Spring 2010

Annual Report, Western Kentucky University
College of Health & Human Services

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Spring 2010
Welcome to the CHHS Annual Report for Winter, 2009-10. The Report contains exciting news about expanding our rural health stewardship with the addition of a second mobile health unit, made possible by a gift from Anthem Blue Cross and Blue Shield Foundation; service learning projects in aging; and Belize and Mennonite communities.

The college’s priorities fall into four main areas: enrollment growth, globalization, graduate studies, and honors program. The CHHS staffing and business plans address these priorities. Enrollment growth can be reached through several venues. CHHS can significantly address enrollment growth through the development of new academic programs that meet regional and statewide demands especially for physical therapy, communication disorders, and nursing, and expansion at regional campuses in health sciences, nursing, social work, and environmental health. Lastly, we have added new distance learning cohort-programs through DELO for intercollegiate athletics, sport management, environmental health and safety, and aging.

The enrollment in the College of Health and Human Services is healthy and continues to grow. Between 2004 and 2008, total enrollment in the College increased by 28%. Undergraduate enrollment increased by 25% from 2,000 students in 2004 to 2,498 in 2008, while graduate enrollment increased by 23% from 448 students to 550. The CHHS 2010 enrollment target is 3,500 students, close to our current number of 3,164 students. Our plans are to accomplish this goal in the following ways:

- Implement a new program in Physical Therapy that will increase total enrollment at WKU by 400 students pursuing the pre-therapy program and accepting 30 students per year in the physical therapy program.
- Add faculty members in Communication Disorders, permitting us to increase our full-time graduate enrollment.
- Add a new faculty line in CFS for hospitality management and dietetics, an area of great growth potential.
- Add a new faculty line to support the continued growth in sport management, which in one year now has 71 majors and 25 new first year students.
- Offer BS in Health Sciences to Elizabethtown and Owensboro campuses, which will result in 100 new students.
- Expand BSW in Owensboro.
- Expand facilities in CHHS by renovating Academic Complex through private support from the community.
- Increase CHHS retention efforts by focusing on pre-nursing students.

I hope you enjoy this inaugural issue of the CHHS Annual Report. Please feel to send us your comments or news items for future issues to chhs@wku.edu.

Sincerely yours,

John A. Bonaguro, Ph.D.
Dean, College of Health and Human Services
International Travel

Belize Service Learning 2009

On January 8, 2009, a team of faculty and students in the College of Health and Human Services’ international service learning program arrived in Belize. Students and faculty from the departments of Public Health, Allied Health, Political Science, School of Nursing, and Institute of Rural Health provided medical, dental, and environmental services to a remote village in Belize. The village, Gales Point, is located in the Southern Lagoon of Belize approximately 35 miles south of Belize City. During the seven day program participants provided a health clinic, assessed drinking water quality, conducted a health education night, engaged the local school with an environmental education demonstration, reviewed water quality policy in Belize, and conducted public health research.

A major focus of the program was the process of reflective learning. Students and faculty were engaged in community-based cultural learning by participating in a drumming school and sanbai provided by the local village. Other extraordinary experiences provided through the program were a visit to the U.S. Embassy in Belize, a boat tour of the lagoon system from Belize City to Gales Point, an outing to the Altun Ha Mayan ruin site, and an opportunity to snorkel at a barrier reef site. The program provided each student with interdisciplinary opportunities for learning both within the community and individually. Students from each discipline were able to take a three credit hour course. The program was concluded by a final reflective learning discussion on January 16th. During the Spring 2009 semester, participants in the program held a Belize Service Learning Symposium open to the broader WKU community.

One of the participating students, Molly Calico, described her experience as making a real connection with her classroom learning. “In class we would discuss communities and how to implement different ideas and theories to try to bring about change,” Calico said. “While we were in Belize, everything that I had learned in class became very real for me; we were now in a community and trying to help and understand a different culture—I began to truly understand what we had been taught.”

