



College of Health and Human Services

*Volume 2 Number 6
April 2021*

The College of Health and Human Services at IUP has over 3,000 students enrolled in nine departments, centers, and institutes.

Visit us at iup.edu/healthhumanserv.

Zink Hall 216
1190 Maple Street
Indiana, PA 15705
Phone 724-357-2555
Fax 724-357-6205



Email chhs-deans-office@iup.edu

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Comments, suggestions, and questions can be sent to the editor at beverly.mastalski@iup.edu.

Criminal Justice Training Center Awarded Accreditation

In March, IUP's Criminal Justice Training Center was awarded national accreditation by the Commission on Accreditation for Law Enforcement Agencies, Inc. in the Public Safety Training Academy Accreditation program.

This is the IUP Criminal Justice Training Center's *first award* of national accreditation, and the IUP Criminal Justice Training Center is the *first and only municipal police training center in Pennsylvania to achieve this designation*.

This action by the commission follows a multi-year self-assessment phase and a meticulous site-based assessment by Commission assessors of the IUP Center's community engagement, policy, procedures, equipment, and facilities. Each agency is also reviewed by CALEA's 21-member Board of Commissioners.

Accreditation results are announced at the Commission's annual conference (held virtually due to the pandemic). Director Dennis L. Marsili, who also served as the accreditation manager, and Program Coordinator Marcia Cole attended the CALEA virtual conference.

The Center now moves into CALEA's four-year accreditation cycle that includes four annual remote web-based file reviews and a site-based assessment in the fourth year.

"This was not a simple or easy process, but we wanted that '*gold standard in public safety*' that this accreditation signifies," Marsili said.

"This award of accreditation does not come easy," CALEA President and University of Alabama at Birmingham Chief of Police Anthony Purcell said.

"Agencies must go through a rigorous review and evaluation of their organization and then implement the necessary policy and procedure changes. The process does not stop at that point. By voluntarily choosing to seek CALEA accreditation, the agency commits to an ongoing review of adherence to CALEA's standards.

"Each community with CALEA accredited agencies should feel confident that their public safety organization is going above and beyond and operating under the highest standards in public safety."



Blazing the Trail Less Taken: *An Entrepreneur Finds Her Path*

In an interview with Emily Kilar, MS, CNS, LDN, an alumnus of the undergraduate and master's program in food and nutrition, Jodie Seybold learned how Emily took control of her destiny to become a nutrition practitioner when she realized becoming a dietitian may not be right for her.



As the landscape of the nutrition field changes, graduates find themselves with options beyond becoming a dietitian. Post-baccalaureate internships remain competitive nationally, with graduates finding themselves needing alternative plans in the event

they do not match to selected supervised practice programs. As Emily's interview explains, there are alternative paths to becoming a nutrition professional, and you must do your research to find them.

Emily obtained her BS and MS from IUP in the Food and Nutrition Department. During her master's coursework, she was inspired by an Integrative and Functional Nutrition course taught by Dr. Nicole Clark, DCN, RDN, LDN, CDE.

"Taking Dr. Clark's Integrative and Function Nutrition class helped me to see there were other paths to achieve my goals. During this class, I learned that alternative practices and a holistic approach to nutrition and health existed. I began researching holistic nutrition credentials for a class assignment and discovered the Certified Nutrition Specialist (CNS). I joined CNS social media groups to learn more and found an opportunity to complete the required 1,000 practice hours with a holistic physician. In these practice hours and mentorship, I was able to learn how to blend holistic health to nutrition. After passing the CNS national exam, I qualified for licensure in Pennsylvania as a Licensed Dietitian /Nutritionist. I have established my business, EmmPowered Nutrition, where I use functional and root cause approaches to plan individualized nutrition programs."

Emily's experience serves as a guide for other students seeking alternative paths to a rewarding career in food and nutrition.

