

# College News Update

## College of Education, Health and Human Development

Winter 2018 Vol 2

[www.montana.edu/ehhd](http://www.montana.edu/ehhd)

### “EHHD TALKS” SHOWCASES OUTSTANDING FACULTY IN EHHD

Faculty, staff, and community members braved the snow on January 30 to attend the inaugural celebration of outstanding teaching, research and engagement in the college. The event kicked off with a reception in the lobby of the Museum of the Rockies, followed by “EHHD Talks” featuring six outstanding faculty who were the recipients of the 2017 awards for outstanding teaching, research or engagement. Each speaker shared a 10-minute slide presentation and lecture on a topic of their choice.



#### PRESENTERS AND THEIR TOPICS

Ann Ellsworth	Professor of Education	Outstanding Teaching and Learning	Literacy Lifts Lives
Ann Ewbank	Associate Professor Library Media	Outstanding Outreach & Engagement	School Libraries as a Civil Right
Sweeney Windchief	Assistant Professor of Adult & Higher Education	Outstanding Scholarship & Discovery	The Sharing of Indigenous Knowledge through Academic Means by Implementing Self-Reflection and Story
Mary Miles	Professor of Health & Human Performance/ Nutrition Sciences	Outstanding Teaching and Learning	Insights on Metabolism from the Gut Microbiome
Kalli Decker	Assistant Professor of Early Childhood Education	Outstanding Outreach and Engagement	Building Partnerships through Windshield Time: Collaborating to Better Understand Montana's Early Intervention Services
Suzanne Held	Professor of Community Health	Outstanding Scholarship & Discovery	Let's Walk Together: A 20-Year Community-Based Research Partnership



As a new assistant professor of counseling at MSU, Kara Hurt-Avila teaches courses in professional issues, counseling skills, practicum, and research and program evaluation.

Hurt-Avila came to MSU from the University of Southern Illinois,

Carbondale, where she was a professor for one year. When she applied for the counseling position at MSU, she knew she wanted to get back to the West and its inherently beautiful places, as she had grown up in La Junta, Colorado.

Hurt-Avila earned a bachelor's from Colorado State University in psychology and then worked in emergency mental health in southeast Colorado for a year before moving on to a master's of counseling with an emphasis in clinical mental health from the University of Northern Texas- Denton. She immediately went on to earn a Ph.D. in counselor education and supervision with a specialty in family counseling. While working on her Ph.D., she worked at an inpatient psychiatric hospital and also had her son.

Her research agenda includes exploring the professional identity development of counselors, focusing on counselors in training, as well as counselor educators. She received a College of EHHD seed grant to investigate professional development activities of counselor educators. Her second area of interest is filial therapy, a specialized form of play therapy that involves teaching parents play therapy skills to enhance the parent-child relationship and attachment. Hurt-Avila is working with Kalli Decker, assistant professor of early childhood education at MSU, to develop play and filial therapy interventions for families with toddlers with disabilities. She is also working on a collaborative project with colleagues in Texas, New Jersey, and California to explore the implications of using play therapy with Deferred Action for Childhood Arrivals (DACA).

Hurt-Avila and her family enjoy exploring the beautiful place that is the Gallatin Valley and she enjoys arts and crafts, such as crocheting, knitting and pottery. Her husband is an adjunct instructor for MSU and her two-year-old son is obsessed with dinosaurs.

## MEET OUR NEW COUNSELING FACULTY

Edward Dunbar joins the Department of Health and Human Development as an assistant professor in counseling, clinical mental health. He teaches classes in group counseling, mental health methods, mind/body well-being and self-care, and supervises interns.



Dunbar has a bachelor's in rehabilitation studies, and one master's in rehabilitation counseling and another in substance abuse and clinical counseling. In May 2017, he earned a Ph.D. in rehabilitation counseling and administration from East Carolina University in Greenville, North Carolina.

He has extensive experience in the area of substance abuse counseling, working in a residential facility with clients dealing with mental health and substance abuse issues, and he has worked at a private outpatient clinic for those with the same issues. For three years, he was the program director for substance abuse services through East Carolina University.

He was attracted to MSU by the diversity of majors in the health and human development department and likes that there are so many disciplines that deal with human well-being.

His research centers on the offender population—those in prison or just released and how they transition back into society in rural areas, especially with people who need mental health services and employment. He would like to build bridges with area organizations that are already serving this population.

When not at the university, Dunbar and his wife spend time with their two dogs and a cat, and they are ready to explore area hiking trails, do some kayaking, and fish. Dunbar is also a beekeeper.

## EHHD'S DIVERSITY PLAN CELEBRATED



Christine Stanton, Mary Miles, Sara Rushing, and Bryce Hughes at the celebration.

Faculty, staff, and friends gathered at the Story Mansion in January to celebrate the College of EHHD's Diversity and Inclusion Plan. Created by members of the college, the plan outlines the college's commitment to "an environment that fosters diversity and inclusion of all individuals" in the college and MSU community. The plan breaks down tasks into categories: assessment; teaching and advising; research; outreach and engagement; policies and procedures; recruitment and hiring; student success and well-being; and culture and environment.

