

# DEPARTMENT OF APPLIED HUMAN SCIENCES

COLLEGE OF HEALTH AND HUMAN SCIENCES

SPRING 2023

## From the Department Head



Welcome to the Spring 2023 Applied Human Sciences department newsletter. Our faculty, staff, and students had a successful spring semester and I am excited to share some of their activities with you. In this newsletter you will learn more about a new book written by Dr. Briana Nelson Goff; the Social Impact Lab we hosted for middle and high school students in the state; microcredentials; a new Early Childhood Consultation certificate; alumni activities and honors; and kudos to our faculty, staff, and

students.

I would love the opportunity to connect with our alumni. Please feel free to reach out and share more about your experiences and what you are doing now.

Go Cats!

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

## New Book from Dr. Briana Nelson Goff

[Dr. Briana Nelson Goff](#), professor in the conflict resolution and conflict analysis and trauma studies programs, wrote *['Bulletproof Vows: Stories of Couples Navigating Military Deployments and Life's Battles'](#)*, which was published in January 2023.

Dr. Goff studies trauma and PTSD among military personnel and their families. In the book, Dr. Goff tells the stories of eight post-9/11 Army couples who she interviewed initially in 2005 and then again in 2015. She depicts the experiences of these Army couples during the 10 years and describes their resilience.

Dr. Goff's research and book were highlighted in [K-State's Seek Research Magazine](#).



## Social Impact Lab

This spring we partnered with the Sociology, Anthropology, and Social Work department to host the [Social Impact Lab](#), a one-day camp for Kansas middle and high school students (grades 7 – 10) who are interested in career opportunities within various helping professions.

On April 14th, 78 middle and high school students from across Kansas were introduced to careers in helping professions, toured campus, met K-State faculty and students, and learned about the K-State college experience.

We greatly enjoyed having the students on campus and look forward to hosting the event again next year!



## Microcredentials and Professional Certificates

We recognize that there are opportunities to reach learners in a variety of ways, not just in the college classroom. That's why we have partnered with K-State Global Campus to offer [microcredentials](#) as high-quality short courses.

The courses are taught by faculty in our department to individuals across the lifespan who are seeking more information on topics that will benefit them both personally and professionally. Learners also have the opportunity to earn continuing education hours for completion of the microcredentials.

Our department currently offers seven courses online as microcredentials: [Grant Development and Management](#), [Working with Older Adults in Cooperative Extension](#), and five courses that makeup the [Conflict Resolution Professional Certificate](#). Offering these microcredentials allows our faculty to provide relevant information to a wide range of learners.

Dr. Brett Mallon, teaching assistant professor in the conflict resolution program, shared, "We've worked to really tailor the courses to the specific needs and interests of each learner so that they aren't getting some nebulous academic experience, but from day one, they are getting practical knowledge and skills that apply directly to their lived experiences in their personal and professional lives."

A new undergraduate certificate in [Early Childhood Consultation](#) was launched this spring semester and is available to current students and non-degree seeking students.

Through this certificate students learn the unique characteristics of early childhood environments and how to support early childhood professionals through practice-based coaching. The 12 credit hour certificate consists of four courses that are all available online.

## Proud Of Our Alumni

### Rising Professionals Award

The College of Health and Human Sciences [Rising Professional Awards](#) honor significant contributions made by graduates in the early stages of his or her career. We were proud to recognize three alumni from programs in our department, Sarah Kuborn, Madison Parker, and Erika Smith-Marek.



**Dr. Sarah Kuborn** is an assistant professor and program coordinator of family studies at Southeast Missouri State University. As an undergraduate, she studied psychology, sociology, and religious studies. Sarah completed her Master's from K-State in 2015 and her Ph.D. in family studies, with a focus in human sexuality and family life education, in 2018. She also obtained a graduate certificate in gender, women, and sexuality studies in 2016. Since she began teaching as a Graduate Teaching Assistant in 2013, she has been recognized for her outstanding teaching, both at the university and national level. She has taught 17 different courses over the past 10 years and has a hard time choosing her favorite, as she just loves teaching so much!

