

DEPARTMENT OF APPLIED HUMAN SCIENCES

COLLEGE OF HEALTH AND HUMAN SCIENCES

FALL 2021

From the Interim Department Head



I am pleased to share with you the Fall 2021 edition of the Applied Human Sciences newsletter. My name is Mindy Markham and I am an Associate Professor in Human Development and Family Science. I began serving as the Interim Department Head in August 2021. I joined K-State in 2008 and have greatly enjoyed my time as a faculty member and am enjoying learning more about the department as Interim Department Head. I hope you enjoy the stories shared in this semester's newsletter, including

welcoming new faculty and staff members, community health, a new pre-couple and family therapy student group, new minors and certificates, and kudos to our faculty and staff.

Go Cats!

Mindy Markham, PhD, CFLE

Faculty and Staff Kudos

- **Meredith Butler**, Project Director for the 4-H Military Partnership Project, was awarded \$644,215 from the United States Department of Agriculture to support the 4-H Military Partnerships and Outreach Support Program.
- **Anthony Ferraro**, Assistant Professor in Human Development and Family Science, and **Mindy Markham**, Associate Professor in Human Development and Family Science and Interim Department Head, were awarded the College of Health and Human Sciences Exploratory-Development Research Grant for their project titled Coparenting through a Pandemic: An Examination of Divorced Coparents' Use of Communication Technologies.
- **Briana Nelson Goff**, Professor in Conflict Resolution, was selected as a participant in the 1st Infantry Division and Fort Riley Big Red One Year of Honor Virtue Panel.
- **Elaine Johannes**, Associate Professor and Extension Specialist, was named the Kansas Health Foundation Distinguished Professor in Community Health by K-State Research and Extension in January 2021.
- **Mindy Markham**, Associate Professor in Human Development and Family Science and Interim Department Head, was selected as the Outstanding Graduate Faculty Member in Applied Human Sciences in May 2021.

•**Jeridy Oetken**, Clinical Assistant Professor in Communication Sciences and Disorders and Interim Associate Department Head, was awarded the National Student Speech-Language-Hearing Association's Making Waves Chapter Advisor Award.

•**Michelle Toews**, Professor in Human Development and Family Science, **Amber Vennum**, Associate Professor in Couple and Family Therapy, and **Kristin Anders**, Assistant Professor in Human Development and Family Science were awarded a grant for \$963,000 over the course of 3 years from the Administration for Children and Families to support their project titled #RelationshipGoals – Beyond Just Talking: A Comprehensive PREP Program.

•**Shelby Astle**, doctoral student in Applied Family Science, was selected by the Society for the Scientific Study of Sexuality (SSSS) as the 2021 recipient of the Graduate Student Research Grant for her project titled Black Parents' Intentions of Talking with Children about Sexuality: A Black Feminist Qualitative Analysis.

Community Health

The global pandemic has increased the nation's awareness of health disparities between rural and urban communities, people of color, and families living in poverty. The Kansas health workforce has also suffered due to chronic shortages, public health officials taking the brunt of policy decisions, and the lack of a coordinated "grow-our-own" educational strategy to fill gaps. At the heels of the pandemic have been vaccination drives for vulnerable groups who are more likely to trust information and services provided by people they trust over what science experts say. The timing is ideal for Community Health Workers (CHWs) to become part of Kansas' health care teams.

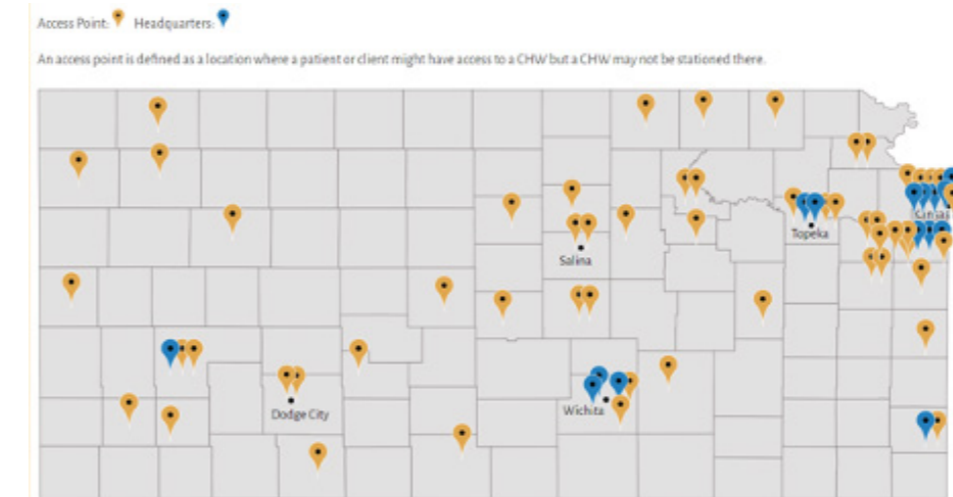
K-State Research and Extension (KSRE) is part of the leadership team to equip and expand CHWs for the whole state.

Leading this effort for KSRE is Dr. Elaine Johannes, Kansas Health Foundation Distinguished Professor in Community Health. The work of the Kansas Community Health Worker Coalition is largely managed by experts at Kansas State University and Wichita State University. Dr. Johannes met Alissa Rankin of Wichita State University in 2015 through the Coalition. Alissa Rankin earned her Master's in Public Health (MPH) degree from the University of Northern Colorado. She said, "I have always loved providing community health education, and being involved with the Kansas Community Health Worker (KS CHW) initiatives allow me to share not only what I have learned from my educational experiences but also what I have learned from working at the community level." Alissa believes that providing a Community Health Worker for the most unreached areas of our state would help reduce the negative impacts of disease in Kansas. As trusted members of the community, community health workers act as "cultural liaisons and intermediaries between the social service and health systems and the communities that they serve," says Alissa. At their core, community health workers break down barriers to getting help.

