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College of Health and Human Services

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Connections 06/2019

College of Health and Human Services

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Connections

A monthly newsletter from the College of Health and Human Services



Physical therapy department welcomes inaugural cohort

While the summer I session was winding down, a new beginning was underway at the College of Health and Human Services. The inaugural cohort of the new **Doctor of Physical Therapy** program was on campus on Monday and Tuesday, June 24 and 25, for their orientation program and their official welcome to WMU.



Read More »

"An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.."

Dr. Martin Luther King, Jr.

Improving access to care in rural and underserved areas

Drs. Ann Chapleau and Jennifer Harrison, codirectors of the Interprofessional Peer Education and Evidence for Recovery program, appeared this week in a segment on WWMT Channel 3 to speak about how they are addressing areas of Southwest Michigan facing health and behavioral health provider shortages.



See the story »

CHHS expands CE programming

The College of Health and Human Services is expanding the number and types of continuing education programs offered through the college, adding more professional development and community-sponsored health education events to its catalog.



More information »

PA students active in their communities

Three students in the physician assistant program attended a national conference in Denver, while students and faculty participated in the Greater Kalamazoo Girls on the Run 5K.





College committee receives Rising Star in Diversity Award

Earlier this month, the **CHHS Committee on Diversity and Inclusion** received the 2019 Rising Star in Diversity Award from the WMU Office of Diversity and Inclusion. The award recognizes new contributors to the work of advancing diversity and inclusion on WMU's campus.





In other WMU news for you:

- Bronco-turned-NFL star Sam Beal tackles Alzheimer's awareness in national campaign
- Services, programs at WMU highlighted during LBGT Pride Month
- Michigan has minerals America needs

CHHS in social media:

Welcome to our inaugural cohort...the Class of 2021!



From the **Department of Physical Therapy** via Facebook

Inaugural DPT cohort begins work at WMU



While the summer I session was winding down, a new beginning was underway at the College of Health and Human Services.

The inaugural cohort of the new **Doctor of Physical Therapy** program was on campus on Monday and Tuesday, June 24 and 25, for their orientation program and their official welcome to campus. **Dean Ron Cisler** met with the group to welcome them on Monday morning before they began going over program details, meeting faculty and staff, and touring the CHHS building and the newly renovated second floor of the Ernest Wilbur Building, where many of their classes will be held.

On Thursday and Friday, as the summer II session began, DPT students took their places in the classrooms at the EWB. After months and, for some of them, years of planning, PT faculty were excited to get back into the classroom. **Dr. Stacie Fruth** was named founding chair of the physical therapy department <u>back in July 2016</u> and began laying the groundwork at that time for the new Doctor of Physical Therapy program.

"The structure is all in place," says Dr. Fruth. "The first couple weeks will largely be lecture based. But before long, we'll be teaching skills and fully utilizing our teaching labs and equipment. It's a very exciting time!"

"I've been looking forward to this," says **Daryl Lawson**, associate professor in the PT department. "These will be long days, for sure - for the students and for faculty - but you can see that these students are excited to be here and are really ready to get started."

The cohort that began classes this week will graduate with their D.P.T. degrees in December 2021.

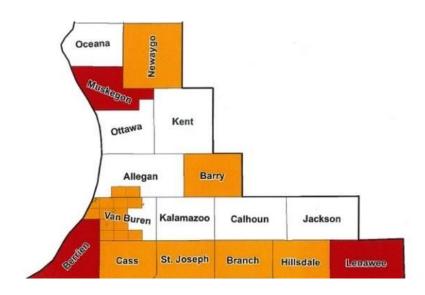


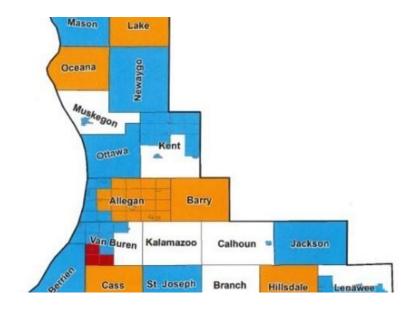
Forward Focus: Healthcare shortage areas revealed in southwest Michigan

by Kate Tillotson | Newschannel 3

Monday, June 24th 2019

Forward Focus: When should children get their first smartphone?







Data compiled by federal agency Health Resources and Services Administration (HRSA) showed more than 80 percent of rural Southwest Michigan is medically underserved. (WWMT)

KALAMAZOO, Mich. — Your zip code may be as equally important to your health as your genetic code.

