

SIGNs Significant & Important Good News



UNIVERSITY OF
CENTRAL
ARKANSAS™

COLLEGE OF HEALTH &
BEHAVIORAL SCIENCES

August 2020



**Thank
You,
Dr. Ishee**

**Welcome Back,
Students!**



Inside this issue:

Achievements 5 Awards 8 Grants 11 Presentations 11 Publications 13



A Final Message From Dean Ishee



Welcome to another issue of SIGNs, the newsletter of the College of Health and Behavioral Sciences. This is my final opportunity to share the accomplishments and achievements of the college's students, staff, and faculty. As of July 1, 2020 I will no longer be Dean. It has been a pleasure to serve as dean and be involved with the success of many of our programs. The College provides an excellent opportunity for so many students who go on to become most productive members of society.

I know the college will continue to play a vital role in the continued success of the University of Central Arkansas. I wish the best to all involved in the future endeavors of the college.

Thank you for the opportunity to be part of such an outstanding College
Sincerely,

A handwritten signature in blue ink that reads "Jimmy H. Ishee".

Jimmy H. Ishee, Dean





Welcome Message From Dean Reese

As the new Dean of the College of Health and Behavioral Sciences, welcome to this transition issue of our newsletter. I want to acknowledge the great leadership of Dr. Jimmy Ishee over the past six years, as well as those who preceded him as Deans in the college: Dr. Neil Hattlestad, Dr. Fritz Ehren, and Dr. Jeff Farris. Being the first female dean of the College of Health and Behavioral Sciences is both exciting and a heavy responsibility. Fortunately, the team of faculty and staff in CHBS is second to none, and I know that together, we will move the College successfully into new realms. Wonderful progress is being made on the new Integrated Health Sciences Building, and we are excited about the possibilities that facility will provide for our students. I know that many Arkansans will benefit from the outreach and services we



will be able to provide as students and faculty from our many and varied professions come together to learn and serve in that space. I extend my deep thanks to all of you who have and will continue to support us in this journey.

Nancy Berryman Reese, PhD

Dean, College of Health and Behavioral Sciences





UNIVERSITY OF
**CENTRAL
ARKANSAS™**

COLLEGE OF HEALTH &
BEHAVIORAL SCIENCES

SIGNs

Celebrating and honoring Dr. Jimmy H. Ishee

After 25 years committed to the progress and excellence of health sciences education at the University of Central Arkansas, Dean Jimmy H. Ishee is retiring.

Join us this summer to acknowledge Dr. Ishee's career by supporting an award opportunity for the College of Health & Behavioral Sciences graduate students – Dr. Jimmy H. Ishee Graduate Research Fund.

The Dr. Jimmy H. Ishee Graduate Research Fund recipients will be able to use these funds to defray the costs of preparation and presentation of graduate research including, but not limited to, materials and travel-related expenses.

We invite all alumni and friends of the College of Health & Behavioral Sciences to give any amount to help fund the Dr. Jimmy H. Ishee Graduate Research Fund. We look forward to endowing this fund so Dr. Ishee can watch his legacy endure.

If you are interested in giving, you may do so online or contact Maegan at mdyson@uca.edu or (501) 499-4674. The link to give is uca.edu/go/jishee.



Dr. Ishee receiving a Resolution of Appreciation from Sen. Joshua Eddinger-Lucero for his contributions to UCA students





SIGN

Resolution of Appreciation



Dr. Ishee was presented with a Resolution of Appreciation on behalf of SGA from Sen. Joshua Eddinger-Lucero and Executive President Rose McGarrity on December 6, 2019.

The resolution accounts Dr. Ishee's contributions to the UCA community over the past 35 years.