The Kansas Community Health Worker Coalition is supported, in part, by the United Methodist Health Ministry Fund (Health Fund) whose commissioned research shows that "integrating Community Health Workers (CHWs) into care teams results in better and more appropriate access to health care services, improves health outcomes, addresses gaps and equity issues in the health care system, and delivers a strong return on investment for the employer and at the system level." David Jordan, Executive

Director of the Health Fund, sees Medicaid expansion as a top need in the state. "Kansas is one of 12 states that has not expanded Medicaid and as a result, tens of thousands of Kansans are uninsured. Without health coverage, it is challenging for Kansans to access care. However, community health workers can help bridge that gap for uninsured Kansans," David said. The Health Fund sees community health workers as a central part of the health care team because CHWs are local community members who are the link to connecting Kansans with the care and services they need.

Community health workers are needed across the state. The map below shows where current workers are located.



To learn more:

1. Visit the [Kansas Community Health Worker Coalition website](#)
2. Register for the Kansas Community Health Worker Symposium scheduled for summer 2022
3. Reach out to Dr. Johannes directly by [email](#)
4. Reach out to Alissa by [email](#) or by phone (316-570-1516)

New Faces



DeAnna McCloud

DeAnna is a teaching assistant professor in communication sciences and disorders. DeAnna has extensive experience in various clinical settings including infant-toddler services, preschools, and has routinely taught in an adjunct capacity for the early childhood education program at K-State. DeAnna and her family moved to Manhattan this summer from South Carolina.



Stephanie Gutierrez

Stephanie joins the department as an Extension Project Coordinator. Stephanie graduated from Southern New Hampshire University with a bachelor's degree in Community Health Education. Stephanie is very passionate about Public Health and education and hopes to have a long career affecting positive change in her community.



Laura Rausch

Laura joins the department as the inaugural graduate program advisor. She provides strategic support in the areas of recruitment and retention of graduate and non-degree seeking graduate students across the department. Laura is finishing her master's degree in industrial/organizational

psychology from Austin Peay State University. She has experience as a financial aid specialist and academic services coordinator amongst years of other relevant experience. We are excited to welcome Laura to the team and thank her and her family for their military service.



Nandhu Radhakrishnan

Dr. Radhakrishnan or "Dr. Nandhu" joins K-State as a teaching associate professor in communication sciences and disorders. He joins us from his position at Lamar University in Beaumont, Texas where he served as director of the voice lab and vocology clinic. Dr. Nandhu is excited to start a vocology certificate at K-State which will provide training in voice training and therapy—think

rehabilitation for the voice—for students in communication sciences and disorders, music, theatre, and other performance majors on campus.

New! Pre-Couple and Family Therapy Student Group

The perceived stigma of therapy is starting to dimmer and could not come at a better time than when people are establishing new post-pandemic routines that might come with stress and anxiety. The Bureau of Labor Statistics anticipates a growth in the need for couple and family therapists which K-State is actively working to fill. Part of the [demand growth](#) is attributable to greater acceptance of marriage and family therapy as a mental health option billable to insurance.

To meet the needs of society, Dr. Jared Anderson and Ph.D. student, Summer Vail, formed a student group in spring 2021 for undergraduate students interested in pursuing couple and family therapy as a career to prepare them for their future studies and provide insight into the issues facing individuals and families. The Couple and Family Therapy faculty also recently proposed a new minor in pre-couple and family therapy that is sure to be popular among our future therapists.

Summer Vail, Ph.D. student and co-leader in Couple and Family Therapy got into therapy because she values the systemic nature of relationships and believes relationships "hold immense potential for healing and creating growth that lasts longer than surface-level behavioral change." Summer describes this as "the honor of walking with clients through their experiences and supporting their unique journey toward healing." Summer's favorite element of the pre-CFT group thus far has been watching the next generation of therapists learn and become excited about what their future may hold. She has witnessed a sense of community with the students which is a critical element of personal well-being and support. "Seeing the up-and-coming

CFTs begin to find the sense of community that is special in our field and witness their inspiration take root has been really fulfilling." This next year she is looking forward to more social events to build the community and bringing guests to speak about their work as therapists and their clinical specialties.

Thank you to everyone who donated during May 2021 for the Mental Health Awareness Month Campaign through the KSU Foundation. We were able to raise \$1,400 which will provide increased access to care for students who cannot afford services and provide campus and broader community outreach events.

For general information about the field of couple and family therapy, visit aamft.org. Summer can be reached by [email](#).

2020 Rising Professionals



Staci Gann and Janet Holden were the other department award winners who were unable to join us at the event.

Clara Valdares Kientz (left) and Klaire Brumbaugh (below) were back on campus in October to accept their 2020 awards.



New Minors and Certificates

Well-Being

A minor in well-being will be available starting next semester. The minor builds upon the college core curriculum focused on well-being through a series of half-credit courses centered around Gallup's five elements of well-being—community, social, financial, physical, and career. While all students take the intro-level courses on well-being, to earn the minor, students enroll in one additional course that meets builds on the development of community, social, financial, and physical well-being areas.

Philanthropy

Anticipated to be active in the fall 2022 term, the philanthropy certificate will meet the needs of individuals who work for nonprofit organizations that depend on philanthropy, the giving of "time, talent, and treasure," to improve the well-being of others. Students will take classes in personal financial planning, developing helping relationships, philanthropy in the context of diverse individuals and organizations, identification of funding sources, and approaches to philanthropic efforts that might be culturally or contextually influenced.

Pre-Couple and Family Therapy

Students can earn a minor in pre-couple and family therapy starting next spring. The minor prepares students for graduate school in couple and family therapy.