Throughout the years, Sarah has held many leadership and service roles. Nationally, she serves on the Certified Family Life Education Academic Review Committee. Additionally, she recently became Chair-Elect for the Family and Community Education section of the National Council on Family Relations. At her university, she is the chair of her department's Promotion and Marketing Committee. Her commitment to service and leadership was recognized in 2022, when she received the College of Education, Health, and Human Studies Faculty Service Award.

Sarah's passion for working with students is demonstrated through her work with the McNair Scholars Program, in which she mentors undergraduate students in their research and graduate school applications. She and her students have presented research at regional and national conferences. Some of her recent work has been published in the journal of Sexuality Research and Social Policy.

**Dr. Erika Smith-Marek** is a professor in the Department of Marriage and Family Sciences at National University. She is a Licensed Marriage and Family Therapist in Florida where she operates a private practice specializing in couples therapy and the treatment of trauma and Posttraumatic Stress Disorder.

She is an American Association for Marriage and Family Therapy Clinical Fellow and Approved Supervisor.





She is also a Certified Trauma Treatment Specialist through the Association of Traumatic Stress Specialists and an EMDRIA Approved Consultant and Certified Therapist in EMDR Therapy.

Her clinical and research interests converge around the treatment of trauma. She especially enjoys long-distance trail running and spending time at the beach with her family.

Erika graduated from K-State in 2015, receiving her Ph.D. in human ecology with a specialization in couple and family therapy.

**Madison Parker** graduated with her Bachelor of Science in human development and family sciences in 2019 with a secondary major in gerontology. She fell in love with aging studies while pursuing her undergraduate degree and then went on to graduate with her master's degree in gerontology in 2021.



While at K-State, some of Madison's experiences included being a member of Kappa Omicron Nu Honor Society, serving as a Gerontology Student Ambassador, and speaking on a student panel at the LeadingAge Kansas Workforce Conference.

Outside of school, she worked as a home health caregiver, special programs assistant at Meadowlark Hills with their memory and Parkinson's programs, and life enrichment assistant at Legend Senior Living. During the last semester of her master's program, Madison participated in an NIH funded research project as a graduate

research assistant. This research project sought to validate an environmental assessment tool which could be used to create and remodel elder living environments to be more person-centered and to serve the unique needs of older adults living with dementia. Throughout this project, Madison worked under an elder care facility architect and the president of the Innovative Designs in Environments for an Aging Society institute, as well as conducted site visits to numerous Kansas nursing homes.

Upon graduating with her master's degree in gerontology, Madison moved back home to the Wichita, KS area and began her Administrator in Training program with Grace Team Services, a family-owned, rural-focused management company that provides support to 11 Kansas nursing homes. During her time in the AIT program, Madison served as the temporary administrator of a 45-bed skilled nursing facility in Winfield, KS before passing her licensing exam. She then became administrator of Wheat State Manor, a 65-bed skilled nursing facility in Whitewater, KS.

Madison is passionate about improving the lives of older adults and helping them to live their fullest lives no matter their age. She is also a strong advocate for person-centered care and culture change in nursing homes. She is thrilled to be leading an amazing team of staff toward the common goal of a person-centered, home-like environment as they provide the best care and quality of life possible to the residents they serve.

**Family and Consumer Sciences Alumna Receives KSDE Award**

Kassady Griffin, graduate from the family and consumer sciences education program and secondary teacher at Eisenhower Hgh School in Goddard, Kansas, received the [Horizon Award](#) from the Kansas State Department of Education. The Kansas Horizon Award

Program identifies and recognizes representatives of excellent teaching in the elementary and secondary classrooms of the state. Congratulations, Kassady!

**Alumnus Named Executive Director of Growing Futures**

Larry Lewis Jr., graduate from the family studies and human services program, was named Executive Director of [Growing Futures Early Education Center](#) in Overland Park, Kansas. Larry has been active in his roles working with children and youth in the midwest, including strengthening programs for urban youth and implementing whole-child educational services. During his time as a child and youth development professional, Larry has gained experience leading large nonprofit organizations by establishing and building connections within the community and with local companies and engaging in fundraising projects. His work has helped raise awareness of the need for quality care and education for children from all backgrounds. Congratulations, Larry!

