innovative in teaching.

Thank you for your support. Go Tops!



DR. NEALE R. CHUMBLER
DEAN, COLLEGE OF HEALTH AND HUMAN SERVICES



A Leading American University with International Reach

Western Kentucky University is an equal opportunity institution of higher education and upon request provides reasonable accommodation to individuals with disabilities.
www.wku.edu/eoo



About the College

The College of Health and Human Services is the newest college at Western Kentucky University, established by our Board of Regents in August 2002 to bring together all health and human services programs under one administration unit.

The College consists of eight academic units that represent an array of disciplines, and offers degrees at the associate, baccalaureate, masters and doctorate degree levels. The College is also one of the participating institutions for the doctoral program in Rehabilitation Sciences offered through the University of Kentucky. Our focus is to provide the highest possible quality of education to prepare our students to become leaders in careers related to health and human services.

INSIDE THE COLLEGE

Academic Units:

- Department of Allied Health
- Department of Communication Sciences & Disorders
- Department of Family & Consumer Sciences
- School of Kinesiology, Recreation & Sport
- School of Nursing
- Department of Physical Therapy
- Department of Public Health
- Department of Social Work

Student Enrollment: ~ 4,900

Doctorally Prepared Faculty: 110

Degrees Offered: (2) Doctorate, (9) Masters, (17) Bachelors, (4) Associates

Full-Time Faculty: 156

ABOUT WKU

Western Kentucky University, located in Bowling Green, Kentucky, is home to many highly ranked and nationally-recognized academic programs. In the midst of a transformation, WKU is becoming a leading institution with International reach. WKU prepares students of all backgrounds to be productive, engaged, and socially responsible citizen-leaders of a global society.

COLLEGE OF HEALTH AND HUMAN SERVICES

QUICK FACTS

THE COLLEGE OF HEALTH AND HUMAN SERVICES IS ONE OF 6 COLLEGES AT WESTERN KENTUCKY UNIVERSITY, A LEADING AMERICAN UNIVERSITY WITH INTERNATIONAL REACH.

{6}

{4,900*}
STUDENTS

{160*}
**INTERNATIONAL
STUDENTS**

{225}
**FACULTY
STAFF**

{8}
**ACADEMIC
UNITS**

** Denotes averages from Fall 2016 & Spring 2017 semesters*

{2} **DOCTORAL
PROGRAMS**

{21} **COUNTRIES THAT
MAKE UP OUR
STUDENT BODY**

{13} **Graduate
Certificate
Programs**

{8} **Undergraduate
Certificate
Programs**

{21} **Undergraduate
Majors**

Q&A

WITH THE DEAN



Q: What have you enjoyed most serving as the Dean of CHHS?

I have most enjoyed watching faculty members thrive and excel after which they cultivated their individual strengths. I have been impressed in how some faculty have advanced their skillset in pedagogy that transcends to WKU students; I have admired how some faculty have proliferated their applied research programs, translating to user-friendly modalities that improve the quality of life and improve processes and outcomes in the health and human service sectors of Southern Kentucky (SOKY).

I have also enjoyed watching the great success that our students have once they graduate from our impeccable academic programs. Our students have exposure to some of the cutting edge technology and hardest working faculty that readies them for their individual careers. Our students have been recipients of novel interprofessional educational programs that will shape their future work as practitioners.

Q: Over the past two years, how have you seen the CHHS making an impact in the Bowling Green community and region, the state of Kentucky and beyond?

By the nature of our disciplines, we have great potential in the way that we should influence our region including workplace safety, implementing clinical programs and solutions to improve the quality of life for SOKY residents, improving the way we work and play. Also, due to our health related programs, we have made great strides in applying our knowledge to better inform front line clinicians, practitioners and personnel with solutions, programs and interventions to improve the quality of care, access to care and timeliness of care for SOKY residents. Our curriculum continues to be top-notch where we are expanding our instruction through numerous venues including online education and international reach by delivering instruction to students abroad.

Q: What research have you been involved in since your time here at WKU?

I have been involved in several research projects since coming to WKU. I was fortunate to be a co-Principal Investigator on a National Science Foundation Grant with two Systems Engineers at the University of Michigan and Wayne State University, respectively. A major premise of the grant is to build an innovative and new prediction tool to equip and guide healthcare managers and planners to better understand the predictors of costs and utilization among Medicaid recipients. At the WKU site of the grant, Dr. William Mkanta, Associate Professor in the Department of Public Health, served as a vital contributor and leader in the implementation of the project. To date, we have been fortunate to have two papers disseminated in peer-reviewed journals appearing in Health Services Research & Managerial Epidemiology and Inquiry: The Journal of Health Care Organization, Provision and Financing.

Q: Now that the Strategic Plan is in place, what are some things you're excited about for the future of CHHS?

I believe that based on our strategic plan and commitment of our faculty and staff, we will continue to provide relevant and state-of-the art pedagogy for our students. Our graduates will ever more so fill voids in the health and human service workforce in SOKY, providing proficient services and compassionate care.

As we look at teaching, research and service among the faculty, I believe we will continue to synergistically dovetail and crosscut these entities. For instance, at the intersection of teaching and service, we will continue to provide novel service learning opportunities that provide unique experiential educational chances for our students. At the intersection of service and research, we will continue to perform applied work from fee-for-service contracts that solve “real-world” challenges of health and human service facilities and companies in SOKY.

CHHS Strategic Plan

Implementing a Five Year Strategic Plan as the CHHS *transitions into the next phase of development*

In the Spring of 2015, newly appointed Dean of the College of Health and Human Services (CHHS), Dr. Neale Chumbler, began the collaborative process of implementing a strategic plan for the college. For purposes of communication, fundraising and allocation of scarce resources, Dr. Chumbler deemed it essential to identify high-priority focus areas where additional resources could help the college accelerate an even more significant positive impact upon allied health and human service providing professions.

As an effort to obtain strategic balance for the CHHS in the functions of teaching, research and service, balancing stability and flexibility, the CHHS created and developed a Strategic Plan that will guide the college through 2020. The plan was built in two phases over an 18 month period. The intent of the plan is to inspire all to excel in pedagogy, scholarship and community service.

Strategic Objectives

- Implement effective faculty development programs to enhance the quality of teaching and learning.
- Enhance existing international educational opportunities and develop new ones.
- Increase the opportunity to produce quality research, peer-reviewed publications, extramural grant/contract activity, and technology-based innovation.
- Enhance interprofessional education and service learning for students.
- Initiate and cultivate CHHS interdisciplinary collaboration at all levels within the University.
- Create an environment within CHHS that fosters diversity and inclusivity among students, staff and faculty.
- Provide opportunities for staff, faculty, and students to participate in community outreach programs.
- Implement workshop events for staff trainings and professional development.
- Implement the distribution of a staff handbook for quick reference to university systems.

The Approach

The first phase of the planning process consisted of a one-day retreat held in August 2015, that included the CHHS Administrative Council (Department Heads, Institute Directors, Associate Deans, Assistant to the Dean, Senior Development officer and myself) and our facilitator, Dr. Dan Pesut, Professor of Nursing at the University of Minnesota. The college learned several novel and innovative leadership techniques including strengths and values based leadership and universal patterns of high performance, the principles of liberating structures, and ecocycle planning that invites a leader to focus on creative destruction and renewal in addition to typical themes regarding growth and efficiency.

“I believe this strategic plan will guide CHHS through 2020, by inspiring all to excel in pedagogy, scholarship and community service.”

-Dr. Neale Chumbler



After the retreat, the Dean's Internal Advisory Committee decided to build on these innovative and informative approaches and structure a second retreat to provide an opportunity for all CHHS faculty and staff to be involved with the process. At this point in the development stage, the following themes surfaced to guide the strategic plan:

- Interprofessional Education, including pedagogy and research
- Applied Research Teams across the following themes: 1) health (e.g., environmental, occupational, personal) and wellness (e.g., student and employee); 2) rural health; and 3) Health and Human Service Outcomes
- Service Learning
- International Education, research and service learning
- Teaching Effectiveness
- Tenure and Promotion
- Student Retention and Recruitment
- Staff Development
- Media and Marketing

Second Phase of Planning

In January 2016, a one-day retreat was held for all CHHS faculty, staff, and stakeholders. At this retreat, Open Space Technology (OST) was used that considers both freedom & accountability where participants create their own agenda. We sparked action on strategic matters that meant the most to the participants. We had nearly 300 individuals

participate in this event and started with the following premises:

- Where do we have successes we can celebrate?
- Where do we have assets we can capitalize on?

We considered topics such as inter professional education, applied research, teaching effectiveness, service learning, media and marketing, just to name a few. The OST platform enabled an egalitarian way of fostering input and the sharing of information. After this retreat, the college formed a new CHHS Coordinating Council that included equal representation from each department/school. The council synthesized the key salient themes. A draft of the plan was developed by the CHHS Coordinating Council.

Final Product

In sum, the strategic plan, which can be viewed on our CHHS website, was the result of many dedicated individuals committed to the CHHS. We are very excited for what the next four years will entail at the CHHS.

