

2012

## Make Someone's Life Better

College of Health and Human Services

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# make someone's life better

*"The best way to find yourself is to  
lose yourself in the service of others."*

*- Gandhi*

*GSU students  
forge pathways  
of hope, help,  
and healing.*



**Governors State University**

College of Health and Human Services



## Making a Difference . . . A Little Bit at a Time

*What do we live for if not to make life less difficult for each other?* — George Eliot, Writer

Imagine being so close to reaching a goal, and then finding yourself just inches away, unable to close the gap.

That's the position Crystal Locke of Oak Forest found herself in.

Locke, a divorced mother of two sons, ages 15 and 12, is a registered nurse for a managed care company. At the time, she was enrolled in the RN to BSN Completion Program offered through GSU's College of Health and Human Services.

If it weren't for receiving the Manilow Scholarship for Students Who Achieve Intellectual Excellence, Locke would have had to postpone a semester or two of classes, in order to save enough for tuition. But with the scholarship's assistance, Locke graduated with her Bachelor of Science in Nursing degree when she originally planned — June, 2011.

And for that, she is extremely grateful.

### Making a Difference

"It really made a difference in my education and in my life to be able to graduate when I did, and when I had planned. It allowed me to reach a goal," Locke said. "It was a blessing."

The BSN is just one rung of a tall career ladder that Locke is climbing. She's now enrolled in GSU's Master of Science in Nursing (MSN) degree program under the Administration concentration. After completing the MSN, Locke plans to pursue her Doctor of Nursing Practice degree at GSU. Having worked as a nurse in schools, hospitals, and in home health settings, Locke's long-term goal is to become a professor of nursing.

Locke believes advanced education for nurses is extremely important, especially in light of healthcare reform. "It's important to know how the system works. You can make a bigger impact and make more positive healthcare changes when you have that understanding of the system," she said.

### Every Bit Helps

From Locke's perspective, the Manilow Scholarship made a big difference in her life. But when it comes to the size of donations that people choose to give to the College of Health and Human Services, it makes absolutely no difference.

"It doesn't matter how big or small the amount of your donation is. It all adds up," Locke said.

Indeed. Your support, in any amount, is invaluable. The gift that you, your business, or your community organization can make will help students like Crystal Locke reach their goal of graduating on their own timeline — not when their savings accounts say they can afford to.

If you can help us this year, please use the envelope enclosed in this magazine for your gift. Make your check payable to the Governors State University Foundation. Be sure to indicate that your gift is to be directed to the College of Health and Human Services. Gifts also may be made via the Foundation's website at [www.govst.edu/donate](http://www.govst.edu/donate)

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To learn more about donor opportunities, contact Elizabeth Cada, Ed.D., OTR/L, FAOTA, Dean for the College of Health and Human Services, at [bcada@govst.edu](mailto:bcada@govst.edu), or Joan Vaughan, Vice President for Advancement and CEO of the GSU Foundation.

If you have given to GSU in the past, we sincerely thank you for your support. Thank you for assisting us as we fulfill our College motto:

**make someone's life better.**





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## A Message from Dean Elizabeth Cada

### *Moving forward . . .*

I'm writing this message to you from my new position as Dean for the College of Health and Human Services (CHHS). Although new to the position of Dean, I have served as the Chair of GSU's Department of Occupational Therapy since 1996.

In July of 2011, former CHHS Dean Linda F. Samson, Ph.D., RN, BC; NEA, BC, made a decision to return to faculty rank in order to pursue her teaching and research interests in GSU's Department of Nursing.

I'd like to publicly thank Dr. Samson for the significant contributions she has made to the growth and development of our College. During her tenure as Dean, Dr. Samson was a dedicated leader who challenged the faculty to develop programs and initiatives that were high quality, future focused, and responsive to the needs of the health and human services community.

Today, our College continues on its upward path of progress and development. Our success can be attributed, first and foremost, to some of the finest educators I have ever worked with; these men and women are truly committed to the success of each and every one of their students. Thanks to their innovation and dedication, our CHHS faculty has taken the College to new heights of excellence as we continue to exceed the specifications of our accrediting bodies.

I would also like to acknowledge the extraordinary students and graduates about whom you will read in this issue of our magazine. They are as dedicated to serving their country, their communities, and the world as our faculty is committed to preparing them to be the very best health and human service providers possible.

I also have to thank the many friends and donors whose sustained support of — and belief in — our work has made it possible for us to continue to grow and develop. I hope you know how important your



support of our College truly is. As one grateful scholarship recipient you'll read about commented, "It doesn't matter how big or small the amount of your donation is. It all adds up."

With your support, our College will continue to move forward. We will continue to focus on providing academically excellent programs for our students, young and old, so that they may help meet the health-care needs of our region. We will continue to conduct cutting-edge research that can be applied to solve real-world problems. The work continues; onward and upward we go.

Thank you for your support as we continue our efforts to

***make someone's life better.***

Best regards,  
Elizabeth Cada, Ed.D., OTR/L, FAOTA

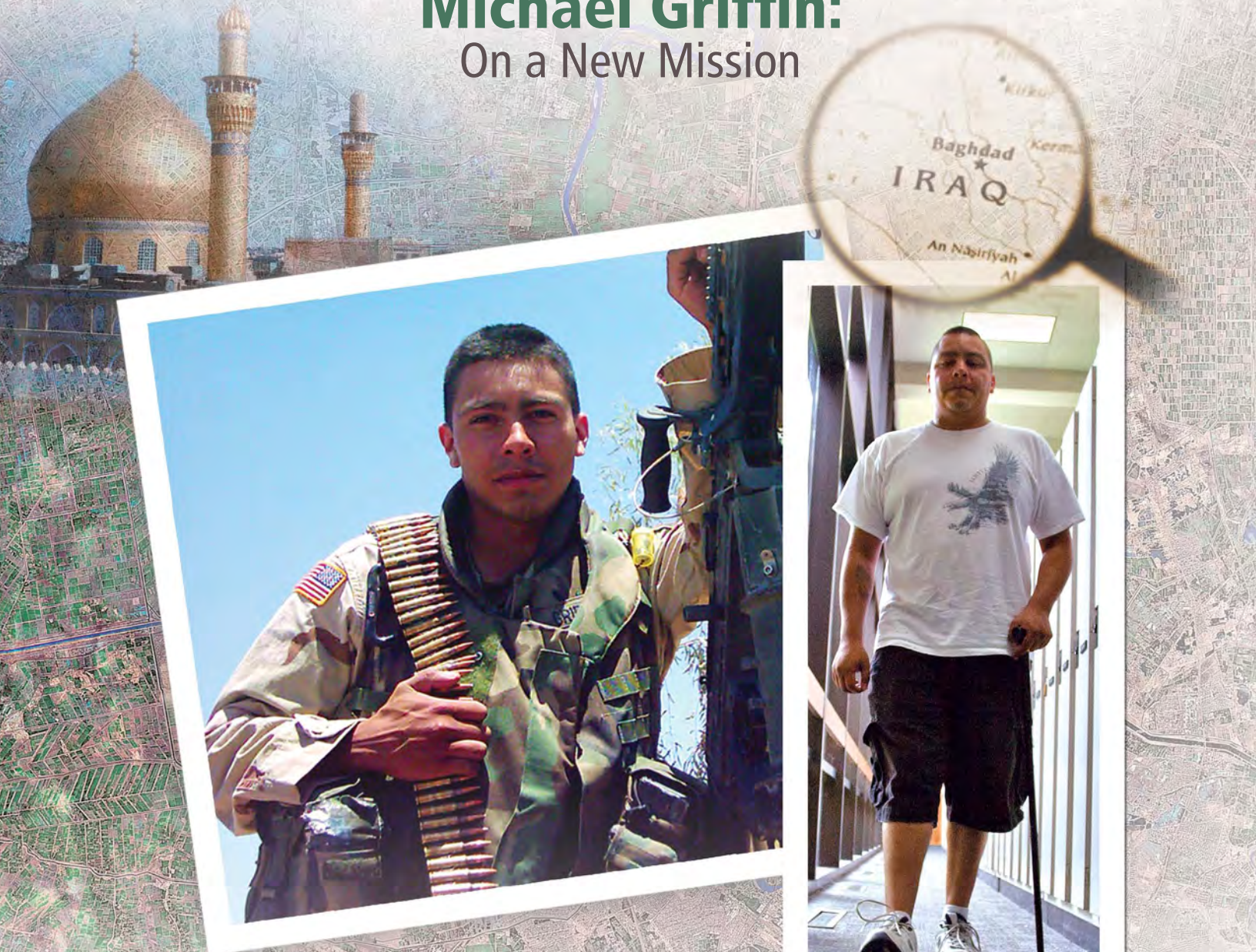
A handwritten signature in black ink that reads "Elizabeth A. Cada". The signature is written in a cursive, flowing style.

Dean, **College of Health and Human Services**  
Governors State University

P.S. I welcome any comments or suggestions you may have regarding the College of Health and Human Services. No college is an island; indeed, we are connected in myriad ways with the communities we serve. And we intend to sustain those connections long into the future.



# Michael Griffin: On a New Mission



Retired U.S. Army Sergeant Michael Griffin has a new mission. Now in his third semester in the Bachelor of Social Work (BSW) program in the College of Health and Human Services at GSU, Griffin fully intends to go on for his Master of Social Work (MSW) degree and, later, his Ph.D.

His plan is to help improve and even save the lives of veterans tormented by wounds not visible to the naked eye – the wounds caused by Post-Traumatic Stress Disorder (PTSD), from which he has suffered since 2006.

"Several guys I know committed suicide after they returned (from Iraq and Afghanistan)," Griffin said. "And that shouldn't have happened. They got lost."

## Life-Changing Injuries

Michael Griffin entered the service at the age of 22, immediately after the September 11 attacks. As a soldier in Iraq, Griffin was always



the first person to go into a building, and the last one to leave. "I'd rather do it than have someone else do it," Griffin said.

"The military gives you that sense of helping someone out, doing something for someone else. Some of these kids, 18 years old, barely know who they are, but are willing to go and protect people they never met."

Griffin was nine months into his tour of duty in Iraq's treacherous Sunni Triangle section, northwest of Baghdad, when he was shot four times at a range of less than 10 feet. Griffin took two rounds to the chest — a flak vest saved him — one in the left flank, and one in the left leg.



Once hit, Griffin remained conscious for five minutes. One month later, he woke up for the first time since the fire fight.

Griffin had very nearly died; his doctors had given him less than one percent chance of survival. He had lost an incredible amount of blood. His lungs had collapsed and his heart had stopped. His fellow soldiers had performed CPR manually on him for five hours straight. His brain had gone so long without oxygen, doctors thought for sure he would be severely brain damaged. He was transferred to R. Adams Cowley Shock Trauma Center in Baltimore, since Walter Reed Army Medical Center lacked the heart and lung machinery he needed to stay alive.

After nearly seven months in the hospital, Griffin pulled through with no loss of cognitive ability, and he returned to active duty for two more years. However, he still has lingering physical injuries. He uses a cane and has nerve damage throughout his legs. As much as he loved the military and its culture, Griffin knew he had to retire.

## A Newfound Purpose

But being a soldier and a noncommissioned officer was all he knew in life. Griffin's family had a long history of military service; his grandfather and five uncles all served in combat. He found himself at a crossroads.

"I took some time and really started to reflect on my life," Griffin said. That's when he noticed the strong connection he had developed with an active duty military doctor. "I completely trusted him," Griffin said. "I could tell we were on the same page. That made me think that maybe this is what I should do (for a profession). He was helping me, so maybe I could help others."

Today, at age 32, Griffin is looking forward to having the chance to help prevent fellow veterans from getting "lost." He plans on putting his social work counseling skills to good use working for the Veterans Administration.

After only three semesters at GSU, Griffin said, "I've already learned so much. The knowledge I've been offered has been amazing. When I come here, I feel like a sponge. The professors are great; I love every one of them. They've all just inspired me. They each bring their own gifts to the table. Dr. (Asabi) Yakini brings her enormous energy. Dr. (Lorri) Glass brings that smile and that joy that you know she feels for social work."

## A Mind Game

Griffin believes the average American has no idea what PTSD is all about.

"It's not just the combat, though combat is a big part of it," he said. "But I've met people who never once fired their weapon, and

still suffer from post-traumatic stress. That's because you're living every day not knowing if you're going to die. With IEDs (Improvised Explosive Devices), the enemy doesn't even have to be anywhere near you to kill you. That makes it much more of a mind game."

Family members and friends of service members need to remember that when their loved ones join the military, they "become a member of a different culture, a whole different way of life," Griffin said. "It's not just putting on a uniform, putting your boots on, and doing a job. It's way more than that. We're trained to deal with having a best friend die in one second and being able to continue on with the mission, without letting it hold you back. You do this every day. You live this way."

It's also important, Griffin believes, for family members to confront their loved ones. "I needed someone to tell me, 'Hey, you're drinking, you're really mad, it's time to seek help,'" Griffin said. Two marriages later, Griffin is fortunate to have a great relationship with his four-year-old son and 14-year-old step-daughter. But it's taken a lot of hard work for Griffin to get to this point.

## 'I Fight, So You Don't Have To'

If he were physically capable, Griffin would gladly return to active duty.

"I would serve my country a thousand times over any way I could, so I know that my kids, my nieces and nephews, my family, even the people I see walking past me on the street, would have a little more sense of safety," Griffin said. "It's that feeling of, 'I fight, so you don't have to.'"

For Griffin, military service and his chosen Social Work profession are closely connected.

"It's not about you, but what can I do for you," Griffin said. "How can I help you?" It's all about service, Griffin said. "Service for others. Not yourself. Whether it's a cause or a group, service is about something or someone else, something outside yourself."

Left: Retired U.S. Army Sergeant Michael Griffin, shown prior to receiving life-threatening injuries in Iraq, now gets around the GSU campus most days with the assistance of a cane.



# Veteran Working on Path to Healing for Fellow 'Wounded Warriors'



The wounds of war are not always visible. Just ask Angela Wright of Richton Park, who served in the U.S. Army for 20 years (Pharmacy Technician, Licensed Practice Nurse and Logistics Specialist) until her retirement as a staff sergeant in 2006.

Wright grew up on Chicago's West Side, one of four children from a family with a long track record of service to the military: Wright's father was a Marine; one sister is a fellow Army veteran; one nephew served in the Air Force, and another is still serving.

After serving in Bosnia for six months and Kuwait for another six months, Wright was deployed to Iraq from 2003 to 2004, where she was stationed with the 64th Forward Support Battalion (FSB), 3rd Brigade Combat Team, 4th Infantry Division. Wright provided logistical support; she drove a Humvee, delivering supplies and gear — everything from office supplies to bullet-proof vests — between Baghdad and Tikrit several times a day.

"I was up and down that road so many times," Wright recalled. "The grace of God spared me from an IED (Improvised Explosive Device). I was blessed."

Blessed, but hardly spared from stress.





## The Memories of War

"You have no idea what's around the corner; is an RPG (rocket-propelled grenade) going to hit you, or are you going to drive over an IED?" she recalled.

Back home after her tour of duty in Iraq, Wright began having trouble sleeping and suffered from night sweats and nightmares.

Once out of the war zone, Wright said, memories of war linger on. "My mind knows that I am home, but my body is still in the war zone. You become hyper-vigilant, on alert all the time." The doctor who gave Wright her retirement physical diagnosed her as having Post-Traumatic Stress Disorder (PTSD). All the symptoms fit: depression, loss of focus, increased procrastination, avoidance of conflict, and lack of tolerance for stress at any level.

Medication and group therapy helped to some extent. But Wright found the best support of all from the fellow veterans, many of them Vietnam veterans, who she met through the Chicago Heights Vet Center.

"This was the first group of people where I felt accepted, and where I thought, 'maybe I'm not crazy.'" Wright said. "I was told that I was a normal person who had lived in far-from-normal conditions. Because of that, my life has changed. PTSD is a condition, not an illness. I'm determined not to let it destroy my life."

So far, she certainly hasn't let that happen.

Angela Wright was one of 12 'Wounded Warriors' who had the opportunity to meet and express her views on the needs of veterans to members of Congress.

Angela in front of one of Saddam Hussein's palaces. (left)

The Great Mosque at Samarra, Iraq. Built between 848 and 852. (above right, photo by Angela Wright)

Wright is currently enrolled in the Bachelor of Health Administration degree program in the College of Health and Human Services at GSU, and is considering working towards a minor in Social Work, as well. One day she'd love to work in a veterans' center, helping fellow wounded soldiers like herself.

"That would be so fulfilling, being able to help other soldiers," Wright said. "I feel I have a duty to go back and help vets. She'd also like to undo the "myth" that to seek help is a sign of weakness. "If you don't get help for yourself, you'll be no good to anyone," Wright said.

## Warrior Empowerment Summit

In September of 2010, the Chicago Heights Vet Center staff nominated Wright for the Wounded Warriors Project. That month she and her mother, Marine Wright, of Kankakee, attended a five-day Warrior Empowerment Summit (WES) in Washington, D.C. Wright was one of only 12 veterans from across the country to participate.