Calico says that from her experiences in Belize, she has a greater awareness of problems that others face. “It’s hard to realize that there is a water crisis until you’re in a completely different country seeing people who are affected by a lack of access to clean drinking water,” she observed.

Calico says she already has plans to return to Belize. “I have personally made connections and friendships with the community of Gales Point; I have a responsibility to go back.” She goes on to say, “Having seen real, tangible problems, I want to continue to be an advocate for people’s basic right of access to clean drinking water.”
Anthem Foundation Funds New WKU Mobile Health Unit

A $300,000 gift from the Anthem Blue Cross and Blue Shield Foundation to Western Kentucky University has been used to purchase a medical mobile health unit.

The unit, operated by WKU’s Institute for Rural Health Development and Research (IRHDR), will travel the area and provide free immunizations and health screenings to thousands of residents in the region. The gift also provides partial funding for the salary of a nurse practitioner and medical supplies.

This unit will allow for expanding the amount of services the Institute is able to provide, while continuing to address many of the health issues facing the Commonwealth. The existing health unit will now be dedicated to providing dental services to residents within the area. Additionally, both units support the institute’s ongoing focus of identifying opportunities for greater student engagement within the communities served.

The WKU/Anthem Foundation Medical Mobile Health & Wellness Unit will concentrate on influenza and pneumonia immunizations for senior adults and programs in the management of diabetes and obesity, heart disease prevention and smoking cessation. According to Deb Moessner, president and general manager of Anthem Blue Cross and Blue Shield, the services the unit will provide address many of the health issues and diseases Anthem is seeking to improve through the State Health Index initiative, which was introduced last year.

“The through our index we are focusing our efforts on many of the diseases and chronic illnesses that has led to Kentucky being consistently identified as one of the unhealthiest states in our country,” Moessner said. “Anthem Blue Cross and Blue Shield is committed to reversing this trend and the expertise, resources and proven track record WKU has in addressing these health issues made this initiative key to our long term success.”

WKU President Gary Ransdell said the partnership with Anthem Blue Cross and Blue Shield also reflects the university’s continued focus on working with businesses to solve many of the challenges facing WKU’s service region.

“Part of WKU’s mission is to improve the quality of life for our region and Commonwealth,” Dr. Ransdell said. “Partnerships like these play an extremely important role in fulfilling that part of our mission as well as educating our students through real world experiences.”

CHHS Center for Gerontology

Building Relationships Across Age & Community

Dr. Dana Burr Bradley (Public Health) came to WKU with a rich background in community-based teaching and understands the value of community engagement in student learning. In her current role as Director of the Center for Gerontology, she looks for ways to bridge the divide between classroom learning and practical issues concerning the nation’s aging population. Bradley currently teaches an Introduction to Gerontology course that she refers to as a “co-learning” experience. Students in the course meet weekly with residents of Village Manor, creating an intergenerational learning environment. In this setting, all are students – both young and old (ages 17-91). Bradley notes, “The students worked on learning about aging together. What my students brought to the table was fresh theoretical knowledge and facts because of their reading and because they are in a very questioning stage.

The ‘resident scholars’ were also very fresh because they are asking questions about their own age.” The class met at Village Manor and the discussion was based on the week’s reading assignments. The various levels of experiences created a truly unique learning opportunity.

Bradley’s approach emphasizes a critical aspect of community-based learning – the cultivation of relationships. According to Bradley, “I think that any kind of service-learning is built around relationships in our community and the vehicle through which you do service learning is often through a nonprofit agency. This is different than a one-time project because in my view, the purpose is to help develop relationships between people – which are our students and the community, whomever they are.”

One student said, “working side by side with our Resident Scholars allowed me to test my understanding of gerontological theories in ‘real time.’”

Physical Education and Recreation Receives Name Change

Effective July 1, 2009, the Department of Physical Education and Recreation became the Department of Kinesiology, Recreation, and Sport. The Board of Regents granted the change at their spring meeting. According to Dr. William Hey, department head, “Having the department name relate more closely to the degree programs offered in the department is a positive step forward. Kinesiology is the study of movement, and all of our programs relate in some way to movement.”