“I am so proud of what we’ve already accomplished in such a short period of time. We have studied over 100 women in 18 months and this number continues to grow. I am excited to see what the future holds, in terms of our ability to train research students and be involved in a line of research that will directly benefit our community.”

- Dr. Jill Maples

Research

Grant Funding Awarded for Pregnancy Case Studies

Dr. Rachel Tinius began her career as a new faculty member in the School of Kinesiology, Recreation and Sport in August 2015. Since then she has had a tremendous impact on the research environment within the CHHS. The goal of Tinius’ research is focused on improving the health of pregnant women and their babies, both nationally and in South Central Kentucky. Physical activity during pregnancy improves many maternal and infant health outcomes; however, most pregnant women still do not comply with physical activity recommendations.

In April 2016, she received a KRBIN-INBRE Investigator Development Award (IDeA) to study the impact that physical activity has on the health of pregnant women and their babies. One of Tinius’ research projects will help identify several potential pathways (i.e. metabolic and inflammatory pathways) that can be targeted with future exercise interventions, as well as implement a sustainable intervention designed to increase physical activity levels through education and community resources. This grant funding, and her tireless pursuit of research, has served as the catalyst for several exciting and productive interdepartmental research collaborations spanning a variety of topics, all centered on improving health outcomes of women and their babies in our community.



A pregnancy research team has been built, consisting of faculty from different disciplines; Department of Physical Therapy (DPT), School of Nursing (SON), and School of Kinesiology, Recreation & Sport (KRS). Collaborators include Dr. Jill Maples (KRS), Dr. Keri Esslinger (KRS), Dr. Maire Blankenship (SON), Dr. Don Hoover (DPT), Dr. Elizabeth Norris (DPT), and Dr. Karen Furgal (DPT). This collaborative team of faculty have varied research expertise, which has certainly strengthened the overall research capacity of the group.

“The support of not only the WKU campus community, but also of our community partners and obstetricians, has been amazing. We have an amazing relationship with Caitlin Burklow-Director of Women and Infant Services-at the Bowling Green Medical Center and her team of nurses and staff. Dr. Joseph Gass, M.D. and his incredible office staff have been instrumental in helping to recruit participants. Dr. Keith Hewitt has also been very helpful.

(Feature story continued on page 12)



Brief overview of current projects

- **The role of physical activity during pregnancy on metabolic function, inflammation, and maternal and neonatal outcomes:** Study will help us understand the connections between physical activity, inflammation, and metabolic health, among pregnant women. Understanding mechanisms connecting maternal physical activity to improved outcomes will better inform future targeted intervention strategies.
- **Physical activity during pregnancy in Bowling Green, KY:** Goals of this project are to increase patient awareness about the benefits of physical activity during pregnancy, increase patient-provider communication about physical activity during pregnancy, and increase physical activity levels during pregnancy in rural Kentucky through the use of educational materials and local resources.
- **The relationship between physical activity during pregnancy & infant motor development:** The goal of this study is to determine the relationship between physical activity during pregnancy and motor control in newborns. The implications of showing this relationship are substantial as motor performance in infancy is linked to improved cognitive function at school age.
- **Post-partum Health: Investigating the metabolic health of women after pregnancy:** Overall objective of this research is to determine factors that contribute to short and long-term maternal metabolic health during a critical time period – postpartum.
- **The 6-minute walk test and the YMCA cycle test: Can they predict VO₂peak during pregnancy?:** Goal of this study is to determine the validity of the submaximal cardiorespiratory testing in pregnancy. This is important because a reliable way to determine fitness during pregnancy is critical to tailored exercise interventions that will improve the health of pregnant women and their infants.



Dr. Rachel Tinius, Assistant Professor of
Exercise Science in KRS

“This work wouldn’t be possible without their support. We have been blown away by how genuinely interested and supportive the medical community in Bowling Green has been,” - Dr. Rachel Tinius

WKU Pregnancy Research Group Highlights

Student Research Presentations, Publications, and Awards

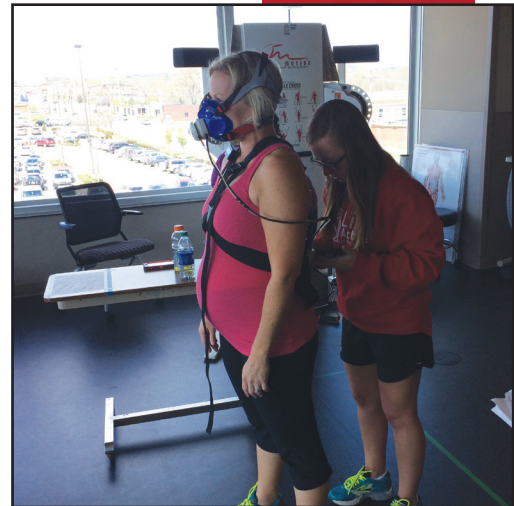
Pregnancy-related research has served as the basis of ten (10) research presentations at local, state, regional and national conferences; three (3) first-author, peer-reviewed manuscript submissions, by undergraduate students; five (5) FUSE Awards; three (3) Exercise Science Student Research and Academic Excellence Awards; and one (1) Undergraduate Student Oral Presentation Award Winner at a regional conference.

Pea Pod

With the support of Dr. Cheryl Davis (Associate Provost for Research and Creative Activity in the Office of Research at WKU), Dr. Tinius was able to secure funding through KRS, CHHS, the WKU Office of Research, and the KRBIN-INBRE Network to purchase a Pea Pod. This machine is the world's gold standard for non-invasive infant body composition assessment and WKU will be among the few universities in the country, and the first in the state of Kentucky, to own a Pea Pod. Current projects will utilize this new technology, and there are several more potential projects in the design stage that will involve determining body composition in infants and following them through childhood.

Invited Pregnancy and Exercise Specialist Seminar

Dr. Kevin Pearson from the University of Kentucky recently gave a university-wide talk about the importance of maternal exercise on offspring health in April 2017. He was funded by the KRBIN-INBRE Network to visit WKU for two days, one of which he spent meeting with Exercise Science students.



Kentucky Biomedical Research Infrastructure Network (KBRIN)-INBRE Investigator Development Award (IDeA) from the National Institute of General Medical Sciences of the National Institutes of Health. This funding is provided by grant number □NIGMS 2 P20 M103436-14.



MESSAGE FROM ASSOCIATE DEAN FOR RESEARCH

DR. VIJAY GOLLA

My goal as the Associate Dean for Research for the CHHS is to help direct the college's efforts in accomplishing its research goals by providing strategic vision and support to the faculty and professional staff. My primary mission is to mentor the faculty members in the CHHS in developing excellent research proposals and grant applications, and guide them in the pursuit of their research goals and professional development. To this effort, the CHHS Dean's Office hosted several "Works in Progress" sessions in which faculty share their research, converse, and seek collaborations from colleagues across various disciplines. The venue is ideal for sharing successes, discussing challenges, and seeking input/ ideas on unfunded/ new projects, in order to strategize and apply/ re-apply. A new Research Based Mentoring Program was developed last year and is currently being pilot-tested to enable junior

faculty to receive research mentoring in their respective disciplines as they advance in their academic careers at WKU. We also offered five Research Methods Workshops during the academic year. These workshops have focused on the development of a research question, hypothesis, and methodology, as well as presentations from Laura DeLancey, with WKU Libraries, on "Finding a good journal for your publication" and "Open Access and Predatory Publishing."

During the 2017 academic year, research infrastructure and capacity have grown immensely. Internal and external funding were successfully obtained for the purchase of the Pea Pod device for Dr. Rachel Tinius' pre and post-natal research pursuits, currently funded through the KBRIN award. Dr. Jason Crandall, with co-investigator, Dr. Jean Neils-Strunjas, were funded \$772,730 through the Kentucky Cabinet for Health & Family Services to implement Bingocize® throughout the state of Kentucky, which includes sub-awards with seven Kentucky universities. The project will impact 20 older-adult living facilities in the state. Dr. Jooyeon Hwang, with co-investigators Drs. Ritchie Taylor and myself have been pursuing research on Firefighters Exposures in Northwestern Kentucky. They have received internal grant funding to conduct pilot studies and have established a collaboration with University of Cincinnati College of Medicine to pursue additional extramural funding to expand this study.

**External
Grant Funding
has increased
53% from
FY2016 to
FY2017**

During Spring 2017, the Dean's office accepted proposals for the creation of Applied Research Centers (ARC) in the CHHS. The ARCs' purpose will be to support and foster applied research and funded service projects, within not only the CHHS disciplines, but also collaborative cross-discipline endeavors.

(Research Highlights continued on page 21)

WKU Faculty Awarded NCAA Innovations in Research and Practice Grant to Design a 100% Online Career Development Program for Student-Athletes

A Western Kentucky University team of researchers from the CHHS School of Kinesiology, Recreation and Sport, Evie Oregon, PhD, Lauren McCoy, J.D. and Lacey Carmon-Johnson, PhD, have been awarded an NCAA Innovations in Research and Practice grant to design a 100% Online Athlete Bridge to Career Development (A.B.C.D.) Program. WKU is one of five university research teams across the country that will receive funding to perform research designed to enhance student-athletes' psychosocial well-being and mental health.