Senate Resolution SR002
Dr. Jimmy H. Ishee Resolution of Appreciation
 25 November, 2019
 Sponsored by: Senator Joshua Eddinger-Lucero
 Co-Sponsored by: Senators Dylan Garrison, Pearl Doiphode, Emma Cheek, Sarah Randall, Ryan Villano, Hannah Crawford

Whereas,
 Dr. Jimmy Ishee has truly been an admirable student advocate at the University of Central Arkansas and has worked tirelessly to aid the students of the College of Health and Behavioral Sciences;

Whereas,
 Dr. Jimmy Ishee served as an Assistant Professor for the Department of Kinesiology and Physical Education from 1982-1987, Associate Professor for the Department of Kinesiology and Physical Education from 1987-1993, Coordinator for the School of Health Sciences from 1993-1994, Special Assignment for the Graduate School in 1999, Professor for the Department of Kinesiology and Physical Education from 1993-2002, Assistant/Associate Dean of the College of Health and Applied Sciences from 1990-2002, and Dean of the College of Health and Behavioral Sciences since 2014 of the University of Central Arkansas;


Whereas,
 Dr. Jimmy Ishee is a 1989 graduate of the Faulkner County Leadership Institute, 2009 Meritorious Service Award Recipient of the National Conference of Academic Deans, 2010 Distinguished Service Award Recipient of the National Association for Kinesiology and Physical Education in Higher Education, and 2017 Distinguished Administrator of the National Association for Kinesiology in Higher Education;

Whereas,
 Dr. Jimmy Ishee has fully and wholeheartedly invested his time, passion, and resources to the University of Central Arkansas and its students and;

Whereas,
 Dr. Jimmy Ishee has served the University of Central Arkansas in some capacity for over 35 years, creating an impact on the university and its students over these years that is immeasurable;

Therefore, Be It Resolved,
 That the Student Government Association of the University of Central Arkansas honors Dr. Jimmy Ishee in recognition of his many years of dedicated service to the University of Central Arkansas and its student body.

Rose McGarrity
 Rose E. McGarrity
 Executive President, Student Government Association



1





SIGNs

Lauren Geier, Psychology & Counseling, was featured as the Psychology department's December Alumni Spotlight.

Franchesca Avila, Family & Consumer Sciences alumna, received her degree five years after leaving the U.S. Coast Guard. She now directs homeless outreach and provides resources at Mental Health Systems.

The UCA School of Nursing donated PPE items to Conway Regional Health System on April 1, 2020 to aid in its efforts to protect their nurses and other staff during the Covid-19 pandemic. The items donated were: 150 isolation gowns, 100 surgical masks, gloves - (6000 small, 6000 medium, 6000 large and 5600 X-large), and 200 surgical caps.



Jordan Bellew and Kaylee O'Hare, Family & Consumer Sciences graduate students, helped with the garden this summer. They also researched food insecurity in Arkansas and among college students.

Achievements

Dr. Will Hedderson, Physical Therapy, was appointed to the Canadian Athletic Therapists Association Education and Research Committee.

Marcus Dumas, Psychology & Counseling, was featured as the Psychology department's February 2020 Alumni Spotlight.

Counseling Psychology doctoral students achieved 100% match for their pre-doctoral internship placements.

Counseling Psychology Program:

- [Mattie Bogoslavsky](#)- University of North Florida Counseling Center, Jacksonville, FL
- [Robyn Hunter](#)- Alaska Psychology Intern Consortium/Norton Sound Health, Nome, AK/Alaska Family Medicine-Providence

School Psychology Program:

- [Carley Owen](#)- Florida State University Multidisciplinary Center, Tallahassee, FL
- [Rachel Sanders](#)- Nebraska Internship Consortium, Lincoln, NE/Munroe-Meyer Institute IABA
- [David Young](#)- Avondale School District Psychology Internship, Avondale, AZ

UCA Didactic Program in Dietetics (DPD) has matched 78% of applicants. The national average is 50%. This is a testament to the quality of our students and the dedication of our DPD Director, Mrs. Rachel Schichtl.

Dr. Darshon Anderson, Psychology & Counseling, was elected President-elect of the Southwestern Psychological Association.

Alyssa Frisby, 2020 Bachelors of Science in Nutrition graduate, was elected by her peers to serve as a National Student Leader Officer for



SIGNs

the American Association of Family and Consumer Sciences.

Blakelee Alford, Ashley Hall, Alise Holloway, Emma Reed, and KaRon Marbley, Psychology & Counseling majors, were inducted into the UCA Purple Society: Who's Who among UCA Students.

Lydia Sartain, Family & Consumer Sciences, has been elected Secretary Treasurer-Elect for the Arkansas Academy of Nutrition and Dietetics.