The department offers majors in PETE (Physical Education Teacher Education), Exercise Science, Recreation Administration, and Sports Administration. A completely online Master’s program for recreation and sport professionals is also available.
Plain Learning

Students Administer Health Services to the Mennonite Community Near WKU

When students from the College of Health and Human Services began their service learning project in the small Mennonite Community in Allen County, they thought the people in the community were more different from the general population than like it. They soon changed their minds.

Dr. M. Susan Jones, Professor of Nursing, first took three students to the Mennonite Community in 1995 for the purpose of exploring the health beliefs, values, and practices of an old order Mennonite population.

According to Dr. Jones, there is great variation in the Mennonite groups, ranging from the most conservative to groups with very progressive ideas. The community in Allen County is one of three Old Order groups and is most conservative in terms of lifestyle, practices and interpretation of the Bible. They refer to themselves as “plain people.”

Members from this conservative community do not seek health care until they become very ill or until they are unable to work, and they prefer natural remedies to medicines. With these restrictions, how does one approach a community of plain people?

Dr. Jones recommends much respect and an awareness of cultural differences. It was necessary to select one person inside the community and build a mutual trust and respect before being welcomed in. It also helped to point out the mutual benefit to them as well as to CHHS students.

Jones indicated that students developed specific health promotion projects for the community and asked the people to choose the topics for a series of Health Promotion Days. Since 1995, topics have included depression, CPR and first aid classes, cholesterol and blood pressure screenings, suturing, care of special needs children and the elderly, the use of herbs and vitamins, immunizations, women’s health, farm safety, and dental services.

In addition to the educational topics for Health Promotion Days, the WKU nursing students also provide screenings for cholesterol, blood pressure, and glucose. And as a result of our collaboration with the South Central Kentucky AHEC, family practice residents from Glasgow and Louisville and their faculty preceptors provide a primary care clinic immediately following the educational programs.

Students learned to demonstrate cultural competency when providing health education and care to members of the community and gained insights into their own prejudices, beliefs, and attitudes that influence their practice.

One student described her learning experience by saying, “I am trying to be more culturally aware, not just of this culture, but of all the many cultures I come in contact with. It has really made me take a hard look at myself and examine my own stereotypes and prejudices. I realize I have too many, and that is something I am working on changing. It was something I wasn’t even aware of, but this experience has really opened my eyes.”

Dr. Jones explained there have been benefits for all players. Members of this plain community have identified their own health needs; faculty have formed networks between the community and Western Kentucky University and the University of Louisville, who also participated with the projects; and students have increased their skills in the areas of teaching and learning, communication, and cultural competency.

She says, “Establishing and maintaining a relationship requires a lot of time, but we’ve learned that health care should always be given within the context of a culture.”

Students and faculty from the disciplines of social work and nursing recently participated in a travel class to Lancaster, PA, to attend a conference focused on the challenges of working with Anabaptist groups. Students also learned about the research process as they assisted faculty in conducting two research studies with members of this community.

Jones says the community partnership continues to expand with the addition of other service-learning projects such as the presentation of educational programs by students and faculty outside of nursing.
Dr. John Bonaguro Receives AAHE Awards

Dr. John Bonaguro, Dean of the College, was awarded the 2009 American Association for Health Education (AAHE) Fellow Award. This award recognized his meritorious, substantive, and consistent service and leadership on national AAHE committees and boards along with his service to the health education profession. He also received the 2009 AAHE Professional Service to Health Education Award. Dr. Bonaguro has been a member of AAHE since 1976.

Dr. Saundra Starks is re-elected to ASWB Post

Saundra Starks, an associate professor in the CHHS Social Work Department, has been re-elected secretary of the Association of Social Work Boards. ASWB is the organization of the boards in 49 U.S. states, Washington, D.C., the Virgin Islands, and ten Canadian provinces that license and discipline social workers. She has previously served two terms as director-at-large on ASWB's board of directors. She was elected secretary of the board.