Dr. Oregon, Coordinator of the Intercollegiate Athletic Administration program, Lauren McCoy, assistant professor and Dr. Lacey Carmon-Johnson visiting professor, will build an online program designed to assist athletes in (1) identifying potential career paths, (2) teaching the importance of developing an identity outside their sport, (3) learning how to positively promote themselves through social media and personal branding, and (4) providing the tools for applying and interviewing for employment. The program will be piloted during Summer 2017.

“This support will give us the opportunity to establish enhanced learning for student-athlete career development beyond sport. The online program provides a promising approach to life beyond college and athletics for all NCAA student-athletes across divisions and geographic locations.”

- Dr. Evie Oregon

The NCAA Innovations in Research and Practice Grant Program is aimed at funding projects that will bring tangible benefits to college athletes when used by individuals or by NCAA member schools' athletics departments. The Western Kentucky University team will share a \$100,000 grant with teams from Rowan University, University of Massachusetts, and Sonoma State University. The five teams will present their findings in January 2018 at the NCAA Convention in Indianapolis, IN.



Dr. Evie Oregon



Lauren McCoy



Dr. Lacey Carmon-Johnson



HRSA/AENT Grant Funding Awarded

The WKU School of Nursing was able to award \$121,250 to 15 students enrolled in the BSN to DNP - Family Nurse Practitioner degree, MSN Psychiatric-Mental Health Nurse Practitioner degree, post-MSN Family Nurse Practitioner certificate and post-MSN Psychiatric-Mental Health Nurse Practitioner certificate. Traineeship funds include tuition, books and reasonable living expenses.

QTAG Leads to Publication

Through the support of a 2016 WKU CHHS QTAG (Quick Turn Around Grant), Austin Griffith, Child Welfare Support Coordinator in the Department of Social Work, captured insight from a statewide sample of Kentucky's child welfare workforce (n=877). The agency's new administration is using this employee feedback to improve systematic processes, retention efforts, and employee work-life balance. The first manuscript from this project, "Who Stays, Who Goes, Who knows? A State-Wide Survey of Child Welfare Workers," includes WKU Bachelor of Social Work student, Kalee Culver as the 3rd author in manuscript, and was published in the *Children and Youth Services Review*.



Austin Griffith, Child Welfare Support
Coordinator in the Department of
Social Work

Bingocize® Update

The U.S. Department of Health and Human Services and the Centers for Medicare & Medicaid Services (CMS) have approved \$744,202.00 of civil money penalty (CMP) funds for the implementation of Bingocize® in 20 Kentucky certified nursing homes. Bingocize®, a preventative health promotion program designed by Dr. Jason Crandall, Assistant Professor in the School of Kinesiology, Recreation and Sport (KRS), is designed to increase the functional performance, health knowledge and social engagement of older adults in a variety of settings.

The grant funding application process took place over the course of 11 months with collaboration of individuals from many disciplines at WKU. Drs. Jason Crandall and Jean Neils-Strunjas, Department Head for the Department of Communication

(Bingocize® Update continued on page 21)



EOHS Faculty & Students Conduct Firefighter Research Survey in Owensboro, KY

Last fall, faculty and graduate students from the Environmental and Occupational Health Science (EOHS) program conducted a survey with over 150 firefighters from across the Green River Firefighter Association (GRFA).

A firefighter school was held by the GRFA at the Owensboro Community and Technical College, drawing firefighters from throughout the region.

Faculty members, Dr. Jooyeon Hwang and Dr. Ritchie Taylor, and adjunct instructor Mac Cann, led a team of five graduate students, Divya Gadde, Randi Hunton, Akshay Nuguri, Harshitha Ponnala, and Shila Thapa, to survey more than 150 firefighters during this event.

This work is a community based participatory research project that was initiated more than a year ago. The team of faculty working on this project also include Dr. Vijay Golla and Dr. Gretchen Macy. Together, with leadership and firefighters from the GRFA, they developed a research project and survey during meetings at the WKU Owensboro Campus.



The emphasis of this research is to study work related exposures that firefighters may experience, such as exposures to fire smoke contaminants. This study is critical, as disparities in firefighter exposures may result in disproportionate health effects.

Another key component of this research is a comparison of career and volunteer firefighter exposures. To date, very limited research has been conducted with volunteer firefighters. Funding for this project was provided by the CHHS through a Quick Turnaround Grant (QTAG).

2017 Research Highlights

- **External grant funding has increased 53%, from \$1.4 million in fiscal year 2016 to \$2.1 million in fiscal year 2017**
- **FUSE (Faculty Undergraduate Student Engagement) grant funding doubled from \$15,000 in fiscal year 2016 to \$30,000 in fiscal year 2017**
- **The success rate of RCAP (Research and Creative Activities Program) grants increased from 33.3% to 60% in fiscal year 2017**

WKU REACH '17

Each Spring the university showcases the scholarly activities of our students and faculty during REACH (Research Experiences and Creative Heights) week. For the second year in a row, our college had the opportunity to design our own schedule of events to highlight research within the CHHS.

Faculty & Student Poster Exhibit

The CHHS faculty members and students had the opportunity to display their research posters in the halls of the Academic Complex during the week of March 27th-31st. We had 10 faculty and 20 students that submitted posters, and each department within the college was represented in the exhibit.

The faculty and students presented their research to faculty, staff and fellow students on Friday, March 31st during our CHHS Research Week Reception.

Posters on Exhibit

Faculty:

Dana Bradley, Department of Family and Consumer Sciences (FACS); *Elder Caregiving Across Time & Space: Lessons from New Zealand*

Jay Gabbard & Trish Desrosiers, Department of Social Work (SWRK); *Effective Strategies in Teaching Graduate Writing Skills: Reflections on a Pilot Study*

Beth Norris, Department of Physical Therapy (DPT); *The Effects of Temperature and Experience on Acute Musculoskeletal and Cardiovascular Responses During Yoga*

Jean Neils-Strunjas, Lynette Smith, Leah Weskamp & Jo Shackelford, Department of Communications Sciences and Disorders (CSD) and School of Nursing (SON); *Level of Resilience in Student Veterans*

Brian Weiler, CSD; *Identifying SLI with the Nonword Repetition Test: Testing the Potential of Word-Level Scoring for Clinical Use*

Jody Evans, Department of Allied Health (AH); *The Utilization of the Leukocyte Platelet Rich Fibrin Technique for Tissue Stimulation*

Students:

Keagan Keen, School of Kinesiology, Recreation and Sport (KRS); *The Impact of an Acute Bout of High Intensity Exercise on Mood Among Pregnant Women*

Gabrielle Ringenberg, KRS; *The Validity of Submaximal Testing in Obese Women*

Sarah Driskill, KRS; *A Pregnancy-Specific Equation for Predicting Cardiorespiratory Fitness*

Regis Pearson, KRS; *Effects of an Acute High Fat Load on Peripheral Blood Mononuclear Cell Response among Women*

Kathryn Dispenette, KRS; *Efficacy of a Mobile Application for Improving Gait Performance in Community-Dwelling Older Adults*

Presley Henshaw, CSD; *Resilience: The Road to Maximum Recovery Following Brain Injury*

Alyssa Olenick, KRS; *Metabolic Flexibility Among Women in Response to a Single High Fat Meal*

Caitlin Hesse, KRS; *Assessment of Endpoint Criteria and Perceived Barriers During Maximal Cardiorespiratory Testing Among Pregnant Women*

Hannah Fickey, KRS; *The YMCA Submaximal Cycle Test and 6-Minute Walk Test Are Not Accurate Predictors of Cardiorespiratory Fitness During Mid-Pregnancy*