Phi Epsilon Kappa (PEK) honors fraternity inducted 21 new members on Thursday, April 23, 2020 during a Zoom induction ceremony. This is the second year for the PEK chapter at UCA. Kaci Griffin is the faculty advisor.



The UCA Physical Therapy program was ranked #42 of 237 programs in the U.S. by US News and World Report for 2020.

Several of our programs received top rankings from Online U, 2020 Most Affordable Colleges ranking.

- The UCA Doctor of Nursing Practice (DNP) program was ranked #4 out of 25 colleges and universities who offer affordable online DNP programs.



- The Sports Management program is ranked #1 Most Affordable Online Master's Sports Management Degrees.
- The Master of Science in Nutrition was ranked #1 Most Affordable Online Master's Nutrition Degree.





SIGNs

Dr. Nina Roofe, Family & Consumer Sciences, was appointed as head of department Representative to the Ethics Committee for the 2020-2021 Academy program year.

Christopher James and Ellie Roditis, Exercise & Sport Science students, along with their colleagues in the University of Central Arkansas Exercise Science Program, dedicated their time by making masks to ensure our healthcare workers and the entire community are protected. Christopher, an Air Force Reservist, and full-time student, and his classmates at UCA have so far constructed and donated 114 medical face masks to healthcare workers at Arkansas Children's Hospital. Christopher and his classmates are expected to complete at least 200 more masks that will be donated to patients and their families within the community.

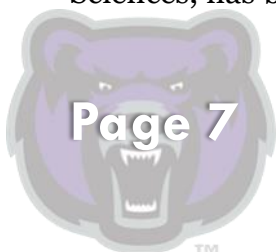
Amy Hufstedler, Counseling Psychology doctoral candidate, accepted a postdoctoral residency at the Pacific Islands VA Health Care System in Honolulu, Hawaii. Ms. Hufstedler is currently completing her pre-doctoral internship at the Alaska VA Healthcare System in Anchorage, Alaska.

Lilly Baca, Counseling Psychology doctoral candidate, accepted a staff position at the University of Arkansas Counseling and Psychology Services beginning in August.

Rachel Schichtl, Family & Consumer Sciences, has been inducted as a Fellow of the

Academy of Nutrition and Dietetics and was recognized for her commitment to the field of nutrition and dietetics, her professional accomplishments and her pursuit of life-long learning.

Drs. Julie Meaux and Pam Ashcraft, Nursing, were selected as two of the 2020 Great 100 Nurses of Arkansas honorees.





Awards

Dr. Lindsey Wade, 2019 graduate of the Doctorate of Physical Therapy program, received the Outstanding Student Award from the American Academy of Sports Physical Therapy in Denver, CO, on February 14, 2020.



Drs. Will Bandy, Lindsey Wade, and Nancy Reese

Dr. Stephanie Rose, Health Sciences, has been chosen as a National Park College Woman of Distinction in recognition of her professional and personal achievement.

Dr. Rose was also named the Distinguished Alumni of the Year by National Park Community College in Hot Springs, AR.

Dr. William Bandy, Physical Therapy, has been named a Catherine Worthingham Fellow of the American Physical Therapy Association. Catherine Worthingham Fellows are individuals whose work has resulted in lasting and significant advances in the science, education, and practice of the profession of physical therapy.

Thanks to the Family & Consumer Sciences

SIGNs

Interior Design program, Levon Helm's boyhood Home in Marvel, AR, won the "Bootstrap Award." This award is presented to an individual, organization or community that has achieved significant success within the tourism industry 'on a shoestring budget'. Since the grand opening of the home in the fall of 2019, more than 500 people have visited from all over the U.S., Canada and England.

Jacob Christie, Psychology & Counseling major, received the UCA Bear CLAWS award from President Davis for his leadership at the UCA Food Pantry. (photo below)



Dr. Leah Lowe, Physical Therapy, received the 2020 Margaret Moore Outstanding New Academic Faculty Member award from the American Physical Therapy Association.

Elena Zacarias, Rachel Bearden, and Christoni Key, Psychology & Counseling students, received the "Outstanding Psychology Student Awards."





SIGNs

Monica Lieblong, Family & Consumer Sciences, received the 2020 Faculty Career Champion award at the annual Internship Banquet on Tuesday, March 10.



Elizabeth Cleveland, Communication Sciences & Disorders, received this year's LEND Eldon Schulz Faculty Service Award.

