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COLLEGE OF HEALTH &
BEHAVIORAL SCIENCES

March 2021



SIGNS *Significant & Important Good News*



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*Significant & Important
Good News*

A Message From Dean Reese



What an unprecedented six months we have experienced in the College of Health and Behavioral Sciences and all of you, our readers have experienced in your daily lives. Covid-19 has certainly changed the world, including higher education. But while we've lost some treasured experiences like dining out with friends and cheering on our favorite team in a crowded basketball arena, we have gained many new skills and insights. Our faculty have learned to teach effectively using virtual platforms, students in our college are becoming experts at using personal protective equipment, and we're using telehealth to provide counseling and coaching services to an ever-increasing number of clients. The faculty in CHBS have worked tirelessly to convert classes to on-line delivery, reschedule internships and clinical experiences, and make sure our students are continuing to receive the excellent education we have always provided.

As you will see in our newsletter, faculty and student involvement in research and service have not stopped just because of the pandemic. Those activities continue with appropriate precautions and guidelines. Of particular note in the area of service are the faculty and students of the UCA School of Nursing who have been instrumental in assisting Conway Regional Medical Center and Baptist Health – Conway in vaccinating their employees and members of the public against Covid-19. Their dedication to this effort is deeply appreciated.

Construction also has not been stopped by the virus. We are close to completion of the Integrated Health Sciences Building and plan to begin moving into the new facility by May. The grand opening will be in the fall, so look for an announcement later this summer. I hope many of you will come to see this outstanding new facility that will impact the lives of our community and state for years to come.

As always, thank you for all you do to support the College of Health and Behavioral Sciences. We could not be successful without all of our clinical and community partners and alumni. Stay safe and well.

Nancy Berryman Reese, PhD, PT, MHSA
Dean, College of Health and Behavioral Sciences





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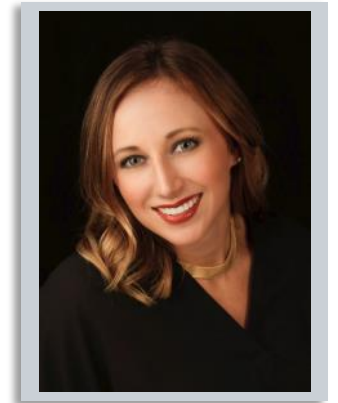
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IHSB Update Story

Save the date for this year's Day of Giving: March 11, 2021!

Day of Giving is a 24-hour fundraising drive in which alumni, parents, faculty, staff, students and friends are challenged to make a gift of any amount to support UCA's students, its campus and the surrounding community. Last year, the university raised over \$1,126,580 in one day to support various programs and projects across campus.

When giving online at uca.edu/dayofgiving, donors are able to select and give to specific funds among the categories of student, campus and community impact. So you can choose to give back directly to the College of Health & Behavioral Sciences or to your department! For more information, visit uca.edu/dayofgiving or call Morgan at (501) 450-3122.



The fundraising campaign for the new Integrated Health Sciences Building has made significant progress since we last reported to you and we are almost to our goal! We have secured a little over \$4.7 million in private support for the facility, which includes two 7-figure gifts, the largest ever made to the college. That amount also includes a faculty/staff giving program to the building that includes 47 of our dedicated faculty and staff!

We are still working towards that final goal of \$5 million and would love for you to be part of that through our alumni donor wall. This will be centered around Day of Giving and more information will be sent out soon on how you can get involved. These will be gifts starting at \$250 that will put your name on the donor wall in the new building...forever!

Maegan Dyson
Assistant Vice President of Development
mdyson@uca.edu (501) 499-4674





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Nutrition & Family Sciences Announcement

The Department of Family & Consumer Sciences announced a name change to the Department of Nutrition & Family Sciences, effective January 2021. While our department has grown and evolved over the years, content areas in the department remain focused on the science and art of living and working well in our complex world. Our courses are designed to enhance individual wellness and quality of life and to produce graduates who practice in an ethical and socially-responsible manner. We work to assist individuals, families, and communities to make informed decisions about their well-being, relationships, and resources to achieve an optimal quality of life. Changing the department's name to Nutrition and Family Sciences more accurately reflects the makeup of the students in our department and lessens any confusion of names between the department and degree programs.