Data compiled by federal agency Health Resources and Services Administration (HRSA) showed more than 80 percent of rural southwest Michigan is medically underserved.

Shortage area maps created in 2016 revealed 16 of the region's 19 counties have a shortage of primary healthcare providers.

Van Buren County, which includes the communities of Lawrence, Decatur, and Lawton, is considered 'high needs.' It's listed as one of four counties in rural southwest Michigan with a death by drug overdose rate higher than the national average of 21.7 per 100,000.

According to the Centers for Disease Control and Prevention, distance is one large factor why the rate of accidental deaths is nearly 50 percent higher in rural areas in the U.S.

Additional HRSA-based research found 11 of 19 counties are shortage areas for mental health, which means there aren't enough primary or behavioral healthcare providers to meet the needs of the population. The county most in need? Berrien.

"There are lots of folks in southwest Michigan and beyond who don't have reasonable access to primary or behavioral health care services when they need them," said Dr. Jennifer Harrison, Assistant Professor at Western Michigan University School of Social Work.

In 2017, Harrison and colleague, Dr. Ann Chapleau, were awarded a 4-year, \$1.8 million federal grant to create the Interprofessional Peer Education and Evidence for Recovery program (I-PEER) to bridge the geographic disparities in healthcare shortage areas in southwest Michigan.

The six-month program offers \$10,000 stipends to social work and occupational therapy students to incentivize them to start their careers in rural communities. The graduate students meet weekly for collaborative learning experiences while completing their final field placements. Their field supervisors and other community providers are also invited to participate in free quarterly training with the ultimate goal to enhance the overall workforce.

"We know we need more people who are committed to working in rural and underserved communities, which in large part is about recruiting people who come from those same communities so that they can provide culturally responsive care and linguistically competent care," Dr. Harrison said.

The two professors have also created a mobile app that will be useful for monitoring goal progress in rural areas, and will be beta testing it this fall with their I-PEER students and researchers at University of North Carolina at Chapel

Hill. They're pursuing federal funding to further develop the technology, which will connect clients with their providers to improve communication and access to support between in-person visits to healthcare facilities.

"One of the areas that we're pretty focused on is being able to do outreach to people in remote and rural communities so that they don't always have to drive into somebody's office," said Dr. Harrison. "We hope to be able to contribute at least in a small way to fundamentally transforming the way behavioral health services are offered throughout southwest Michigan and to other rural and medically underserved communities," she said.

Continuing Education

The College of Health and Human Services offers continuing education programs relevant to health care and human services professionals working in a number of different fields. Click the links below for more information or to register for the program. More information about continuing education units can be found in the individual program pages.

REGISTER FOR CE PROGRAMS

CONTINUING EDUCATION SCHEDULE

• Substance Use in Clients and Families Involved in the Child Welfare System

Presented by the WMU School of Social Work

June 28 (WMU College of Health and Human Services, Kalamazoo, Michigan)

\$55

• Medication-Assisted Treatment (MAT): Is it Right for My Practice?

Presented by the WMU School of Social Work
August 5 (Muskegon), August 27 (Allegan)
2.5 IPCE credits for learning and change, 2.5 AMA PRA Category 1 Credits for Physicians
Free

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Training
 Two-day training course intended for master or doctoral level mental health clinicians.
 Sept. 13-14 (Friday and Saturday), from 9 a.m. to 4 p.m. (WMU-Grand Rapids, Beltline)

Location)

Michigan Social Work CE Hours Offered: 12 CEUs (must attend both days)

\$329 (\$349 after Aug. 23)

The Medical University of South Carolina offers a recommended prerequisite to this training. The 11-hour course is offered online, costs \$35 and meets partial requirements for national certification in TF-CBT (in addition to this 2-day training). Access the online course at tfcbt2.musc.edu. Click for more information.

• 2019 HBOC & Lynch Syndrome Family Day

Sept. 21, from 9 a.m. to 3 p.m. at the WMU College of Health and Human Services More information coming soon.

PA students active in their communities



National conference

Three first year physician assistant students attended the American Academy of Physician Assistants (AAPA) annual National Conference in Denver, Colorado in May. There, they were able to attend seminars focused on primary care topics like diabetes, hypertension and cardiovascular diseases.

"Attending up-to-date, evidence-based lectures and networking with people from around the nation made the AAPA National Conference an amazing experience for us as students," said **Lauren Vandenberg**. "I am thankful our faculty encourage us to attend events like this because of the opportunity to grow and connect with our profession and the people within it."