ELR Alumnus

2011 ELR Alumnus Brent Kensey spoke to IUP Graduate Society for Human Resource Management Chapter 5182 in February.

Brent was a North Carolina-based Field Examiner for the Atlanta Regional Office of the National Labor Relations Board (NLRB) from 2011-2020 when he departed to work in the Technology Industry. He spoke about his experiences as a Field Examiner as well as what HRER MA students might expect if they were to obtain an internship with the NLRB.

Content Expert

Dr. Leslie Stenger, Assistant Professor in the Kinesiology, Health, and Sport Science Department, was recently cited as a content expert for an article in U.S. News and World Report on the benefits of functional training. A hard copy of the article, [Functional Strength Training: Benefits & Purpose | U.S. News](#), will appear in the next U.S. News and World Report: Review of the Best Hospitals in U.S.



Interior Design Graduate is one of “30 Under 30”

Interior design '13 graduate, Candis Warren-Ashurst, was recently inducted into the National Kitchen and Bath Association's (NKBA) 2020 class of “Thirty Under 30” designers. This honor is given to young professionals who are viewed as leaders of the kitchen and bath industry of the future. According to Bill Darcy, NKBA Chief Executive Officer, “These talented individuals are standard-bearers and examples for their peers.” Candis joined Steiner-Houck & Associates LLC in Mount Joy, PA, in 2011 as an intern and was asked to stay full-time upon graduation. There, she designs high-end residential spaces, with her work receiving recognition by the NKBA both at the regional and national stage. IUP's interior design program is so proud of the great achievements that Candis has already had in her young career.



Congratulations, Candis!

Safety Sciences Graduate Finishes Appalachian Trail

Pat Deivernois, a 2020 IUP Safety, Health, and Environmental Applied Sciences graduate, finished walking the 2,200-mile Appalachian Trail hike that runs from Maine to Georgia.

His desire to pursue the hike started after a conversation he had with a friend. After some research, he started the hike in July 2020 and finished the following February. This seven-month adventure Pat says, was “an adventure of a lifetime.” Pat's willpower and determination wasn't only displayed in his determination on the Appalachian Trail as they were a progression from his commitment at IUP; Pat was a leader in student organizations within the Safety Sciences Department and a well-deserved recipient of several scholarships.

Read more about his hike in the [Triblive](#).



Pat Deivernois at the arch marking the Appalachian Trail Approach

Academy of Culinary Arts Serves “Virtual” Financial Aid

With the limitations of in-person events, we have all had to learn to do things differently, but that hasn't all been bad. Virtual programs have given information to prospective students without having them travel the distance to campus.

Financial Aid and finding a way to afford tuition and costs can be one of the biggest stressors for students and families. Learning how to navigate the process early is important, and the Academy of Culinary Arts has been helping students do just that.

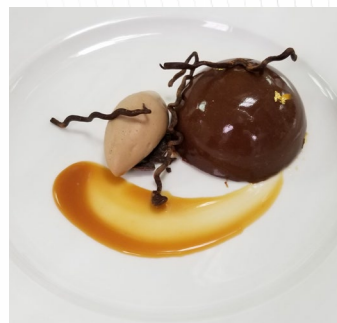
In previous years, when students visited campus, the priority was to see the campus and all it had to offer. Often the discussion of how to fund that experience was only briefly touched on; students didn't consider costs until much later. We think it is important for students to have both experiences – the campus tour as well as the financial information.

As a result, the Academy offered a Virtual Financial Aid Night in the Fall to give students and parents the basics of financial aid, from completing the FAFSA to understanding grants and loans. The program was so successful that another virtual night was offered in the Spring. The program gave students and parents the opportunity to ask questions without having to leave their homes. The focus was eligibility for aid from FAFSA, as well as the process for seeking loans and the benefits of applying for outside scholarships.

The Admissions Office distributes a bi-weekly newsletter to prospective students with links to outside scholarships to help ease the burden of college costs, and the information was also distributed at the Virtual Event.

The Culinary Admissions Office has always provided one-on-one counseling to prospective students, but the Virtual Events provided another opportunity to assist students in the process.

Another Virtual Financial Aid Night is planned for May.