Foods Lab

We offer the following programs for undergraduate and graduate degrees:

- Bachelor of Science in Family & Consumer Sciences
- Bachelor of Science in Family & Consumer Sciences Education
- Bachelor of Science in Community Nutrition
- Bachelor of Science in Dietetics
- Bachelor of Science in Nutrition Sciences
- Master of Science in Family & Consumer Science
- Master of Science Dietetic Internship
- Master of Science in Nutrition

Check out our website for additional information:
<https://uca.edu/nfs>

“The name change in my opinion does reflect the overall focus of the department and the degrees offered. Five degrees have nutrition or dietetics focus and three degrees are in the family and consumer sciences area. The Department of Nutrition and Family Sciences encompasses the degree programs offered and is distinct from any one program area thus eliminating any confusion with those not familiar with the Family and Consumer Sciences field and its related programs of study.”

Pamela S. Pruett, Ed.D.

Family and Consumer Sciences Agent | Mississippi County

BSE Home Economics Education, UCA 1980



FCS Class





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Thoughts from our faculty, students, and alum's



Home Economics Club, 1912

"I completely support the name change to Nutrition and Family Sciences; I believe it is a positive reflection of our past 112-year-old past while keeping us in line with academic and industry trends."

Leslee Ann Tell, MS, NBCT
Conway Area Career Center, FCS Department Chair
BSE in FCS 2004, MS in FCS 2010

"UCA has always provided cutting-edge nutrition education to its students and to the community as well. As an alumnus, I am excited to see that the name change highlights UCA's contributions to the field of nutrition science. Go Bears!"



Blake Metcalf, DCN, RDN
Clinical Nutrition Manager Morrison Healthcare
BS Nutrition, UCA 2011

"What's really exciting to me about the name change, as a faculty member and FCS Program Director, is that we didn't alter our vision or mission at all! We changed the name to be more reflective of who and what we are doing in the department already. We are the same programs who offer our students high quality educational experiences. This change allows for more program level visibility to our community partners, as well as current and future students."

Rebekah (Lindsey) Luong, MS, CFCS
Clinical Instructor & FCS Program Director
| Nutrition & Family Sciences

"The Nutrition and Family Sciences department at UCA has prepared me to work alongside other professionals, my future patients, my family members, and everyone else I may meet in the future. At its core, it is the science of an individual's or group's quality of life and I hope to use what it has taught me to better the lives of all of my future patients. It equips us to be outstanding professionals, respectful coworkers, considerate caregivers, and compassionate family members. In other words, this department teaches us to be exceptional members of society."

Grace Sykes
BS in Family & Consumer Sciences student

"I'm excited about the name change. I think Nutrition and Family Sciences better reflects what we do as a department. It shows that our faculty want continued growth and to follow current trends in our field. I also like that it's simple and very clear for prospective students."

JJ Mayo, PhD, RDN
Associate Professor of Nutrition | Nutrition & Family Sciences





Achievements

Dr. Femina Varghese (right), Psychology & Counseling, was elected a Fellow of the American Psychological Association.



Ollie the Collie, Exercise & Sport Science, was featured in [501Life Magazine](#) as one of a handful of therapy dogs in the nation.

Dr. Allen Thomas, Psychology & Counseling, was named a "[Champion of Pride](#)" by The Advocate! Each year, The Advocate's "Champions of Pride" issue profiles LGBTQ+ activists, artists, politicians, and more from each state who are changing the world for the better. Each Champion is an example of how LGBTQ+ people can make a difference in local communities and beyond.

Drs. Susan Gatto and Pam Ashcraft, School of Nursing, received promotion to Professor.

Dr. Art Gillaspay, Psychology & Counseling, has been elected to serve on the American Psychological Association Council of Representatives to represent Arkansas.

The Doctorate of Occupational Therapy program underwent initial accreditation review and was granted full accreditation. Thanks to everyone for the support in this process..

For the 13th consecutive year the University of Central Arkansas Psi Chi Chapter has been recognized as a Model Chapter. With more than 1,180 chapters of Psi Chi, our chapter is one of only 23 chapters to achieve the Model Chapter status this year.

Dr. Julie Meaux, UCA School of Nursing, and a colleague launched a multi-media continuing education course in collaboration by Sigma Theta Tau,

International Nursing Honor Society. The course is available to nurses across the globe and focuses on the heart of the nurse educator role, covering topics in teaching & learning, measurement & evaluation, curriculum development & integration, and advancement as an academic nurse.