**Family Studies and Human Services Alumnus Named USD 383 Director of Business Services**

Andrew Hutchinson, graduate from the family studies and human services program, has been named the USD 383 Director of Business Services beginning July 1, 2023. Andrew currently serves as the Assistant Director of Early Learning and Coordinator of Grants and Compliance and was previously the program director for Head Start and Early Head Start in Manhattan. Andrew has been a strong partner of the department working with students in internships and assistantships. We are excited for Andrew to begin this new role in July. Congratulations!



Kristin Anders, left, was surprised during class by President Linton as he announced her Commerce Bank and W.T. Kemper Foundation Outstanding Teaching Award.

**Kudos**

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

- **[Kristin Anders](#)**, assistant professor in human development and family science, was awarded the [Commerce Bank and W. T. Kemper Foundation Outstanding Teaching Award](#) for the university.
- **[Zenobia Aziz Charania](#)**, couple and family therapy master's student, was named a Kansas State University Alumni Association 2023 International Student Scholar.
- **[Anthony Ferraro](#)**, associate professor in human development and family science, was named co-editor-in-chief for the Journal of Divorce and Remarriage.
- **[Lindsay Howard](#)**, couple and family therapy doctoral student, was selected as a winner for her poster presentation at the Kansas State University Grad Forum.



- **Lindsay Howard**, couple and family therapy doctoral student, was selected to represent Kansas State University and presented her research at the Capital Graduate Research Summit in Topeka in March. The event is an opportunity to show the state of Kansas the impactful research being conducted by graduate students at universities across the state.

- **Elaine Johannes**, Kansas Health Foundation Distinguished Professor of Community Health and Extension specialist, received an award of \$8,450 from the Kansas Business Group on Health in Wichita to support Extension's pilot of the Hypertension Awareness and Prevention Program this year.

- **Elaine Johannes**, Kansas Health Foundation Distinguished Professor of Community Health and Extension specialist, was selected as a recipient of the North Central Region's 2023 Excellence in Extension Award and is moving forward to compete for the 2023 National Excellence in Extension Award.

- **Francisca Lawson Tettevie**, prevention science master's student, served on a panel as part of a briefing session co-organized by the International Federation for Family Development and the UN Division for Inclusive Social Development on the role of family science in sustainable development.

- **Brett Mallon**, teaching assistant professor in conflict resolution, was awarded the College of Health and Human Sciences Myers-Alfred Teaching Award. This award recognizes outstanding ability in teaching undergraduate and/or undergraduate students and also providing valuable information to colleagues, peers, and other practitioners in the field.

- **Michelle Toews**, professor in human development and family science, was awarded the College of Health and Human Sciences Faculty Research Excellence Award for superior accomplishment in research, scholarly and creative activities, and discovery.

- **Glade Topham**, professor in couple and family therapy, was awarded the College of Health and Human Sciences Dawley-Scholer Award for Faculty

Excellence in Student Development. This award recognizes outstanding achievement in the area of student development resulting in the personal, professional, educational growing of one or more undergraduate and/or graduate students.

- **Amber Vennum**, associate professor in couple and family therapy, was awarded the College of Health and Human Sciences Hulsing Mentoring Prize, recognizing her exceptional mentoring of students.

- **Amber Vennum**, associate professor in couple and family therapy, and **Michelle Toews**, professor in human development and family science, received the Exploratory/Developmental Research Grant Award for their project "Developing and Validating an Expanded Adverse Childhood Experiences (ACEs) Scale."



Haley Jacques, 2023 family and consumer sciences education graduate, was named the 2023 spring student commencement speaker.

### We Want To Hear From You!

Please reach out and share about your time in the department. I would love to meet you and hear about your experiences.

—Mindy Markham, department head (mmarkham@k-state.edu)

# Celebrating 150 years!

Join us as we celebrate 150 years of the College of Health and Human Sciences!

Though the college continues to evolve in our ever-changing world, we hold great pride in knowing how deep our roots run at Kansas State University. From the first sewing class offered in 1872, to the 17 undergraduate and 13 advanced degrees, our college remains driven to produce people-focused professionals.

**Your financial support allows us to continue on our mission of preparing the future generations for meaningful lives and careers that will have great impact on their communities and the world.**

## Give Today