

DEPARTMENT OF APPLIED HUMAN SCIENCES

COLLEGE OF HEALTH AND HUMAN SCIENCES

SPRING 2022

From the Interim Department Head



Welcome to the Spring 2022 Applied Human Sciences department newsletter. This is an exciting time of year with so many activities occurring on campus. We recently welcomed numerous community members on campus for Open House, hosted outstanding program alumni in recognition of their work, and we are currently preparing for upcoming commencement ceremonies this May. We share here about a few of our ongoing activities relating to research, teaching, and outreach. I hope

you enjoy the updates about our Integrative Human Sciences program; meeting the mental health and well-being needs of students and military families; Youth Mental Health First Aid; catching up with two of our alumni; and kudos to our faculty and staff.

Please reach out and share your experience and time at K-State and in the department. We are always excited to hear about the amazing work that our alumni are doing and what they have been up to since graduating.

Go Cats!

Mindy Markham, PhD, CFLE (mmarkham@k-state.edu)

Integrative Human Sciences

The General Human Ecology degree program moved from the Dean's office to our department in Summer 2020. Since then, program faculty have revamped the curriculum and updated the name of the program to be consistent with the college name and current trends in the field. The degree program is also home to our Family and Consumer Sciences Education Teacher Licensure program.

The Integrative Human Sciences degree offers a dynamic approach to studying the well-being of individuals, families and communities in a global environment. The core curriculum provides students a foundation to better understand human behavior within context and apply the knowledge and skills they are learning to real world situations. Integrative Human Sciences students will be prepared to **change the world, your way**.

In addition to the core coursework, students work with their advisor to select four areas of concentration specific to their own personal and professional goals. Concentration areas could include: family and consumer sciences education, pre-nursing, community health, fashion studies, hospitality management, food science & industry, global food systems, spanish, and more. An internship is embedded in the coursework, and students are encouraged to consider education abroad experiences.

Meeting Mental Health And Well-Being Needs of Students

The [Kansas State University Family Center](#) and [Lafene Counseling and Psychological Services \(CAPS\)](#) were awarded \$194,687 in Kansas State University strategic investment funds for a collaborative initiative to meet the mental health and well-being needs of students.

The funds will be used in multiple ways, including to add the Family Center to the client and data management program utilized by CAPS, allowing us to have a better sense of the mental health needs of our student population. Funds will also be available to provide technology improvements to the Campus Creek Complex to increase telehealth capacity. Lastly, funds will provide opportunities for students to have access to online resources and tools to complement the existing care provided on campus.

Thank you to Glade Topham, Associate Professor and Program Chair for Couple and Family Therapy; Marcie Lechtenberg, Clinical Assistant Professor and Director of the Family Center; as well as the team at Lafene/CAPS for their hard work!

Military Family Life Counseling

Our Couple and Family Therapy Program is helping the greater Flint Hills community by providing additional family counseling opportunities to military families. Our goal is to serve 80 or more families to help address the many challenges military families face – from deployment and redeployment issues, parenting challenges, and more.

Our program also benefits our student clinicians. The opportunity to counsel military couples and families assists the development of our future mental health professionals and continually re-emphasizes the idea of mental health and family wellness.

This program will provide services to Flint Hills families who may not be able to access resources elsewhere due to financial or logistical constraints. The cost of a session is \$11 per family. Your gift of \$11 can help one family receive this opportunity. A gift of \$50 will help over four families, and a gift of \$100 provides more than nine families these services. [Make your gift here.](#)

Youth Mental Health First Aid

Four faculty and staff members in our department have received training to be Youth Mental Health First Aid (YMHFA) Instructors: **Stephanie Guittierez**, Extension Project Coordinator; **Elaine Johannes**, Associate Professor and Extension Specialist; **Michelle Toews**, Professor in Human Development and Family Science; and **Amber Vennum**, Associate Professor in Couple and Family Therapy.

YMHFA is designed to teach parents, family members, caregivers, teachers, school staff, health and human services workers, and other caring adults who regularly interact with young people how to help adolescents (ages 12-18) in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Participants learn how to respond with the Mental Health First Aid Action Plan (ALGEE):

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

Proud Of Our Alumni



The College of Health and Human Sciences Celebration of Excellence Award honors the significant contributions made by graduates and friends of the college. We were proud to recognize Dr. Jay Mancini as a recipient of the Career Achievement Award. To be considered for this award, the recipient must have distinguished him/herself nationally or internationally by making positive contributions to society.

Dr. Jay A. Mancini is professor emeritus of human development at Virginia Polytechnic Institute and State University (Virginia Tech), and adjunct professor of human development and family science at the University of Georgia. From 1977 to 2009 he was part of the human development faculty at Virginia Tech, and was also the senior research fellow at Virginia Tech's Institute for Society, Culture, and Environment. From 2009 to 2016 he was the A.M. Haltiwanger Distinguished Professor of human development and family science at The University of Georgia. In 2013 he was the Ambiguous Loss Visiting Scholar at University of Minnesota.