Dr. Cory Cobb, Psychology & Counseling alum, and colleagues are serving as guest editors overseeing a special issue for the APS journal Clinical Psychological Science.



Kailah Tidwell, Mental Health Counseling graduate, was featured in [Little Rock Soiree](#) discussing her small business, [Bloom Co.](#)



Instagram:
[@bloomcoshop](#)

Dr. Duston Morris, Health Sciences, successfully completed the American Council on Exercise - National Health Coaching certification requirements.

Chelsey Bull, Psychology & Counseling student, was selected as the American Psychological Association's Division 18's Criminal Justice Section Student Representative. This is the first time a Counseling Psychology PhD student from UCA has been selected for this national role.





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Heather Brown, School of Nursing, was selected for the "Arkansas Center for Nursing's top 40 Nurse Leaders Under 40 for 2020."

Dr. Elizabeth Cleveland, Communication Sciences & Disorders, successfully defended her dissertation titled "Working Memory Processing Times in Children with Fetal Alcohol Spectrum Disorders."

Dr. Rachel Schichtl, Family & Consumer Sciences, was selected as a Periclean Voter Engagement Fellow.

Myra Grantham, MSN, RN, APRN FNP-C, RD, School of Nursing, was named as one of the **AY's 2020 Best Healthcare Professionals: Central Arkansas** for the second year.



Drs. Steve Forbush and Kevin Garrison, Physical Therapy, were elected as Chief Delegate and as Delegate, respectively, to represent Arkansas Physical Therapists in the American Physical Therapy Association's House of Delegates.

The School of Nursing's student scholarships have more than doubled over the last four years:

2016 Nursing Awards:

- \$36,440
- 7 Different Named Scholarships
- 8 students

2020 Nursing Awards:

- \$111,725
- 15 Different Named Scholarships
- 30 Students



Mr. Jose Luna Armenta (left), 2nd year School Psychology student, was granted naturalized U.S. citizenship. Congratulations Jose!

Dr. Denise Demers, Health Sciences, received the UCA Center for Teaching Excellence recognition for Achievement Program, Excellence in Teaching, Diversity and Inclusion Track.

Family & Consumer Sciences' recent CAEP Accreditation visit of the FCS BSE program received no recommendations for areas of improvement. A special thank you to Dr. Kimberley Sartain and Mrs. Lee Ann Bullington for their dedication and leadership to making this successful.

Charnaee Cannon, senior School of Nursing student, demonstrated the "heart of a nurse" by caring for a patient whose hair was going to be shaved. To provide care, Charnaee stayed 30 minutes over her clinical time to comb and braid this patient's hair.

On October 14th & 15th, UCA School of Nursing hosted a flu shot campaign with 215 flu vaccines administered with little to no wait time in the Nabholz Simulation Center. They were also able to vaccinate those in the CHBS Dean's office and the Provost's office. This campaign was coordinated by Annette Gartman, RN Clinical Instructor I and Sarah Luyet, Simulation Co-Coordinator. This event was also made possible by the nursing faculty who volunteered to give shots.

Congratulations to Psychology and Counseling staff for recognition of the Mental Health Counseling program by the Arkansas Higher Education Coordinating Board!





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This past Fall 2020 semester the department of Family & Consumer Sciences introduced a new course, FCS Professional Practice, that will meet the upper division core, capstone requirement for students majoring in the BS in Family & Consumer Sciences.

The course partnered with Karli Potratz from Children's Advocacy Alliance (CAA) to provide much needed hygiene items for the center when individuals come into the facility. Students Darius Banks, Taylor Blair, Kynesha Harris, Breyanna Jackson, Krysha Lee, Grace Sykes, and Ceara Smith were able to produce a program that raised over \$100 and 100 items through their Hygiene4Hope campaign.



The course also partnered with Crystal Dendy of CAA to provide 50 care packs to two programs with Conway Police Department and the Faulkner County Sheriff's Office. Students Lauren Webber, Chanta Ethredge, Kai Ahn Harris, Katie Siebenmorgen, and Ashley Taylor organized the project and were responsible for following through to the communication and delivery of the packs. The care packs will be utilized when children are involved in a variety of situations that the officers may encounter to provide a distraction to the adult situations and comfort to the children. The Conway Police Department and the Faulkner County Sheriff's Office both shared posts on social media to thank these students for their donations (photos left, and below).