Chayla Slaton, School Psychology doctoral candidate, received the LEND Eldon Schulz Trainee Service Award.

Samantha Oxford, Health Sciences, was named the Outstanding Health Education Major of the Year (2020) for Arkansas by the National Center for Credentialing for Health Education and the National Society of Public Health Educators.



Left to right: President Houston Davis, KaRon Marbley, Ronnie Williams

KaRon Marbley, Psychology & Counseling student, earned the Purple Star Award for

exemplifying the high ideals of leadership, service, and involvement.

Nany Bond, Physical Therapy administrative assistant, was named **UCA Classified Employee of the Year**.

Dr. Laura Gillis, Nursing, was chosen as a finalist for the UCA Teaching Excellence Award.

Dr. Femina Varghese, Psychology & Counseling, was selected as a finalist for the 2019-2020 UCA Research, Scholarship, and Creative Activity award.



Left to right: students Whitney Meyer, Samantha Grimsley, and Briar Skogsberg; former UCA PT Professor Dr. Chad Lairamore

UCA Physical Therapy students, along with their faculty co-authors from multiple CHBS departments, won the Education Innovator Award for Outstanding Poster Presentation and Research at the Combined Sections Meeting of the American Physical Therapy Association in Denver, CO.

Meyer W, Grimsley SN, Magness K, Skogsberg B, Smith R, Weese R, Pate B, Landry A, Ryan C, Lairamore C. "Effect of an Interprofessional Teaching Clinic on Student Development: A Qualitative Assessment."



SIGNs

The following faculty were nominated by students for a Career Champion Award!

Dr. Brent Gregg, Communication Sciences & Disorders, was nominated. Some words used to describe his impact and contribution were: “Caring, Charismatic, and Genuine.”

Dr. Thomas Lowder, Exercise & Sport Science, was nominated. Some words used to describe his impact and contribution were: “Passionate about education, Compassionate, Authentic, and Strong.”

Kim Eskola, Exercise & Sport Science, was nominated. Some words used to describe her impact and contribution were: Encouraging, Intentional, Caring, Passionate, Motherly, and Mentor.”

Dr. Julie Meaux, Nursing, was nominated. Some words used to describe her impact and contribution were: “Selfless, Role Model, and Motivating.”

Melissa Carver, Family & Consumer Sciences, was nominated. Some words used to describe her impact and contribution were: “Loving, Trustworthy, and Encouraging.”

Maria Posada, Family & Consumer Sciences, was nominated. Some words used to describe her impact and contribution were: “Determined, Hardworking, and Caring.”

Rebekah Luong, Family & Consumer Sciences, was nominated. Some words used to describe her impact and contribution were: “Organized, Helpful, and Kind.”

Laura Meek, Family & Consumer Sciences, was nominated. Some words used to describe her impact and contribution were: “Kind, Funny, and Smart.”

Khandra Faulkner, Family & Consumer Sciences, was nominated. Some words used to describe her impact and contribution were: “Inspiring, Encouraging, and Knowledgeable.”

Dr. Leah Lowe, Physical Therapy, was nominated. Some words used to describe her impact and contribution were: “Caring, Motivational, and Inspirational.”

Michael Hawkinson, Physical Therapy, was nominated. Some words used to describe his impact and contribution were: “Encouraging, Honest, Friend, Determined, Caring, and Encourager.”

Amanda Beaver, Nursing, was nominated. Some words used to describe her impact and contribution were: “Challenging, Compassionate, Competent, Rockstar, Wise, and Empowering.”





SIGNs

Grants

Kirsten Walker, Exercise & Sport Science undergraduate, and her faculty mentor, Dr. Thomas Lowder, were awarded a Student Undergraduate Research Fellowship Grant of \$4,000 through the Arkansas Department of Higher Education for their research “Exercise to Improve Quality of Life in Patients with Ehlers-Danlos Syndrome.”

Rachel Bearden and Nemi Shah, Psychology & Counseling students, and their faculty mentor, Dr. Ken Sobel, were awarded Student Undergraduate Research Fellowship Grants to support their research. The titles of their research are “Why do Psychosis and High-Functioning Autism have Diametrical Associations with migration?” and “Why Do People Justify Choices They Did Not Make?” respectively.

