

MSU Forum Examines Mental Health in Montana



HHD's Sandy Bailey discusses mental health issues in Montana

MSU professors representing every college shared their research or scholarship related to mental health at a half-day forum co-sponsored by the College of Education, Health and Human Development (EHHD), the Center for Faculty Excellence, the College of Nursing and the Center for American Indian and Rural Health Equity (CAIRHE).

Sandy Bailey, professor and Extension specialist, represented the College of EHHD, and presented "Partnering with Extension to Deliver Mental Health Educational Programs." Bailey, who has 16 years of experience in Extension working with Montana families, said major issues facing communities are stress, depression and suicide.

"Communities were calling and asking for help, and I found we didn't have a lot of resources," said Bailey.

She started working with One Montana, a Bozeman non-profit organization that works with bridging urban and rural communities on various issues, and MSU's Center for Mental Health Research and Recovery (CMHRR), a center created in 2014 to address the mental health challenges in rural Montana. As a result, Bailey received two grants to provide educational evidence-based programming related to mental health—one from the USDA/NIFA Rural Health and Safety Education and the second from the Montana Mental Health Trust Fund. Programming intends to help youth learn to cope with challenging life issues and targets youth in grades seven to twelve with a program called Youth Aware of Mental Health (YAM). Seventeen 4-H and FCS Extension county faculty were trained to teach this program across Montana the week of March 20th. The program is very interactive and based on role play situations.

Additionally, Extension county faculty will become certified in Mental Health First Aid and will then teach the eight-hour class in communities across the state, focusing on rural areas. This program teaches mental health literacy and prepares individuals to initially handle a mental health crisis and helps them find mental health professionals and resources.

Bailey said that working with Extension county faculty is vitally important. Even though they are not the mental health content experts, they are the link to help people connect with resources. Extension field faculty can provide support in the area of mental health in three ways – they can link people to mental health resources, they can provide evidence-based educational programming on mental health, and they can help build community capacity to address mental health.

After the presentations, MSU faculty led round table discussions based on particular themes ranging from environmental psychology and trauma to representing mental health in art and culture. Health and Human Development professors Mark Schure, Anna Elliot, Rebecca Koltz, Dan Koltz, and Dawn Tarabochia represented EHHD at the round tables.

Elizabeth Bird, grants specialist in the College of EHHD, was the organizer of the event.

"This was the third in a series of cross-disciplinary scholarship events led by EHHD in collaboration with the ad hoc Cross-College Committee of Research/Grant Facilitators," Bird said.

The annual cross-college events are a great way for faculty to know what is happening across campus on a particular theme, and the events can help foster new interdisciplinary collaborations, noted Bird.

EHHD Represented at Outreach and Engagement Poster Session



Kalli Decker (center right) with students at poster session

Several EHHD faculty, staff and students presented their outreach activities at a poster session sponsored by the MSU Outreach and Engagement Council, which had provided seed money for their projects involving partnerships with local and regional stakeholders to address the needs of the people of Montana. The grants were designed to encourage MSU multidisciplinary partnerships, as well as growing partnerships with state and community organizations.

For her project, Kalli Decker, assistant professor of early childhood education, and several students interviewed 30 families from across Montana, to assess how Montana's early intervention services are working for families and what they think could be improved with these

services.

Amanda Belleville, a fall graduate in early childhood education from Kalispell, said video and audio interviews were conducted with families who had children from birth to age three with delays or a diagnosed disability who are receiving early intervention services.

"A lot of families in rural areas have issues with access (to services)," said Belleville. "Some have to travel two to three hours each week or month to receive speech therapy, physical therapy, or other special education services."

Decker and Belleville, along with other research team members including Allie Feigel, a senior in early childhood from Bozeman, and Kami Horner, a sophomore in sociology from Bozeman, are using the interviews to see how families talk about available services and how those services align with recommended practices. Decker is collaborating and sharing findings with Wendy Studt, director of Montana Milestones Part C Early Intervention Program under Montana's Department of Health and Human Services.

On the education side, Christine Stanton, assistant professor in social studies, has collaborated with Lucia Ricciardelli, associate professor in the School of Film and Photography, and Blackfeet Community College (BCC) to form the "Piikani Digital Storywork" project. Working with Blackfeet community members to collect digital stories, students from BCC and MSU are learning culturally responsive, community-centered filmmaking techniques.