At the Summit, Wright joined fellow warriors and their family members to discuss ongoing challenges with combat stress, VA counseling and treatment, and the barriers that veterans still face to reach full readjustment. Several important ideas grew out of the discussions that took place that week. And on the summit's final day, the warriors had the chance to voice their concerns and possible solutions to officials from the White House, the Veteran's Administration, the Department of Defense, the House Committee on Veterans' Affairs, and the U.S. Senate Committee on Veterans' Affairs (including ranking member Richard Burr [R], of North Carolina).

If there's one thing people can do for veterans, Wright believes, it's simply to thank them for their service. "After 40 years, the Vietnam veterans are only now starting to get what they deserve" in terms of support and recognition, she said.

In the meantime, Wright is going to do what she can through the Wounded Warriors Project, helping pave a path of healing for her fellow veterans.



## Cultivating Communication Skills, Peer-to-Peer

*"You don't have to do huge things to make a difference in the lives of others. That's what I try to get my students to realize. A small act of kindness can go a long way."* - Chris Spiel, CCC-SLP

### **A 'Dynamite' Program**

When it comes to GSU's Communication Disorders program, Christopher Spiel, CCC-SLP, has "nothing but positive things to say."

To begin with, "the professors at GSU were just dynamite. The faculty made the program. I really believe that. A lot of my friends who went elsewhere for their programs were very unhappy. But I really was very impressed with GSU."

The Communication Disorders Department "is like no other department at GSU," Spiel added. "So efficient, organized, helpful, and student-focused."

A key aspect of GSU's Communication Disorders Program, Spiel said, is having the opportunity to complete the practicum experience on-site, at a variety of community locations, such as hospitals and schools, rather than at a university-based clinic setting.

"You really got a taste of what the real world is like, and saw the wide variety of ways that a speech pathologist is used in different settings. I think I got quite a bit of practical information that I knew I was going to be able to use once I got out into the field. In some graduate programs, maybe you do just one or two internships, but at GSU we did five different programs," Spiel explained.



As the only speech-language pathologist for the entire 1,800-plus student body at Plainfield East High School, Christopher Spiel, CCC-SLP, has a full plate.

But when this energetic dynamo, a graduate of GSU's Master of Health Science in Communication Disorders program, saw a need for a peer communication group that would help his special education students build sorely needed social skills, he didn't hesitate to act.

### Identifying the Need

Spiel's special education students at Plainfield East have a variety of language processing, semantics, articulation, auditory, and fluency disorders, as well as memory issues. But the fastest-growing group — those "on the autism spectrum" (Asperger's syndrome, pervasive developmental disorders, for example) — have grown exponentially since he began his career seven years ago.

These students, in particular, need assistance in social language skills. "That's been my primary focus this year — helping them establish and maintain friendships," Spiel said. "The research on pragmatic language therapy indicates that one-on-one social skills therapy isn't as effective as a group learning environment. Students would much rather learn appropriate social skills from their peers, in a group, rather than from their teachers."

### Peer-to-Peer Communication

Spiel designed his own peer support program, based on a successful program he witnessed while interning at Homewood-Flossmoor High School. First he recruited general education students in good academic standing and with excellent social skills who came highly recommended from other teachers. These students, the peer helpers, work directly with special education students on a variety of social skills that quite often are taken for granted by the general student population.

"We may not think it's a big deal to pick up the phone and call a friend, and to leave a message with the friend's parents if they're not home. We do it as second nature. But to them, there's a lot more to social interaction," said 17-year-old Deontre Brown of Bolingbrook, a junior at Plainfield East, captain of the basketball team, and one of Spiel's main peer helpers. "So we teach the students different techniques — like how to make eye contact, shake hands, introduce themselves."

The topics addressed in Spiel's Peer Communication Group are student-generated. "I'll ask the students what they want to know about most, as far as social skills are concerned. So there's more buy-in when it comes time to do activities — because these are skills they truly want to learn," Spiel said. While Spiel and the school's social worker plan the week's interactive activities (involving role-playing, games, and discussions), it's the peer helpers who "take the ball and run with it," Spiel said.

Not all Peer Communication Group activities take place during school hours. After talking to the parents of his special education students, Spiel realized the students desperately needed after-school interaction. So he developed the "Hang Time" program, designed to help participants establish friendships in a less structured setting, while reinforcing their social language skills at the same time. "Hang Time"

keeps growing in popularity, attracting more and more participants. Spiel pays for the supplies and snacks needed for the after-school program out of his own pocket.

"Hang Time" activities have involved "anything where they can have fun with one another, in an environment where they feel comfortable and know they're not going to be bullied," Spiel explained.

### A Barrier to Bullying

The peer helpers, Spiel is happy to say, are "extremely protective" of the students.

"Since the beginning of the school year, I've had at least 25 instances where a peer helper has had to step in and deal with a situation involving some kind of bullying," Spiel said. "The peer helpers truly are my eyes and ears, because when they see something going on (in the hallways or after school), they deal with the problem. They see the challenges these students face on a daily basis and its effect on every aspect of their lives," Spiel said.

For Spiel's peer helpers, the rewards of volunteering are great.

"My reward is seeing the kids happy," said Deontre Brown. "You're supposed to be happy in school; it's supposed to be a place where you can have fun, be with your friends, and learn. For these kids to be hurt on a daily basis is not right."

Lauren Francis, 17, of Plainfield, concurs. She had been one of Spiel's peer helpers at Plainfield East since her sophomore year, but is now enrolled in a pre-med curriculum at Grand Valley State University in Michigan.

"Everyone is trying to fit in in high school," Francis said. "There are so many spoken and unspoken social rules. Most kids have absolutely no concept of what these kids are going through on a daily basis just to survive. I still can't grasp how hard it is for them."

But thanks to the efforts of Spiel and his peer helpers, some special education students at Plainfield East are developing and maintaining social relationships with greater ease — and enjoying their high school years more.

Today Spiel still maintains close ties to the Communication Disorders Department: as a member of the Department's Advisory Board; as a practicum supervisor for GSU graduate Communication Disorders students; and as a research associate for GSU Associate Professor of Communication Disorders Catherine Balthazar, Ph.D.

Peer communication helper Deontre Brown (above, left, a junior at Plainfield East High School), and former peer helper Lauren Francis (now a college student) chat with speech-language therapist Christopher Spiel, CCC-SLP (center).



## **Diane Moler:** Helping Others Along Their Final Journey



Life is but a journey -  
Death is a returning home.  
- Chinese proverb



Diane Moler (above) accepting her award for Outstanding Graduate Student in Social Work at the 2010 College of Health and Human Services Recognition Night, and at her Vitas® Innovative Hospice Care® office in Kankakee.



Ever since she can remember, Diane Moler, MSW, has always wanted to “help make the world a better place in my own small way.” Her dream was to come home at the end of the day feeling “like I made someone’s life just a tiny bit better by doing what I do.” Moler’s dream has come true — but not in a small way.

As a hospice social worker for Vitas® Innovative Hospice Care® in Kankakee, Moler is using the Social Work education she obtained from the College of Health and Human Services at GSU to help terminally ill patients during an incredibly difficult time of their lives — as they are dying. Moler’s job is to advocate for the needs of the patient and his/her family.

“The whole concept of hospice is having a more comfortable and peaceful death,” Moler said. “It’s about providing palliative, or comfort, care – controlling the pain and insuring dignity. We do everything we can to make the quality of the patient’s life as good as it can be. I think hospice helps people face death with a little more understanding. We make a very hard time in people’s lives so much easier for them.”

#### **A Celebration of Life**

Moler and her fellow hospice team members (nurses, chaplain, home health aides, a doctor and team manager) see patients in a variety of settings – hospitals, nursing homes, assisted living facilities and the patient’s home. “We’re not just preparing them (the patients) for death – we’re celebrating the life they’ve lived!” Moler added. “The focus is not on death – it’s on LIFE. Helping them realize all the good they did in life, so they’ll feel good at the end of their lives.” Translated, Vitas is Latin for “lives.”

The entire hospice concept, Moler noted, is easily misunderstood. No matter how much education they receive, “many family members think we’re there to help their loved one get better. It’s such a stressful time; patients and families hear what they want to hear. Every family is amazingly different.”

Moler’s connection to the families doesn’t end when the patient passes on; she attends many wakes and some of the funerals, and follow-up care for the family continues for up to 13 months. “We visit with families as long as they want us to, and we provide ongoing bereavement support groups,” she said.

#### **A Dream Deferred**

Back in the early 1980s, Moler studied Social Work at Illinois State University. She had always dreamed of a career in Social Work, but marriage and three children prevented her from finishing her degree.

Twenty-five years later, with plenty of encouragement from family, friends, and her three “beautiful, extraordinary” children who were in college themselves, Moler decided it was time to pursue her passion. At GSU, Moler maintained a 4.0 GPA, was inducted into the Phi Alpha and Alpha Sigma Lambda Honor Societies, and was elected president of the Student Social Work Organization for two years.

“GSU gave me the foundation to become what I hope will be a very good social worker and to help others,” Moler said. “There’s not a day in my job when I’m not utilizing something I learned in my classes.” Moler earned her Bachelor of Social Work (BSW) degree in 2009, graduating with high honors, and earned her Master of Social Work (MSW) degree the following year, when she was named Outstanding Graduate Student by the Social Work Department. She is currently working on getting her LCSW, for which she will need 2,000 supervised hours.

“I can’t say enough about my professors,” Moler continued. “They were all just amazing. Even today I’ll look back at my notes and think, ‘Wow, I’m actually using this stuff. How great is that?’ It’s nice when your education comes into play every day at your job. I couldn’t do my job today without having learned the things I did there. I would recommend anyone go to GSU. I loved my education there and was really sorry when it ended.”

#### **Invaluable Rewards**

Moler brings her own experience dealing with personal loss to bear in her hospice work. She lost a brother to leukemia at age 31. She still remembers visiting him, and telling him, “Stop it, Chuck. You’re not going to die.”

She now knows “that’s the worst thing you can say to someone who is trying to prepare for death. Our hospice patients know when they’re dying.” It was a valuable lesson for her.

Many people ask Moler how she can work in such a “depressing line of work;” she always responds by stating that her work is actually very uplifting, and reminds her of just how precious life is.

Moler feels blessed, as well, to be able to help people from all walks of life along their final journey. And at the end of the day, she feels extremely rewarded. “Especially when a family says to you, ‘Thank you for everything you did.’ That’s what it’s all about,” Moler said.





# Make Someone's Life Better:

## DPT Accreditation Status Reaffirmed



Governors State University's Doctor of Physical Therapy Program (DPT) recently received reaffirmation of its accreditation status from The Commission on Accreditation in Physical Therapy Education (CAPTE). The program's accreditation extends through June 30, 2021.

CAPTE's specialized accreditation process is extremely rigorous, involving extensive internal and external review of the program's compliance with CAPTE's evaluative criteria for accreditation of education programs for the preparation of physical therapists.

"Accreditation is a voluntary process," notes Rebecca K. Wojcik, PT, Ed.D., GCS, Chair of the Department of Physical Therapy at GSU. "We engage in this process to affirm the high quality of education we provide to students. We're very pleased that the program has been recognized for its compliance with the CAPTE's evaluative criteria for the accreditation of education programs for the preparation of physical therapists."

CAPTE is the only accrediting agency that is recognized by the U.S. Department of Education and the Council for Higher Education Accreditation to accredit physical therapy programs. The organization currently accredits more than 200 physical therapist education programs and more than 250 physical therapist assistant education programs in the U.S.

GSU's Physical Therapy program was first accredited in February 1999. At that time, the program conferred the Master of Physical Therapy degree. However, to meet the changing demands of the

physical therapy profession and in accordance with the American Physical Therapy Association's vision for the profession, the university replaced the master's level degree with the Doctor of Physical Therapy (DPT) degree, which best prepares graduates to meet state licensure requirements.

GSU's Department of Physical Therapy develops physical therapist practitioners who base decisions on scientific and clinical evidence for their roles as clinicians, leaders, advocates, and teachers. In addition, the department promotes social responsibility and contributes to the health, well-being, and economic development of the region by preparing graduates for licensure as physical therapists.

The Commission on Accreditation in Physical Therapy Education (CAPTE) is located at 1111 North Fairfax Street, Alexandria, Virginia, 22314 and can be contacted at [accreditation@apta.org](mailto:accreditation@apta.org), 703.684.2782 or 703.706.3245.

For more information on Governors State University's physical therapy program, visit [www.govst.edu/chhs/dpt](http://www.govst.edu/chhs/dpt) or call 708.235.2232.

Pictured above: Physical Therapy Department faculty members include (left to right) Antonia Christian, PT, MS; Ann Vendrely, PT, Ed.D., DPT; Robin Washington, PT, Ph.D., CRC; Joyce Sligar, PT, MBA, MA; Roberta O'Shea, PT, Ph.D.; Dale Schuit, PT, Ph.D., MS; Russ Carter, Ed.D., PT, Professor Emeritus; Dave Diers, Ed.D., MHS, PT, ATC; and Rebecca Wojcik, PT, Ed.D., GCS, Physical Therapy Department Chair.



## Students Conduct Project: We Care for Military Families in Need



Social Work students from GSU's Social Welfare Policy II class, led by Associate Professor of Social Work Adelle Sanders, DPA, MSW, recently took the College of Health and Human Services' mission — Make Someone's Life Better — to heart when they conducted a fundraising initiative to support military families and veterans.

Social Work students behind **Project: We Care** included Monica Clanton, Judy Marion, and Juanita Sanders. According to Clanton, the project was "in response to First Lady Michelle Obama and Jill Biden's 'Joining Forces' campaign to help active duty military families facing a long list of unique challenges. We decided to extend our project to include military veterans," Clanton noted. "We wanted to thank these individuals for their commitment and service."

The students sought donations of gift certificates, grocery cards, store gift cards, and gas cards from local businesses. They also received donations of baked goods for their two-day bake sale held on campus. **Project: We Care** also received a great deal of support from the Chicago Heights Vet Center, as well as Keith White, Coordinator for Veterans and Military Personnel at GSU.

Recipients of the students' fundraising efforts included a soldier deployed in Afghanistan with five children whose wife was recently laid off; a reservist with two children at risk of becoming homeless; a 35-year-old unemployed Desert Storm veteran with five children; and an unemployed 41-year-old disabled Desert Storm veteran with two children.

Proceeds raised from this initiative were turned over at the University's Military Appreciation Day in the Hall of Governors at GSU in May. Special thanks were extended to Selina Whiteside, manager of Food 4 Less in Chicago Heights, a generous contributor to the project. Students also extended special thanks to Jewel Food stores in South Chicago Heights and Angelica's Bakery in Hazel Crest for their generous contributions.

Military Appreciation Day is now an annual event at GSU, developed through the collaborative efforts of Vanessa Newby, Director of Student Life and Student Development, and Keith White.

"It was a pleasure to include **Project: We Care** as part of our event, in which we honor members of all branches of the U.S. Military," Newby commented. "It was a wonderful way to showcase our military families, and to show how our students have reached out to those in need across our community."

Pictured, left to right, at GSU's Military Appreciation Day: Selina Whiteside, Manager of Food 4 Less in Chicago Heights; Military Veteran, Ngozi Okafor-Smith; and Monica Clanton, undergraduate student in Social Work at GSU.



## **Make Someone's Life Better: First DrOT Graduate Covers the Life Span**



Caren Schranz (above, left) receives congratulations from Dr. Beth Cada (right), CHHS Dean and former chair of the Occupational Therapy Department, upon being named Outstanding Doctoral Student in Occupational Therapy at the annual College of Health and Human Services Recognition Night in May, 2011.



It's fair to say that Caren M. Schranz, DrOT, OTR/L embodies the spirit of the Occupational Therapy profession.

Schranz, a University Lecturer in the Occupational Therapy Department of the College of Health and Human Services, has worked, quite literally, throughout the entire human life span. From tiny babies to octogenarians, Schranz has worked with individuals of all ages and lifestyles. Regardless of the client's age, however, her mission has remained the same: give clients the necessary tools and strategies to help themselves and, consequently, live life to the fullest.

And that's exactly the theme of the American Occupational Therapy Association: Living Life To Its Fullest™.

"It may sound like a cliché, but no matter what the disability, no matter what the limitation, no matter what the age, we help clients live life to its fullest," Schranz said. "Ultimately, we're helping people help themselves; the clients are the ones who do the work."

### First DrOT Graduate

Schranz holds the honor of being the first official graduate of the new Doctor of Occupational Therapy (DrOT) advanced clinical doctoral degree program offered by GSU's Department of Occupational Therapy. She was also named Outstanding Doctoral student by the OT Department.

"The DrOT program is really about learning to think outside the box. The program helped me become more of a reflective, analytical, and independent thinker," Schranz said, "to really critique, to not take everything at face value, but to look into it further and really question it. With the coursework and research I performed during the DrOT program, I could take what I had done all these years in practice as a pediatric therapist and put some meaning to it, to really make a difference with these kids and, quite often, their families."

### Covering the Life Span

Schranz recalled her days as the creator and owner of the Independent Days Adult and Senior Care Center in Homewood. She and a fellow occupational therapist owned this facility for nearly six years before she sold it; the center still operates today. The work, Schranz said, was extremely rewarding.