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Awards

Dr. Alicia Landry (right), Family & Consumer Sciences, was named **Outstanding Dietitian of the Year** by the Arkansas Academy of Nutrition and Dietetics. This is a tremendous honor that recognizes her accomplishments and commitment to promoting lifelong nutrition for Arkansans.



Dr. Femina Varghese, Psychology & Counseling, and her coauthors received the **“2020 The Counseling Psychologist (TCP) Outstanding Paper Award”** for their article, “Injustice in Justice System: Reforming Inequities for True ‘Justice for All.’” According to Dr. Lydia Buki, past editor of TCP, the award is given for the one outstanding article published in the past year in the TCP that makes contributions “that substantially and significantly advance a particular topic or area within counseling psychology.”

Alyssa Frisby, Family & Consumer Sciences graduate student and dietetic intern, received a \$1,000 scholarship from the Academy of Nutrition and Dietetics Foundation Scholarship for the Colonel Filomena Manor Memorial Scholarship.

Jordan MacKenzie (below, middle), Psychology & Counseling graduate student, received the **2020 Graduate Teaching Instructor Award** from the Department of Psychology & Counseling.



Dr. Brent Gregg, Communication Sciences & Disorders, was selected as a finalist for the 2019-2020 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.

Dr. Twala Maresh, Physical Therapy, was selected as a finalist for the 2019-2020 UCA Public Service Award.

Sydney Skaggs, Counseling Psychology Doctoral student, received the **2020 American Psychological Association Psychologists in Public Service Student Award**.



Mallory Tate Lefler (left), Exercise & Sport Science alumnus, has been named the **2020 Rising Star** for the SouthCentral Region by the Medical Fitness Association.

The **UCA School of Nursing** was Ranked #9 out of 50 as the Best RN to BSN Programs 2020.

The **UCA School of Nursing** was Ranked #17 out of 50 as the Best BSN to DNP Programs 2020.





Grants

Drs. Kathryn Carroll and Rachel Schichtl, Family & Consumer Sciences, were awarded **\$7,500** from the Undergraduate Research Council to conduct a project titled: "Identifying Willingness to Adopt and Barriers to offering Client Choice in Arkansas Food Pantries."

Dr. Femina Varghese, Psychology & Counseling, received **\$6,500** from the Robert Wood Johnson Foundation Interdisciplinary Research Leaders to purchase PPE for parolees, probationers, and staff for the Arkansas Community Corrections.

Drs. Alicia Landry and Nina Roofe, Family & Consumer Sciences, received a **\$75,000** grant titled "Evaluation of the School Nutrition Foundation's L.E.A.D. (Learn, Educate, Advance, and Develop) to Succeed Program" from the School Nutrition Foundation.

Drs. Duston Morris, Stephanie Rose, and Heather Hudson, Health Sciences, received a second year of funding (**\$10,000**) to continue their collaborative work on "Adventures of the Health Rap Heroes" - children's prevention education series. This is the second story book in the series. It will feature the Health Rap Heroes (Jordan Brown and LeAndrea Rucks - Health Science students) breaking down the dangers of opioids.

Drs. Rachel Schichtl, Kathryn Carroll, and Lydia Sartain, Family & Consumer Sciences, received a **\$2,500** grant from Healthy for Life® 20 By 20. This grant will be used in partnership with the Arkansas Food Bank to carry out nutrition education and provide cooking equipment and tools to pantry recipients.

Dr. Kathryn Carroll, Family & Consumer Sciences, and colleagues received a **\$2500** grant from the American Council on Consumer Interests for their proposal titled: "Can Debt Repayment Education Improve Tax-time Financial Decision Making? An Experiment with Arkansas Vita Participants."

The following faculty were awarded these Faculty Development Grants:

Dr. Rachel Schichtl, Family & Consumer Sciences, was awarded \$170 to attend a workshop titled: "Applying Universal Design for Learning Principles to Online Courses to Increase Accessibility and Engagement".

Dr. Kimberly Sartain, Family & Consumer Sciences, was awarded \$170 for "Building Effective Online Assessments", a faculty development course through the Online Learning Consortium that taught her some new online assessment tools for the three new courses she has built.

Dr. Denise Demers, Health Sciences, was awarded \$170 for a software program, Camtasia, that allows her to make better videos for her online classes.