Dr. Darshon Anderson, Psychology & Counseling, received a research grant of \$650,000 in collaboration with the Chemistry Department for their research titled “Fostering a Diverse Community of Future Chemists Through Scholarship Support, Peer Instruction, Mentoring, and Professional Development” from *The National Science Foundation (NSF) through the Division of Undergraduate Education* and the *NSF Scholarships in Science, Technology, Engineering & Math (S-STEM) program*.

Presentations

The following faculty presented at The Gulf-South Summit on Service-Learning and Civic Engagement through Higher Education in March 2020 in Nashville, TN. The theme for the 2020 summit was “Building Healthy Communities.”

Drs. Denise Demers and Duston Morris, Health Sciences, presented “Incorporating Inclusive Health Learning Strategies Through Service-Learning and Interprofessional Education.”

Dr. Nina Roofe, Family and Consumer Sciences, presented “Impact of Interprofessional Service-Learning Strategies on Knowledge Retention.”

On December 7, 2020, over 70 students and faculty from Arkansas and Louisiana presented their research at the Winter Arkansas Symposium for Psychology Students. Special thanks to Maggie Rogers, Dr. Shawn Charlton, and Dr. Bill Lammers for coordinating the event.

Dr. Darshon Anderson, Psychology & Counseling, and Research Methods Lab students had a paper accepted for Conference Presentation.

Show, K., Peterson, E., Williams, T., & Anderson, D. (2020, April). Social Comparison and Goal Pursuit. Paper to be presented at the 2020 Southwestern Psychological Association Convention in Frisco, Texas.





SIGNs

Dr. Anderson also presented research conducted by faculty from Nursing, Psychology & Counseling, Exercise & Sport Science, and Chemistry. Their poster was titled “Creating Curiosity in Higher Education: A Qualitative Analysis of Faculty Members’ Perspectives on Enhancing Student Curiosity” at the 2020 Hawaii International Conference on Education.

Dr. Duston Morris, Health Sciences, in collaboration with colleagues from Old Dominion University and USA Triathlon, presented “Keeping Youth Active Through Triathlon, a Camp or Campus Model” at the American Camping Association Mid-Atlantic Conference in Norfolk, VA.

Dr. Morris also spoke with Dr. Amanda Hall from Virginia Commonwealth University on her podcast *Service-Learning and Experiential Education*. Dr. Morris discussed the impact of service-learning and experiential education within the Health Professions. From internal collaborations to “breaking the mold.”

Dr. Lori Mize’s, Physical Therapy, educational symposium titled “Clinical Reasoning in the Underactive Pelvic Floor” was accepted for presentation at the 2021 American Physical Therapy Association Combined Sections Meeting in Orlando, FL.

Dr. Zack Damon’s, Exercise & Sport Science, co-authors presented the following presentations at the Sport Management Association of Australia and New Zealand during the week of December 4-6th, 2019.

Damon, Z.J. & Cunningham, G. B. (2019). “Gender, Race, and Incivility Among Sport Employees.”

Damon, Z. D. & Waltemyer, S. (2019). “A Life Stories Investigation Into Leaders in Sport.”

Drs. Paul Nail, Cory Cobb, and Carley Owen, Psychology & Counseling, presented “Psychological Transference: The Most Powerful, Generally Unknown Force in the World” as the invited address at the Science Meets Social Science Seminar, Department of Theoretical Physics, Wroclaw University of Science and Technology, Wroclaw, Poland on May 16, 2019.





SIGNs

Rachel Sanders and Chayla Rutledge, Psychology & Counseling students, published “Challenges with Mathematics Response to Intervention: A Graduate Student Perspective” in *Communique*.

Courtney Craft, Communication Sciences & Disorders graduate, and Dr. Brent Gregg published an article titled “Bouncing Back: The Role of Resilience in Therapy for School-Aged Children who Stutter” in *Clinical Archives of Communication Disorders*.

Dr. Mike Gallagher, Exercise & Sport Science, and former graduate student Kennie Story, published an article titled “Beyond Our Own Understanding of Inclusion” in *The American College of Sports Medicine Health and Fitness Journal*.