However, Schranz shares "a special love for the little ones." Since graduating in 1990 with her master's in OT from Rush University in Chicago, Schranz has been working as a pediatric occupational therapist in the schools located in Chicago Heights and Northwest Indiana.

Schranz has also worked in the Illinois early intervention program for children, helping children, birth through age 3, who are born premature, have cerebral palsy, Downs Syndrome, developmental delays, or who are on the autism disorders spectrum. She focused on the problem of children's sensory processing dysfunction, which occurs when the child is either over- or under-stimulated by sound, vision, touch, and movement.

Schranz has also served, on and off, as an adjunct faculty member for GSU's Occupational Therapy Department since the program's inception in 1996. She is looking forward to putting her skills as a DrOT to use in additional teaching assignments.

### A Family Approach to Therapy

Over the past 20 years, Schranz points out, all her interventions have involved the client's family — educating, working with, and coaching the client's family and other loved ones. She is keenly intent on developing strong relationships with her clients' families.

"It's not so much the clients I need to affect as much as it is the family and the people around them. Because it is the parent or caregiver who is with the child 24 hours a day; the OT is with them one hour a week," Schranz said.

Her main goal is to help caregivers increase their knowledge and understanding of their child's (or aging parent's) limitations, and to help them develop strategies for working with their loved ones.

"You're building relationships of trust, rapport, and caring," Schranz said.



Just one month after being named Outstanding Doctoral Student, Dr. Schranz (above) had the honor of being the first official graduate of the Doctor of Occupational Therapy (DrOT) advanced clinical doctoral degree program offered by GSU's Department of Occupational Therapy.





## Sharing a Higher Calling

A standing-room-only crowd of parents, spouses, and other loved ones—some with signs to cheer on their favorite student—packed the Sherman Recital Hall at GSU for the Class of 2010 Master of Occupational Therapy (MOT) Pinning Ceremony.

The speaker was someone very special — chosen by the MOT students themselves, some of whom had heard him speak before.

Sergeant Major (Retired) Thomas Morrissey of the United States Army Special Forces (USASF) delivered a riveting and inspirational presentation about his long road to recovery from eight life-threatening, close-range AK-47 wounds he received to his arms, legs and chest during an enemy ambush in Afghanistan on June 5, 2006.

Morrissey, a suburban Chicago resident, has shared his tale of recovery at several medical conferences over the past four years.

He performs these speaking engagements in order to serve as a mentor for other combat-injured soldiers, and to express his extreme gratitude to the medical professionals—especially occupational therapists—who worked so diligently with him during his three years of continuing rehabilitation (and 20 surgeries) at Army medical facilities both in Europe and in Augusta, Georgia.

## Serving the Greater Good

After being welcomed by a standing ovation, Morrissey, a husband and father of three, began his presentation by noting that he shared a bond with the MOT students.

“We have both been directed to a higher calling – for me it’s the military, and for you, it’s the occupational therapy profession,” Morrissey said.

For Morrissey, progress was long in coming. Three months into recovery, he was only able to partially dress himself, and it took 15 minutes to put on a t-shirt. After seven months, Morrissey was able to bend his arm at the elbow.

“I was still thinking I was going back to the war,” Morrissey said. “It wasn’t until the 10th or 11th surgery that I realized I wasn’t going back.”

Morrissey credits the “knowledge, empathy, and commitment” of his occupational therapists for his recovery. He also credits the “creativity” and proficiency of his therapists in building all the necessary splints, tools, and casts he needed to perform a wide variety of basic functions, such as eating.





Today, though movement is still restricted, Morrissey is able to walk and use his arms and hands.

"I am so thankful for the (MOT) graduates here and for all who serve the greater good," Morrissey said. "The people in this profession do have a heart. They have to, to be able to touch people the way they do."

Pictured (upper left) Sergeant Major (Retired) Thomas Morrissey and his wife, Suzanne, after his arrival at Dwight D. Eisenhower Army Medical Center in Augusta, GA.

At right, Sgt. Morrissey is pictured in southeastern Afghanistan, just one week before an enemy ambush on June 5, 2006.

In the photo above, Sgt. Morrissey is just beginning his recovery process in August, 2006, following eight surgeries at Dwight D. Eisenhower Army Medical Center in Augusta, GA.





# Make Someone's Life Better:

## Giving More Than Lip Service to Fluency Disorders

Winston Churchill did it. So did Marilyn Monroe, and Charles Darwin. Singer Carly Simon and actor James Earl Jones do it. Even Moses was said to be "slow of tongue."

Stuttering – otherwise known as a disorder of speech fluency – affects more than three million Americans, and 68 million individuals worldwide, according to The Stuttering Foundation.

The act of speaking, in general, is actually "a complex process that most of us don't think about, because we're pretty fluent on a day-to-day basis," said Stephanie Hughes, Ph.D., CCC-SLP, assistant professor of Communication Disorders at GSU. Hughes' primary area of specialization is in fluency disorders.

A person who speaks has to coordinate several different physical systems within the body, Hughes explained, including breathing, vibrating the vocal cords, and moving speech structures such as the lips, tongue, and jaw. The brain is responsible for these various systems coming together in a coordinated effort – not to mention the demands of language itself.

Actually, Hughes said, "Everyone, whether they stutter or not, has moments of disfluent speech, when they repeat words, have hesitations, and use filler words, such as 'uh', or 'like', or 'you know.' No one can be 100 percent fluent all the time."

But what distinguishes a true stuttering disorder from just a moment of disfluency, Hughes explained, is the "amount of disfluency that someone has in their speech, the type of disfluency, and also the way that those moments of disfluency make a person feel." Most people, when they slip or stumble in speech, recover and keep on going; it's not as simple for someone who stutters.

### Myths Abound

From culture to culture, myths abound concerning the causes of stuttering: your tongue is too short; your tongue is too dry; the soles of your feet were tickled when you were a baby; your hair was cut before you said your first words; your mother dropped you as a baby; your mother drank from a cracked cup while she was pregnant with you; you had eaten grasshoppers as a baby; you were allowed to look into a mirror as an infant; the work of the devil; bad karma . . . the list is endless.

According to Hughes, there are many causes — but no one single reason — for why someone stutters. Genetic research reveals that those with a family history of stuttering are more likely to stutter, she noted.

"There a lot of factors that can influence anyone's speech fluency," Hughes said, "such as when we're tired, under pressure, nervous,

upset, or angry. Any degree of emotional, physical, or mental stress can have an effect on one's speech fluency."

While there is no cure for stuttering, some new technological innovations have appeared on the scene, with varying degrees of success. One such device, worn in the ear, provides delayed feedback of one's speech; you talk, and, like an echo in your head, you hear yourself speak. For people who stutter, this echo can help increase fluency.

"But I want to emphasize that this is not a miracle cure," Hughes noted. "Stuttering is very adaptive to new stimuli. With a lot of these devices, the person may sound very fluent when they're wearing it for a period of time, but then over a matter of days or weeks or months, the novelty of hearing themselves on a delay wears off, especially without receiving therapy from a knowledgeable speech-language pathologist."

Current treatment, Hughes noted, encourages clients who stutter to talk about their stuttering — how they stutter, when they stutter, the reactions of listeners to stuttering — and how that makes them feel. Their ability to talk openly and honestly about their stuttering, rather than bottle-up these feelings, is crucial, Hughes believes.

### Specialized Training

Communication Disorders students in the College of Health and Human Services at GSU have a leg up on their fellow students from other programs. "Training in fluency disorders is not required and is not even offered at some universities," Hughes said. "Or if it is, it's an elective." According to Hughes, most speech-language pathologists do not feel particularly comfortable working with clients who have fluency disorders.

It's very possible for a student to graduate from a communication disorders program without taking a class or receiving clinical training in fluency training, Hughes noted. Such students may not have the "theoretical or practical knowledge to work effectively" with such clients.

"Fortunately, our Communication Disorders Department has recognized that fluency is an important aspect of the curriculum," Hughes said. "A course in fluency disorders is mandatory for students, so that they have the theoretical knowledge to treat clients who stutter by the time they graduate."

*Pictured (opposite page, right); Stephanie Hughes, Ph.D., CCC-SLP, assistant professor of Communication Disorders at GSU*



Speech-Language  
Hearing Association  
(NSSLHA)



## Tips for Parents:

The following tips for parents were developed by The Stuttering Foundation®, a not-for-profit organization established in 1947 to help those who stutter:

- Set aside quality time to talk to your child.
- Talk openly about stuttering, and how your child is feeling.
- Be an empathetic listener: Listen patiently, maintain eye contact, don't interrupt, show love and acceptance, and give your child enough time to finish speaking.
- Avoid finishing sentences for your child, or filling in words.
- Avoid stressful social situations.
- Simplify your child's environment – cut back on the number of activities (soccer, Cub scouts, baseball, etc.) in which he/she is involved.
- Let your child know by your actions that you are listening to what he/she says, not how he/she says it.
- Finally, avoid remarks like "slow down," "take a deep breath," "relax," or "think about what you're going to say, then say it," or "start over again." Stuttering is a different kind of speaking problem; this sort of advice does not help.

Whereas once parents were told to ignore their child's stuttering, Hughes pointed out, "We know that talking to a young child about their stuttering or disfluencies is actually a good thing. It doesn't make the stuttering seem like a shameful secret, or something that can't be talked about because it is so terrible."

Children who stutter are also at increased risk for bullying, Hughes noted. "It's important for speech-language pathologists and fluency experts to be able to help teachers and parents understand what children who stutter might face at school – on the playground or in class," Hughes said.

"Teachers need to understand their role in helping a child who stutters to not only not be bullied, but really to thrive in an academic setting. A supportive and understanding teacher will really help a child feel comfortable and to derive all the benefits that we would hope a child could get as they go through the school year," Hughes said.

## Research Efforts

In her research efforts since 2008, Hughes has been attempting to gauge the toll that stuttering exerts on both the person who stutters and society at large. Hughes has had more than 800 individuals (members of the general public, university students, educators, fellow speech-language pathologists) describe their feelings toward stuttering and people who stutter by completing a written, open-ended survey that asks such questions as "How do you think people who stutter are affected by their stuttering?" "What do you think causes stuttering?" and "How should someone who stutters deal with their stuttering?"

The second aspect of her research involves the creation of a clinical instrument that can be administered to people who stutter and their significant others (family, friends, co-workers, speech-language pathologists) to identify areas of miscommunication or lack of communication.

"Access to this information can have important consequences for the ways in which speech-language pathologists design and implement treatment strategies for people who stutter," Hughes explained.

As a doctoral student at Bowling Green State University in Ohio, Hughes enjoyed working with a support group for individuals who stutter. She'd like to start a similar support group for south suburban residents who stutter, since most groups are north suburban-based.





## **The King's Speech Deserves Top Grade for Realism**

While there have been some movies that have portrayed people who stutter in a less-than-positive light, Stephanie Hughes, Ph.D., CCC-SLP, assistant professor of Communication Disorders at GSU, couldn't have been more pleased with the way speech-language therapy was depicted in the 2010 Academy Award-winning movie for Best Picture, "The King's Speech."

The relationship that developed, however slowly, between Lionel Logue, the Australian speech therapist, and England's King George VI ("Bertie"), who had a stuttering disorder, is at the heart of the movie's success, Hughes said. Likewise, the nature of the relationship between the speech-language pathologist and his/her client is at the heart of any successful therapeutic intervention.

### **Client-Clinician Relationship — Crucial**

"The most important part of the movie and the most important part of the therapy that we do with people who stutter today is the client-clinician relationship. If the clinician shows that he or she cares, and that they really understand the disorder and the issues that may affect the client ... if the clinician is empathetic and willing to take the time to listen to someone who stutters – that's the key," Hughes said. "If people who stutter have speech-language pathologists they can trust and share their feelings with, then therapy tends to be more successful, regardless of the techniques used to promote fluency."

"The King's Speech," Hughes noted, also featured a good mix of general counseling provided by the therapist, combined with more specific behavioral techniques, including: stretching out the initial sounds of words, learning where to take a breath, bouncing out of one sound into another, working with phrasing, and knowing how many words to say on a single breath of air. All were surprisingly realistic and well-done, Hughes felt.

"I give Geoffrey Rush (the actor playing the speech-language therapist) an A+," Hughes said. "You'll notice in the movie that the King was not cured of his stuttering, which is also realistic, because there is no cure," she added.

"But there were a lot of things that the King could do to help himself be more fluent," Hughes said. "These approaches were also meant to help him deal with the emotions regarding his stuttering. They weren't meant to necessarily hide his stuttering, but to deal more confidently with the pressure of having to do all these public speeches."

Pictured (above, left) Stephanie Hughes, Ph.D., CCC-SLP, assistant professor of Communication Disorders at GSU





## Angela Davis: In Service to Others

Angela Davis makes it all look so easy.

While earning her Master of Health Administration (MHA) degree from GSU, the wife and mother of two:

- Maintained a 4.0 GPA;
- Was named 2011 Outstanding Graduate Student of the Year by the Department of Health Administration in the College of Health and Human Services;
- Enlisted in the U.S. Navy;
- Worked as a graduate research assistant in the College of Health and Human Services;
- Continued to attend as many of her children's sports games as she could manage;
- And did all this while managing a 2.5-hour, one-way commute to GSU from her Portage, Michigan, home (just south of Kalamazoo).

Now Davis, a native of Detroit, is soon to be sworn in as a U.S. Navy officer, and will begin a three-year commitment. Jerell, her high school sweetheart and husband of 16 years, is employed by a major medical instruments company; he is guaranteed a job wherever the Navy sends his wife. (They're both hoping for San Diego, where they lived for five years while Jerell was in the Marine Corps. He served in Operation Desert Storm.)

Once assigned to a post, Davis' primary goal is to find a position in patient advocacy for a Navy healthcare unit. She's also hoping to utilize some of the undergraduate training in speech language pathology and audiology she received at Western Michigan University.

"But patient advocacy is my number one priority — making sure the person's needs are being met," Davis said. "And everyone who enters a hospital these days needs a patient advocate."

### Accreditation is Key

When Angela Davis was looking for a master's degree program in Health Administration, the United States Navy made her decision very easy. GSU's MHA program was fully accredited — in fact, GSU is one of only three universities in the entire state of Illinois, and the only public university, to have an MHA program accredited by the Commission on Accreditation of Healthcare Management Education



(CAHME). The Navy wasn't going to accept Davis enrolling in any unaccredited degree program.

While working on her MHA degree, Davis was fortunate to have a helpful and cooperative family. "My family members were my number one fans," Davis said. "They made it real easy for me. My son is 15, and my daughter is 14. So they were able to step up and help with laundry and meal preparation. When I came home, the kids would make sure I had time to study. They'd say, 'I'll make you some tea, Mom. Now go study!'"

### In Service to Her Community

The only activity that Davis was not able to maintain while earning her MHA at GSU was the not-for-profit cheerleading program that she and her husband began in 2007 in Portage. The program, Portage Rockets Cheer, was open to all young girls in the Portage community who didn't want to be left on the sidelines while their brothers and friends were having fun on the Portage Rockets Football program.

Now led by a friend of Davis, Portage Rockets Cheer is still running today — complete with uniforms, trophies, and an annual party. At least 100 young girls are enrolled in the program at any given time; no child is ever turned away.

"We had scholarships for less fortunate families," Davis said. "We'd have car washes and other fundraisers — a lot of people in the community generously donated. I never wanted to say no to any little girl who wanted to cheer; everyone was accommodated."

### The Importance of Giving Back

Davis and her family believe in giving back — whether it's helping to feed the homeless, or delivering holiday baskets to needy families, or having her children offer reading assistance to learning disabled children.

"No matter whether you do it for your family, your community, your country — I believe it's important for us all to give back," Davis said. "We've taught our children since they were young that they can help build the community where they live. If you see something that you want changed, you can either complain about it, or be a part of the solution and fix it. It takes somebody to step up and do it."

Davis is often that 'somebody.'

"I think it truly has to be in your heart to give service or give back to others," Davis added. "It's not something you get rich off of. Your reward is seeing others do better. It's a reward just to see a smile on a little child's face because she had the opportunity to be a cheerleader. You couldn't pay me more."



# From Hunnewell, with Hope



Command Sergeant Major (CSM) Howard Robinson has thought about writing a book about his life.

It would be a book about a young boy growing up with his parents and two brothers in the now leveled Robert Taylor homes on Chicago's South Side. The book would follow the family's journey from the city projects to a home in Chicago's Pullman neighborhood.

Along the way, there would be numerous visits to his grandparents' home in a place called Hunnewell (pronounced Honey-well), Missouri, where the boy's mother had grown up.

A small rural town just 35 miles west of Hannibal, Hunnewell has a population of approximately 300, if you count all the livestock . . . or so Robinson was told as a child.

Every year Robinson and his brothers would spend their summers on the farm, far from the hot city; the entire extended family would travel there for Mother's Day, Christmas, and other holiday celebrations and reunions.

"I can't imagine not having Hunnewell," Robinson said. His Aunt still maintains the property; if he could, Robinson says he would buy the property himself. In the meantime, Robinson enjoys introducing



the younger generations of his family to the homestead in Hunnewell. He and his wife, Deborah, of 27 years are parents of three and grandparents of four.