Presentations

Dr. Rachel Schichtl has been selected to present a webinar, "The Why and How of Setting Up Food Pantries on Campuses" by the American Association of Family and Consumer Sciences.

Faculty from Exercise & Sport Science, as well as graduate student Christy Mote, presented at the National Athletic Trainers' Association Clinical Symposia & AT Expo.

- Dr. Will Hedderson presented researched co-authored with colleagues titled "Concentration of Interleukin-10 and Interleukin-6 can Predict Pain 48 -Hours Following a Musculoskeletal Injury to the Shoulder External Rotator Muscles"
- Dr. Steve Tucker presented research co-authored with colleagues titled "Relationship between Shoulder Range of Motion, Strength and Posture, and Injury Risk in Collegiate Baseball Athletes"
- Dr. Rock Lee presented "Prefrontal Cortex Activation during Neurocognitive Test using Functional Near-Infrared Spectroscopy in Division-I Athletes following Sports-Related Concussion," co-authored by Christy Mote, and Drs. Richelle Weese and Dee Lance from Communication & Sciences Disorders. The presentation was announced as a **Top Finalist** in the Established Career category.
- Christy Mote presented "Development of Vasovagal Syncope Following Sport-Related Concussions in Collegiate Volleyball Player: Level 4 CASE Study", co-authored by Dr. Rock Lee.

Dr. Duston Morris, Health Sciences, and LEAD Ph.D. student, Shanon Brantley, presented part of Mrs. Brantley's doctoral work which addresses the implementation and utilization of Health Literacy Education in Speech Language Pathology Programs at the 2020 Institute for Healthcare Advancement - Virtual Health Literacy Conference.

Dr. Keitha Griffith, School of Nursing, presented a poster, "Twitter Assignment: Teaching Health Policy in Real Time", at the Missouri League for Nursing Nineteenth Annual Nurse Educator Conference/Convention. Participants in the conference voted Dr. Griffith's presentation as "Best Overall" Poster Presentation for the conference.

Dr. Brian Bolter, Psychology & Counseling, and students Ashley Hall and Sarah Parsons, virtually presented their research team's study titled "The Effects of Wellness Interventions on Students' Stress and Optimism" at Sorbonne Université's Tenth International Health, Wellness, and Society Conference on September 3, 2020.

Dr. John Murphy, Psychology & Counseling, presented a 4-part online training webinar titled, "Solution-Focused Counseling in Schools," to the Maine Association of School Psychologists.

Dr. Murphy also presented three invited online workshops titled "Solution-focused Practice with People Managing Trauma"; "Practical Strategies for Building Cooperative Alliances", and "Brief Solution-focused Counseling with Young People" for Social workers foster parents, case managers, psychotherapists, and other mental health workers at the recent 2020 Arkansas Conference on Child Abuse & Neglect.

Dr. Murphy was a guest lecturer at Temple University. He provided a lecture about Solution-Focused Brief Therapy and answered questions about his book, Solution-Focused in Schools, 3/e that is used in Temple's school psychology program.





Publications

Drs. David Taylor, and James Fletcher, Physical Therapy, published "Comparison of Two Handheld Digital Dual Inclinometry Techniques in the Measurement of Lumbar Flexion Active Range of Motion" in the *Journal of Sport Rehabilitation*.

Dr. Natalie Benafield, Communication Sciences & Disorders, and colleagues published "Comparison of Auditory, Language, Memory and Attention Abilities in Children with and without Listening Difficulties" in the *American Journal of Audiology*.

Dr. Cory Cobb-First, Psychology & Counseling alum, received a book contract from Springer, along with two other colleagues for a book on advanced topics in clinical psychological science titled [Toward a Science and Profession of Clinical Psychology](#).

Dr. Christina Jeffrey, Psychology & Counseling, published a book chapter titled "Thematic Mapping: A Transtheoretical, Transdiagnostic Method of Case Conceptualization" in [Tracey Eells \(Ed.\), Handbook of Psychotherapy Case Formulation – Third Edition \(pp. 40\)](#).

Dr. David Taylor, Physical Therapy, and his research team published "Physical and Cognitive Evaluation of a Neuroplasticity Exercise Program: A Pilot Study," in the *Journal of Gerontology & Geriatric Medicine*.