She added, "This conference reminded us how lucky we are to be a part of a dynamic profession and the things we can do to be the best future providers we can be."

Girls on the Run



WMU physician assistant students and faculty once again participated in the Greater Kalamazoo Girls on the Run 5K, providing first aid to runners and spectators.

The event was held on Thursday, May 23 with the race beginning and ending at WMU's Waldo Stadium. More than 1,300 third through fifth grade girls participated, along with an estimated 1,500 coaches, assistant coaches and community runners. The goal of Girls on the Run is to promote self-confidence, self-respect and teamwork through a 10 week training program which ultimately prepares them for more than just completing the 5K race.

Many of the girls dyed their hair, and wore funny socks, wacky sunglasses and other "race swag" to enhance their fun. It was a great event for the whole community.

Excellence in Diversity Award

EXCELLENCE IN DIVERSITY AWARDS 2019

Western Michigan University will recognize campus efforts toward promoting diversity and inclusion by honoring three recipients of Excellence in Diversity Awards during a ceremony at 3:30 p.m. on Thursday, June 6, in the Multicultural Center in the Adrian Trimpe Building.

Trailblazer for Diversity Award: Dr. Kirsty Eisenhart



Eisenhart was selected for the Trailblazer for Diversity Award for demonstrating innovation in her efforts to incorporate diversity into her work on campus and for being committed to further developing sustainable practices that will positively impact the University.

Nominators said has surpassed the role of merely teaching but intentionally creating a classroom environment that was inclusive. As a math instructor, she has modeled for faculty how to create a learning environment that is truly inclusive for students with disabilities. She continuously revises her curriculum to ensure inclusivity as well as creating spaces in which students have access and are connected to resources. Eisenhart's efforts contribute to student retention. Her nominator describes her as selfless as evidenced by her offering of her time to students to provide tutoring and delivering math content in a none visual manner to better assist students with visual impairments.

Excellence in Diversity Award: The Graduate College



The Graduate College is the recipient of the Excellence in Diversity Award for its long-standing efforts in recruiting and retaining diverse students. Some examples are the intentional development of mechanisms to support historically underrepresented graduate students financially, academically and socially. The college offers fellowships, notably the King Parks Chavez Future Faculty Fellowship, the Thurgood Marshall Doctoral Fellowship, mentorship programs, and professional development opportunities for graduate students. To provide strong support for historically underrepresented graduate students, the Graduate College offers assistance to educate faculty on being effective mentors for these students especially in understanding the impact of microaggressions and bias experienced by these students. To quote the nominator: "Included in the efforts to recruit, retain, support and graduate a diverse population of students...we actively partner with Historically Black Colleges and Universities to develop a pipeline for student recruitment." In addition, the Graduate College had several letters of support from faculty, alumni who have benefitted from the efforts and retired administrator. **T**

The Rising Star in Diversity Award: Committee for Diversity and Inclusion of the College of Health and Human Services



The Rising Star in Diversity Award focuses on those who are new contributors to the work of advancing diversity and inclusion on WMU's campus with significant impact. The 2019 recipient is the

Committee for Diversity and Inclusion for the College of Health and Human Services. As many of the academic colleges have begun to create diversity committees, CHHS has been intentional in ensuring that the membership of its diversity committee is diverse. The group is committed to sharing an inclusive perspective of diversity and multiculturalism. The CHHS Diversity Committee in this past year has been keen on offering support and program to faculty, staff and students in order to create an environment that is welcoming to all. The committee has actively engaged in preparing staff, faculty and community affiliates to share the college's belief in an inclusive environment which is reflective in the classroom and the health care profession. The college host's a biennial one-day diversity and inclusion conference for students, faculty staff and community members. To quote the nominator: "This committee exemplifies what diversity and inclusion really means."

"The committee selected the three recipients from a competitive group of nominees" says Dr. Candy McCorkle, WMU vice president for diversity and inclusion. "This award demonstrates that WMU sees the necessity for us as a community to value diversity and inclusion. Often, it is assumed that diversity and inclusion have to be the work of those directly charged with the work. But, as these awards demonstrate, diversity and inclusion are the work and passion of the campus."

EXCELLENCE IN DIVERSITY AWARDS 2018

The University's Excellence in Diversity Awards Selection Committee sought nominations of groups or individuals of employees, students or WMU community members who exemplify the importance of diversity and inclusion. The selected recipients will be recognized at the 2018 Spring Convocation Recognition of Discovery, Diversity, and Global Engagement on Friday, Feb. 23, 2018. Faculty, staff, students, and community members are invited to attend and congratulate the awardees.