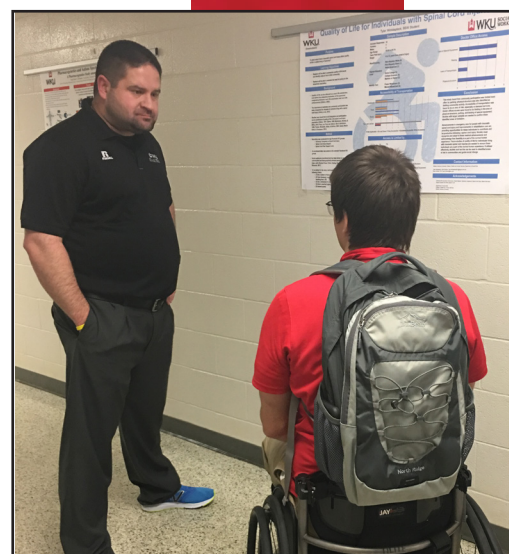
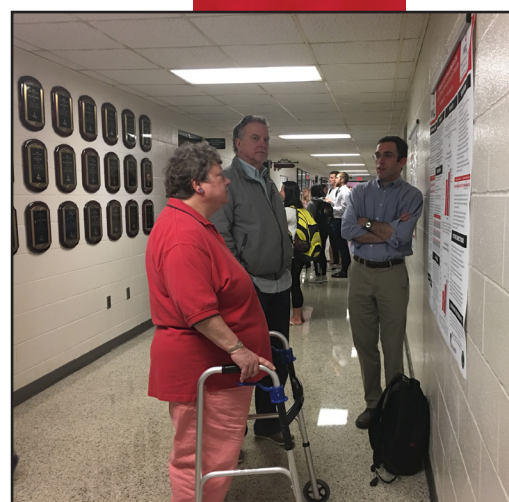
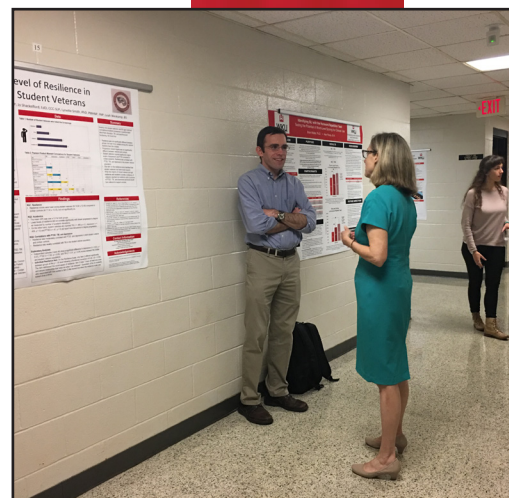
Joel Nason, Department of Public Health (PH); *Ethical Reasoning and the Culture Change Movement in Long-Term Care*

Robert Vondy, KRS; *Evaluation of Sit-Stand Desktop Workstations in Sedentary Office Workers*

Ezekiel Roland, KRS; *The Effects of a Sit-Stand Workstation Intervention on Workday Psychological Stress in University Staff*

Nuha Shaker, KRS; *Pharmacogenetics and Autism Spectrum Disorder*

Tyler Winklepleck, SWRK; *Kentucky: Quality of Life for Individuals with Spinal Cord Injury*



REACH CONTINUED

The 47th Annual WKU Student Research Conference was held on Saturday, March 25th in the Downing Student Union. This conference showcases scholarly activities of graduate and undergraduate students of diverse disciplines from across the main and regional campuses.

The WKU College of Health and Human Services (CHHS) had several student winners from this event to include:

- **Willenbrink, Elizabeth;** Mallinger, Gayle; Kerby, Molly; Musalia, Martha; “Cultivating Community: Food Insecurity and Community Gardening Among African Refugees in Bowling Green, Kentucky” (Gayle Mallinger)
- **Allen, Laura;** “Intergenerational Living between College Students and Nursing Home Residents in a Global Context” (Dana Bradley)
- **Clayton, Morgen; Downing, Tate; Vanarsdall, Natalie;** Young, Sonia; Norris, Elizabeth; Vanwye, Ray; Chumbley, Allison; Watson, Chelsea; “Effects of Foot Orthotics and Whole Body Vibration on Gait in Children with Down Syndrome” (Sonia Young)
- **Shaker, Nuha;** Maples, Jill; Lyons, Scott; Noel, Christina; “Pharmacogenetics Study Among Children with Autism Spectrum Disorder” (Jill Maples)
- **Gade, Keertana Reddy;** “Profile and Lessons Learned from Health Services in Zanzibar” (William Mkanta)
- **Moore, Lindsey;** “Standing in the Way: Criminalizing Homelessness” (Whitney Harper)
- **Bezawada, Nandini;** Weisbrodt, David; Taylor, Ritchie; Hwang, Jooyeon; “Noise Exposure Levels among Bowling Green City Employees Operating Different Equipment” (Jooyeon Hwang)
- **Driskill, Sarah McKenzie;** Tinius, Rachel; Hoover, Don; “A Pregnancy-specific Equation for Predicting Cardiorespiratory Fitness” (Rachel Tinius)
- **McRoberts, Jordan; Jent, Morgan;** “Colors in the World of Healing” (Sheila Flener)



Lindsey Moore (right), a Social Work major, presenting her research; “Standing in The Way: Criminalizing Homelessness”

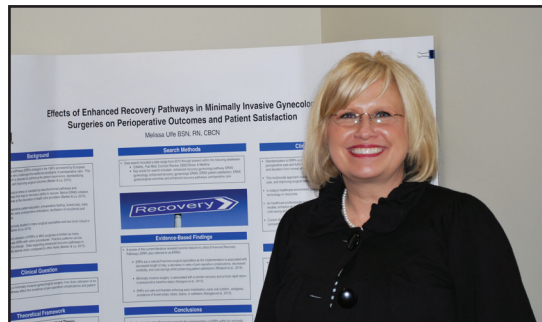
Nursing Students Present Posters at 20th Annual Kappa Theta Research Day

Six graduate nursing students in the Master of Science in Nursing (MSN) program presented their evidence-based posters at the 20th Annual Kappa Theta Research Day in April. The presenters and their poster titles:

- **Megan Brickett** – Reducing Anxiety and Depression in Cancer Patients
- **Ginger Clarke** – Duration of Breastfeeding and Infant Health
- **Molle Lawson** – Delirium Assessment Scales in ICU
- **Jessica Mamula** – Assessing Risk for Violence in Psychiatric Care
- **Savannah Pryor** – Improving Transitions of Care through Electronic Handoff
- **Melissa Ulfe** – Effects of Enhanced Recovery Pathways in Minimally Invasive Gynecologic Surgeries



Jessica Mamula, RN



Melissa Ulfe, RN

(Bingocize® Update continued from page 16)

Sciences and Disorders, served as the co-program managers, and were assisted by Dr. Neale Chumbler, Dean of the CHHS, Dr. Vijay Golla, Associate Dean of the CHHS, Mr. Ron Wilson, Senior Director of Corporate and Foundation Relations at WKU, and Ms. Katie Muchmore, Senior Grants Coordinator for the WKU Office of Sponsored Programs. In addition, Dr. Beth Norris (DPT), Dr. Jo Shackelford (CSD), and Dr. Mark Schafer (KRS) are faculty who received funding to develop online training for Bingocize and oversee Bingocize in the Bowling Green area.

“The awarding of these funds is the result of a great team of WKU colleagues, who invested much time and played integral roles in the multiple steps of this funding process. We are very fortunate to have been awarded this funding that will help to further the mission of Bingocize®.”

-Dr. Jason Crandall

With this funding, WKU will be able to appoint a full-time program director in KRS to manage this statewide project. The program director will be responsible for managing partnerships with other universities throughout Kentucky, and facilitating the implementation of Bingocize® into their programming. In addition to WKU, Bingocize® has partnered with the following universities: University of Louisville, University of Kentucky, Spalding University, Kentucky Wesleyan University, Murray State University, and Morehead State University. Various academic programs from each of these universities will be responsible for training their students to run the Bingocize® program at one of the 20 selected Kentucky certified nursing homes.

Research Points to Preventable Conditions for **RISING HEALTHCARE COSTS**

Preventable hospitalizations are costly among Medicaid enrollees in comprehensive managed care plans, according to new research from Western Kentucky University.

Many hospitalizations are preventable and consequently a cause for increasing health care costs. Ambulatory care sensitive conditions (ACSC's) represent illnesses, such as diabetes and hypertension (high blood pressure), for which good primary care can prevent and/or manage, thereby preventing the need for hospitalization, or for which early intervention can prevent complications or more disease severity.

According to William N. Mkanta, Associate Professor in the Department of Public Health and lead author of the study, "Patients, providers, and systems of care use information on inpatient service utilization on ACSC as a measure of quality for primary care services". And, if ACSC hospitalizations emerge, it is alarming from both a quality and cost perspective especially among individuals enrolled in managed care plans that are specifically designed to coordinate care and optimize utilization of health care resources, he further said. "The focus of many insurance companies is to avert these types of hospitalizations not only for cost containment but also in attempts for continuous quality improvements", said Neale R. Chumbler, Dean of the College of Health and Human Services and Professor in the Department of Public Health at WKU, the Principal Investigator from which this National Science

Foundation study emerged, and co-author of the study. "Providers and policy makers have to monitor closely care processes occurring in managed care plans among Medicaid recipients to determine ways of reducing the rates of avoidable hospitalizations. Furthermore, the current environment of value-based reimbursement should be exploited to empower both the patients and providers in creating meaningful opportunities for provider teams to offer personalized and comprehensive care to individuals and populations," Mkanta said on this study that aimed at assessing cost and determine predictors of hospitalizations involving ACSC among Medicaid enrollees in comprehensive managed care plans.

The Assessment

Using a sample of 25,581 Medicaid enrollees who received primary care

"US health care system needs to be more vigilant in identifying hospitalizations for conditions that should be treatable on an outpatient basis"

services in managed care plans in 2009 in three large states representing the West, South, and Midwest regions of the United States to create a geographical diversity, Mkanta and his colleagues assessed expenditures for hospitalizations and utilization expenditure differentials to determine factors associated with ACSCs and is one of a select few studies that applied this analytic approach in investigating ACSC hospitalizations in a Medicaid population.