Mancini's work has focused on lifespan human development, community systems, building community capacity, military family support systems, time-use and families, and psychological well-being. Throughout his career the focus has been on resilience and vulnerabilities of individuals, families and communities, and their multiple intersections. His program development and evaluation research has been funded by Andrus Foundation, the National Institute on Aging (NIH), U.S. Department of Agriculture, Virginia Department of Mental Health, U.S. Department of the Air Force, U.S. Department of the Army, and U.S. Department of Defense (Military Community and Family Policy Directorate), totaling more than \$22 million. He has been a consultant with Oak Ridge National Laboratory (TN), America's Promise Alliance (D.C.), Caliber Associates (Fairfax, VA), Family Research and Analysis (Greensboro, NC), Social Research Applications Corporation (D.C.), and the Human Services Research and Design Laboratory (UNC-Chapel Hill). He has also been a consulting research sociologist to the National Park Service, U.S. Department of the Interior.

He has published his work in periodicals such as American Journal of Community Psychology, Journal of Marriage and the

Family, Journal of Leisure Research, Journal of Gerontology: Psychological Sciences, Journal of Gerontology: Social Sciences, Educational and Psychological Measurement, Family Science Review, Human Relations, Journal of Community Health, The Prevention Researcher, Journal of Community Practice, Journal of Youth and Adolescence, and Family Relations, and has contributed chapters to numerous books, including Handbook of Marriage and the Family (3rd edition), Encyclopedia of Primary Prevention and Health Promotion (1st and 2nd editions), Family Systems in Medicine, Close Relationship Loss: Theoretical Perspectives, and Family Strengths: Positive Models for Family Life. He is the editor of Aging Parents and Adult Children (D.C. Heath, 1989), and serves as co-editor with Karen A. Roberto of Pathways of Human Development: Explorations of Change (Lexington, 2009). He has edited special issues of Family Relations (on changing families in America, in 1988, and on families and communities, in 2005), Journal of Family Issues (on family gerontology), and was Senior Editor of Families in Focus, a book series of the National Council on Family Relations. Most recent empirical publications are in Child and Family Social Work, Family Relations, Military Medicine, Journal of Family Issues, Journal of Applied Developmental Psychology, American Journal of Community Psychology, and American Journal of Orthopsychiatry, Family Process, Military Psychology, and European Journal of Homelessness. His most recent book, with Pauline Boss and Chalandra Bryant, is Family Stress Management: A Contextual Approach (2017; Sage Publishers).

Mancini has received one university-level award from the University of North Carolina at Greensboro and two college-level awards recognizing his career contributions to the family science discipline (2002 Outstanding Alumnus Award, School of

Human Environmental Sciences, University of North Carolina at Greensboro, and 2008 Alumni Distinguished Research Award, College of Human Ecology, K-State). He is a fellow of the National Council on Family Relations, and of the World Demographic Association. In 2014, he was presented the Spirit of Military Families Coin by Defense Canada, Military Family Services/Services Aux Des Militaires. In 2018 he received the Excellence in Research on Military and Veteran Families Award.

His current theorizing and research focus on families and communities. Active research projects include examination of the social relationships of youth and adults in military families, and community contexts and family well-being.

Mancini received his doctoral degree from the University of North Carolina at Greensboro and his Master of Science degree at Kansas State University.

The **College of Health and Human Sciences Rising Professional Award** honors significant contributions made by a graduate in the early stages of his or her career. Recipients have demonstrated significant professional accomplishments in the areas of design, business, human behavior, teacher education, or health sciences.



Tonya Ricklefs serves as the department chair for social work at Washburn University. She began her education at Washburn, earning her bachelor's degree in applied studies in human services before going on to earn her master's degree in social work. While completing her master's degree, Ricklefs was encouraged to complete a PhD. This led her

to K-State where she completed her PhD in family studies and human services and a graduate certificate in conflict resolution in 2015.

Throughout her career, Ricklefs held numerous positions including a research coordinator with the Kansas Veterans Commission, Wing Family Coordinator at the 190th Air Refueling Wing, and then as the State Family Program Coordinator for the Kansas National Guard. She has served on numerous committees for the Department of Defense and the National Guard, along with state and community boards. She currently serves on the boards for the Kansas National Association of Social Work, the Kansas Supreme Court Alternative Dispute Resolution Council and the Heartland Mediators Association. Ricklefs is also a state-approved mediator and conciliator.

Kudos

Here is just a snapshot of some of the amazing work our faculty, staff and graduate students are doing.



•**Shelby Astle**, doctoral student in Applied Family Science, shared her research at K-State's annual Research and the State poster forum and was one of ten students selected to present their work at the Capitol Graduate Research Summit in Topeka on March 29, 2022. The event is an opportunity to show the State of Kansas the impactful research being conducted by graduate students at universities across the state.



•**Anthony Ferraro**, Assistant Professor in Human Development and Family Science, along with his colleagues, Raymond Petren and Michael Anthony, Pennsylvania State University, Scranton; McKenzie L. Zimmerman, Kansas State University Research and Extension; and Kay Pasley, Florida State University emerita, were awarded the best research article on men

in families for 2021, presented by the Men in Families Focus Group of the National Council on Family Relations. The article awarded, "[A cross-lagged panel model of coparental interaction and father involvement shortly after divorce](#)," was published in Family Relations in the July 2021 issue.



•**Lindsay Howard**, doctoral student in Couple and Family Therapy, was a finalist in the Kansas State University 3 Minute Thesis competition with her presentation titled, "Raising an Emotionally Strong Society."



•**Renée Wilkins-Clark**, doctoral candidate in applied human sciences, and Carmen Gray, doctoral candidate in couple and family therapy, were awarded the Student Paper Award from the Sibling Relationships focus group of the National Council on Family Relations. The paper is titled "Sibling moderation of the relationship between parental adverse childhood experiences, therapeutic intervention, and child behavior."