### **A Foundation for a Life Well-lived**

Robinson shares these memories because, for him, "Hunnewell was where it all began." It's where he learned the importance of family values and the significance of tradition.

"The foundation my family laid for me became the groundwork for what shaped me," Robinson said. "And those family values have been what's guided me and kept me grounded all along. It's what led me to want to go out there and help people."

Robinson served for 30 years within the Cook County healthcare system, championing the cause of quality health care for people from all walks of life.

While developing his career in health administration, Robinson has managed to give 28 years of service to the Illinois National Guard. Today he is the 10th State Command Sergeant Major and the 3rd Senior Enlisted Adviser for the Illinois Army and Air National Guard.

"In 2008, Illinois had one of the largest deployments since World War II," Robinson noted. "We sent approximately 3,000 soldiers to Afghanistan. During this deployment we lost a fair number – three of them, being near and dear to my heart, were part of a battalion for which I served as Command Sergeant Major. Neither they, nor their families, will ever be forgotten. No sacrifice is greater than what they have given up for this nation."

### **A Lifelong Learner**

Throughout his busy career, Robinson has still managed to remain a lifelong learner. Today he is just five classes away from earning his Master of Health Administration degree from GSU; he expects to graduate in the fall of 2012. It's been a long journey; since first coming to GSU in 1989, Robinson took classes on-and-off, whenever he could, and received a bachelor's degree in Interdisciplinary Studies (predominantly Health Administration classes) in 2006.

"That was really one of the highlights of my life," Robinson said. "It was something I started to do 20 years ago, and didn't finish, but then came back. I feel the same way about my master's."

Reflecting on his life's achievements, Robinson gives most of the credit to his mother, Charlene, age 86 (still residing in the Pullman district) and his father, the late Edward D. Robinson.

"My mother made a promise that she was going to get her boys out of the projects," Robinson said. "She will tell you today that it was God who did it. But she kept her promise. She stayed positive, encouraged all three of us to be the best we could be."

During his military career, Robinson has received many awards and decorations, but upon receiving four Army achievement and Commendation awards, each were presented to his mother. "If it wasn't

for her, this could never be," Robinson said. "Mom was the catalyst in all this. I can truly attest to the fact that just because you grow up in a low-income area doesn't put you below anyone else. It all goes back to family; I truly believe in the family structure. That really is where it happens."

### **A Belief in Public Health Care**

Robinson's love for the health administration field began from his very first position in the Department of Transportation at Cook County Hospital, and extended to every role he played there, including Biochemistry Lab assistant, Patient Service Coordinator for the Surgery Department, administrator of the Pediatrics Emergency Room and the Burn Unit . . . the list goes on.

"Working in a public hospital, you get to see everything, experience everything," Robinson said. "You encounter every type of patient. County taught me that, wherever patients go, they should receive the same professional care. The hospital should be spotless; service should be impeccable. No one should be treated any less just because they're County patients."

At one point in his career, Robinson was hired by Northwestern Memorial Hospital to serve as manager for the Department of Patient Transportation. But he returned to public health care nine months later, moving to Provident Hospital. At Provident, he was hired, in subsequent time periods, as director of Patient Transportation, and later, Public Safety director, evening administrator, and administrator for the departments of Environmental Services and Dietary. He also assisted in the survey process that prepared and led Provident to a successful Joint Commission Accreditation.

"I felt my time and experience was better served being able to help those who couldn't afford adequate healthcare," Robinson said. "Being able to serve the indigent and those patients less fortunate who could not afford to go anywhere else — that was what I really wanted to do." Robinson continues to be a strong advocate of providing healthcare services to those in need.

### **Make Someone's Life Better**

Reflecting on that book he'd like to write about his life, Robinson said, "I can truly say that I've been blessed to have had positive influences in my life. My brothers and I didn't grow up with a lot. Nobody gave us anything but the encouragement we received from our parents to go out there and be and do the best you can be. What I give to others is the same thing; I can reach, teach, empower, and encourage others that all things are possible.

"You never know whose life you can touch in this world," Robinson added. "If you can reach out and make someone's life better, that's what I'm here for. That's really what it's all about."



# Keeping it Real: Nursing Grad Focuses on Interdisciplinary Teamwork

You couldn't have asked for a better lesson in interdisciplinary health-care teamwork.

Nor could you have asked for a more realistic hospital setting in which to teach nursing and nursing assistant students how to coordinate care, communicate, and work together with their fellow radiology, respiratory therapy, and phlebotomy students — all in the best interests of their patients.

Even if the "patients" weren't really sick.

No, you couldn't have asked for any more realism when students participated in a hospital simulation (sim) exercise in one of the three new sim labs at Moraine Valley Community College (MVCC) in Palos Hills.

Orchestrating the entire project was Anne Morgan, DNP, RN, a 2010 graduate of GSU's Doctor of Nursing Practice (DNP) degree program, and an Assistant Professor of Nursing at MVCC since 1999. For her capstone project in the DNP program, Morgan took one-and-a-half years (including her sabbatical) to develop the interdisciplinary simulation project at MVCC.

Her efforts paid off.

"This was a wonderful project," noted MVCC Dean of Career Programs Margaret Machon. "When our students go out into the world, they're not going to be working only with other nurses; they'll be working with everybody. That's the way real life is."

## A Day in the Life

When the MVCC students arrived for their simulation exercise, they found an eight-bed hospital unit complete with "patients" suffering from various medical complaints. Everything you would expect to see in a real hospital — from I.V. pumps, a "crash cart" with all the necessary medications, to the requisite water pitcher, magazine, box of tissues, and commode by the patient's bedside — was in place. There was also a computer at every patient's bedside, complete with the patient's electronic medical record.

With varying scenarios awaiting them, the students had no idea what was in store for their patients. After receiving a report from the night shift nursing staff, one scenario began: without warning, a patient fell after getting out of bed. The first order of business (after getting the patient back into bed) was a neurological check to rule out head injury. Upon further examination, the patient's oxygen level was found to be low; she was confused. She actually had as-yet-undiagnosed pneumonia.

Another patient had her I.V. running at the wrong rate, leading to fluid overload and congestive heart failure. Someone else needed surgery. By the end of the simulation, students had to call the physician and get orders for a blood draw, X-ray, and/or respiratory therapy treatment for each of the eight patients. Meanwhile, nursing assistant

students were busy passing breakfast trays and responding to patient call lights.

To add further difficulty (and realism) to the simulation, several patients refused their blood draw or X-ray. So that required the phlebotomy or radiology student to speak to the nurse about the need for the test or X-ray. The nurse would then explain to the patient why the doctor ordered the test.

"There's a need to communicate between the different disciplines in real hospitals," Morgan said. "In schools, they don't have the ability to work together. So I focused on generating interprofessional collaboration to get everyone communicating with one another." As a result, Morgan said, the simulation turned out to be an "incredibly eye-opening" experience for all the disciplines. "Everyone learned the importance of each member of the team," she said. "And everything looked so real — from the I.V. actually dripping, to the clear yellow fluid in the Foley catheter bag."

## Attention to Detail

Needless to say, Morgan's simulation event took a tremendous amount of work. Attention was paid to every detail as Morgan painstakingly created an electronic chart including doctor's history and physical assessment forms, a 12-page nursing assessment, lab results, and X-ray results.

In order to accommodate the large number of MVCC nursing students (a total of 43), the simulation was repeated three times over the course of a day. In all, 78 individuals were involved in the event.

At the simulation's conclusion, students from all the different disciplines gathered in debriefing. They also completed a survey about their experience. A perfect 100 percent of the students said the simulation exercise was extremely beneficial. (See sidebar for individual student commentary.)

## A Complete GSU Nursing Graduate – from BSN to DNP

Morgan received her Associate's Degree in Nursing (ADN) from Moraine Valley Community College in 1980. Since then, she received her Bachelor of Science in Nursing (BSN) in 1984, followed by her Master of Science in Nursing (MSN) degree in 1989, and, most recently, her Doctor of Nursing Practice (DNP) degree in 2010 — all from GSU. Morgan also received a \$10,000 Nurse Educator Fellowship Award in 2010 from the Illinois Board of Higher Education. Created in 2006, the purpose of the Nurse Educator Fellowship Program is to ensure the retention of well-qualified nursing faculty at institutions of higher learning that award nursing degrees.

Luckily for MVCC, Morgan has no intentions of taking her DNP and leaving the college. "It's like a family here," Morgan said. "Everyone supports each other. The support I received from all the departments for this project was unbelievable. The bottom line is — we're all here for the students."



"I don't know how many times I've said I wish I could clone her," Dean Machon said about Morgan. "If I could clone her, I'd be in heaven."

### Critical Thinking is Key

"Moraine has an excellent nursing program. We're very proud of the nurses who come out of it; they're very well-prepared. The hospitals gobble them up," Dean Machon said. "They hire our students — brand new grads — for their ER. That's unheard of."

Teaching nursing, Dean Machon added, is a whole different world today. "What we used to teach in nursing school just doesn't work anymore. Patients are so sick these days; our students need to hit the ground running," she said. Critical thinking is key.

"Students — whether in nursing or allied health — need to be able to see what's really happening here, what's the big picture? Critical thinking is not something we can give you overnight. It has to be

introduced, and introduced, and introduced — so they start looking at the big picture, and not just looking at a few symptoms. That's the type of thinking that saves lives," Dean Machon said.

And that's why Moraine Valley is one of the few community colleges in the country that has adopted the QSEN-based approach to nursing education, Dean Machon explained. QSEN (Quality and Safety Education for Nurses) is a widely respected, quality-based, critical thinking approach to helping nurses develop competencies in patient-centered care, teamwork and collaboration, evidence-based practice, quality improvement, safety, and informatics. Moraine's nursing program now follows a new, QSEN-based curriculum.

Jennifer Vazquez, nursing student at Moraine Valley Community College (below, right).



### Rave Reviews for Simulation Exercise

Moraine Valley Community College students — representing the nursing, respiratory therapy, phlebotomy, radiology, and nursing assistant programs — offered the following comments following their interdisciplinary teamwork exercise, which was organized by Dr. Anne Morgan, GSU Doctor of Nursing Practice (DNP) graduate and MVCC Assistant Professor of Nursing. Morgan conducted the exercise as part of her doctoral requirements for GSU's DNP degree program.

*"It made me work on my own critical thinking skills. I was asking myself the questions that the instructor would be asking me about the meds and the labs."* (Nursing Student)

*"I cannot just let a patient refuse a stat (emergency) X-ray. I learned to talk to the nurse."* (Radiology Student)

*"I learned that each discipline plays a huge role in the wellness of the patient."* (Nursing Student)

*"I believe that if I had gone through this class before actually going on my clinical site, I would have been more confident."* (Phlebotomy Student)

Moments after the successful completion of her capstone project for her Doctor of Nursing Practice (DNP) degree from GSU, an exhilarated Anne Morgan (center), DNP, RN, Assistant Professor of Nursing at Moraine Valley Community College, relaxes with two members of her capstone committee, including (left) Nancy MacMullen, Ph.D., RNC, HR-OB, APN/CNS, CNE, and (right) Georgianna Thomas, Ed.D., RN, both Associate Professors of Nursing at GSU. Dr. MacMullen served as chairperson of Morgan's capstone review committee.





# OT Department Deepens Connections with the Ukraine

It was her seventh trip to Ukraine — a mission of hope and healing for her and several GSU Occupational Therapy students. And each time Melanie Ellexson, DHSc, MBA, OTR/L, FAOTA has made the 14-hour journey, her connections to the Ukrainian people have grown deeper.

Ellexson, Associate Professor of Occupational Therapy in the College of Health and Human Services at GSU, has been working with the RESOURCE (Rehabilitation, Education, Service Opportunities, Retraining, and Care Through Empowerment) Foundation, a not-for-profit organization whose mission is to provide training and education to healthcare providers from developing and developed countries. RESOURCE also helps deliver healthcare services regardless of the patient's ability to pay.

Ellexson is a founding member of RESOURCE and serves on its Board of Directors. She was also one of the first professional occupational therapists to visit Ukraine for purposes of rehabilitation and education of families caring for disabled family members. Little or no occupational therapy services are offered in Ukraine.

This past spring, Ellexson was accompanied on her trip by three Master of Occupational Therapy (MOT) and three Doctor of Occupational Therapy (DrOT) students, as well as a member of the College of Health and Human Services Advisory Board. A mother of one of the MOT students – a nurse practitioner and a wound care specialist – joined the group, as did a friend of one of the OT professors who offered her home remodeling services to a needy Ukrainian family. The mother in the family was dying of breast cancer, and the 7-year-old child had severe cerebral palsy. By the end of the week, the family was enjoying an indoor bathroom for the very first time, as well as a totally refurbished sun room.

## Joining Forces: Anti-Stroke Association

This year, Ellexson went two weeks early to Ukraine, ahead of the rest of the group, to meet with representatives from the Kiev-based Anti-Stroke Association, to discuss the development of an OT curriculum at a Ukrainian university.

"Stroke is one of the few diagnoses that is actually recognized in Ukraine as a disability," Ellexson said. "So instead of having rehab clinics in the hospital, they have stroke programs." The president of the Anti-Stroke Association is Ukraine's former Prime Minister of Health, and has been instrumental in developing a relationship with Ellexson and the Occupational Therapy Department.

In Ukraine, occupational therapist and physical therapist are not "on the list" of official jobs, since the need for such services is not officially recognized.

"So that's why we couldn't just go in and start a degree program," Ellexson said. "But that's our goal. We're working through the Anti-Stroke Association because they have so much power and visibility in the country. They're the ones really pushing for OT services. They realize that it's the functional activities that are so missing from anything that's currently being done."

Accompanied by Anti-Stroke Association representatives, Ellexson visited patients in a number of facilities. She spoke to a man who was one year post-stroke, and unable to use his right arm. Ellexson had to explain that while his arm could not be fixed, he could still learn to adapt and increase his function. She taught the man how to put on a t-shirt with one hand. Overjoyed, the man proceeded to put on and remove his shirt three times in a row and then taught several more patients to put on their shirts one-handed.

"That's such a basic concept," Ellexson said, "but these are the things that Ukraine people are missing and don't have. Like learning how to put on a sock with a sock aide." Ellexson taught them how to make a sock aide out of a soda bottle, for lack of an actual adaptive device.

## In-Depth Service Learning

Once the GSU Occupational Therapy students arrived in Ukraine, they traveled to the city of Chernivtsi, where they broke off into two groups. One group went to the state-run nursing facility for older adults, where they worked with patients on the stroke unit. The other group went to the cerebral palsy clinic, where they worked with children and their parents during the morning. Afternoons were spent working in clients' homes, helping develop adaptive devices and working one-on-one with the children to help improve function.

In terms of a service learning project for the MOT and DrOT students, it doesn't get any better, or more in-depth, than the yearly Ukrainian trip. Students are totally immersed in the culture for an intensive, week-long experience. The rewards, from an educational as well as humanitarian standpoint, are invaluable. Ellexson is planning to survey all 100 students who have gone to Ukraine over the past six years in order to determine how the experience has impacted their own practice as occupational therapists.

Inset: GSU Associate Professor of Occupational Therapy, Melanie Ellexson

At right, Caren Schranz, DrOT, OTR/L, a lecturer in GSU's Occupational Therapy Department, works with a young client while (left) Ukrainian nurse and interpreter Alexandra Kasapchuk observes.







# OT Scholarship Winner Lives Her Life to the Fullest

"Living Life to Its Fullest"™

That's not only the marketing slogan of the American Occupational Therapy Association (AOTA), but it's also a perfect description of how GSU Master of Occupational Therapy (MOT) graduate Kimberly Land lives her life.

And it also probably explains why Land is one of only three female students in the entire nation to be recently awarded the highly prestigious E. K. Wise Scholarship.

Established in the 1960s through the bequest of Elizabeth K. Wise, the scholarship is sponsored by AOTA to support female students pursuing a post baccalaureate entry-level degree in occupational therapy. Three awards, in the amount of \$5,000 each, are granted annually. The selection process is extremely competitive, with 145 applicants vying this year for the three spots.

The focus of the scholarship is to support students from diverse backgrounds who can help develop a workforce capable of meeting the occupational needs of underserved areas, populations or communities.

## A Daring Adventurer

Land came to the field of occupational therapy (OT) in an interesting way. After graduating from the University of Illinois in 2000 with a Bachelor of Science degree in Finance, Land spent a year in Japan, teaching English to individuals from age 15 to 73.

"I highly recommend that experience," said Land, 32, who was born and raised on Chicago's South Side. She fell in love with the Japanese culture and took time to sight-see, climb Mt. Fuji, befriend a half-blind Hiroshima survivor, and travel to China to walk the Great Wall of China. She even ate fugu, the famous poisonous puffer fish — and lived to tell the tale.





But that's Kimberly Land – active (runner, biker, rollerblader), daring, adventurous, and a lover of “NEW, INTERESTING & THRILLING experiences,” as she writes on her MOT student blog (<http://myotstudentblog.blogspot.com>) She even tried skydiving for her 30th birthday (and liked it).

### Perfectly Suited for the Profession

When she wasn't traveling by herself to places like Brazil, France, Thailand, Korea, and Costa Rica during her 20s, Land used her finance degree in the fields of management consulting and real estate. But she was far from fulfilled.