Finally, EHHD's grant specialist, Elizabeth Bird, was on hand to share the Ft. Peck Buffalo Connections Project, "Story Pole Prototypes and Implementation." Bird and Mike Everts, assistant professor of architecture, are collaborating with tribal members on buffalo honoring structures and a community trail. Everts and his students are designing prototypes of "story poles" to get feedback on preferences and appropriateness. The structures, intended to invite stories with designs, colors and images evocative of the buffalo's meaning to the Fort Peck peoples, could eventually be placed at various trail sites alongside the buffalo ranch on the reservation. Bird has been involved in the Ft. Peck Buffalo Project for five years.



EHHD's Elizabeth Bird and Architecture's Mike Everts

Professors Featured at EHHD's Outstanding Lecture Series

Three professors who received outstanding faculty awards for 2016 presented individual lectures throughout fall semester, showcasing their research or service. Christine Lux, assistant professor in early childhood education, kicked off the series of lectures with a presentation on "Service as Collaborations: Local, State and National Networking in Early Childhood Education." Lux, who serves on a least a dozen local, state, and national committees and councils, said "service is a privilege, an honor, and a profound responsibility." For her, service is about collaboration, providing resources, opportunities and potential.

Sustainable Food Systems assistant professor, Selena Ahmed, along with Carmen Byker-Shanks and several students, presented a lecture, "Not all Apples are the Same: Variation of the Montana Food Environment." For the past two-and-a half years, Ahmed and Byker-Shanks have been conducting research on the food environment in Montana. Several themes have emerged from their research that address access, quality, phytochemicals and affordability of fruits and vegetables. Traveling the state and working specifically with the Salish-Kootenai Community College, they are trying to find community based solutions to improve access, desirability, variety, and quality.

Educational leadership assistant professor, Tena Versland, shared stories from her many years of service as an educator in Montana. Versland's lecture, "The Way of Service: Words and Reflections along the Journey," used personal experiences to demonstrate what service means to her: Service is relational, enjoyable, transformational, unifying, contagious, a mission, and a way to connect with people.



Sustainable Food Students present a skit for Selena Ahmed's lecture

New Grant Bridges Gap in Addiction Counseling Field

Health and Human Development's Katey Franklin was awarded a Native American Recruitment and Retention Grant (NARR) from the MSU Provost's Office to explore ways to build stronger relationships between MSU and tribal communities in the addiction counseling field. Franklin, program leader for HHD's addiction counseling program and director of the MSU Human Development Clinic, partnered with Sara Hendrikx, a program manager with Extended University, to write a grant proposal for "Bridging the Gap: Building Relationships in the Addiction Counseling Field."

Franklin said the goal of the grant is to build, strengthen, and sustain relationships.

"As part of our land grant mission, we want to reduce the barriers to education," said Franklin.

By traveling to communities, Franklin and Hendrikx began their focus on communities where MSU has existing connections (clinics, treatment centers, and teachers at tribal colleges) to "intentionally build relationships to recruit and retain Native American students" who are interested in taking addiction counseling courses online.

The grant has provided funds to create marketing materials and even produced an ad on Yellowstone Public Radio's Native American News to recruit students.

One of the barriers they have encountered is how to get Native students attending two-year tribal colleges to enroll in the addiction counseling program, which requires a pre-requisite bachelor's degree.

"How are we going to bridge the gap between a two year associate's degree and the (graduate level) addiction counseling program?" asked Franklin.

MSU's addiction counseling online certificate, which currently has 31 students enrolled, offers a 12 course program that can lead to licensure in the state of Montana.

Rural Teaching Colloquium Brings Education Students and Administrators Together

As part of its efforts to address teacher shortage concerns in rural Montana school districts, Montana State University's Department of Education brought together rural administrators and education students just completing their student teaching experiences for MSU's inaugural Rural Teaching Colloquium.

The colloquium held Dec. 14 included a panel presentation by rural administrators from nearly a dozen northern and eastern Montana rural school districts. Teacher candidates also interviewed with the administrators for teaching positions.

Tena Versland, assistant professor in educational leadership and one of the colloquium's organizers, said administrators in rural Montana school districts often report that they have difficulties finding teachers interested in coming to their districts, for reasons ranging from low salaries to isolation.