Dr. Gary Villereal’s Honors Social Work 101 Students

The Honors Social Work 101 class had an article accepted in The New Social Worker Journal titled “Lessons Learned from Conducting Research on the Impact of Divorce.” The class, Foundations of Human Services, wrote the article as a class project.

Student Government Association Awards

Cecilia Watkins from the Department of Public Health was awarded CHHS Professor of the Year Award and Deanna Hansen, School of Nursing, was named CHHS Advisor of the Year by the student group.

CHHS Faculty Honored in the 25-Year Club

CHHS Faculty recently joining the 25-Year Club at Western Kentucky University are Randall Deere, Assistant to the Dean and faculty member in Kinesiology, Recreation, and Sport; Thomas Nicholson, Public Health; and Saundra Starks, Social Work. Others members from the College are Susan Jones, School of Nursing; Beth Whitfield, Institute for Rural Health; Lynn Austin, department head for Allied Health.

CHHS Faculty Receive Doctorates

Three faculty have recently been awarded their doctorates. Lynn Austin, head of the Department of Allied Health, received her Ph.D. in Leadership in Administration from the University of Louisville. Dawn Garrett Wright and Rachel Kinder received their Ph.D.’s in Nursing this year from Vanderbilt University.

United Federation of Teachers Cohort in New York City

The Communication Disorders United Federation of Teachers (UFT) Cohort in New York City was established in 2002, and since then the program has graduated more than 120 UFT speech teachers. This program has provided an excellent graduate degree program for nontraditional students. A recent article in the New York Teacher (Vol. L, Number 8) highlights this program and current WKU faculty and students.

Grants, Contracts, & Gifts


Anthem Blue Cross and Blue Shield Foundation, the purchase of a second mobile health unit, $300,000.

IRHHR, WKU Cybermedicine Health Resources and Services Administration (HRSA) grant to the Institute for Rural Health, $475,000.


CHHS AWARDS

The College recognizes faculty each year in four categories: Teaching, Research/Creativity, Public Service, and Student Advisement. Below are the faculty award recipients for 2008 and 2009.

Teaching
2008—Dr. Thomas Nicholson, Public Health
2009—Eve Main, Nursing

Research/Creativity
2008 — Dr. Cindy Snyder, Social Work
2009 — Dr. James Navalta, PE & Rec.

Public Service
2008 — Tammie Stenger-Ramsey, PE & Rec.
2009 — Mary Lloyd Moore, CEC

Student Advisement
2008 — Jan Peeler, Social Work
2009 — Dr. Scott Lyons, PE & Rec.
Spotlight on CHHS Students

American Humanics

Charlie Harris, a student in WKU’s Non-profit Administration (American Humanics) minor program, has been selected to receive a national “Next Generation” nonprofit internship award of $4,500. A panel of nonprofit leaders selected Harris from among students at American Humanics affiliated colleges and universities nationwide.

He is the eighth WKU student to receive this national award. Eight of eleven student applicants have been selected for this national honor. This unit has been very fortunate to work with such talented and dedicated students. Harris is an intern for the ONE Campaign which seeks to raise awareness of global poverty, hunger, and disease in developing countries.

The purpose of the NextGen Program is to provide a competitive stipend to eligible nonprofit administration students completing internships for American Humanics certification. The NextGen Leaders Program is funded by a $5 million, multi-year grant from the W.K. Kellogg Foundation and requires recipient participation in a longitudinal study. This research program is designed to investigate the effects of competitive internship stipends on the recruitment and retention of skilled entry-level professionals entering the nonprofit sector.

The WKU Nonprofit Administration (American Humanics) program www.wku.edu/nonprofit provides opportunities for students to gain valuable education, experience, and networking in the nonprofit sector while working toward a national certification.

American Humanics is a national alliance of colleges, universities and nonprofit organizations that prepares and certifies college students for professional careers in youth and human service agencies.