“I didn't like the person I had to be to succeed in management consulting and real estate,” Land said. “It was all about making money. I didn't want to live a selfish life.”

On a whim, Land took a personality test; the results indicated that she would be a perfect fit for OT. Her curiosity led Land to closely “shadow” her aunt and close friends who were in the OT field.

“I found out what an OT really does,” Land said, “As an OT, I discovered you can be creative, and adventurous. OT encompasses everything. We don't work solely with people who have physical disabilities; we also deal with mental disabilities like stress and depression. As an OT, you can see people change. It takes a special person to be an OT. Our goal truly is to help others live life to its fullest.”

### A Well-Rounded Program, Rich in Fieldwork

When considering which OT program to apply for, Land listened to her friends in OT who advised her to choose GSU. “They told me I'd have a better experience here,” Land said, “and that the faculty is really invested in their students' success.” Moreover, while other programs, like at the University of Illinois, are heavily focused on

theory, GSU's program is well-rounded, she was told. Land has found that to be true.

“At GSU, we're required to complete five fieldwork (internship) experiences: three Level I experiences (mental health, pediatrics and physical dysfunction) and two Level II's,” Land said. “The American Occupational Therapy Association only requires one Level I experience, and two Level II's.”

“We receive a very rich fieldwork experience, well over and above the national requirement. We're better prepared for the field. All this added insight into the different areas of occupational therapy will help us make a more informed decision when it's time to choose an area of specialty.”

### Spreading the Word

Land is helping spread the word about her newly chosen field through her blog. She is serious about the need for “more voices in OT on the Internet,” she said. “It's important that we each promote OT in our own way.” And it's also important, she believes, to dispel the top three common misconceptions that many people still have about the profession:

- Occupational therapy is “kinda like” physical therapy.
- Occupational therapists help people get jobs.
- Occupational therapists perform massages.

Wrong on all counts, Land said. OT focuses on function, using science and evidence-based practices, taking into consideration the whole person (including physical, psychological, environmental and social needs) in order to help that person function at the highest possible level — and live life to the fullest.

Like Kimberly Land.



# Lincoln Laureate Plans Career in Service to Others





Every year, an outstanding senior from each of the four-year, degree-granting institutions of higher learning in Illinois is named Student Laureate of The Lincoln Academy of Illinois. The 2010 Lincoln Laureate from GSU was Tamara S. Lewis of Chicago. Lewis received her award at the Thirty-Sixth Annual Student Lincoln Laureate Award ceremony, held in the Old State Capitol building in Springfield.

As a social work major at GSU, Lewis has earned a 3.8 GPA. She is a member of the Phi Alpha Honor Society for students studying social work, and Alpha Sigma Lambda, the National Adult Learners Honor Society.

Lewis was nominated for the honor by Dr. Phyllis West, Ph.D., MPH, MSW, Assistant Professor of Social Work.

According to Dr. West, "Tamara is that person who is willing to step out of her comfort zone in order to serve others. Tamara does not mind being uncomfortable if it means getting the job done and helping others."

Lincoln Laureates are chosen for their commitment to the principles of democracy and humanity as embodied by Abraham Lincoln.

#### **A Helping Hand for Haiti**

Lewis showed her compassion to others while helping to develop, promote, and produce a fashion show, "All Nations for Haiti," designed to raise funds for the victims of the earthquake in Haiti. The event raised \$4,400 for Haitian relief efforts.

Lewis credits GSU's Black Student Union, along with other Social Work students and Social Work department faculty members, for conceiving the plan for the fundraiser.

"The most fulfilling aspect of being a part of the fundraiser was working with other students and faculty that I would not normally have had an opportunity to work with, and seeing people from all walks of life come together not only to raise money for Haiti, but also to celebrate the people of Haiti's strength and resilience," Lewis said. "It was a great learning experience."

After receiving her Bachelor of Social Work degree in June, Lewis feels "fully prepared" to move into the work force. "The Social

Work Department faculty and staff are dedicated, supportive, and encouraging," Lewis noted.

In addition to recently earning her degree, Lewis was also awarded the Newman Civic Fellows Award. Lewis received the honor from the Campus Compact, an organization of colleges and universities dedicated to furthering campus service and service-learning in higher education.

The Newman Civic Fellows Award honors college students whose actions demonstrate their role as public problem solvers and civic leaders. Newman Civic Fellows are nominated by college and university presidents. Lewis was nominated by GSU President Elaine P. Maimon for her efforts to raise money for earthquake victims and her outstanding achievements as a student.

"As a student, Tamara demonstrates enthusiasm for academic excellence and genuine concern for addressing social disparities within impoverished communities," said Dr. Maimon. "She is passionate about social justice and desires to empower people and communities."

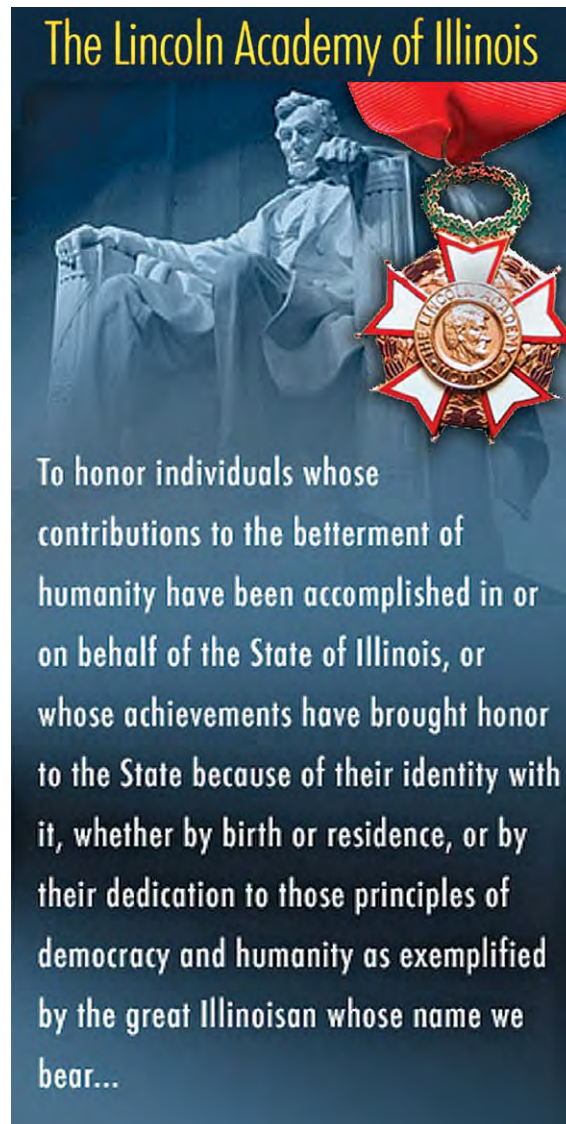
Lewis' next goal is to earn her Master's degree in Social Work and then find work in community organizing.

"I would love to work for the Urban League in its policy and research department," Lewis said.

She's also concerned with community health issues.

"The beauty of social work is that it can take me in a lot of different directions and allow me to explore many different areas," Lewis said.

"My ultimate goal is to open a youth center in Roseland."



Left: Tamara Lewis (right) is joined by Assistant Professor of Social Work, Dr. Phyllis West (left), at the Lincoln Laureate ceremony in Springfield, Illinois.



# Make Someone's Life Better: Confronting the Hidden Tragedy of Human Trafficking

Brenda Myers-Powell had been beaten unconscious, shot five times and stabbed 13 times over the past 25 years.

But it was the night she was dragged by a car six blocks down a Chicago street —and almost lost her left eye — that Myers-Powell realized she had to get out of prostitution.

She knew something was wrong when her client, who picked her up in a Mercedes Benz, demanded his money back and began striking her. She tried to escape, but barely escaped with her life. After a week in the hospital, Myers-Powell finally got some help, and a new direction for her life.

Today Myers-Powell is a member of the Cook County Sheriff's Department's prostitution intervention team, and is a co-founder of the Dreamcatcher Foundation. Since 2007, the not-for-profit organization has focused on improving the lives of Chicago's most disadvantaged and disenfranchised girls and young women, ages 12-25, through education, empowerment, and prevention of sexual exploitation.

Myers-Powell was just one of a number of riveting speakers on hand at a free conference held last spring at GSU on a hidden and often overlooked social blight – the issue of human trafficking.

## Human Trafficking – Everyone's Problem

More than 150 students, field instructors, social workers, and members of the community attended the event, *Stop Human Trafficking: Implications for Social Work Practice*. The conference was a joint effort between the Illinois Social Work Field Directors' Network and the GSU's Department of Social Work. The event was held at two locations: GSU and the DePaul Center in Chicago. Coordinating the conference at GSU was Jo Anne Smith, MSW, LCSW, Director of Field Education in the Department of Social Work.

In her introduction to the day's events, Smith reaffirmed the Social Work Department's commitment to the idea that "social justice and human rights go hand in hand. Our curriculum is dedicated to the idea that the citizens of our communities — especially those who are vulnerable and marginalized — deserve the care and dignity they need to live full and fulfilling lives. Our goal is to eliminate oppression of every kind — the recognized and unrecognized, institutional and social. Human trafficking is everyone's problem and everyone's responsibility to solve."

According to the U.S. Department of Health and Human Services, after drug dealing, human trafficking is tied with the illegal arms industry as the second largest criminal industry in the world today, and it is the fastest growing.

The United Nation's Global Initiative to Fight Human Trafficking estimates that 2.5 million people are in forced labor (including sexual exploitation) at any given time as a result of trafficking. Under the legal definition of the Trafficking Victims Protection Act of 2000, trafficking victims in the U.S. can be divided into three populations:

- Minors, under age 18, involved in commercial sex;
- Adults, age 18 and over, involved in commercial sex via force, fraud, or coercion;
- Children and adults forced to perform labor and/or services in conditions of involuntary servitude, peonage, debt bondage, or slavery, via force, fraud, or coercion.

Serving as moderator for the opening panel discussion about this issue was Jesse Munoz, MSW, LCSW, Assistant Dean of Student Relations and Director of Field Placement, Graduate School of Social Work at Dominican University in River Forest. Panelists included Lisa Fedina, MSW, Coordinator of the Rescue and Restore Project of the Illinois Department of Human Services; Ellyce Dalberg, of the Salvation Army's Stop It program; survivor Brenda Myers-Powell; and Frank Massolini, of the Salvation Army's Promise (Partnership to Rescue Our Minors from Sexual Exploitation) Program. An additional presentation on the subject of bonded labor in South India was presented by Ashley Brooks, MA, and Rob Brooks, JD. Five hours of CEUs were offered for all licensed social workers in attendance at the conference.

## 'Slavery is slavery'

Except for its positive ending, Brenda Myers-Powell's story is very similar to so many young men and women who wind up in prostitution. Raised by an alcoholic grandmother, she was molested by a family member at the age of four.

An easy target for exploitation, Myers-Powell fell into the trap of a pimp, who "tells you you're nothing, and that you can't make it without him, that he's (or she's) the best thing you've got going. They brainwash you, manipulate, and coerce you, making you believe that you can never change," Myers-Powell said.

"There are no 'happy hookers,'" she said. "There's no such thing as a victimless crime." Moreover, society has failed to address the "demand side" of the human trafficking problem, she said.

"We have to teach young men and boys that buying sex from women and girls is violence against women. Slavery is slavery. What gives any person the right to purchase another human being for sex," she stated.





Brenda Myers-Powell

“... To some, human trafficking may seem like a problem limited to other parts of the world. In fact, it occurs in every country, including the United States, and we have a responsibility to fight it just as others do. The destructive effects of trafficking have an impact on all of us. Trafficking weakens legitimate economies, breaks up families, fuels violence, threatens public health and safety, and shreds the social fabric that is necessary for progress. It undermines our long-term efforts to promote peace and prosperity worldwide. And it is an affront to our values and our commitment to human rights . . .”

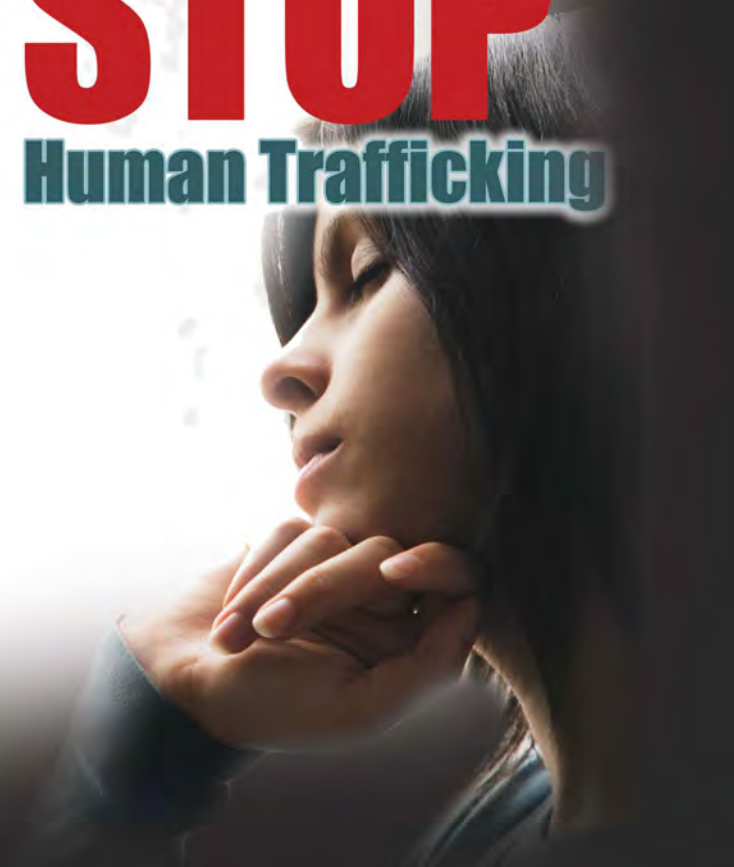
— U.S. Secretary of State Hillary Clinton, June 17, 2009

If you think you have come in contact with a victim of human trafficking, call the **National Human Trafficking Resource Center** at **888.373.7888**.

This hotline will help you determine if you have encountered victims of human trafficking, will identify local resources available in your community to help victims, and will help you coordinate with local social service organizations to help protect and serve victims so they can begin the process of restoring their lives.

More information on human trafficking may be obtained by visiting **[www.acf.hhs.gov/trafficking](http://www.acf.hhs.gov/trafficking)**

**STOP**  
**Human Trafficking**





# Physical Therapy Faculty Member Earns Prestigious Award

**Robin D. Washington, PT, Ph.D., CRC**, Assistant Professor in the Department of Physical Therapy, received the Sylvia Walker Education Award from the National Association of Multicultural Rehabilitation Concerns (NAMRC).



The award is named after the late Dr. Sylvia Walker, a professor, researcher, and director of the Center for Socioeconomic and Disability Policy Studies at Howard University in Washington, D.C., the first federal research and training center focused on minority issues and disability. Dr. Walker, who herself suffered from a visual impairment, was a long-time advocate for multicultural issues related to rehabilitation education. She was former chairman of the Department of Psychoeducational Studies at Howard University, and conducted research and training projects in South America and Africa. Dr. Walker was well known for her research addressing the unique issues of persons with disabilities from diverse racial/ethnic communities.

"We're extremely proud that Dr. Washington received the Sylvia Walker Education Award," noted Rebecca Wojcik, PT, Ed.D., GCS, Chair of GSU's Physical Therapy Department. "Dr. Washington clearly exemplifies the criteria upon which this award is based: excellence in rehabilitation education, commitment to student learning and development, a commitment to multiculturalism, and the ability to serve as an exemplary role model and mentor."

## Sharing the Dream and Spirit of Sylvia Walker

"I am so honored to receive an award named after Sylvia Walker," said Washington. "She was so well-respected by her peers and the community, both nationally and internationally. She increased awareness regarding issues related to people with disabilities. She helped break down both attitudinal and architectural barriers for people with disabilities so that they could gain full participation within society."

Washington was presented with the Sylvia Walker Education Award at the annual NAMRC conference in Atlanta last July. In his letter of support, Larry Bishop, Development Officer for the Department of Oklahoma Rehabilitation Services, writes that he was impressed with Washington's "love of social justice and cultural diversity, her dedication to her students' learning and development, and her long-term commitment to the field of rehabilitation."

Dr. Madun Kundu, Professor at Southern University in Baton Rouge, LA, wrote, "Dr. Robin Washington exemplifies the dream and spirit of Dr. Sylvia Walker."

"Over my 20 years in physical therapy, it's been extremely rewarding to be a member of a profession that emphasizes the clients'

abilities and focuses on helping them progress to their maximum potential, ultimately increasing the clients' quality of life and accessibility in all aspects of society," Washington responded.

## An Interdisciplinary Approach to Rehabilitation

"I've had the privilege of working on teams in developing two master's degree programs in Rehabilitation Counseling and an undergraduate program in Rehabilitation Services with a Concentration in Addictions Studies," Washington said. "I've observed the collaboration between the disciplines of physical therapy, occupation therapy, and speech therapy in developing interdisciplinary courses that extend beyond the healthcare facilities — incorporating the clients' workplace, homes, places of worship, schools, as well as social arenas."