"Superintendents are telling us they don't get applications for openings, or they have to fill a teaching position with a person who is not a licensed teacher but is willing to take classes to become certified," she said.

In addition, recent articles in Montana media outlets have reported that teacher shortages in northern Montana have reached "crisis levels" and that universities are not graduating enough teachers to fill all the vacant positions, Versland said.

Tricia Seifert, head of the MSU Department of Education in the College of Education, Health and Human Development, noted that while some other universities in Montana have seen a decline in students majoring in education, MSU has remained relatively steady over the last eight years in teacher education student numbers and is the highest producer of education graduates in Montana.

"Overall enrollment is consistent with 2007, with 932 students enrolled in a teaching major in 2016," Seifert said. "Elementary education numbers have been steady in the last five years, as well, with about on average 430 majors."

Versland said that as part of a land-grant university, the MSU Department of Education felt it was important to actively address rural school districts' concerns "to let them know we are partners" in finding ways to increase interest of graduating students.

"Rural schools are a great place to learn to teach," said Brad Moore, superintendent of Big Sandy Public Schools. "Teachers have more academic freedom to explore subject areas and find what they really want to teach."

A number of the panelists also noted the close-knit connections of a small community and the ability to build close relationships with children and families as a strong benefit to teaching in rural schools.

Marie Judisch, principal of Meadowlark School in Conrad, said teachers in her district become close and provide a support system for each other. Others said that their districts have signing bonuses, help with student loan forgiveness, pay for coursework to be certified and offer lower housing costs. One district, Lambert Public Schools, noted that it owns houses that teachers may rent for \$300 a month.

After attending the panel, several education students said they had a more favorable view of rural districts, and the presentation changed the way they view rural schools.

Alexandra Hinchcliff, a secondary education major from Manhattan, Montana, who student taught in Bozeman, said she liked the idea of smaller class sizes and the ability to work more one-on-one with children.

Cori Phillips from Shepherd said she wanted to teach in a rural district because "it's home for me."

"I was left with a feeling that the administrators have a genuine interest in me as a teacher, which you may not find in a large school district," said Keaton Ramm from Loveland, Colorado.

Versland said she and her colleagues have received a College of Education, Health and Human Development community-based participatory research seed grant to continue exploring ways to engage students in rural settings. In the spring, a group of education students will travel to northeast Montana for a week to participate in practicum classes, the department's hands-on clinical experience where students work side-by-side with classroom teachers.



Annual Awards for Excellence Recognizes Seniors and Mentors

The following students and faculty were recognized at the annual MSU Awards for Excellence banquet in February. Below are the EHHD seniors who were recognized, along with their mentors.

Larry Bratke, elementary education, Bozeman; Joe Hicks

Imashi Fernando, food and nutrition, Malabe, Sri Lanka; Melody Anacker

Lauren Hausauer, elementary education, Bozeman; Ann Ellsworth

Megan Peterson, family and consumer sciences, Joliet; Sandra Osborne



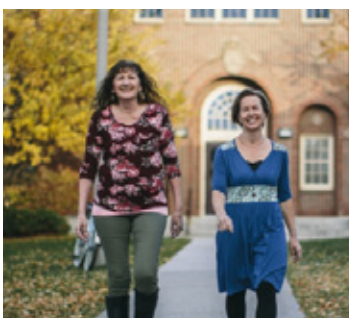
Special recognition went to Ann Ellsworth, professor of reading and literature, who received the first Dorothy Aasheim award. Ellsworth has been recognized by students as an Awards for Excellence mentor 23 times. Hausauer was also one of eight recipients of the Torlief Aasheim Community Involvement Award, the top award for student service.



Hunts Keynote Speaker at National Conference on Native Nutrition

Over 1000 participants were in Las Vegas in December 2016 for the first annual Native American Nutrition Conference, featuring HHD's Holly Hunts, associate professor of consumer economics, as the keynote speaker. Hunts spoke on the federal Food Distribution Program on Indian Reservations (FDPIR), sharing her findings from examining current practices. Even though the USDA gets high marks on the healthy eating index, Hunts found that was not necessarily the case. She found large discrepancies between nutrition recommendations and what people are actually receiving in their monthly food packages.