The Study

This study found that diabetes was the most frequent ACSC condition, with heart failure being the second most common condition. This study also found that the mean expenditures were higher for hospitalizations in patients with ACSC compared to those without ACSC. Further, a higher proportion of patients admitted with ACSC required advanced treatment or died on admission, according to the study.

The Results

Mkanta and his colleagues found that odds of ACSC hospitalizations were 30% higher among Blacks and 25% higher among Hispanics. The results of the study were published in the Volume 3: 1-7 issue of Health Services Research and Managerial Epidemiology.

Christopher E Johnson, PhD, Professor and Chair of the Department of Health Management and Systems Sciences in the School of Public Health and Information Sciences at the University Louisville stated, “Dr. Mkanta and colleagues’ findings raise important questions about preventable ACSC hospitalizations.” Johnson went on to state, “Does this type of hospitalization avoidance harm patients and reduce quality of care? This study provides key evidence that cost avoidance and quality monitoring systems within the ACSC population may be driving decisions that harm patient health.”

“Our findings suggest there is a proportion of potential cost savings that can be attained from resources used to care for Medicaid enrollees in comprehensive managed care models,” Mkanta pointed out in the Health

Services Research and Managerial Epidemiology article, and further went on to suggest, “At the policy level, our findings reveal potential for support of redesigning further primary care services with the inclusion of important quality provisions to reduce preventable hospitalizations.” Pleased with the value and implications of the findings from the study, Chumbler concluded that “the bottom line is that US health care system needs to be more

vigilant in identifying hospitalizations for conditions that should be treatable on an outpatient basis, or that could be less severe if dealt with early and aptly.”

“This study provides key evidence that cost avoidance and quality monitoring systems within the ACSC population may be driving decisions that harm patient health”



Dr. Neale Chumbler and Dr. William Mkanta

CHHS SERVICE

Service is an integral part of our college's identity. Each discipline and program within CHHS centers around serving others and improving the quality of life for members of our community, region, and beyond. We believe that by engaging our students, faculty, and staff in service learning, we will create a community of lifelong human change agents.

21st Annual Progressive Agriculture Safety Day

This past Fall, more than 550 fourth-graders attended the 21st annual Progressive Agriculture Safety Day at L.D. Brown Agriculture Expo Center. Fourth graders from Allen, Edmonson, and Warren Counties attended the event. Students rotated through a variety of stations learning valuable safety topics like how to use a fire extinguisher and the importance of wearing sunscreen.

The event is a sponsored by the Kentucky Partnership for Farm Family Health and Safety, Inc. in partnership with the South Central KY Area Health Education Center and the WKU Institute for Rural Health, and could not take place without the dedication of over 100 volunteers from a variety of different agencies including: Kentucky Department of Agriculture, Allen County Sheriff's Office, WRECC, Bowling Green Fire Department, Browning Fire Department, Jeff Holdcraft, and CHHS students.



Ag Safety Day by the numbers:

- Student, Staff & Faculty: 113
- 4th Grade Student: 555
- Total Volunteer Hours: 1,240
- Safety Stations: 23
- Partnering Organizations: 19

KRS Students Participate in Dugas Community Park Clean-Up

Students from the School of Kinesiology, Recreation and Sport removed 800 lbs of garbage from the Pott's Creek waterways at Dugas Community Park. WKU recently partnered in the development of this park to offer more than 300 acres of property for educational and recreational programming and research. The Dugas Community Park project, which will be located in Scottsville, KY, was made possible through a generous gift provided by the Dugas family.



Public Health Students Promote a Healthier Campus through Community Collaboration



Students in the Department of Public Health partnered with several community agencies for *Healthy Days 2017* to meet the shared goal of promoting healthier choices on campus. The student chapter of the Kentucky Public Health Association (KPHA) worked with

representatives from the Community Farmers Market of Bowling Green (CFM), the BRIGHT Coalition, and the Barren River District Health Department (BRDHD) to allow students to try new vegetables and to learn more about the nutritional options available to them through the CFM.

Dental Hygiene Students Serve Local Elementary School



The Department of Allied Health's first year dental hygiene students conducted a Student American Dental Hygienists Association (SADHA) service learning project at a local elementary school. The dental hygiene students visited the Parker-Bennett-Curry Elementary School in Bowling Green, KY. During the school's after school program, the dental hygiene students distributed healthy snacks to the children and conducted activities pertaining to nutrition and Oral Hygiene Instructions (OHI). The children also received toothbrushes, floss and toothpaste. First year student Rachel Carter organized this project.



Phi Omicron Upsilon Volunteers with HOTEL INC

The Beta Delta chapter of Phi Omicron Upsilon, a National Honor Society in the Department of Family and Consumer Sciences, made a positive impact in the community through their support to HOTEL INC. The chapter provided the organization with donated food, toiletries and stuffed animals to distribute to their clients. HOTEL INC provides Warren County citizens with pathways to stable housing, community resources, building relationships, quality food, and serving our neighbors.

Interior Design Students Draft Plans for Economic Growth in Caneyville, KY

Every spring, the CHHS Interior Design Senior Thesis class in the Department of Family and Consumer Sciences, takes on a community project. Over the years they have provided restoration alternatives for buildings in South Union, Park City, Bowling Green, and this year Caneyville, Kentucky.

The students visit the site, measure buildings, return to school and spend a semester studying the community. The goal is to provide the town design ideas that enhance visual aspects along with new business opportunities.

This year's projects considered the economic impact of how to stimulate the economy around the existing

population base. Tourism was a key component in selecting a viable business. Within 20 miles of the town, tourism sites included Rough River State Park, Pine Knob Theater, Bill Monroe's birthplace, and many community festivals.

Along with economic impact, the students design new facilities using existing structures. This year the team designed coffee shops, bluegrass music venues, bed and breakfasts, bakeries, and restaurants. The projects are displayed at Caneyville City Hall and Rough River State Park.

Welcome to Caneyville

Revitalized and Restored

Demographics

Programming

Project Concept

Projected Town Development

Case Study #1: Nashville, TN

There is a quaint village in south-central Indiana called Brown County, Indiana. This bustling town has a population of 1,077 residents. In the 1900s the town became popular for the area's natural beauty. It soon became known as "Little Nashville" because it was the home of The Little Nashville Opry for 25 years. Now, the tourist industry is among the leading in the state. The town is bumper to bumper in the fall. The idea is to bring in the public for the autumn leaves and close proximity to a state park. Then visitor's grow the economy by spending in the shops and restaurants. Tourism brings in \$150 million each year. The 1.3 square mile town holds 26 booming restaurants (of which, only two are chain restaurants). The popular tourist area holds music venues, shops, historic sights, wedding venues, the Brown County State Park, bed and breakfasts, spas, art galleries, and more. With only three traffic lights, this town still may lodge 3,000 visitors at one time. Social media has only given more marketing to the town and tourism growth is expected to increase.

Case Study #2: Orlando, FL

There are not many people across the world that have not heard of the famous tourist attraction, Walt Disney World. Even spending a week at this location would not allow you enough time to visit all of the parks, restaurants, stores, and sights. At one time, this county had only 12,000 residents with a citrus farm as the main source of revenue. Walt's first park, Disneyland in Anaheim was a huge hit, but his biggest regret was that you could stand in the back of the park and see a Texas Ball across the street. He wanted to create the immersion of a new "world."

Case Study #3: Old Town, CA

Old Town, San Diego was first settled in 1794 with only a hotel in its landscape. Now, marketplaces, music venues, and restaurants bring in thousands of tourists each day. \$80 billion dollars are spent over the course of one year in San Diego tourism with Old Town among the top ten tourist locations. Visitors are attracted by the historic trolley cars, authentic Mexican food, landscaping, and the historic structures of the small village.

Case Study #4: Waco, TX

Waco, Texas has only been a recognized name for a few years. After the successful success of the HGTV hit show "Fixer Upper," Waco has reported 1.8 million visits in the past year. Travelers are visiting the Magnolia market, farm, and store. Then they are staying in the hotels and eating at restaurants, generating revenue and the economy. Each family receives an average of \$80 in one weekend. Because of the hit attraction, other small Waco attractions (such as the Waco Zoo) are hitting record attendance. Show stars Chip and Joanna Gaines put Waco, Texas on the map by creating an "anchor store" effect.

The Caneyville House:

Concept Statement

In order to offer a unique overnight stay, we have designed a Bed and Breakfast. Our design for the interior will be a mix of rustic, cottage, vintage, with an added elegance. The color palette will include a variety of natural wood tones. Tapered, charcoal, and dusty navy will be used throughout the space. In the public areas, we will use touches of cowboy brown leather to surround the house in the fields surrounding the town. We offer two ADA accessible suites. The symmetrical structure will sit at the corner of the only strip in town. It will serve as a Welcome Center and small restaurant for the new building town of Caneyville.

Architectural Drawings

• Courtney Knight • IDFM: 402 • Spring 2017 •

Rural Health Scholars Program Participates in THE \$100 SOLUTION

The South Central Area Health Education Center (AHEC) offers a *Rural Health Scholars Program* each summer for WKU students in any of the pre-professional tracks of study. This four week program immerses pre-professional students (Pre-Pharmacy, Pre-Medicine, Pre-Physical Therapy, etc.) in rural Kentucky medicine by utilizing unique experiences to broaden their understanding of the limitations, advantages, and community resources available to educate, prevent and treat a rural patient population.