A native of Chicago, Washington returned to her hometown in August, 2010, and joined the physical therapy faculty at GSU.

"I have a great appreciation and respect for the physical therapy faculty at GSU," Washington said. "The faculty expertise and commitment to student learning, competent practice, research, community involvement, and cultural diversity are reasons why I decided to join the faculty. Membership on this faculty has truly been an honor," Washington stated.

Dr. Washington's platform focuses on developing a comprehensive patient management model that is inclusive of rehabilitation counseling services; constructing interdisciplinary curricula within the Allied Health professions; and recruiting and graduating students from Allied Health professions proficient in addressing the rehabilitation counseling needs of individuals from multicultural populations.

The NAMRC is a professional association dedicated to promoting excellence and equity in rehabilitation research, education, and practice. The association's purpose is to create an understanding of the barriers, impact, and outcomes of cultural insensitivity; to ensure the provision of equitable and quality rehabilitation services; to provide professional development and enrichment of cultural competence; to promote cultural competence and social justice in educational programs; and to advocate, propose, and support legislation that addresses needs of culturally diverse persons with disabilities and their communities.



## NEWS BITES

### Russell Carter Named GSU Professor Emeritus

In recognition of his scholarship and 13 years of service, Physical Therapy Professor Russell Carter, PT, Ed.D., has been named Professor Emeritus.



"The College of Health and Human Services is absolutely thrilled to see Dr. Carter named Professor Emeritus," noted Elizabeth Cada, Ed.D., Dean of the College of Health and Human Services.

"Dr. Carter is most deserving of this honor, having given such dedicated service to not only the Physical Therapy Department, but, indeed, to the whole College and University. We're extremely proud of his achievements, and grateful for his continued support and involvement with the Doctor of Physical Therapy program," Dr. Cada said.



### CDIS Senior Awarded Research Grant

Aj'a D. Johnson, a student in the Master of Health Science (MHS) Program in Communication Disorders and a participant in the

University's Honors Program, was awarded a \$250 Student Research grant from the Honors Council of the Illinois Region.

Johnson has been working with Jennifer Armstrong, Ph.D., CCC-SLP, Assistant Professor of Communication Disorders, on a research grant related to literacy assessment.

"I am studying the emergent literacy information in preschool classrooms, and comparing classrooms that use a literacy assessment to those that do not," Johnson said.

"I am extremely proud of this student and her commitment to not only the completion of this project, but to the process of learning more about the need for emergent literacy activity in the preschool environment," said Dr. Armstrong.

"This project has grown from a review of current literature related to the topic, to exploratory qualitative research that will include the use of surveys, focus groups, and interviews. Aj'a will make a great addition to our graduate program in the fall."

According to Johnson, "the most challenging part of the project has been the whole design aspect — figuring out how to design a study that is feasible and valid."

"I have not had much experience with research projects. I received a great deal of support from Dr. Armstrong and Assistant Professor Dr. Tywanda Jiles in the Department of Early Childhood Education. It's been extremely interesting having the opportunity to learn firsthand what goes into the development and execution of a research project," Johnson said.

Johnson completed her first semester in GSU's Master of Health Science (MHS) in Communication Disorders program this past fall. She also serves as the president of the GSU student chapter of the National Student Speech Language Hearing Association.

### CDIS Student Chosen for Minority Student Leadership Program

Gernise Dixon has a bright future ahead of her.



The graduate Communications Disorders student secured a spot for herself in the 2010 Minority Student Leadership Program (MSLP) held at American Speech-Language-Hearing Association (ASHA) convention in Philadelphia last December.

Dixon faced strong competition—92 applicants for only 33 slots. She is the only student from the State of Illinois who was chosen to participate in the week-long program.

MSLP is a leadership development program designed to recruit and retain racial and ethnic minorities who have been historically under-represented in communication sciences and disorders.

MSLP members participate in focused educational programming and activities that build and enhance leadership skills, gain an understanding of how the association works, and interact with leaders in audiology, speech-language pathology, and speech, language, and hearing sciences.

Dixon got a lot out of the week-long program. Besides forming close bonds with fellow CDIS students — and future colleagues — Dixon had the chance to network with numerous CDIS professionals. She also had the chance to explore the idea of pursuing her doctorate with other Ph.D. degree-earners in her field.

Dixon currently serves as graduate assistant in GSU's Communication Disorders Department. She will graduate in August, 2012. The Baltimore-native-turned-Chicagoan holds an undergraduate degree in biology from Florida A & M University. Her interest in the CDIS field was piqued by the speech classes she took as electives during her undergraduate years.

"I'm really enjoying the program here at GSU," Dixon said. "The courses are very challenging and require a lot of critical thinking." Dixon also appreciates the fact

that the CDIS faculty members have such a diverse range of specialties, and offer numerous areas of expertise from which students can draw.

And while CDIS professionals can work in a wide variety of settings, Dixon is interested in working with patients from a clinical standpoint, in a hospital setting.

That is, until she gets her own practice off the ground.

### Phi Alpha National Honor Society Holds 2011 Induction Ceremony

The Social Work Department recently hosted the 2011 Induction Ceremony for the GSU Chapter of Phi Alpha National Honor Society.

The GSU chapter of Phi Alpha — the National Honor Society for Social Work students — is Omicron Beta. The purpose of Phi Alpha is to provide a closer bond among social work students and to promote humanitarian goals and ideals. Phi Alpha fosters high standards of education for social workers and invites into membership those who have attained excellence in scholarship and achievement in social work.

The motto of Phi Alpha is "Through Knowledge — the Challenge to Serve."

Addressing the new inductees, Gerri Outlaw, Ed.D., chair of GSU's Social Work Department, said, "I hope you are aware of how important you're seen. You are the top academic students, the cream of the crop. The emphasis in Phi Alpha, of course, is on academic excellence. But more important than that is the continuous civic engagement and service you provide. I hope that you will continue to be the fine and exemplary social workers that you are right now."

### 'You're Here to Change the World'

Serving as featured speaker for the Induction Ceremony was Fernando Rayas, a BSW alumnus from GSU who went on to receive his MSW from Jane Addams College of Social Work at the University of Illinois at Chicago. Rayas currently serves as a community organizer for Gamaliel of Metro Chicago (GMC), an affiliate of the Gamaliel Foundation, a nationally recognized network of grassroots community organizations working in the areas of youth issues, immigration reform, healthcare, access to transportation, workforce development and education. Rayas has been working with Jerry Kellman, who served as President Barack Obama's mentor in Gamaliel during the 1980s.



"It's an honor to be back here at my alma mater," Rayas said. "I appreciate the background in policy that I learned through my social work studies. As a social worker, you have to understand policy and systemic change, as well as people and personal interaction. The macro and micro come together."



"As a community organizer, I work with individuals in their leadership development and empowerment. I help these individuals realize that they can make a difference in solving the challenges of their communities," he said.

"The correct answer to why you do what you do as a social worker is because you want to change the world. As a social worker, you are not here to be famous, or popular, or to become wealthy. You're here to change the world."

### Social Work Graduate Named Emerging Leader

The National Association of Social Workers Illinois Chapter (NASW Illinois)

honored Chasity (Chaz) Wells-Armstrong, MSW, CADC, of Kankakee, with an Emerging Leaders Award at its Board luncheon last February in Chicago.



Wells-Armstrong holds a master's degree in Social Work from GSU and is also a Certified Alcohol Drug Counselor (CADC).

Wells-Armstrong was one of only four individuals chosen for last year's award. The NASW Illinois Emerging Leaders Award honors those in the social work profession who have demonstrated exemplary leadership, expertise, and dedication in Illinois, and whose contributions enhance practice knowledge and/or the capacity of the profession to obtain resources and influence.

"The 2011 Emerging Leaders award recipients personify the core of the social work profession: that of enhancing well-being and helping to meet the basic human needs of all people, with special attention to the needs and empowerment of people who are vulnerable, oppressed, and living in poverty," noted NASW Illinois Chapter President Yolanda Jordan, MSW, LCSW.

Wells-Armstrong has worked in a variety of social service settings and in state government. She is currently campaign coordinator for 79th District State Representative candidate Kate Cloonen. (Wells-Armstrong was the Constituent Services Director for former Congresswoman Debbie Halvorson.)

In addition to juggling duties as wife and mother, Wells-Armstrong maintains her ties to GSU by serving on the Social Work Department's Advisory Board. A member of the Phi Alpha National Honor Society, in 2009 Wells-Armstrong served as keynote speaker for the largest class of Phi Alpha inductees that the GSU Social Work Department has had in three years.

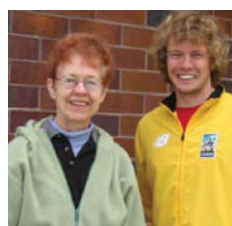
An active community volunteer, Wells-Armstrong also serves in a wide variety of positions: Social Work Advisory Board member for Trinity Christian University; Education Committee chairperson for the Kankakee branch of the National Association for the Advancement of Colored People; Legislative Awareness and

Advocacy Committee and Z-Club Committee of Zonta Club of Kankakee; and Calumet District Chair for the PAC Committee of the National Association of Social Workers/Illinois Chapter.

### PTSA Sponsors Successful Run 4 Rehab

The weather may have been a bit cool and cloudy, but that didn't keep approximately 80 individuals from participating in the first-ever Run 4 Rehab, a 5K (3.1 mile) run and 2-mile walk sponsored May 7 by the GSU Physical Therapy Student Association (PTSA).

The Run for Rehab served as a benefit to raise funds for the Miami-Marquette Challenge, a national competition between physical therapy schools to collect and distribute money for physical therapy research grants around the country; additional funds will go to the PTSA.



According to event director Andy Jellema, a second-year Doctor of Physical Therapy (DPT) student at GSU, at least \$400 was raised by the event.



*Pictured above left are Joyce Sligar, University Lecturer in the PT Department and Faculty Advisor to the PTSA, and DPT student Andy Jellema, event director. Above, several GSU Doctor of Physical Therapy students, as well as faculty members, volunteered or participated in the Run 4 Rehab, including (left to right) students Diana Biehl, Christie Ader, and Rose Porod; Associate Professor of PT, Dr. Dale Schuit, and students Randi Elliott, Tina Oria, and Ashley Kayes.*

Participants all received an event t-shirt, a goody bag, and were treated to refreshments at the conclusion of their run/walk.

Awards were given to the overall male and female finishers, as well as the top three finishers in each age group.

### DPT Students Provide Free Scoliosis Screenings for Children

Seven GSU Doctor of Physical Therapy (DPT) students paid a recent visit to St. Benedict's School in Blue Island where they screened approximately 40 children (6th through 8th grade) for scoliosis. Joyce Sligar, PT, MBA, MA, University Lecturer in the Physical Therapy Department, and Robin Washington, PT, Ph.D., CRC, Assistant Professor of Physical Therapy,

accompanied the DPT students, who included: Takara Ebbin, Victor Ferenzi, Brianna Lynch, Andrea Myles, Kristin Rauch, Amanda Schlitt, and Kali Smith.

Scoliosis occurs when the spine features one or more sideward curves, in addition to the normal forward and backward curves; sometimes the spine is also rotated, causing the ribs to protrude on one side. In addition to cerebral palsy, fractures, and bone diseases, other causes of scoliosis include unequal leg length, abnormal postural habits, and injury to the spine.

It's important that children be screened for this disorder, since it can progress to the point of pain, spinal damage, and interference with breathing. If caught early, various interventions such as posture training, exercise under a physical therapist's supervision, spinal bracing, or surgery may be needed to prevent further progression of the abnormal posture.

### PT Graduate: On the Front Lines of Patient Care

The 15-year-old patient at Schwab Rehabilitation Hospital in Chicago is a lean, 6'2" former swimmer. Having suffered a traumatically-acquired spinal cord injury at the age of 14 from a gunshot wound, he now faces life with a severe disability.

As part of the patient's medical team, it is Alejandra Jirasek's job to help this young man, Ondelee Perteet. A native Chicagoan, Jirasek is a 2007 graduate of the Master's in Physical Therapy program at GSU. For more than a year now, she has served as the young man's primary physical therapist since he began receiving outpatient care at Schwab.

Jirasek's young patient was featured on an ABC-TV/Channel 7 news segment, "The Determination of Ondelee." Jirasek was filmed working with her patient, supporting him from behind and facilitating muscle and movement patterns, as he struggled to mobilize his paralyzed legs forward.

"Each step is a victory," Jirasek said. "You have to celebrate every little gain, celebrate the little accomplishments. Ondelee has been working hard," she added. "It's been a long and a hard year; he's had a lot of different challenges. But he's made some excellent gains."

### On the Front Lines

Reflecting on her work as a physical therapist, Jirasek said, "I would characterize my work as whole body rehabilitation. Physical therapy is not just about 'working on strength.' It is about making a plan for systematically improving gross motor skills and promoting maximal function and independence. At the same time, you've got to understand your patient's journey and get your patient's family on board with the rehabilitation plan you've built together."

That's where relationship-building comes into play, Jirasek pointed out. "Physical therapists can only be as successful as their relationship with the patient and family. If they don't trust you, the rehab is NOT going to work well, no matter how good the plan," she said.





As seen on ABC TV/ WLS-Chicago news, GSU graduate Alejandra Jirasek (above, right) works with patient Ondelee Perteet.

**Teamwork is Key** Jirasek says she is lucky to work with a "wonderful" group of occupational therapists at Schwab.

"Ondelee's primary OT and I worked very closely throughout his care," Jirasek said. "We are a team. In complicated cases such as traumatically acquired spinal cord injuries, it's essential

to have a team that can build upon the goals and knowledge of the other disciplines. No one person can be everything for a patient."

Jirasek feels her PT education at GSU prepared her very well for the job she is doing today. "My training was very comprehensive in nature. I was really delighted," she said. "I love my job. I love getting to know my patients and helping them achieve their potential."

Russell E. Carter, PT, Ed.D., Physical Therapy Professor Emeritus, was Assistant Director of Physical Therapy at Schwab before he was recruited by GSU to help get the university's growing physical therapy program off the ground.

Carter's connection to Schwab eased the way for Jirasek (among other GSU students) to complete her final clinicals at Schwab before starting work there in 2008. She is considering going on for her Doctor of Physical Therapy (DPT) degree at some point in her career.

Former College of Health and Human Services Dean Linda Samson, Ph.D., RN, BC; NEA, BC, and Carter brought the DPT degree program to fruition over the past eight years. The program's third graduating class of DPT students was hooded in May.

### Social Work Students Out in Full Force for Advocacy Day 2011

Social Work students from the College of Health and Human Services came out in full force to support Social Work Advocacy Day in Springfield this past March.

GSU tied for first place with the University of Illinois at Urbana-Champaign for the most number of students participating in the day's events; both schools had 119 students in attendance. The second highest attendance (92 students) came from the University of Illinois at Chicago, followed by Illinois State University, with 87 students in attendance.

A total of 17 social work programs from across the state were represented in Springfield for Social Work Advocacy Day, culminating in a record number of close to 900 social workers and social work students participating.

Coordinating the event with members and officers of the GSU Social Work Student Organization was Phyllis West, Ph.D., MPH, MSW, Assistant Professor in the Department of Social Work. Accompanying West were

colleagues Lorri Glass, Ph.D., LCSW, ACSW, Assistant Professor in the Social Work Department, and Asabi Yakini, Ph.D., LCSW, a lecturer in the Social Work Department.

### Amazing School Spirit

Commenting on the day's events, Dr. West noted that, "in addition to learning about urgent financial matters impacting human service organizations, throughout the day students demonstrated an amazing school spirit and a desire to learn more about policy."

First year Bachelor of Social Work student Jennifer Goudreau, of Bradley, had been to Springfield before on field trips, but had never had such an "enriching, hands-on experience" in observing government at work. Goudreau had the opportunity to sit in on a State Government Administration Committee meeting, at which State Representative Lisa Dugan was serving as vice-chairperson. "It was great to be in the middle of it all," Goudreau said.

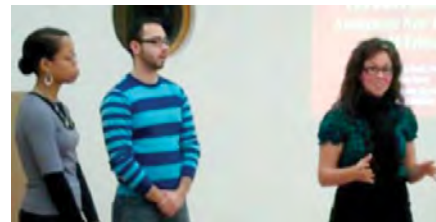
The top issue of concern for the students was the financial budget, Goudreau noted. "Social services — things like mental health and domestic violence centers — you don't realize how important these programs are until you need them," she said. "We realize that cuts have to come from somewhere, but I'm hoping they can find somewhere else to cut."

According to the Executive Director of the Illinois Chapter of the National Association of Social Workers (NASW), Joel L. Rubin, MSW, CAE, writing on the NASW-IL website: "Our large numbers could not have come at a more important time: serious issues of budget cuts to human services ... are a significant area of focus, in addition to implementation of healthcare reform in Illinois and Medicaid reform in the state."

### CDIS Students Host Workshop for Family Development Center

The students enrolled in the Communication Disorders class CDIS 710 (Child Language Disorders: Early Stages) were given the unique opportunity to provide a workshop for the early childhood educators of GSU's Family Development Center.

The class was led by Jennifer Armstrong, Ph.D., CCC-SLP, Assistant Professor in the Department of Communication Disorders.