In an interview with "Indian Country Today", Hunts said, "They (USDA) look at all the foods that are available from their USDA list, not the food that one person would get to bring home. You look at the list and see five different kinds of cereal, but then you notice that there is only one box of cereal per person per month in the food package. When USDA looks at the total nutrients, they count all five boxes, not just the one box that somebody gets."



Alma McCormick, director for the non-profit Messengers for Health, has been awarded the Frankin S. Newman Rural Health Leadership Award for 2016. Nominated by her colleague, Professor Suzanne Held from the Department of Health and Human Development, McCormick stands out as a leader, role model, and mentor for students at Big Horn College and the state of Montana. The award is named for Dr. Newman who served for nearly 50 years in rural communities in Montana, working with hospitals and healthcare providers. Held and McCormick are currently collaborating on a five-year grant, the Baa nnilah Project.

Assistant Dean Presents Lecture in China

EHHD's assistant dean, Kayte Kaminski, spent a week in China, where she was invited to speak at Chengdu University at the International Forum on Sinology and Teaching of Chinese for Cross-cultural Backgrounds. While there she made three presentations—two for students on how to study abroad and on critical thinking, and one presentation at the conference on “Cross Pond Perception and Understanding: Redefining Student Success in an Academic Setting.” Approximately 60 people from countries such as India, China, and South Korea, attended the conference.

“China is a rising superpower in the world, and anyone who has the opportunity to learn more about them and their education system, and to foster relationships, should,” said Kaminski on the impact and importance of the conference.

While in Chengdu, Kaminski reconnected with her host mother, who had previously worked at the university and was on the conference planning committee, and other friends from when she served in the Peace Corps from 2007-2009. She also visited the Peace Corp office in Chengdu, where people still remembered her and the work she did.

“The Chinese are an incredible people who do great work in education and beyond,” noted Kaminski.

She hopes to return to China in the future to continue to build on relationships she has established.



Kayte Kaminski (pink scarf) with university students in China

Donation Helps Support Bounty of the Bridgers — A Campus Food Pantry at MSU



During the last class of the 2016 fall semester, students in the sustainable food and bioenergy systems (SFBS) capstone class were presented with a check for \$5,000 from Northwest Farm Credit Services in support of an initiative that has been in formation for over a year – an MSU campus food pantry called *Bounty of the Bridgers*. The project has been carried forth since last fall through the Food Resource Council student organization, a student club focused on tackling both hunger and food waste at MSU.

Mary Stein, instructor and program leader of the SFBS program, said when the food pantry is up and running, it will be an important source for those students who are experiencing food insecurity here.

On April 17, the Food Resource Council and ASMSU will be hosting a forum and student dialogue called “Tackling Hunger and Food Waste at MSU.” All are welcome to join in on this dialogue and learn the ongoing efforts and plans. The forum will take place in the Procrastinator Theater and will begin at 5:30 pm.

News Briefs



EHHD hosted a reception to kick off spring semester to honor faculty and staff who were nominated for a variety of convocation awards. Honorees from the college are:
Bill Ruff, Sandy Bailey, Jioanna Carjuzaa, Tamara Tribitt, Mitch Vaterlaus, Mike Redburn, Ann Ellsworth, Art Bangert, Rebecca Koltz, Mary Miles, Beth Rink, Anna Elliot, Sara Heller, Dawn Tarabochia, and Nicole Wanago. Congratulations to these honorees!

Phi Omicron Upsilon honorary society in the Department of Health and Human Development hosted their annual professional project in MSU's Shroyer Gym this year by celebrating our military veterans. The event helped raise awareness for veteran's issues and raised funds for Bozeman's American Legion. They held a "Walk for Veterans," had booths with information, and even enlisted a local band to provide background music. Last year, Phi U won the national competition for their professional project to raise awareness and help support Bozeman High School's homeless students.



Scott Flatlip in Native dress shares oral stories.

In celebration of Dr. Seuss's birthday, the education honor society, Kappa Delta Pi, held their annual literacy night, this year at Irving Elementary School. Over 40 students volunteered to make games, hand out free pizza, and read with elementary children. Bobcat football and track athletes were also on hand to "read to a Bobcat."

Volunteers Stephanie White and Lauren Hausauer celebrate Dr. Seuss.