American Humanics is affiliated with WKU and other colleges and universities nationwide, and partners with national nonprofit organizations such as the American Red Cross, Big Brothers Big Sisters, Boys & Girls Clubs, Boy Scouts of America, Girls Inc., Girl Scouts of the USA, Humane Society, Junior Achievement, March of Dimes, National 4-H Council, YMCA, and the United Way.

American Humanics students attended the National Non-profit Conference.

39th Annual WKU Student Research Conference

CHHS students presented 6 graduate papers, 4 graduate posters, and 11 undergraduate papers at the Student Research Conference this spring. Students from the department of Public Health presented the graduate level papers and graduate level posters. Undergraduate students from Dental Hygiene and the Gerontology Program presented all undergraduate posters.

Class on Restoration of Historic Interiors

WKU partnered with Bowling Green’s Historic Preservation Board in a project to document historic properties. The class, taught by Sheila Flener, created measured drawings and interior documentation of three of the structures as a class project.

CFS Students Win National Recognition Again This Year

Department of Consumer and Family Sciences

For the fourth year in a row, students in Western Kentucky University’s Department of Consumer and Family Sciences (CFS) have won national honors for their professional project. The awards were announced on June 21 at the Coordinating Council of CFS Honor Societies luncheon at the 2008 America Association of Family and Consumer Sciences conference in Milwaukee, WI.

The Beta Delta Chapter of Phi Upsilon Omicron, a national honor society, was the Region winner for their 2008 Professional Project. The national professional project theme was “Inspired by the Past...Believe in the Present...Imagine the Future.” The WKU chapter, led by first vice president Emily Waits of Shelbyville and president Will Conkright of Owensboro, was honored for its efforts in assisting a variety of community organizations and their constituents. The chapter’s efforts focused on the nutrition, well-being, and enrichment of the lives of others.

“We imagined a future in which our chapter could enrich others’ lives, as well as the lives of Beta Delta Chapter of Phi Upsilon Omicron.”

CHHS Graduating Students Honored

Kristina Schmucker, Health Care Administration, received the top academic award presented at WKU during the December graduation ceremony. The Ogden Foundation Scholar Award is based on a demonstrated exceptional academic achievement and outstanding university and civic engagement. Kristina also was named Scholar of the College of Health and Human Services.

Scholars of the College for Spring Graduation, 2009, were Kindall Brown, Nursing; Ashinda Carlton, Stephanie Padgett and Hannah Embry, all from Communication Disorders.
Alumni News

Author and Entrepreneur, Jeff Knott

Jeff Knott, a CHHS alumnus, has released a new book entitled *Navigating the Healthcare Maze: What You Need to Know*. Born in England, Jeff attended Loughborough College and later, after moving to the U.S., received his Masters Degree at Western Kentucky University and an Executive MBA at the University of South Florida. He spent 20 years with Johnson & Johnson in their Professional Products Division, and later became President of Jim Walter International Corporation. Following his career at Jim Walter, he was appointed Vice President International of Rooms To Go Corporation- currently a leading U.S. furniture retailer. His passion for healthcare has culminated in his personal commitment to make a difference.

He explains in his book that as overwhelming as it all seems, there really is something consumers can do to improve their health care. This book is about being a better advocate when it comes to your own health. Take your health matters into your own hands, as Jeff likes to say; become the best “consumer-patient” possible. Be prepared. Ask questions. Don’t automatically accept the first treatment plan or even diagnosis - especially if it makes you feel uncomfortable.

Knott suggests that health consumers create a dialogue with their health care providers in which they ask educated questions. He advises people to go into their professional’s office completely prepared. The doctor-patient relationship works both ways.

Commitment to being well-prepared and empowered is so vitally important in all our daily lives, but never more important than today within our present economic crisis.

Social Work Graduate, Christy McClendon, MSW

Christy McClendon, Phoenix, Arizona, was recently honored by *Arizona Woman Magazine* for her work in the community and named one of the twenty women who will shape the “Valley” by 2020. She also received a “Woman of Distinction” Award from the Soroptomists of the San Tans in 2008.