CDIS students (left to right) Prentice Johnson, Joe Sierra and Lindsey Good answer questions during a workshop they provided at GSU's Family Development Center.

Among the topics discussed during the workshop were:

- Warning signs for speech and language delays in children, age Birth-5
- Phonemic awareness in children, age Birth-5
- How to get the most out of one page of a book
- Increasing vocabulary through dramatic play
- Increasing language and literacy at meal-time
- Going green with language and literacy

This was the third in a series of educational workshops that communication disorders students have offered the parents, children, and staff members of GSU's Family Development Center. Each phase of the workshop was interactive and well-received by all attendees, Dr. Armstrong observed.

According to Fern Katz, Early Childhood Program Coordinator for the Family Development Center, "I've been working with this population for more than 30 years. It was wonderful to be presented with new information and learning activities that we can use with our children."

### Addictions Studies Students Advocate in Springfield

Graduate and undergraduate students from Addictions Studies 525 (Clinical Approaches to Addictions Treatment) extended their learning beyond the classroom this spring by participating in the Second Annual Advocacy Day sponsored by CORE-Illinois (Citizens Organized for Recovery and Education), in cooperation with the Illinois Alcohol and Other Drug Abuse Professional Certification Association, Inc. (IAODAPCA)

After accompanying their instructor, James Golding, MSW, MHS, CAADC, CCJP, MAC, to the three-day IAODAPCA conference held in March, the students decided to travel by bus to Springfield in order to advocate against state budget cutbacks to funding for addictions treatment and prevention services in Illinois.

According to Golding, the students had an opportunity to meet with two senators, to whom they proposed an idea for obtaining additional revenue for addictions treatment and prevention services. Their idea? Take one percent of what the state earns from gambling — which, as Golding points out — is an addiction, as well; then use the one percent for prevention, since the state has cut the budget for prevention to zero, Golding said.





**Faculty and Staff 2011 Service Recognition Awards**

**5 Years**

Shirley Comer – Nursing  
 Elizabeth Essex – Social Work  
 Carolyn Estes-Rodgers – Community Health  
 James Golding – Addiction Studies and Behavioral Health  
 Lidia Huerta – Communication Disorders  
 Laura Owens – Dean’s Office  
 Kelly Robinson – Social Work

**10 Years**

Paul R. Keys – Social Work  
 Nancy MacMullen – Nursing  
 Rebecca Wojcik – Physical Therapy  
 Maristela Zell – Social Work

**15 Years**

Gail Mosier – Dean’s Office  
 David O’Donnell – Addictions Studies and Behavioral Health

**25 Years**

Cheryl Mejta – Addictions Studies and Behavioral Health

**35 Years**

Sang-O Rhee – Health Administration

**Outstanding Students 2011 Recognition Awards**

**Addiction Studies and Behavioral Health (ASBH)**

Undergraduate Jillian Gray (Community Health)

Graduate Jasmine Williams

**Communication Disorders (CDIS)**

Undergraduate Melissa Daniels

Graduate Yesenia Esparza

**Health Administration (HLAD)**

Undergraduate Kwame Adjapong

Graduate Angela Davis

**Nursing (NURS)**

Undergraduate Rachel Bulthuis

Graduate Eva Blicharski

Doctoral Alisa Murchek

**Occupational Therapy (OT)**

Graduate Melissa Sparr

Doctoral Caren Schranz

**Physical Therapy (PT)**

Doctoral Jessica George

**Social Work (SOCW)**

Undergraduate Cynthia King-Meyers

Graduate Stan W. McLaurin

**2011 Outstanding Preceptors/Field Instructors**

**Addictions Studies and Behavioral Health**

Levi Aliposa

**Communication Disorders**

Akilia D. McCain

**Health Administration**

Kenneth Williams

**Nursing**

Eileen Devlin

**Occupational Therapy**

Rebecca Kvasnicka

**Physical Therapy**

William Curtis

**Social Work (BSW)**

Laura Von Borstel

**Social Work (MSW)**

Bryan Echols

**Outstanding Students 2012 Recognition Awards**

**Addiction Studies and Behavioral Health (ASBH)**

Graduate Jody McGuyer

**Communication Disorders (CDIS)**

Undergraduate Michael Congoran

Graduate Adontaus Chalmers

**Community Health**

Undergraduate Omosola Odusanya

**Health Administration (HLAD)**

Undergraduate Erin Maureen Lorenz

Graduate Akhilesh Duratkar

**Nursing (NURS)**

Undergraduate Miyako Streeter

Graduate Anne-Gillian Roska

Doctoral Yvette Roberts

**Occupational Therapy (OT)**

Graduate Kimberly Beall

Doctoral Elizabeth Wanka

**Physical Therapy (PT)**

Doctoral Kristin M. Rauch

**Social Work (SOCW)**

Undergraduate Nina Rochell Lee

Graduate Beverly J. Akins

**2012 Outstanding Preceptors/Field Instructors**

**Addictions Studies and Behavioral Health**

Jamelia Hand

**Communication Disorders**

Kimberlee A. Davis

**Health Administration**

Victoria D. Ballard

**Nursing**

Cathy Moynihan

**Occupational Therapy**

Thomas Bancsi

**Physical Therapy**

Phyllis D. Levine

**Social Work (BSW)**

James W. Robinson

**Social Work (MSW)**

Eleanor Harris



## Presentations

### Jennifer Armstrong, Ph.D., CCC-SLP.

Illinois Speech Language and Hearing Association - Arlington Heights, IL  
Presentation (Armstrong, J. and C.H. Balthazar): February, 2011

*Clinical Research and Evidence-Based Practice Roundtable for Speech-Language Pathologists*

Chicago Public Schools - Chicago, IL  
Presentation (Armstrong, J.): March, 2011  
*Serving Linguistically and Culturally Diverse Populations*

CESA 5 Speech-Language Pathology Institute - Wisconsin Dells, WI  
Presentation (Armstrong, J.): April, 2011  
*Serving Linguistically and Culturally Diverse Populations*

Governors State University Faculty Summer Institute - University Park, IL  
Presentation (Armstrong, J.): June, 2011  
*Teaching with Technology*

### Catherine Balthazar, Ph.D.

American Speech-Language-Hearing Association Convention - Philadelphia, PA  
Presentation (Scott, C.M., Balthazar, C.H., and K.M. Koonce): November, 2010  
*Assessing and Treating Sentence Complexity Found in Expository Texts*

Illinois Speech-Language-Hearing Association Convention - Rosemont, IL  
Presentation (Balthazar, C.H., Armstrong, J., Kempster, G. and K.M. Koonce): February, 2011  
*Clinical Research and Evidence-based Practice Roundtable for SLPs*

Illinois Speech Language and Hearing Association - Arlington Heights, IL  
Presentation (Armstrong, J. and C.H. Balthazar): February, 2011  
*Clinical Research and Evidence-Based Practice Roundtable for Speech-Language Pathologists*

DuPage County Speech-Language-Hearing Association - Lombard, IL  
Presentation (Balthazar, C.H.): March, 2011  
*Improving Academic Language Skills: Grammar Beyond Brown's Stages*

Indiana Speech-Language-Hearing Association Convention - Indianapolis, IN  
Presentation (Scott, C.M. and C.H. Balthazar): April, 2011  
*Building Complex Language for a Complex World: Assessment and Treatment for Children and Adolescents with Language Impairment*

Symposium for Research in Child Language Disorders - Madison, WI  
Presentation (Balthazar, C.H., Koonce, N.M., and C.M. Scott): June, 2011  
*An Exploration of the Relationship of Three Experimental Measures of Complex Sentence Knowledge to CELF4 Scores*

### Catherine P. Brady, Ed.D., OTR/L

American Occupational Therapy Association Annual Conference - Philadelphia, PA  
Presentation (Brady, C.): April 14, 2011  
*ADA Accommodations in the Clinic, Classroom and on Fieldwork*

### Danilla Cepa, DHS, OTR/L

Supporting Learning and Technology in Education Conference - Chicago, IL  
Paper Presentation (Sood, D. and D. Cepa): October, 2010

*Connecting Culture & Classroom with Technology: Using International Collaboration to Facilitate Cultural Sensitivity in Occupational Therapy Education*

ILOTA Annual Conference, Springfield, IL  
Presentation (Ellexson, M., Wanka, E., Cepa, D. & Sood, D.): November 12, 2010  
*A Conceptual and Translational Model for Culturally Competent Care*

American Occupational Therapy Association National Conference - Philadelphia, PA  
Presentation (Ellexson, M., Wanka, E., Cepa, D. and D. Sood): April 16, 2011  
*A Conceptual and Translational Model for Culturally Competent Care*

American Occupational Therapy Association National Conference - Philadelphia, PA  
Presentation (Ellexson, M., Schranz, C., Wanka, E., Cepa, D. and D. Sood): April 17, 2011  
*Pediatric OT: A Multicultural Experience*

### David Diers, Ed.D, MHS, PT, ATC

Annual Conference and Exposition of the American Physical Therapy Association - Boston, MA  
Presentation (Schuit, D. and D. Diers): June 16-19, 2010  
*Group Project Presentation in a Movement Analysis Course: A Novel Approach*

### Melanie T. Ellexson, DHS, MBA, OTR/L, FAOTA

Assistive Technology Industry Association Conference and Exhibition - Schaumburg, IL  
Presentation (Ellexson, M.): October 28, 2010  
*Assistive Technology: Aging in Place at Home and Work*

ILOTA Annual Conference, Springfield, IL  
Presentation (Ellexson, M., Wanka, E., Cepa, D. & Sood, D.): November 12, 2010  
*A Conceptual and Translational Model for Culturally Competent Care*

ILOTA Annual Conference - Springfield, IL  
Presentation (Ellexson, M., Schranz, C., Wanka, E., and S. Hansen): November 12, 2010  
*Pediatric OT: A Multicultural Experience*

Kiev School for Special Children - Kiev, Ukraine  
Presentation (Ellexson, M.): March 6, 2011  
*Autism: Evaluation and Intervention*

Anti-Stroke Association - Kiev, Ukraine  
Presentation (Ellexson, M.): March 5, 2011  
*Cerebral Vascular Accident: Occupational Therapy Evaluation and Intervention*

American Occupational Therapy Association National Conference - Philadelphia, PA  
Presentation (Ellexson, M., Wanka, E., Cepa, D. and D. Sood): April 16, 2011  
*A Conceptual and Translational Model for Culturally Competent Care*

American Occupational Therapy Association National Conference - Philadelphia, PA  
Presentation (Ellexson, M., Schranz, C., Wanka, E., Cepa, D. and D. Sood): April 17, 2011  
*Pediatric OT: A Multicultural Experience*

Governors State University Faculty Summer Institute - University Park, IL  
Presentation (Ellexson, M.): June 6, 2011  
*Using Camtasia Studio for Classroom Teaching and Learning*

### Elizabeth Essex, Ph.D.

Society for Social Work and Research 15th Annual Conference - Tampa, FL  
Presentation (Essex, E.L., Adam, N.M., Moukahal, W. and S. Tabahi): January, 2011  
*Older Arab Americans and Younger Family Caregivers: Intergenerational Experiences and Needs*

63rd Annual Meeting of the Gerontological Society of America - New Orleans, LA  
Presentation (Chung, K., Essex, E.L., Jung, J. and I. Sheelam): November, 2010  
*State Policies on Freestanding Hospice Facilities*

### Stephanie Hughes, Ph.D.

Annual Convention of the American Speech-Language-Hearing Association - Philadelphia, PA  
Presentation (Irani, F., Gabel, R., Daniels, D. and S. Hughes): November, 2010  
*Evaluating Treatment Outcomes for Intensive Stuttering Therapy: A Mixed-Method Approach*

Illinois Speech-Language-Hearing Association Convention - Rosemont, IL  
Presentation (Chalmers, A., Desalvo, K., Dixon, G., Strugalla, E. and S. Hughes): February, 2011  
*Therapeutic Use of Portable Electronic Devices by Speech-Language Pathologists*

Illinois Speech-Language-Hearing Association Convention - Rosemont, IL  
Presentation (Matos, A., Sierra, J. and S. Hughes): February, 2011  
*Communication Disorders Students' Recommendations for Fluency Therapy*

### Raven James, Ed.D.

Society for the Scientific Study of Sexuality Annual Meeting - Las Vegas, NV  
Presentation (James, R.): November, 2010  
*Exploring Sexual Self-Esteem in Female College Students Using a Brief Measure*

Society for the Scientific Study of Sexuality Annual Meeting - Las Vegas, NV  
Presentation (James, R.): November, 2010  
*Developing a Brief Sexual Self-Esteem Inventory for Women (BSSEI-W)*

Governors State University World Aids Day - University Park, IL  
Panelist (James, R.): December, 2010

Illinois Alcohol and Other Drug Abuse Professional Certification Association (IAODAPCA) Spring Conference - Lisle, IL  
Presentation (James, R.): March, 2011  
*Developmental Issues Impacting Adolescent Substance Abuse*

Women's Treatment Center - Chicago, IL  
Presentation (James, R.): April & May, 2011  
*Working with Lesbian and Bisexual Women in Substance Abuse Treatment*

Governors State University Gender Matters Conference - University Park, IL  
Panel Presentation (James, R., Smith, J. and T. Thompson): April, 2011  
*Health Disparities and Gender: A Panel Presentation*

Governors State University Gender Matters Conference - University Park, IL  
Presentation (James, R. and C. Wray): April, 2011  
*Teaching About Gender in an Addictions Studies Program*

Society for the Scientific Study of Sexuality Western Region Conference - San Francisco, CA  
Presentation (James, R. and S. Wadhwa): April, 2011  
*Developing a Sexual Health Intervention for Women in Substance Abuse Treatment*

South Suburban Council on Alcoholism and Substance Abuse - East Hazel Crest, IL  
Presentation (James, R.): June & July, 2011  
*Working with LGBT Clients in Substance Abuse Settings*

### Dianne Jamison, Ph.D., R.N.

Advocate Trinity Hospital Nurses' Week - Chicago, IL  
Presentation (Jamison, D.): May, 2011  
*Evidence-Based Practice in Nursing*

Roberta Kuchler O'Shea, PT, Ph.D.  
Association for Conductive Education in North America (ACENA) - Toronto, Canada  
Presentation (O'Shea, R.K. and C. Oria): August, 2010  
*Research Updates in Conductive Education*

Conductive Education World Congress - Hong Kong  
Presentation (O'Shea, R.K.): December, 2010  
*The Certificate in the Principles of CE: Progress Made and Lessons Learned*

Conductive Education World Congress - Hong Kong  
Oral Presentation (O'Shea, R.K.): December, 2010  
*Looking at Influences of Conductive Education on Functional Movement Patterns Using Motion Capture Cameras.*

Conductive Education World Congress - Hong Kong  
Poster Presentation (O'Shea, R.K.): December, 2010  
*Influence of Music on Movement in Children with Cerebral Palsy Using Motion Capture Technology*



American Physical Therapy Association CSM 2010 - New Orleans, LA  
 Presentation (O'Shea, R.K.): February, 2011  
*Let's Get to Business: Defining Your Needs, Finding a Mentor/Mentors, and Making the Most of the Mentor Relationship*

American Physical Therapy Association CSM 2010 - New Orleans, LA  
 Presentation (O'Shea, R.K., Ton, K. and A.M. Vendrely): February 12, 2011  
*Wiihab in Action: Improving Quality of Life and Participation with Lifelong Disabilities*

**Mark Sanders, LCSW, CADC**  
 Illinois Department of Corrections - Joliet, IL  
 Presentation (Sanders, M.): January 6, 2011  
*Counseling Techniques with Criminal Justice Clients*

University of Chicago, Laboratory High School - Chicago, IL  
 Presentation (Sanders, M.): January 25, 2011  
*Substance Abuse*

Academy of Addiction Treatment Professionals - Chicago, IL  
 Presentation (Sanders, M.): February 12, 2011  
*Ethics and Diversity*

Kankakee Community College - Kankakee, IL  
 Presentation (Sanders, M.): February 18, 2011  
*Working with Clients Exposed to Trauma*

Wisconsin Association of Alcohol and Other Drug Abuse - Madison, WI  
 Presentation (Sanders, M.): February 26, 2011  
*Clinical Supervision*

Academy of Addiction Treatment Professionals - Springfield, IL  
 Presentation (Sanders, M.): March 11, 2011  
*Counseling Difficult to Reach Clients*

Madden Mental Health - Madden, IL  
 Presentation for Annual Social Work Month (Sanders, M.): March 15, 2011  
*Preventing Burnout and Compassion Fatigue*

Oakton College - Des Plaines, IL  
 Presentation (Sanders, M.): March 19, 2011  
*Father Hunger/Father Wounds*

Illinois Certification Board - Itasca, IL  
 Opening Conference Speaker (Sanders, M.): March 28, 2011  
*Integrating Motivational Interviewing and Logo Therapy to Help Clients Recover*

U.S. Journal Training - Las Vegas, NV  
 Presentation (Sanders, M.): March 31, 2011  
*Working with Adolescents and Young Adults Impacted by Fatherlessness*

U.S. Journal Training - Las Vegas, NV  
 Presentation (Sanders, M.): April 1, 2011  
*Logo Therapy with Adolescents and Young Adults*