This past June, our Rural Health Scholars participated in a StoryCorps project that was funded through The \$100 Solution™ (THDS). THDS utilizes course learning objectives combined with the five principles of service-learning to answer a central question for students: with this \$100 bill, what can I do to enhance quality of life for others? It teaches students to ask what they can do rather than self-determining needs of others, and it demonstrates that many social problems exist that can be solved with small amounts of money, or rather, by even thinking beyond monetary solutions to make a difference in their community.

The South Central AHEC Rural Health Scholars selected Dr. Carroll Brooks for their first StoryCorps project. The students recorded an oral history of his career as a family physician in Bowling Green, KY.

The interview was recorded in June 2016 and Dr. Brooks passed away in September 2016. Many of the stories used in his eulogy came from this interview.



Back Row (L to R): Blaine Patty, Madeline Paige, Dr. Carroll Brooks, AHEC Health Programs Specialist Catherine Malin, and Connor Ross. Front Row: Dixie Secula and Hosannah Evie



SON Hosts Bone Marrow Donor Registry Drive

The WKU School of Nursing (SON) paid it forward by teaming up with *Be The Match*®, to host a registry donor drive to help raise awareness for the 28+ million Americans diagnosed with cancer each year.

The drive, sponsored by the Kentucky Association of Student Nurses (KANS) in the spring, resulted in 40 new possible donors. *Be The Match*®, is a global leader in bone marrow transplantation.

CHHS INTERNATIONAL

Becoming a Leading American University with International Reach

While CHHS is committed to having a positive impact in Bowling Green and surrounding areas, we also share the University's vision of having international reach. We seek to integrate international and intercultural dimensions into all aspects of the college experience by providing our students with opportunities to explore health and human services around the nation and around the world. Our goal is to help students develop a global perspective as they improve the health and quality of life for others through their chosen fields.

In the last year, our students and faculty have participated in trips to a number of countries including Costa Rica, Ecuador, New Zealand, Belgium, Ireland, England, France, Sweden and Tanzania. In addition to these wonderful countries, this year the CHHS has expanded our International Reach by offering a new Global Health Graduate Summer program at the University of Haifa in Mount Carmel, Israel.

WKU has placed a priority on the globalization of education and how they are actively cultivating international partners so that our students become productive, engaged, and socially responsible citizen-leaders of a global society. We know that preparing our students for success in the

international marketplace requires our focus on fostering global awareness and international collaboration during our students' formative years.

Here in the CHHS, we want to increase our global network for our students, so as to provide our students with experiences that will create more cultural awareness, allow them to be change agents, and prepare them for greater success after graduation.

As a *Leading American University with International Reach*, WKU is actively positioning itself to prioritize the globalization of education.



Dr. Neale Chumbler visiting Mount Carmel, Israel

“As educators, we have the greatest opportunity to be the vessels through which our students develop both personally and professionally. Providing resources, tools, experienced-based learning opportunities, enables our students to be geared for the competitive marketplace upon graduation.”

-Dr. Neale Chumbler

GLOBAL REACH

WKU Global Reach: WKU Professor and Students Make their Mark on a Global Healthcare Crisis

Story by Justin Turner, WKU Office of Research



*Associate Professor,
MHA Program Director
Dr. William Mkanta*

As a university with international reach, WKU has partnered with a variety of study abroad organizations to make it easier for students as well as faculty to extend their academic experiences beyond the U.S.

Dr. William Mkanta, Associate Professor of Healthcare Administration (HCA) in the Department of Public Health, helps his students interact with international communities by leading study abroad programs with the Kentucky Institute for International Studies (KIIS).

Originally from Tanzania, Dr. Mkanta is the director of the KIIS Tanzania and KIIS Zanzibar programs. He works collaboratively with students while abroad to carry out public health related academic programs and research on a variety of topics concerning public health and healthcare administration.

Dr. Mkanta's students often choose research topics that revolve around the management of the HIV/AIDS epidemic, one of the leading public health concerns in Africa. In 2014, he worked on a photo project with Trevor Davis, a WKU HCA student from Louisville, KY. Their project was aimed at spreading awareness and understanding of the challenges and service needs of persons living with HIV/AIDS through photos taken by patients themselves.

Through this photo research, Davis and Mkanta were able to identify and document numerous challenges and needs experienced by the patients. They found that many Tanzanian HIV/AIDS patients lack access to nutrient rich

(Story continued on page 28)



CHHS International Student Reception Welcome

In August 2016, the CHHS hosted an International Student Reception Welcome event in the Micatrotto Dining room located inside the Academic Complex. The event, arranged by Department of Family and Consumer Sciences Instructor Julie Lee, is an annual event to introduce our International students to the faculty and staff of the CHHS.



DNP Graduate Presents at International Conference

Yolanda Reid, Spring 2015 Doctor of Nursing Practice (DNP) graduate, presented her DNP project findings “Barriers to Prostate Cancer Screening in African-American Men in South Central Kentucky” during the International Men’s Health Workshop at the National Black Nurses Association, August 2-7, 2016, in Memphis, TN.

(WKU Global Reach continued from pg. 27)

foods that supplement antiretroviral medications.

One of the more recent studies took place during the summer of 2016. A WKU HCA student, Maleah Boisture of Sacramento, KY, worked with Dr. Mkanta to survey a selected group of HIV caregivers over the age of 50. Their data showed that the older adult caregivers face more challenges than younger caregivers. Just over 50 percent of the survey sample felt adequately prepared to give their patients proper care. These results suggest that continued training and education for this group of caregivers is essential and should be designed specifically to address their challenges. Maleah attended the Global Health & Innovation Conference at Yale University April 22-23, 2017 as part of a

FUSE grant that also funded her research in Tanzania.

Because of this, the collaborative international research efforts of groups like those led by Dr. Mkanta and his students are not only insightful but also essential to spreading global awareness and understanding of the impact of disease.

Dr. Mkanta will lead a new group of 25 students to Tanzania this summer for courses in social work, occupational safety as well as in community health and social engagements through the global health service-learning practicum. The group will depart on June 7 for five weeks of academic and intercultural experiences in Africa.



Maleah Boisture, in Tanzania, Africa.

Communication Sciences & Disorders Participates in International-Interdisciplinary Courses in Belgium

Over the 2016-17 academic year, several students in the Communication Sciences and Disorders (CSD) program have had the opportunity to participate in unique faculty-led international experiences in Gent, Belgium.

In August 2016, three graduate students participated in an international, interdisciplinary summer school course offered at HoGent University focused on evidence based practice in health care. The students were accompanied by CSD faculty member, Dr. Kimberly Green. The program is a Faculty-Led Study Abroad (FLSA) course that is also supported through grant funds from the Belgian government.

In March 2017, one CSD graduate student participated in a pediatric rehabilitation course, also held in Belgium. This course is partly funded through a collaborative between several European universities. As with the summer course, Dr. Green helps to facilitate the hands-on class along with several faculty from various disciplines across countries. During the course, CSD distance graduate student, Haley Kassler collected data to examine students' experiences with interprofessional education. Lecture content in the courses involved topics such as international health care structure, quality of life, technology and gaming in rehabilitation sciences, neuroplasticity, augmentative and alternative communication, cross-cultural communication in health care, research methods, and interdisciplinary approaches in intervention.

The students also participated in local cultural activities and become immersed in daily cultural experiences. Both the summer and spring courses are filled with activities such as visiting different healthcare sites, learning from lectures presented by various international professors, meeting with former WKU CSD students (originally from Belgium) who are currently practicing, and engaging in international student project collaborations. Students were supported throughout the courses as they integrated their experiences abroad with content in their traditional classes and clinical experiences at WKU.



STUDY AWAY

WKU Fly Fishing Trip Travels to Missoula, Montana

The WKU Recreation Administration program hosted its 5th annual WKU Fly Fishing Montana program in Missoula, MT last fall. Led by Dr. Raymond Poff, the program offers university students of all majors and community members an opportunity to develop fly fishing skills and experience fly fishing on world renowned waters containing five species of trout: rainbow, brown, cutthroat, hybrid cutbow, and brook. The group, consisting of eight students and five community members, were guided along the rivers by anglers from the Missoulain Angler Fly Shop.



“These trips are why I love WKU. They offer amazing opportunities to learn a ton in the unconventional classroom. I made amazing friendships, and augmented my fly-fishing skills in the fly-fishing capitol.”

– Brandon Pruitt

Hospitality, Management & Dietetics Students Travel to Las Vegas

In January 2017, eleven Hospitality Management & Dietetics (HMD) students from the Department of Family & Consumer Sciences (FACS) embarked upon a Study Away trip to Las Vegas. Over the course of a week, the students were able to see the many layers of the ever-expanding hospitality industry. This Study Away experience was led by FACS faculty, Ms. Ann Embry.