Excellence in Diversity Award: Dr. Donna Talbot

Trailblazer for Diversity Award: Marcy Peake

Rising Star in Diversity Award: Dawnielle Simmons and the Student Assembly for Racial Equity and Cultural Inclusion (SAREC)

EXCELLENCE IN DIVERSITY AWARDS 2017

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Read story in WMU News

Rising Star in Diversity Award: Megan McCoy

Video

Trailblazers for Diversity Award: Intercultural Business Students Association

Video

Excellence in Diversity Award: Jon Curtis

Video

Excellence in Diversity Award: James T. Brand

Video

EXCELLENCE IN DIVERSITY AWARDS 2016

The University's Excellence in Diversity Awards Selection Committee sought nominations of groups or individuals of employees, students or WMU community members who exemplify the importance of diversity and inclusion. The selected recipients were recognized at the 2016 Spring Convocation Recognition of Discovery, Diversity, and Global Engagement. Faculty, staff, students, and community members were invited to attend. View the poster.

2016 Diversity and Inclusion Award Recipients

Read story in WMU News.

Rising Star in Diversity Award: Sindecuse Health Center Diversity and Inclusion Committee

Video

Trailblazers for Diversity Award: LBGT Student Advisory Council

Video

Excellence in Diversity Award: College of Aviation

Video

Excellence in Diversity Award: Jeff Carr and Mariam Konaté

Video

Bronco-turned-NFL star Sam Beal tackles Alzheimer's awareness in national campaign

Contact: Erin Flynn June 5, 2019 | WMU News



NEW YORK—A former Western Michigan University football standout is putting his success to good use.

Sam Beal, now a cornerback for the New York Giants, is teaming up with the <u>Alzheimer's</u> Association in its effort to end Alzheimer's disease.

"If I can lend my image and open the eyes of my fan base to what the Alzheimer's Association is doing, it's great to be part of that," Beal says. "I would love to be that voice and be out there showing that I'm supporting beating this disease."

The "#ENDALZ" photo campaign is being rolled out in June to coincide with Alzheimer's & Brain Awareness Month. He joins celebrities like actress Rita Wilson, Olympian Laurie Hernandez and singer Grace Potter in the effort to raise awareness and funds to end the disease.

Beal grew up in Grand Rapids, Michigan, where he watched his mother work as a caregiver for elderly patients. She recently retired, but the stories she told left an impression.

"I used to always hear about her favorite people to work with and the challenges patients faced," says Beal. "Those stories were her way of teaching us to be grateful for what we have."

PERSISTENCE AND PERSEVERANCE

The Giants added Beal to their roster after the 2018 NFL supplemental draft. A season-ending shoulder injury took him out of the mix before the season even started. Beal says he's worked hard over the past year and, after getting the okay from doctors, is ready to hit the ground running this season. Persistence and perseverance are qualities he cultivated at WMU.

"I had people in my corner—coaches and trainers who reminded me how fast things can change and how important it is not to give up," says Beal. "You just keep trying and if you do that, it will work out. I had to learn that myself."



"Sam is an extremely talented player, but what strikes me most about him is his work ethic," says WMU football coach **Tim Lester**. "It's great to see him not only excel on the field, but also use his platform to do good."

Lester says he works to instill that sense of responsibility in everyone on his team.

"One of our sayings is, 'Our town. Our team.' Giving back is extremely important," Lester says. "Our players are all required to complete community service. Most of them meet that requirement and quadruple it."

While Beal accomplished a feat many young athletes only dream of—playing in the NFL—he still has one more goal.

"I want to finish school. I want to be that role model for my younger brother."

Beal was drafted after his junior year. He says his injury delayed the process, but he plans on completing his bachelor's degree in criminal justice.

"I always thought I'd join the Marines after graduation and eventually join the FBI," says Beal, who instead was afforded the opportunity to pursue his passion on the field.

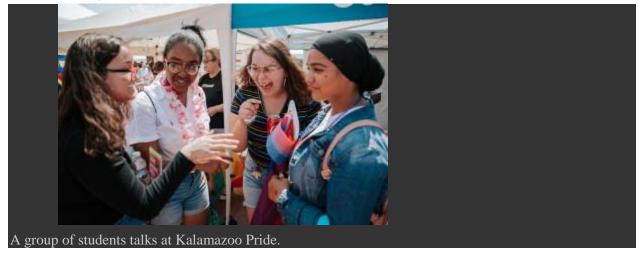
Beal understands the responsibility that comes with being a professional athlete and the potential for impact far beyond the field.