"Diversity and inclusion planning has become a university wide priority," said Dean Alison Harmon. "We decided as a college that it would be important to lead the charge and begin developing our own plan."

Harmon said over several months, a task force of faculty and staff worked to determine priorities for the college, decided what to include,

and how to attain tangible outcomes.

At the celebration, Harmon and Assistant Dean Kayte Kaminski reviewed the plan and gave updates on accomplishments so far.

"Upcoming initiatives include more professional development for faculty and staff around diversity and inclusion, continuing to do our best for all students in EHHD to be successful, continuing to support The Compassion Project, and developing a faculty handbook to disseminate not only policies and procedures but to ensure our diversity and inclusion efforts are recognized and followed throughout the college," said Kaminski.

Members of the task force are professors David Henderson, Bryce Hughes, Godfrey Saunders, Joyce Herbeck from the Department of Education, Colleen McMilin, Mary Miles, Suzanne Held from the Department of Health and Human Development, Brittany Watkins Quinn, EHHD Business Operations Manager, Dean Harmon and Assistant Dean Kaminski. The committee will convene every year to discuss and assess the plan.

## EHHD CELEBRATES SPRING CONVOCATION

To celebrate the beginning of spring semester, the university presented awards to a number of faculty and staff at the annual spring convocation event, including several from the College of EHHD.

Aubree Roth, farm to school coordinator for Montana Team Nutrition, won the Excellence in Outreach Award for her work with Montana Harvest of the Month program, the state's Farm to School programs, Montana Crunch Time, and her work with the Science Math Resource Center to provide a summer workshop on school gardens for Montana educators.

Professor Ann Ellsworth from the Department of Education won the Excellence in Online Teaching Award, which recognizes faculty who have provided outstanding teaching, mentoring, and service in the area of online education. Ellsworth is noted for designing virtual classrooms that are safe spaces for learning and exploring.

Elizabeth Bird, the college's project development and grants specialist, received the Women's Faculty Caucus Distinguished Mentor Award. Bird was recognized for her outstanding efforts in mentoring junior women faculty and supporting them as they pursue their research agendas.

Receiving the Women in Science Distinguished Professorship Award, Suzanne Held from the community health program has earned recognition as a scholar for community-based participatory research and community service. For 20 years, she has partnered with members of the Crow Nation on the Messengers for Health project, working to improve health of tribal members.

Prior to the morning event, Dean Alison Harmon held a reception to honor all the EHHD faculty and staff who had been nominated. EHHD nominees included Sara Heller, Nick Lux, Ann Ewbank, John Seifert, Mitch Vaterlaus, Wendy Morrison, Carmen Byker Shanks, Tena Versland, Mary Miles, Miranda Wheeler, Kalli Decker, and Elizabeth Rink along with the previously mentioned award recipients.



## MDI STUDENT RECEIVES NATIONAL SCHOLARSHIP



Montana Dietetic Intern, Allison Brumet, recently received a national scholarship for 2017-2018 from the Academy of Nutrition and Dietetics Foundation. Brumet has a master's degree in exercise physiology and nutrition from MSU, where she worked with Associate Professor John Seifert's alpine research that studies caffeine supplementation's effect on high intensity exercise.

Brumet is originally from Snowmass, Colorado, and earned a bachelor's in exercise science from Colorado State University. She is currently pursuing coursework through the Montana Dietetic Internship at MSU, with the goal of becoming a registered dietitian in community nutrition in the Gallatin Valley.

The Academy of Nutrition and Dietetics Foundation is a 501(3)c and the only charity devoted exclusively to promoting nutrition and dietetics. The foundation funds scholarships, public education programs, and research grants. Its mission is to empower current and future food and nutrition practitioners to optimize global health.

## SUSTAINABLE FOOD SYSTEMS CLASS HELPS DESIGN EDIBLE FOREST TRAIL

BY MARY STEIN, INSTRUCTOR AND PROGRAM LEADER, SUSTAINABLE FOOD & BIOENERGY SYSTEMS

Students in the fall 2018 sustainable food and bioenergy systems (SFBS) fall capstone class conducted a semester-long team project to research and design an edible forest trail at the new Story Mill Community Park in north Bozeman. The edible forest trail is one of many planned components of this new sixty acre community park recently acquired by the City of Bozeman, a process facilitated through the Trust for Public Lands. The vision for this trail is that it serves as a self-renewing food production system that provides ecological services within the park and provides a wide variety of opportunities for community engagement.

The SFBS capstone students worked closely with community partners from the Trust for Public Lands and Broken Ground Permaculture, gaining a greater understanding of the historical uses and current conditions of the land, the most appropriate plant species to include in the plan and site considerations related to access, wildlife, fencing, irrigation needs and more. Students then interviewed a wide variety of community groups to determine interest in ongoing engagement in the edible forest trail through volunteerism or utilization of the site as an experiential learning space for all age groups.