Embry led the students on an eight-day excursion visiting hotels, restaurants, casinos, suppliers, event venues and popular tourist attractions. The course included exposure to management styles of various industry facilities, marketing strategies that are used within the hospitality industry, comparative analysis between various types of establishments in the industry, and learning operational and logistical management in the hospitality industry. The group also had the pleasure of visiting with WKU alumni, Mr. Joe Micatrotto, Jr., whose company, MRG Marketing and Management is the parent company for the Raising Cane’s Chicken franchise, among others.



Institute of Rural Health

MISSION: *To steward a high quality of life for rural populations and underserved areas: by engaging students and faculty in service learning and research; by providing clinical services; and by serving as a global resource for improving health in rural communities.*

- Secured over **\$120k** in extramural funding in the fall semester
- Provided **4,259** services in fall semester
- Introduced **service learning opportunities** for graduate-level dietetic students
- Co-sponsored an **agricultural health and safety day** with AHEC and the Kentucky Partnership for Farm Family Health & Safety, Inc.
- Co-sponsored the **Rural Collaborative Initiative**, a one-day conference for community leaders and health leaders serving rural populations



2015-2016

- Experienced over **4,400** patient encounters
- Performed over **2,200** dental procedures and **5,900** medical procedures
- Recorded over **4,300** student engagement hours

CHHS TEACHING

CSD Hosts Largest Speech-Language Pathology Summer Clinic Program to Date

The Department of Communication Sciences and Disorders (CSD) Communication Disorders Clinic (CDC) hosted 49 full-time and part-time distance learning graduate students from across the United States for a clinical internship in Summer 2016. These graduate students complete all coursework online with the exception of a six-week internship where students are required to attend WKU to demonstrate their ability to be successful as speech-language pathology students in a clinical setting. The CDC held therapy sessions in several different locations



in order to meet the growing needs of the distance program and the community.

Jump MHA Program Now Offered at WKU

The Department of Public Health is now offering a Joint Undergraduate Master's Program, JUMP-MHA. This program is designed to accelerate completion of the Master of Health Administration (MHA) degree. The JUMP-MHA program will provide students the opportunity to complete both an undergraduate and graduate degree in approximately five years.

All majors within the following colleges are eligible for application: CHHS, College of Education and Behavioral Sciences, and Gordon Ford College of Business. In addition, the following WKU majors are also eligible for application: Diversity & Community Studies, Interdisciplinary Studies, Biology, Chemistry and Organizational Leadership.

Department of Public Health Offers Additional Online Programming

Last Fall, WKU's Master in Public Health (MPH) program launched its new Generalist Program. This program is designed for working professionals as well as students in distant places.

Also, the Health Care Administration (HCA) program launched its first cohort for the on-line HCA degree program. Working with the Division of Extended Learning and Outreach (DELO), the program admitted its first class of students.

Little Topper Time Program Improves Language Development for Young Children

Little Topper Time Program (LTT), a language intervention program, designed and directed by Caroline Hudson, M.S., CCC-SLP and Allison Hatcher, M.S., CCC-SLP, at the WKU Communication Disorders Clinic (CDC), is a parent-based, small group, language intervention program, influenced by WKU's mascot, the Hilltopper.

Group intervention service delivery models are often used clinically with young children. However, there is little evidence of the clinical effectiveness of group intervention using a parent-based model with young children with language impairments (LI).

Findings from this study revealed a significant difference between the pre-intervention scores and the post-intervention scores for "words produced" on the MacArthur-Bates Communicative Development Inventories (MB-CDI) using a non-parametric Sign Test analysis. Each participant showed an increase in vocabulary after participation in the Parent Based Intervention (PBI) program.

Additional information observed by the investigators includes, but is not limited to: bonding between parents and their young child, connections made between parents with other parents, and positive effects of peer modeling (i.e. increase in turn-taking skills, imitation of behaviors, and use of social greetings both verbally and gesturally). Parents also anecdotally reported, an increase in the amount of time they spent face-to-face with their child as well as an increase in their child's use of sign language, gestures, vocalizations and/or spoken communication. The significance of this study is that there is potential for a parent-based language intervention, such as LTT, to improve language development in children with LI.



CSD Faculty Present at National Conference

This past Spring, Dr. Janice Carter Smith and Dr. Leigh Anne Roden-Carrier from the Department of Communication Sciences and Disorders presented at the 2017 Council of Academic Programs in Communication Sciences and Disorders (CAPCSD) National Conference.

Drs. Smith and Roden-Carrier presented on *Engaging Undergraduate Students in Interactive Learning Experiences*. The presentation provided various ways to engage students in the classroom, different formats to assess learning, and innovative student project ideas.



Dr. Roden-Carrier



Dr. Carter Smith

Bingocize®, a successful, preventative health promotion program designed by Dr. Jason Crandall, Assistant Professor in the School of Kinesiology, Recreation, and Sport (KRS) in the CHHS, recently received a \$1,000 gift from Mrs. Diane Amos. Amos, Post-Award Specialist in the Office of Sponsored Programs at Western Kentucky University, donated the funds to the KRS Foundation as a supportive effort to create a Bingocize® program at the Barren River Adult Daycare Center in Barren River, KY, where her mother, Ms. Lou Ann Russell, formerly attended.

Ms. Lou Ann Russell, who passed away at 88 years of age on November 8, 2016, had attended the Barren River Adult Day Care Center, which is owned by the Commonwealth Health Corporation. The center is designed to provide help and support to adults who have physical, social or emotional needs and desire to remain active and engaged in social activities. Russell was very active in playing Bingo at the center and loved bringing home her prizes she had won.

Amos wanted to support the Bingocize® program as a way to share her mother's memory for something she loved and had a passion for, Bingo.

"Mother loved the staff and clients at adult day care," remembered Amos, "and I know she would want them to be able to participate in some type of physical activity to help them keep as mobile as possible, while playing a game that she and the clients looked forward to."



Ms. Lou Ann Russell was a student at WKU in 1948 and 1949.

Amos, along with her three children, all graduates of WKU, agreed to honor Russell with this gift to support their mother/grandmother's passion for Bingo and an opportunity to help inspire others.

"It only seemed natural to collaborate with Dr. Jason Crandall and his students at WKU with his Bingocize® program along with Commonwealth Health Corporation's Adult Day Care Program so the students could have hands on experience and connect with the clients that love participating in activities while away from home. My wish is for others to support Dr. Crandall and his students by remembering their loved ones." - Diane Amos

DPT Students Volunteer at Pediatric Amputee Running Clinic

Eight second year Doctor of Physical Therapy (DPT) students, along with DPT Associate Professor Sonia Young, volunteered at a pediatric amputee running clinic, Music City Speed and Strength Camp sponsored by Nubility Athletics and Amputee Blade Runners this past spring. Students and faculty assisted children with running, strength, and coordination exercises, drills, and activities.



Department of Public Health Recognized with Community Partnership Award

To ensure veterans with PTSD have access to the same benefits as other war heroes, *America's VetDogs* partnered in 2015 with the WKU Department of Public Health to complete an impartial three-year research based study to assess the impact of PTSD service dogs. The goal is to provide governmental agencies and the public, empirical evidence supporting the health and healing benefits that service dogs can confer to veterans living with PTSD.

"Our partnership with Western Kentucky University furthers our credibility and will help ensure that our service dogs make a measurable difference in helping our country's veterans to live with pride and self-reliance once again."

**- Wells Jones, Chief Executive Officer,
Guide Dog Foundation for the Blind, Inc.**



*Department of Public Health
Director Dr. Gary English (right)
receiving certificate from Mr.
Theodore L. Herman, Vice
Chairman of the Mutual of America
Foundation.*

Collaboration and Partnership Leads to Preventative Dental Care

A partnership between the Barren County Detention Center and Western Kentucky University has initiated a program in which inmates are able to receive preventative care from the CHHS' dental hygiene students.

This partnership was developed through the success of another WKU-Barren County Detention Center partnership, an idea initiated by WKU faculty member Krisstal Clayton, an associate professor in the psychology department. Building upon her extensive experience working with the Barren County Detention Center, Clayton approached the Dean of the CHHS Dr. Neale Chumbler, regarding the idea to extend the preventative dental services to the inmates through the operation of the WKU Institute of Rural Health's (IRH) mobile dental health unit. Dr. Daniel Carter, a dentist and Ms. Bonny Petty, Supervising Dental Hygienist, who both work in the IRH, led implementation of treatment services for the inmates, while Dr. Clayton managed the service learning pedagogy and evaluation.

The IRH mobile dental unit currently provides services for patients located in rural areas throughout south central Kentucky, with this new partnership being their first access to service inmates.

"Our working relationship with Western has been awesome. It's been fantastic and we're going to continue to work with them and keep the programs going."

-Tracy Bellamy, Chief Deputy Jailer



*Photographer: Melinda J. Overstreet /
Glasgow Daily Times*

CHHS

AWARDS BANQUET



Dr. Darlene Shearer (left) & Dean Chumbler (right) present the award for Outstanding CHHS Graduate Student to Zona Ascensio. Zona, pictured with her daughter, graduated with a Masters in Public Health in May.