Dr. Thomas Lowder, Exercise & Sport Science, published a lymphangiomyomatosis (LAM) paper in *Advances in Respiratory Medicine*, titled "High-intensity Exercise Improves Pulmonary Function and Exercise Tolerance in a Patient with TSC-LAM."

Dr. Will Hedderson, Exercise & Sport Science, had an article published in *The Clinical Journal of Pain* titled "Plasma Concentrations of Select Inflammatory Cytokines Predicts Pain Intensity 48 Hours Post-Shoulder Muscle Injury."

Drs. Sandra, School of Nursing, and Louis Nadelson published an article titled "Bringing a Mystery to Evidence-Based Practice: Using Escape Rooms to Enhance Learning" in the *Worldview of Evidence-Based Practice Journal*. The information presented in the article was drawn in part from their experiences using google documents to help facilitate student collaboration and problem-solving.

Dr. Shawn Charlton, Psychology & Counseling, authored an article titled "[Psychology in the Headlines: I'm Not Even Going to Try and Guess Where We Are Right Now](#)" published in *Eye on PSI CHI*.

Dr. Brent Gregg, Communication Sciences & Disorders, and colleagues published an article titled "A Preliminary Investigation of Differences in Acoustic Startle Responses Between School-Age Children who Do and Do Not Stutter" in *Clinical Archives of Communication Disorders*.

Dr. Alicia Landry, Family & Consumer Sciences, and colleagues' publication in Nutrition, titled "[Patterns of Food Parenting Practices Regarding Junk Food and Sugary Drinks among Parent-child Dyads](#)," received media coverage on ContemporaryPediatrics.com.

Dr. Elizabeth Cleveland, Communication Sciences & Disorders, and her colleagues published an article in the *Publication of the Arkansas State Board of Nursing* titled "Fetal Alcohol Spectrum Disorders Update."

Dr. Duston Morris, Health Sciences, and his colleagues published an article titled "The Impact of Out of School Time Triathlon Camps on Perceived Competence, Interests in Exploration, and Responsibility among Youth Campers: A Pilot Study," in *Recreation, Parks, and Tourism in Public Health*.





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Dr. Caitlin Masterson, Psychology & Counseling, published an article titled "[Validating Tackle Mechanics in American Football: Improving Safety and Performance.](#)" in *Annals of Biomedical Engineering*.

Drs. Kevin Garrison, and Mark Mennemier, Physical Therapy, and Jacqueline Rainey, Health Sciences, published an article by a former PhD student, Tyler Floyd, DPT, based on his dissertation work titled "Transcranial Direct Current Stimulation (tDCS) Can Alter Cortical Excitability of the Lower Extremity in Healthy Participants: A Review and Methodological Study" in *Front Neurol Neurosci*.

Dr. Zack Damon, Exercise & Sport Science, [interviewed with Capsim](#), a company that he has worked with to develop a Sport Management microsimulation on a PR Crisis. The simulation is nearing completion, and stands as a tool that can be used to teach students and practitioners alike in the sport industry.

Dr. Steve Tucker, Exercise & Sport Science, co-authored an article with former UCA Department of Music faculty member Ryan Fisher and undergraduate music student Aubrey Hoult that was published in the *Journal of Music Teacher Education* titled "Comparison of Facial Muscle Activation between Vocalists and Instrumentalists".

Dr. Holly Langster, School of Nursing, had her manuscript, "A Scoping Review of the Impact of Downsizing on Survivors," approved for publication in the *Journal of Nursing Administration*.

Drs. Charlotte Yates, James Fletcher and Leah Lowe, Physical Therapy, published an article based on the dissertation work of a recent PhD graduate, Meredith Flowers, titled "Does Dosing of Pediatric Experiential Learning Impact the Development of Clinical Reasoning, Self-Efficacy, and Critical Thinking in DPT Students?" in the *Journal of Allied Health*.

Dr. Elizabeth Cleveland, Communication Sciences & Disorders, published her dissertation "Working Memory Processing Times in Children with Fetal Alcohol Spectrum Disorders" in *Dissertations & Theses at University of Arkansas for Medical Sciences*.

Dr. Pam Ashcraft, School of Nursing, and co-authors from the Southern Nursing Research Society had their article "Building a culture of PhD and DNP collaboration: An SNRS position paper" published in *Research in Nursing and Health*.



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Military Sciences

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School of Nursing

Occupational Therapy

Physical Therapy

Psychology & Counseling

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