This SFBS capstone project experience provided students with the opportunity to integrate the varied coursework from their interdisciplinary degree program, practice a systems thinking approach to a real world project and provide an important service to the Bozeman community. Students reflecting on the experience indicated that they were grateful to be part of a project that will benefit the community, promote production of healthy food and support biodiversity in an urban setting.



## EHHD PILOTS A NEW CLASS ON WELL-BEING

A new course piloted in fall and spring semesters offered students a chance to examine the many components that make up human well-being. Adjunct teaching instructor, Lincoln Davie, said the class came about from a brainstorming session with students and faculty in 2017 and is offered as an elective, which was advertised in the college's advising centers. Davie spent last summer creating the class from the ground up. Using the health and human development model of well-being, Davie said he served as a facilitator to guide students through the domains of intellectual, emotional/spiritual, economic/financial, social and physical well-being.

"The goal was to make meaningful connections, grounded in the well-being model," said Davie.

Using books, articles, videos and podcasts, Davie looked for materials to support the basic themes of the class. For example, when students read "Sixty Meters to Anywhere" by Brendan Leonard, they studied about substance abuse, anxiety, and how to find healthy outlets.

Olivia Giono, a freshman in food and nutrition from Townsend, Mont., said she heard about the class from her advisor. After reading the class description, she thought it seemed like a "fun and interesting class to take as a first-year MSU student," as well as learning how to improve lifestyles and healthy well-being of others when she becomes a dietitian. She also learned a lot on a personal level.

"I wanted to learn more about the well-being model and how to improve it (well-being) in my life," said Giono. "I learned about things such as financial planning, life changes and transitions in college, and healthy and non-healthy relationships in your life."

The class encourages students to become advocates for human well-being and helps them develop a personal, as well as a professional connection to well-being.

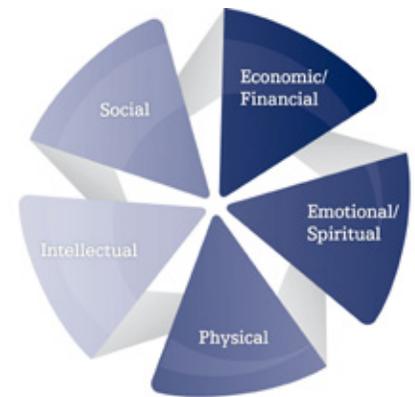
Daniel Knuffke, who plans to be an occupational therapist, found the course very fitting since he is majoring in kinesiology and can use what he has learned to "not only increase a patient's independence but also their well-being."

"I am required to understand a broad spectrum of topics within my degree, and understanding how I may be able to benefit a patient's well-being is highly applicable," said the senior from Kalispell, Mont.

Knuffke said his favorite activity was learning how to be mindful when purchasing and consuming products. Through the activity, he had to justify whether a product would increase any of the domains of well-being. After the activity, he was able to recognize large investments in his life that were not able to support his well-being, as well as products that did increase nearly every domain of well-being.

While many of the students were freshmen and sophomores from health and human development majors, some students were undecided university studies students. Davie felt freshmen benefited the most, as it gave them an opportunity to explore avenues for well-being through experiential learning.

"My hope is that the students become advocates for human well-being and help others find well-being in their lives," Davie said.



**Enriching Human Well-Being**

### 2018 AWARDS FOR EXCELLENCE RECOGNIZED

Congratulations to this year's Awards for Excellence honorees who were recognized at the 36th annual celebration recently. Forty outstanding seniors from the university were selected. Here are EHHD's recipients and their mentors:

**Debra Kraner**, sustainable food and bioenergy systems, Staunton, Illinois; *Mary Stein*

**Mallory McEwen**, community health, Bozeman, Montana; *J. Mitchell Vaterlaus*

**Megan Strain**, elementary education, Brookings, Oregon; *Ann Ellsworth*

**Sheridan Sundheim**, family and consumer sciences teaching, Sidney, Montana; *Nigel Waterton*

**Jillian Sundman**, elementary education, Colorado Springs, Colorado; *Joe Hicks*

Professor Ann Ellsworth was honored by President Cruzado for receiving more awards (22) than any other current faculty member.



### 30TH ANNUAL BUG BUFFET OFFERED A VARIETY OF ACTIVITIES



Curious students, faculty and community members check out the bug buffet.

The 30th annual Bug Buffet was held the week of February 19 with numerous activities throughout the week, including a student cook-off competition, food and beverage samples, a film festival, workshops and tours of Cowboy Cricket Farms, and a conference on Chitin and the human gut biome. Noted guests were master chef and author David Gordon and guest lecturer, Professor Valerie Stull from the University of Wisconsin, Madison.

### THE COMPASSION PROJECT HOSTS SUCCESSFUL FUNDRAISER



EHHD's The Compassion Project held a successful fundraiser at Red Tractor Pizza that included raffle drawings, silent auction items, live music by Edis and PermaFunk, and great pizza. Proceeds from the event go towards supplies for the Bozeman schools and Gallatin Valley community art project.



**Top:** Organizers Brittany Watkins Quinn and Kayte Kaminski  
**Below:** EHHD faculty and students enjoyed supporting the event.