Each Spring, the college celebrates the accomplishments of our students, faculty, staff and community at our annual CHHS Awards Banquet. This awards ceremony is the culmination of the year-long academic pursuits of our college, and that of which drives the success of the CHHS and the pursuit of our mission: *to inspire the discovery and application of knowledge in health and human services*. Students are nominated and selected by their department or school for distinction in categories related to academics, leadership, research and service. In addition to the students, faculty and staff, whom are selected by the CHHS Sabbatical and Faculty Awards committee, are recognized for their contributions to teaching, research, service and advisement. Over 80 students and eight faculty/staff were recognized at this year's banquet. The evening ended on a special note, as Mr. Kenneth R. Holland was inducted into the CHHS Hall of Fame.



Dean Chumbler (right) presenting Mr. Kenneth Holland with plaque to commemorate his induction into the CHHS Hall of Fame.

CHHS Hall of Fame Inductee

Mr. Kenneth R. Holland, our newest inductee into the CHHS Hall of Fame, is the Director of Operations for GoodWorks Unlimited, LLC, operators and owners of assisted living, memory care and independent living locations and is the Principal of Holland Associates, LLC a senior living management firm. Holland has 35 years of experience in the senior housing market and has been involved in all aspects of operations. Holland holds a degree in Health Care Administration from WKU and has served as a preceptor for students at WKU, among several other universities.

2017 Faculty and Staff Award Winners



Faculty Excellence in Teaching

Dr. Ron Ramsing
School of Kinesiology,
Recreation and Sport



Faculty Excellence in Research/Creativity

Dr. Jill Maples
School of Kinesiology,
Recreation and Sport



Faculty Excellence in Student Advisement

Dr. Amanda Funk
School of Kinesiology,
Recreation and Sport



Faculty Excellence in Public Service

Dr. Gayle Mallinger
Department of
Social Work



Staff Advisor/Student Services Support

Mr. Austin Griffiths
Department of
Social Work



Staff Excellence Award

Ms. Judy English
CHHS Dean's Office



Outstanding Part-Time Faculty

Mr. Charles Cann
Department of
Public Health



Outstanding Part-Time Faculty

Mr. Edward Sweeney
Department of
Communication Sciences &
Disorders

CHHS STUDENTS



WKU Public Health Student Awarded Fulbright Fellowship

Public Health student, Laura Allen, was awarded a Fulbright Fellowship for the 2017-2018 school year. She will be completing an independent research project, *Considering the Environment of Nursing Homes for the Betterment of Residential Care*, with the faculty at Windesheim University of Applied Sciences in

Zwolle, Netherlands.

Allen, a Healthcare Administration major, visited Windesheim University with an International FUSE grant and Honors Development Grant in October 2016 to do research for her Honors thesis. Her research will examine the relationship between administrators and the long term care regulatory body, and the effect that this relationship has on the long term care environment and the residents' aging experience.

Graduate Research Assistant Awarded Doctoral Student Assistantship from Vanderbilt University

Graduate research assistant, Alyssa Olenick, was recently awarded with a fully funded doctoral student assistantship from Vanderbilt University's (VU) Interdisciplinary Graduate Program in Biomedical Sciences.

Olenick, is a second year graduate research assistant, working in the School of Kinesiology, Recreation and Sport (KRS), under the mentorship of WKU Assistant

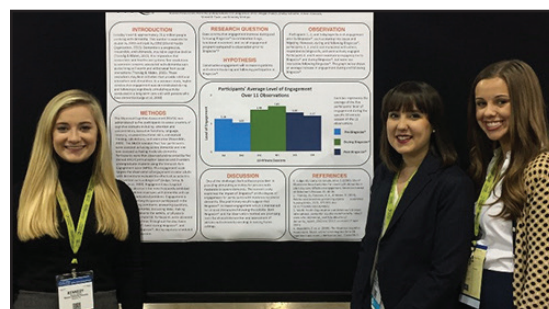
Professor Dr. Jill Maples. Olenick who is currently conducting thesis research at WKU's Graduate School on metabolic flexibility in women after a single high fat meal, plans on further pursuing research pertaining to diabetes and obesity.



CSD Students Present at National Convention

Student research assistants from the Department of Communication Sciences and Disorders (CSD); Allison Glascock, Kennedy McAlpin, Meredith Tade, Megan French and Shelby Schaefer presented their research study, *A Novel Game for Improving Engagement in Older Adults with Dementia*, at the The American Speech-Language-Hearing Association National Convention in Philadelphia, PA this past fall.

The purpose of the study was to address the engagement levels of older adults with dementia during and following



participation in the functional activity, Bingocize®. Student researchers observed a total of five residents with dementia severity ranging from moderate to severe for 11 weeks using the Menorah Park Engagement Scale.

Master in Health Administration Students Garner Top 10 Finish in Case Study Competition



The Master of Health Administration (MHA) program competed in the 21st annual Everett V. Fox Student Case Competition hosted by the National Association of Health Services Executives (NAHSE) held in Las Vegas, NV in October 2016.

The team representing the MHA program included Ms. Nadia Khan, Dr. Aditya Sharma, and Ayodeji Omosule. The team was assigned the task of expanding mental health services in San Diego County, California and focused on adding mental health services in a number of the existing community based urgent care facilities, promoting the use of bundled payments to entice private and corporate systems to consider providing a holistic, one-stop, access points for those in need of physical and/or mental health care.

This conference and this competition is one of the premiere events in the country for identifying and recruiting the next generation of health care executive talent into the health care system.



Your support, interest and generosity is greatly appreciated and vital to the success of our mission and our programs. If you would like to make a gift to the college or to any of the departments or schools within the CHHS, please visit:

alumni.wku.edu/givechhs

CHHS ALUMNI SPOTLIGHT



Cecilia Mengo

Master of Social Work, May 2012

Why did you choose your path of study at WKU?

My desire was driven by my passion for working with vulnerable populations, especially women and children living in rural areas. Before coming to the US, I worked alongside families in rural parts of Kenya for seven years, witnessing first-hand the challenges that many families go through. During my work with these families, I listened to stories of how they conquered their day to day life challenges. I was particularly intrigued by their creative business ideas that were later turned into micro businesses that provided income for their families. It was during my work with these rural communities, that I realized I needed to equip myself with more skills on community organizing, especially group dynamic skills. Upon reviewing the WKU social work course curriculum program, it was crystal clear to me that the program was geared towards training social workers to work better with rural communities. This is when I made a major decision to move to the US to continue with my graduate studies in Social Work at WKU.

What activities, organizations were you a part of at WKU?

I worked as a graduate research assistant for two years. Under the supervision of my faculty advisor, I worked with a state grant funded project to examine the services provided to victims of trauma in Warren County, Kentucky. We created and piloted a study abroad program for MSW students to travel to Kenya, this project is still in progress. I was also a member of Graduate Student Social Workers and Phi-Alpha honor society. I had an opportunity to attend national conferences such as the Council of Social Work Education (CSWE) and professional development workshops.

How did WKU prepare you for life after college?

WKU was a home away from home. The faculty members and especially my advisors were my great mentors. They had an open door policy that made it easier for me to interact and consult

with them freely on course work and my research projects. The activities that I was engaged in enhanced my academic and leadership skills. Also, my experience as an international social work practitioner and an international student offered a unique perspective that helped me to understand the context of global social work and how my skills can contribute to meaningful social change in the global arena.

What have you been doing since graduating from WKU?

I am a tenure track assistant professor at The Ohio State University, Columbus. I teach Human Behavior in the Social Environment and social and economic justice. I also supervise social work students who are on field practicum with the local agencies here in Columbus. In addition to teaching, I am also engaged in research; examining the persistent social problem of Gender Based Violence among marginalized and vulnerable women in the US and Sub-Saharan Africa, and exploring the social and economic inequalities that keep women in the cycle of poverty.

Any advice to current WKU students?

Stay focused, be open minded, be curious to learning new things such as a new culture, a new language, and do not be afraid to get out of your comfort zone.



Dr. Cecilia Mengo and Dr. Amy Cappiccie in Olmaran, Laikipia, Kenya holding WKU red towel!

“The world today is faced with complex social problems that call for innovative strategies. As social work majors, it is important for students to broaden their perspectives by thinking globally and acting locally.” -Cecilia Mengo

2016-2017 COMMENCEMENT

CHHS

The CHHS honored over 320 graduates from our college during the December 2016 commencement ceremony and over 830 graduates from our college during the May 2017 commencement ceremony. This number includes our doctoral, master's, bachelor's and associate degree recipients. We are exceedingly proud of our graduates and their successes and academic accolades earned while studying at WKU, and we look forward to watching their journey as they navigate the next chapter in their educational and career paths.

We are also extremely thankful for the faculty and staff of CHHS that mentored, supported, encouraged and taught our students with a mission-minded approach; inspiring the discovery and application of knowledge in health and human services.

To our alumni, our community, our parents and our donors, your support of the CHHS and our students, allows our college to continue their dedication to improving the quality of life in the community through education, service, collaboration, leadership, and scholarship.

Greater things are in store for the CHHS, thank-you for partnering with us on this journey!



Photos provided by WKU Photography

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