Kankakee Community College - Kankakee, IL  
 Presentation (Sanders, M.): April 19, 2011  
*15 Strategies for Engaging Difficult-to-Reach Adolescents with Substance Use Disorders*

Illinois Division of Alcohol and Substance Abuse and Illinois Co-Occurring Center for Excellence - Utica, IL  
 Presentation (Sanders, M.): April 26, 2011  
*A Recovery Revolution: Integrating the Addictions and Mental Health Recovery Movements.*

Lake County Health Department - Lake Forest, IL  
 Presentation (Sanders, M.): May 3, 2011  
*Clinical Supervision*

Chicago Firefighters Union - Chicago, IL  
 Presentation (Sanders, M.): May 7, 2011  
*Tired, Wired, and Mired: Preventing Burnout and Compassion Fatigue*

Wisconsin Association of Alcohol and Other Drug Abuse - Oconomowoc, WI  
 Presentation (Sanders, M.): May 17, 2011  
*Father Hunger/Father Wounds*

University of Arkansas - Little Rock, AR  
 Presentation (Keynote Speaker: Sanders, M.): June 8, 2011  
*Preventing Burnout and Compassion Fatigue*

Illinois Department of Corrections - Springfield, IL  
 Presentation (Sanders, M.): June 12, 2011  
 Self-Care

Oakton Community College - Skokie, IL  
 Presentation (Sanders, M.): June 22, 2011  
*Ethics and Diversity*

Jesse Brown Veterans Administration Hospital - Chicago, IL  
 Presentation (Sanders, M.): June 24, 2011  
*Recovery: The Gift. A Presentation to Vietnam Veterans in Recovery*

DuPage County - Wheaton, IL  
 Presentation (Sanders, M.): June 29, 2011  
*Co-occurring Disorders*

Texas Behavioral Health - Austin, TX  
 Keynote Address (Sanders, M.): July 22, 2011  
*A Recovery Revolution in Texas*

**Dale Schuit, PT, Ph.D., MS**  
 Annual Conference and Exposition of the American Physical Therapy Association - Boston, MA  
 Presentation (Schuit, D. and D. Diers): June 16-19, 2010  
*Group Project Presentation in a Movement Analysis Course: A Novel Approach*

Department of Physical Therapy, Community Hospital - Munster, IN  
 Presentation (Schuit, D.): July 6, 2010  
*Gait Analysis Using Video in the Clinical Setting*

**Jo Anne Smith, MSW, LCSW**  
 Northeastern Illinois University - Chicago, IL  
 Presentation (Smith, J.): October 1, 2010  
*Art in Response to Violence*

Governors State University Gender Matters Conference - University Park, IL  
 Panel Presentation (James, R., Smith, J. & Thompson, T.)  
*Health Disparities and Gender: A Panel Presentation*

**Divya Sood, OTD, OTR/L**  
 Supporting Learning and Technology in Education Conference - Chicago, IL  
 Paper Presentation (Sood, D. and D. Cepa): October, 2010  
*Connecting Culture & Classroom with Technology: Using International Collaboration to Facilitate Cultural Sensitivity in Occupational Therapy Education*  
 Illinois Association of Occupational Therapy State Conference - Springfield, IL  
 Short Course (Sood, D., Cepa, D., Ellexson, M. and E. Wanka): November, 2010  
*A Conceptual & Translational Model for Culturally Competent Care*

Illinois Association of Occupational Therapy State Conference - Springfield, IL  
 Short Course (Sood, D.): November, 2010  
*Measurement and Intervention Model for Enriched Home Environment for Children with Autism Spectrum Disorder*

American Occupational Therapy Association - Philadelphia, PA  
 Poster Presentation (Sood, D., Cepa, D., Ellexson, M. and E. Wanka): April, 2011  
*A Conceptual & Translational Model for Culturally Competent Care*

**Catherine Tymkow, DNP, APN, WHNP-BC, CNE**  
 Governors State University Eliminating Health Inequity Conference - University Park, IL  
 Presentation (Tymkow, C.): October 22, 2010  
*Emergency Department Usage Among Patients with Access to a Primary Care Provider*

**Ann Vendrely, PT, DPT, Ed.D.**  
 American Physical Therapy Association CSM, Sponsored by the Pediatric and Neurology Sections - New Orleans, LA  
 Presentation (O'Shea, R.K., Ton, K. and A.M. Vendrely): February 12, 2011  
*Wiihab in Action: Promoting Participation for Adults with Lifelong Disabilities*

Annual Meeting of the American Physical Therapy Association - Boston, MA  
 Presentation (Vendrely, A.M.): June 17, 2010  
*Integration of Cognitive-Behavioral Therapy with Gait Training for a 58-year-old Male with a Fear of Falling: A Case Study*

Governors State University - University Park, IL  
 Presentation (Vendrely, A.M. and K. McGuire Johnson): May 20-21, 2011  
*APTA Clinical Instructor Education and Credentialing Program*

Chicago Area Clinical Educators Forum, Swedish Covenant Hospital, Chicago, IL  
 Presentation (Vendrely, A.M. and J. Elliott): April 29-30, 2011  
*Advanced APTA Clinical Instructor Education and Credentialing Program*

**Serena Wadhwa, Psy.D., LCPC, CADC**  
 MCTI - Madison, WI  
 Presentation (Wadhwa, S.): September, 2010  
*Screening, Assessment, and Treatment Planning*

Minority Counseling Training Institute (MCTI) - Madison, WI  
 Presentation (Wadhwa, S.): November, 2010  
*Diversity Training*

Society for the Scientific Study of Sexuality Western Region Conference - San Francisco, CA  
 Presentation (James, R. and S. Wadhwa): April, 2011  
*Developing a Sexual Health Intervention for Women in Substance Abuse Treatment*

Substance Use Services Training and Information Network (SUSTAIN) - Grayslake, IL  
 Presentation (Wadhwa, S.): May, 2011  
*Relapse Prevention and Intervention for Addiction and Mental Disorders*

Wisconsin Alcohol and Other Drug Association (WAAODA) - Waukesha, WI  
 Presentation (Wadhwa, S.): May, 2011  
*Elements of Personal Power*

Haymarket Center - Chicago, IL  
 Presentation (Wadhwa, S.): October, 2011  
*Grief, Loss, and Substance Abuse*

## Publications

**Catherine Balthazar, Ph.D.**  
 Scott, C.M. and C.H. Balthazar. "The Grammar of Information: Challenges for Older Students with Language Impairments." *Topics in Language Disorders*, 30, 2010: 288-307.

**Elizabeth Essex, Ph.D.**  
 Essex, E., Shalabi, I., and N. Adam. "Identifying the Social Service Needs of Arab American Elders." In E. P. Standford & G. Koskovich (Eds.), *Diversity and Aging in the 21st Century: The Power of Inclusion*, 2010: 89-93.

**Stephanie Hughes, Ph.D.**  
 Goberman, A., Hughes, S. and T. Haydock. "Acoustic Characteristics of Public Speaking: Anxiety and Practice Effects." *Speech Communication*, 53, 2011: 867-876.

Hughes, C., Gabel, R., Goberman, A., and S. Hughes. "Family Experiences of People Who Stutter." *Canadian Journal of Speech-Language Pathology and Audiology*, 35, 2011: 45-55.

Hughes, S. "Clinical and Ethical Implications of Pseudostuttering." *Perspectives on Fluency and Fluency Disorders*, 20, 2010: 84-96.

Hughes, S., Gabel, R., Irani, F. and A. Schlagheck. "University Students' Explanations for Their Descriptions of People Who Stutter: An Exploratory Mixed Model Study." *Journal of Fluency Disorders*, 35, 2010: 280-298.

Hughes, S., Gabel, R. and F. Irani. "Fluent Speakers' Advice for Communicating with People Who Stutter: The Concept of Mutual Help and Its Effects on Successful Stuttering Management." In E. L. Simon (Ed.), *Psychology of Stereotypes*. NY: Nova Publishers, 2010: 1-46.



**Raven James, Ph.D.**

James, R. and L. Simons. "Addiction Studies: Exploring Student Attitudes Toward Research in a Graduate Program." *Journal of Alcohol and Drug Education*. Vol. 55(2), 2011.

James, R. "Correlates of Sexual Self-Esteem in a Sample of Substance-Abusing Women." *Journal of Psychoactive Drugs*, 43(3) 2011: 1-9.

**Nancy MacMullen, Ph.D., RNC, HR-OB, APN/ CNS, CNE**

MacMullen, N.J. and L.A. Dulski. "Nursing Management: Female Reproductive Problems." In Sharon M. Lewis, et. al.(Eds) *Medical Surgical Nursing*. St. Louis: Elsevier/Mosby (2011 8th Edition).

MacMullen, N.J., Shen, J. and C.H. Tymkow. "Adverse Maternal Outcomes in Women with Asthma Versus Women Without Asthma." *Applied Nursing Research*, 23 (1) 2010: 9-13.

MacMullen, N.J. and L.A. Dulski. Perinatal Implications of Sickle Cell Disease. *Maternal Child Nursing Journal*. (In Press).

**Roberta Kuchler O'Shea, PT, Ph.D.**

Goodman, C.C., Fuller, K.S. and R.K. O'Shea. (Associate Editor) *Pathology for the Physical Therapy Assistant*. St. Louis: Elsevier/Mosby/Saunders, 2011.

O'Shea, R.K. and B. Sposato. *Physical Therapy for Children* (Chapter 3). St. Louis: Elsevier/Mosby/Saunders, 4th edition, 2011.

**Linda F. Samson, Ph.D., RN, BC; NEA, BC**

Kim, T.H., Samson, L.F. and N. Lu. "Disparities in the Utilization of High-Technology Hospitals." *Journal of the National Medical Association*, 102(9) 2010: 803-810.

Samson, L. "Educational Challenges in Neonatal Nursing Practice and Advanced Practice." *Journal of Perinatal and Neonatal Nursing*, 25(2) 2011: 206-209.

Samson, L. "Paving the Way for Advanced Practice Nursing." *Chicago Hospital News*, 8 (11) 2011: 1,9.

**Mark Sanders, LCSW, CADC**

Sanders, M. "In the Spirit of Father Martin: Preparing the Next Generation of Trainers in the Addictions Field." *Addiction Professional* (July, 2011).

Sanders, M. "Using Motivational Incentives to Help Adolescents Recover." *Counselor*, Vol. 12, pp.40-42 (June, 2011).

Sanders, M. "Strategies for Engaging Difficult-to-Reach, Multi-Problem Clients with Substance Use Disorders." *Alcoholism Treatment Quarterly* (January, 2011).

White, W. & M. Sanders. "Recovery Journalism." [www.williamwhitepapers.com](http://www.williamwhitepapers.com) (February, 2011).

Sanders, M. "Ethics and Diversity" (DVD). Produced by the Academy of Addictions Treatment Professionals, 2011.

Sanders, M. "Engaging Difficult to Reach Clients" (DVD). Produced by the Academy of Addictions

Treatment Professionals, 2011.

Sanders, M. "Logo Therapy: Helping Adolescents and Young Adults Turn Pain into Purpose" (CD). Health Communications Publishing Services, Inc., 2011.

Sanders, M. "Father Hunger/Father Wounds: Intervention Strategies with Adolescent Males Impacted by Fatherlessness" (CD). Health Communications Publishing Services, Inc., 2011.

Sanders, M. "Recovery Management in the Latino-Hispanic Community." *Counselor*, December, 2011.

Sanders, M. "Slipping Through the Cracks: Intervention Strategies with Clients with Multiple Addictions and Disorders" Health Communications Publishing Services, Inc., 2011.

**Catherine Tymkow, DNP, APN, WHNP-BC, CNE**

Tymkow, C. "Clinical Scholarship and Evidence-Based Practice." In M. E. Zaccagnini & K.W. White (Eds.) *The Doctor of Nursing Practice Essentials: A New Model for Advance Practice Nursing*. Jones and Bartlett Publishers, 2011: 61-136.

MacMullen, N.J., Shen, J. and C.H. Tymkow. "Adverse Maternal Outcomes in Women with Asthma Versus Women Without Asthma." *Applied Nursing Research*, 23 (1) 2010: 9-13.

**Ann Vendrely, PT, Ed.D., DPT**

Vendrely, A.M., Messmer, E. and J. Moseley. "Bone, Joint, and Soft Tissue Diseases and Disorders." From, *Pathology for the Physical Therapy Assistant*. Elsevier Saunders, 2011: 643-714.

Vendrely, A.M., Messmer, E. and J. Moseley. "Integration of Cognitive-Behavioral Therapy with Gait Training for a 58-year-old Male with a Fear of Falling: A Case Report." *Physiotherapy Theory and Practice*. Accepted for publication, June, 2012.

**Robin Washington, PT, Ph.D., CRC**

Washington, R. "Book of Review: Wound Management Principles and Practice." *Journal of Allied Health* (39)3 Fall, 2010: e117.

Washington, R. "Book of Review: Foundations of Clinical Research Applications to Practice." *Internet Journal of Allied Health Sciences and Practice*, (8)4, 2010: 1-3.

**Maristela Zell, Ph.D., LCSW**

Zell, M. "I Am My Brother's Keeper: The Impact of a Brother2Brother Program on African American Men in College." *Journal of African American Males in Education* 2(1), June, 2011.

**Grants**

**Jennifer Armstrong, Ph.D., CCC-CLP**

Governors State University, Department of Digital Learning and Media Design  
Mini Technology Grant  
June, 2010  
Award: Video Cameras

**Catherine Balthazar, Ph.D.**

National Institute on Deafness and Other Communicative Disorders (NIDCD)  
*Building Language Complexity: Effect of Treatment and Dosage*  
July 1, 2011 – June 30, 2013  
\$300,000

**Stephanie Hughes, Ph.D.**

Governors State University – Intellectual Life Grant  
*Stuttering and The King's Speech*  
April 28, 2011  
\$500

Governors State University - Fisk Technology  
Mini-Grant  
June 11, 2011  
\$400

**Raven James, Ph.D.**

Governors State University – University Research Grant  
*Developing a Sexuality Intervention for Women in Drug and Alcohol Treatment: Behavioral Intervention Development and Pilot Testing*  
\$1,600

**Nancy MacMullen, Ph.D., RNC, HR-OB, APN/ CNS, CNE**

Nursing Faculty Loan Program  
Department of Health and Human Services, Health Resources and Services Administration  
*Award #E01HPI2957-02-00, Grant # E01HPI2957*  
\$401,244

**Linda F. Samson, Ph.D., RN, BC; NEA, BC**

Health Resources and Services Administration  
*Scholarships for Disadvantaged Students*  
July, 2010  
\$850,000

Health Resources and Services Administration  
*Advanced Education Nurse Traineeships*  
July, 2010  
\$37,000

Department of Labor  
*Health Care Jobs for the Chicago Southland*  
March, 2010 – February, 2013  
\$4.9 million

**Roberta Kuchler O'Shea, PT, Ph.D.**

Governors State University – University Research Grant  
*Comparing Functional Skills in Children with CP*  
April, 2011  
\$1,450

Coleman Foundation  
*Impact of Conductive Education on Functional Skills and Movement Patterns of Children with Motor Impairments*  
2010-2012  
\$142,000

**Divya Sood, OTD, OTR/L**

Governors State University – University Research Grant  
*Impact of Enriched Home Environment Program (EHEP) on Participation of Children with Autism*  
2011-2012  
\$1,000

**Catherine Tymkow, DNP, APN, WHNP-BC, CNE**

Governors State University – University Research Grant  
*Genetic Knowledge and Integration*  
April 21, 2011  
\$860

**Serena Wadhwa, Psy.D., LCPC, CADC**

Governors State University – Intellectual Life Grant  
*Falling Petals: How Mental Health, Addiction, and Diversity Issues Affect the Asian Community*  
May 5, 2011  
\$500

**Robin Washington, PT, Ph.D., CRC**

Governors State University – University Research Grant  
*Kids Health Club*  
July, 2011 – May, 2012  
\$3,000

**Awards / Appointments**

**Catherine Balthazar, Ph.D.**

Appointed Vice President for Association Affairs for the Indiana Speech-Language-Hearing Association  
2009-2011

**Melanie T. Ellexson, DHS, MBA, OTR/L, FAOTA**

Named Alternate Representative for the American Occupational Therapy Association  
2011-2013

**Elizabeth Essex, Ph.D.**

Named Consulting Editor of School Social Work Journal

**Linda F. Samson, Ph.D., RN, BC; NEA, BC**

Elected President of the Illinois Division, American Cancer Society, Prairieland Region  
2010–2013

Appointed Chair, Health Initiative Council of the Illinois Division, American Cancer Society, Prairieland Region

**Mark Sanders, LCSW, CADC**

Asked to serve on the Illinois Chapter of the National Association of Alcohol and Drug Abuse Counselors  
May, 2011

**Ann Vendrely, PT, Ed.D., DPT**

Appointed to serve on the Consultant-Evaluator Corps for the Higher Learning Commission, a Commission of the North Central Association  
November, 2010

**Robin Washington, PT, Ph.D., PRC**

Received the Sylvia Walker Award for Outstanding Rehabilitation Educator  
August, 2011



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***Governors State University***

**College of Health and Human Services**

1 University Parkway

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