Cover Story Publication

Safety Sciences Faculty Member Dr. Jan K. Wachter and two of his doctoral students, Charmaine Mullins-Jaime and Samantha Case, published an article titled, *An Integrated Approach for Understanding, Correcting and Preventing Unsafe Acts*, in the February 2021 issue of ASSPs Professional Safety Journal.

This article, recognized as the cover story for the journal, had several key takeaways:

- Most organizations adopt a primary approach to designing and implementing their safety programs – typically either system or behavioral approaches.
- No single safety management approach seems to be entirely successful for understanding the causes of unsafe acts in the workplace in order to develop effective corrective and preventive actions. There are both advantages and disadvantages with using either safety management system or behavioral approaches.
- In order to better understand the causes of unsafe acts and perform appropriate corrective and preventive actions, a more comprehensive and integrated model based on system, behavioral and human performance approaches should be adopted. A recommended model is presented in this article.
- The human performance approach can act as a bridge for using both system and behavioral approaches for understanding the cause of unsafe acts in an organization.

Certified Life Educator

Dr. Sarah Brown, HDFS, recently became certified through the National Council on Family Relations as a Family Life Educator. **Family Life Education** is the professional practice of equipping and empowering family members to develop knowledge and skills that enhance well-being and strengthen relationships through an educational, preventive, and strengths-based approach.

The National Council on Family Relations (NCFR) provides the Certified Family Life Educator (CFLE) credential, which is nationally recognized for Family Life Education professionals. The CFLE credential is the nationally recognized standard in Family Life Education and validates a professional's experience and knowledge as a Family Life Educator (ncfr.org).

NCFR also recognizes regionally accredited schools offering undergraduate and graduate degree programs with coursework that covers the ten Family Life Education content area as CFLE-approved programs. IUP's Human Development and Family Science BS is one of these programs.



NCFR approval allows graduates of programs to apply for the provisional-level Certified Family Life Educator (CFLE) credential using an abbreviated application process



National Council on Family Relations

Nursing Faculty Publishes for Multi-Site Study on CPR

IUP, under the coordination of Dr. Julie Greenawalt, was one of ten sites to participate in a 2.5-year study that examined better ways of training health providers in cardiopulmonary resuscitation (CPR) to maintain competence in CPR skills. Studies document the loss of CPR skills if there is no opportunity for practice beyond the initial training, although the spacing between trainings or practice is unknown. Research studies show that practitioners need to practice or use CPR skills to maintain them. The goal of this study was to discover if we could predict the training each person would need to maintain a minimum level of CPR skill. We studied an algorithm developed by the United States Air Force, the Predictive Performance Optimizer (PPO), to see if this algorithm would help predict the amount of training an individual would need to maintain competence in CPR.

Dr. Marilyn Oermann-the PI from the Duke University School of Nursing, along with Dr. Suzan Kardong-Edgren (the PM) directed the research project in part funded by the National League for Nursing and the United States Air Force at various research sites: Carroll Community College, Chamberlain College of Nursing, Seattle University College of Nursing, Robert Morris University, Springfield Technical Community College and Indiana University of Pennsylvania.

IUP nursing students, along with students from the various sites, participated in this longitudinal, between-groups design and were randomly assigned to one of four groups: daily, weekly, monthly, or quarterly practice, and to assessments at three or six months. The Resuscitation Quality Improvement (RQI) mobile simulation station, a computer-based CPR skills training system, was used to determine competence. The results demonstrated that participants improved in compression depth and rate. Compression performance was more likely to be worse for students in the daily and weekly training groups. Ventilation results were mixed; however, there was more skill decay for those in the shorter training intervals. The study researchers concluded that RQI was effective for gaining compression skills and ventilation rate. Ventilation skills remained a problem for all training groups; therefore, strategies for teaching ventilation skills should be re-examined. The results suggest spreading CPR practice over a longer period of time, especially for retention of skills, as well as providing a more ergonomically designed bag-valve mask for caregivers with smaller hand size and weaker grip strength.



Dr. Greenawalt is a tenured faculty member who teaches maternity and ethics classes to nursing students in the Department of Nursing and Allied Health.