McClendon’s career focus has been in clinical studies and program development and management. She works with youth facing issues of abuse and neglect, delinquency, dependency, and poverty. She has been an advocate for abused and neglected children in the court process and provides individual and family counseling to at-risk youth. She has developed volunteer-based child advocacy and mentoring programs for youth and served as the director of a shelter for battered women and children before accepting the responsibility of Chief Executive Officer with ICAN.

McClendon is also the President-elect of the Board of Directors for the Arizona Chapter of the national Association of Social Workers and a graduating member of the 2004 Chandler Leadership Institute. She also serves on various councils and coalitions that are committed to bettering communities by bringing awareness to the needs of at-risk populations. In addition, McClendon actively volunteers for organizations such as Big Brothers and Sisters, Hospice, Rape Crisis Center, and CASA (Court Appointed Special Advocates).

Joseph P. Micatrotto, Jr., Restaurateur of the Year

Governor Gibbons of Nevada presented Joseph P. Micatrotto, Jr. with this prestigious award at the Nevada Restaurant Industry’s 2008 Culinary Excellence Awards Gala. Micatrotto received his degree from the Hotel, Restaurant, and Tourism Management program of the Consumer and Family Sciences Department.

Joe is CEO of the Micatrotto Restaurant Group, which owns and currently operates three Raising Cane’s Chicken Fingers in Las Vegas, with another location currently under construction. Founded in 1996 in Baton Rouge, LA., Raising Cane’s Chicken Fingers operates 12 franchised and 58 company-owned restaurants in 13 states. The restaurant has one love — chicken fingers — and focuses its menu offerings on fresh, made-to-order chicken fingers, grilled Texas Toast brushed with garlic butter, fresh cole slaw, and crinkle-cut French fries.

“Dr. Thornton has an outstanding, hands-on background in childhood nutrition. She is a leader in this area and experienced in public policy and legislation,” said Vilsack. “President Obama has made the health and welfare of America’s children, and their access to nutritious food, one of the USDA’s key goals.”

Dr. Janey Thornton Appointed Deputy Under Secretary in the United States Department of Agriculture

The USDA announced on April 10, 2009, the appointment of Janey Thornton as Deputy Under Secretary for Food, Nutrition and Consumer Services (FNCS). Tom Vilsack, Agriculture Secretary, said that Dr. Thornton will provide policy direction for the Food and Nutrition Service (FNS) and the Center for Nutrition Policy and Promotion (CNPP). FNS administers the nation’s food assistance programs. The CNPP develops and promotes dietary guidance that links scientific research to the nutrition needs of consumers. The FNCS mission area has an annual budget that represents about two-thirds of USDA’s total budget of more than $120 billion.

The FNS helps one in five people by providing children and those most in need access to food, a healthful diet, and nutrition education. The CNPP’s programs, including those to reduce obesity, are aimed at improving the health of all Americans.

“Dr. Thornton has an outstanding, hands-on background in childhood nutrition. She is a leader in this area and experienced in public policy and legislation,” said Vilsack. “President Obama has made the health and welfare of America’s children, and their access to nutritious food, one of the USDA’s key goals.”

Thornton received her bachelor’s degree in Home Economics from WKU.
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Vickie and Dan Renshaw holding special artwork given to them at the naming of the Dan and Vickie Renshaw Early Childhood Center at the Clinical Education Complex. The Renshaws have given more than $500,000 to the CEC.
Publications in CHHS


CHHS is the newest college at WKU, established by our Board of Regents in August, 2002, to bring together all health and human services programs under one administrative unit. CHHS disciplines have their roots in outreach to the community and prepare students to be “stewards of place.” Students are engaged in the communities in which we reside.

Our focus is to provide the highest quality of education and field experiences to prepare students to become leaders in health and human services careers. If you would like to contribute to our mission, visit this website:

www.wku.edu/makeagift