"It's about more than just football. Way more than football."

For more news, arts and events, visit **WMU** News online.

Services, programs at WMU highlighted during LBGT Pride Month

Contact: Erin Flynn June 21, 2019 | WMU News



KALAMAZOO, Mich.—In West Michigan and across the country, members and allies of the lesbian, bisexual, gay and transgender communities recognize **June** as Pride Month.

"Pride, to me, is the what it means to be able to live in a world that actively tries to keep you from being who you are and simultaneously be who you were always meant to be," says Western Michigan University student **Chris Mattix**.

From Fall Fab Fest to the <u>OUTspoken</u> student group and the <u>Office of LBGT Student Services</u>, WMU offers a number of resources for support, education and advocacy around issues of gender identity/expression and sexual orientation.

MAKING HISTORY



Nguyen, second from left, stands with students at the Office of LBGT Student Services table at Kalamazoo Pride.

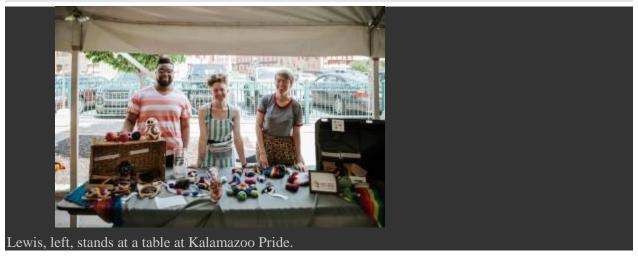
This year marks the 50th anniversary of the Stonewall riots, a clash with police at a New York bar seen as a safe haven for the gay and lesbian community. Many believe that event sparked the gay rights movement. It also marks the 30th anniversary of WMU's Office of LBGT Student Services, which is the sixth oldest office of its kind in the nation.

"I think a lot of the work we're doing right now involves awareness and advocacy as well as creating spaces for LGBT students to figure out their identities," says **Nathan Nguyen**, who directs the office.

Plans are in the works for a celebration to mark the office's anniversary on campus in the fall.

And winter 2020 will also see a first at WMU: The campus will host the <u>Midwest Bisexual</u> <u>Lesbian Gay Transgender Asexual College Conference</u> **February 14-16**. Billed as "America's largest conference for queer and trans+ college students," MBLGTACC is expected to draw more than 2,000 people to Kalamazoo.

FINDING COMMUNITY



"Without my experiences at Western and especially without the Office of LBGT Student Services, I wouldn't be the same person I am today," says Mattix, a history major from Bangor, Michigan.

Mattix, who came out as nonbinary in 2017, is among the hundreds of students who have found a home on WMU's campus.

"A lot of the time, college makes you feel like you're on your own. That can be great for creating independence, but when you're also coming to terms with your identity, it can be very isolating," says Mattix. "So, it's important to have the resources of the office."

Winston Lewis III graduated from WMU in 2015 and now works on campus as a faith and spiritual advisor.

"As humans, we're communal creatures. We're social creatures. We need that support from people around us, and it's even harder when you're marginalized," says Lewis. "I think the Office of LBGT Student Services is an example of what it looks like to bring together people who, for whatever reason, society has pushed away and reminding them that they have a place, they have a purpose."

INCREASING AWARENESS AND EDUCATION



"When I first started on campus (in 2016), a lot of the work I would do is how to be inclusive, how to be an ally," Nguyen says. "But what's the next step?"

WMU offers a number of programs aimed at educating and creating safe spaces for students, faculty and staff.

- Safe on Campus, a training program launched in 1997, offers information about addressing homophobia, supporting students who are coming out, and understanding respectful language as it relates to the LGBTQ+ community. Participants who complete three hours of training get a door sign to display in their campus living or work space.
- The WMU <u>LBGT Advocate</u> program offers more extensive education on a number of topics involving identity and intersectional social justice. Workshops in the program also fulfill some pathway requirements for the WMU Signature Program.
- <u>Sindecuse Health Center</u> offers <u>gender-affirming care</u> for transgender and nonbinary individuals to align with their true self. That includes mental health evaluations and care, screening tests and gender-affirming hormone treatment.

Information about more opportunities to get involved is available through the Office of LBGT Student Services.

For more WMU news, arts and events, visit WMU News online.

Michigan has minerals America needs

Contact: Jeanne Baron June 24, 2019 | WMU News

The Trump Administration's list of 35 mineral and mineral groups deemed critical to the nation includes several that are located in Michigan, although more research needs to be done to better characterize their locations, quantity and quality.