Dr. Darshon Anderson, Psychology & Counseling, co-authored an article with students Danyelle Wells, Kaitlyn Rupp, and Amanda Martin titled “Incorporating Accountability and Coordination in Fitness Plans to Increase Goal Progress” published in *The Journal of Psychological Inquiry*.

Dr. Anne Bryan, Family & Consumer Sciences, published an article titled “Historic Preservation: The Boyhood Home of Levon Helm” in the *Journal of Family & Consumer Sciences*.

Drs. Alicia Landry and Nina Roofe, Family & Consumer Sciences, published an article with Dr. Pam Towery, Arkansas State University, and former MSDI student Miranda Schrock titled “Professional Behavior Education in the

Publications

FCS Curriculum” in the *Journal of Family & Consumer Sciences*.

Dr. Lenora Ivy, School Psychology Alum, published a new book titled [Life with Lime & Lem](#).



Drs. Paul Nail, Cory Cobb, and Carley Owen published an article titled “Evidence that Negative Maternal Transference is at the Root of Americans’ Beliefs in 9/11 Conspiracy Theories” in the *North American Journal of Psychology*.

Dr. Nail published two articles in *Hank Williams International Society Newsletter* titled “A Tribute and Fond Memories of Donald Hugh Helms (1927-2008): Hank’s Primary Steel Guitarist (1944-1952)” and “Don and Hazel Helms: An Anecdote from the Life of Hank Williams courtesy of Miss Hazel, and what it reveals about Hank’s personality.” He also co-authored a textbook chapter titled “Self-Affirmation Theory: An Update and Appraisal” in E. Harmon-Jones (Ed.). [Cognitive Dissonance: Reexamining a Pivotal Theory in Social Psychology](#) (2nd edition, pp. 159-174). Washington, DC: American Psychological Association.

Dr. David Taylor, Physical Therapy, co-authored a paper titled “Discriminant Analysis of the Patient-Specific Functional Scale in Discerning Between Loss of Physical Function Categories in Community-dwelling Older Adults” in *Topics in Geriatric Rehabilitation*.



SIGNs

Dr. Sandie Nadelson, Nursing, and co-author, Dr. Louis Nadelson, published an article titled “Bringing a Mystery to the Evidence-Based Practice: Using Escape Rooms to Enhance Learning” in *Worldviews on Evidence-Based Nursing*.

Dr. Maysoon Biller, Communication Sciences & Disorders, published an article titled “Examining Useful Spoken Language in a Minimally Verbal Child with ASD: A Descriptive Clinical Single-Case Study” in the *American Journal of Speech-Language Pathology American*.

Dr. Femina Varghese, Psychology & Counseling, and Maddie Arey, UCA undergraduate student, published an article in the undergraduate publication the *Journal of Psychology and Behavioral Sciences* titled “Increasing Deception Detection through Training on Microexpressions.”

Dr. Varghese also co-authored an article titled “Injustice in the Justice System: Reforming Inequities for True Justice for All” published in *The Counseling Psychologist* for the publication’s 50th Anniversary.

Dr. Anna Park, Psychology & Counseling, co-authored an article published in the *Journal of Character Education* titled “Is Optimism a Unique Predictor of Reading and Math Performance in Latinx Elementary School Students?”

Drs. Brian Odom, Leah Lowe, Lisa VanHoose, Jacquie Rainey, and Cathy Yates published an article in *Advances in Skin & Wound Care* titled “Examining Factors That Contribute to Delayed Wound Healing in Children with Tracheostomy Wounds.”

Dr. Elizabeth Cleveland, Communication Sciences & Disorders, co-authored an article published in the *Journal of Arkansas Medical Society* titled “Fetal Alcohol Spectrum Disorders Advocacy in Arkansas.”

Dr. Brent Gregg, Communication Sciences & Disorders, published an article titled “Addressing Core Questions from Parents of Children Who Stutter” in *Clinical Archives of Communication Disorders*.



SIGNs Significant & Important Good News



UNIVERSITY OF
CENTRAL
ARKANSAS™

COLLEGE OF HEALTH &
BEHAVIORAL SCIENCES

Communication Sciences & Disorders

Exercise & Sport Science

Family & Consumer Sciences

Health Sciences

Military Sciences

School of Nursing

Occupational Therapy

Physical Therapy

Psychology & Counseling

Burdick 222

<http://uca.edu/chbs>

501.450.3123