Magnesium, platinum and potash are just some of the critical minerals found in the state that Western Michigan University is using a grant from the U.S. Geological Survey to investigate.

THE CRITICAL LIST



Thirty-three minerals and two mineral material groups appear on the list.

- Minerals: aluminum (bauxite), antimony, arsenic, barite, beryllium, bismuth, cesium, chromium, cobalt, fluorspar, gallium, germanium, graphite (natural), hafnium, helium, indium, lithium, magnesium, manganese, niobium, potash, rhenium, rubidium, scandium, strontium, tantalum, tellurium, tin, titanium, tungsten, uranium, vanadium and zirconium.
- Platinum group metals: iridium, osmium, palladium, platinum, rhodium, and ruthenium.
- Rare earth elements group: cerium, dysprosium, erbium, europium, gadolinium, holmium, lanthanum, lutetium, neodymium, praseodymium, samarium, terbium, thulium, ytterbium and

yttrium. While some organizations count 17 elements in this group, USGS counts 15. It excludes promethium, and separates outs scandium.

Learn more about Trump's executive order and the nation's critical and non-critical mineral commodities by reviewing the report, <u>Mineral Commodity Summaries 2019</u>.

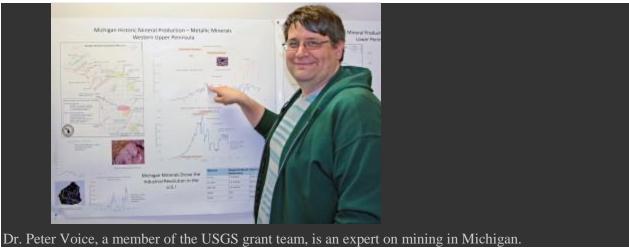
MICHIGAN'S GEOLOGICAL MAKEUP

The Michigan Geological Survey, part of WMU's Department of Geological and Environmental Sciences, notes that the state has two geologically distinctive areas.

One area, the western Upper Peninsula, has igneous and metamorphic rocks that host well-known, abundant and varied metallic mineral resources, including copper, iron, nickel, platinum group minerals, manganese and cobalt. The region also has some graphite resources and deposits of a phosphate mineral that contains certain rare earth minerals. Researchers have documented the presence of uranium, as well.

Meanwhile, geologic formations in the Lower Peninsula and eastern Upper Peninsula consist of sedimentary deposits that host non-metallic mineral resources, including a large deposit of potash, and lesser amounts of natural brine minerals, helium, magnesium, lithium, manganese, strontium and cesium.

MICHIGAN'S MINERALS



Together, Michigan's two peninsulas hold significant promise for boosting critical minerals production in the United States, says **Dr. Peter J. Voice**, a WMU research scientist and an expert on the state's mining history. For example:

- Preliminary mapping suggests that a large deposit of <u>potash</u> may occur in up to 22 lower Michigan counties and cover more than 8 million acres. Commercial quantities of this essential fertilizer component may exist in eight of those counties and encompass about 3 million acres.
- Magnesium compounds have been extracted from magnesium chloride-rich sandstone brines located in the central part of the Lower Peninsula. At present, one brine company is doing that in Manistee.
 Historically, the entire domestic supply of metallic magnesium from 1927 into the late 1930's was produced by the Dow Chemical Co. from Midland-area brine. Magnesium metal is commonly combined with other metals to make alloys that can withstand high temperatures. These alloys are used in oven and furnace liners and many aerospace applications.
- Nearly all cell phones and computers use platinum group minerals. Deposits of these minerals are
 associated with copper- and nickel-containing sulfide ore bodies in the Upper Peninsula. The Eagle
 mine in Marquette County produces copper, nickel, and some platinum and palladium, and a second
 sulfide ore body has been identified in Houghton and Ontonagon counties.

For more information, contact Peter Voice in WMU's <u>Department of Geological and Environmental Sciences</u> at <u>peter.voice@wmich.edu</u> or (269) 387-5488. Information about the U.S. Geological Survey grant is available from Dr. William B. Harrison III, the grant's principal investigator, at <u>william.harrison_iii@wmich.edu</u> or (269) 387-8691.

For more WMU news, arts and events, visit <u>WMU News</u> online.

Related stories

Work by WMU may reduce US dependency on China for critical minerals | June 24, 2019 WMU research facility assists in rediscovery of rare mineral deposit | Sept. 10, 2013