

College of Health and Human Services
Indiana State University
2013-15 Biennial Report

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Professor and Dean

INTRODUCTION

The College of Health and Human Services continues to experience wonderful growth and maturation. We are proud to serve communities near and far by educating highly qualified and compassionate health and human services professionals that work to optimize the health of individuals, families, and neighborhoods. The college serves a pivotal role in meeting the mission of Indiana State University and is grateful for the support of the senior administration as we work to advance health and human services education, research and outreach. The educational programming within the college serves nearly a quarter of the student population at Indiana State University. Faculty members integrate classroom, clinical, and community experiences to provide students with an education that prepares them for successful health and human service careers. Research endeavors are now growing in the college as innovative teams of faculty, from within and outside the college, work together to find solutions to health and social problems. The humanity of the college is represented around the world as faculty, staff and students spend countless hours in community service activities.

We look forward to construction beginning on the new College of Health and Human Services building, with an expected completion date in 2018. The new building will bring most elements of the college into one building for the first time in its history. This new facility will be a catalyst that promotes more innovative education and research, and serves as a place where community members acquire skills that equip them to lead a better quality of life.

GUIDING ATTRIBUTES

OUR VALUES: Health equity, Social wellness, Diversity, Respect, Teamwork, Creativity, and Joy

OUR BELIEF: The World Health Organization (WHO) definition of Health: Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.

OUR GOAL: Implement the WHO definition of health for individuals, families and neighborhoods through creative teamwork that facilitates health equity and social wellness using a mindset that prioritizes respect for all people, the strength of diversity, and the power of joy!

OUR OBJECTIVES:

- *Education:* Create engaging learning environments for students, professionals and communities that facilitate the optimal delivery of health and social wellness programs.
- *Research:* Conduct socially relevant research that is responsive to community needs and is easily implemented for individuals, families and neighborhoods.
- *Outreach:* Reach out to individuals across the lifespan, and in communities near and far, to create conditions supporting a wonderful quality of life.

ORGANIZATIONAL ELEMENTS

Academic Units:

School of Nursing: Executive Director: Dr. Lea Hall

Department of Advanced Practice Nursing

- All online graduate nursing programs

Department of Baccalaureate Nursing

- Traditional on-campus nursing program and an accelerated second degree program

Department of Baccalaureate Nursing Completion

- All online programming for LPN-RN (BS), and RN-BS students

Department of Applied Health Sciences

- Health Sciences (Public Health), Nutrition, Human Development and Family Studies

Department of Social Work

- BSW and MSW programs

Department of Kinesiology, Recreation and Sport

- Sports Management, Coaching, Exercise Science, Recreation Therapy

Department of Applied Medicine and Rehabilitation

- Athletic Training, Physical Therapy, Occupational Therapy, and Physicians Assistant programs

Centers:

- Sycamore Nursing Center: Provides pro bono health promotion care for women, children, and a foster grandparents program
- Sycamore Outdoor Center: Recreation field campus
- West Central Indiana Area Health Education Center: Federal and state funded program that facilitates: preparatory high school education programs that encourage students from underserved communities to pursue careers in health professions, internship placement in underserved communities for college students in health care education programs, continuing education opportunities for health care providers working in underserved communities.
- Lifespan Health Living Initiative: We develop and implement programming to advance the health and wellness of individuals across the lifespan. Programming includes a program to assist individuals as they transition from the hospital to an extended care facility, a youth sports/optimal coaching program that provides instruction for youth recreation coaches, and the Indiana Summer Games, which provides a fun competition for Indiana youth participating in baseball/softball, basketball and soccer.

Clinical Service Delivery:

- Physical Therapy and Sports Rehabilitation Clinic: A self-sufficient service delivery operation for campus and community individuals staffed with physical therapists and athletic trainers.

Advancement Board Members:

Mr. Todd Brinza

Dr. Frank Walters

Mrs. Jane Chappell

Mrs. Bionca Gambill

Dr. Greg Bell

Ms. Helen Paulson

STRATEGIC OBJECTIVES UPDATE

We link our activities to the university's strategic initiatives. Below are FY16 priority objectives and action plans linked to respective university strategic goals. If the objective was addressed by activities during FY14 and/or FY15 then a brief progress statement is provided.

STRATEGIC GOAL 1: INCREASE ENROLLMENT AND STUDENT SUCCESS

- Complete evaluation of first year, and continue programming growth of the College's Health and Social Wellness Living Learning Community.
 - Progress: First year of community is completed. 550 students served through social activities programming, professional development seminars, and tutoring services.
 - FY16: Graduate assistant will be hired to assist Dr. Yasenka Peterson in the roll out of activities and evaluation of activities. Impact of the community on freshman retention and university satisfaction will be studied.
- Develop College Student Civility Code that links the exhibition of professional behavior to retention in a program/department.
 - Dr. Lea Hall will lead a task force to examine existing codes and develop a college wide code respectful of departmental standards.
- Implement annual student-centered recruitment event to increase admit-to-enroll yield ratio.
 - Progress: First event completed, 100% of attendees will attend ISU this fall.
 - Dr. Peggy Weber will work with dean's student advisory council and admissions office to hold event in fall semester. Target audience includes high school students within a 60 mile radius with a high school GPA > 3.0 and are interested in health professions.
- Develop centralized College Advising Center to improve student retention and 4-year completion rate.
 - Progress: Model developed, 2 advisors hired, will begin operation this fall for sophomores and transfer students in the college.
 - FY16: Hired advisors will work in new student orientation this summer, meet with department chairpersons to learn about 4-year plans, get assigned cohort of advisees and will establish the timeline of interactions with all advisees. Advisors will begin advising their respective cohort in August and will follow the cohort until graduation. More advisees will be added annually up to a load of 200-250 students/advisor.

STRATEGIC GOAL 2: ADVANCE EXPERIENTIAL LEARNING

- Health Technology Partnership: Enhance development of health technology education in partnership with College of Technology, wherein faculty and students from each college work together in the development of smartphone apps (Apple and Android platforms) that promote the health of women during and after pregnancy.
 - Progress FY15: Funding received, health app in development, with beta testing scheduled for fall 2015.
 - FY16: Beta testing of application will begin in fall 2015 with local community women. Faculty, student workers and graphic artists will continue to work together on the modifications as suggested by community members.

STRATEGIC GOAL 3: ENHANCE COMMUNITY ENGAGEMENT

- Implement and evaluate community-based participatory research to improve regional maternal child health outcomes.
 - Progress: Funding received, community partnerships formed, interventionists are trained and certified in Play and Learning Strategies (PALS) technique. Work with families will begin summer 2015.
 - FY 16: Submit federal grant (i.e., NIH, MCH, Dept. of Ed) to sustain programming.
- Implement mental wellness initiative serving vulnerable community members.
 - Progress: Funding received; community program to bring art activities to children living in households with addiction was developed with community partners. Facilitators were trained, pilot program to begin summer 2015.
 - FY 16: Children between the ages of 7-10 years will be engaged at three community facilities. ISU students, faculty and community partners will facilitate the art sessions in the community settings. During fall 2015, we plan to hold an art exhibit of the artwork to honor the children.
- Grow a college global health initiative.
 - Progress: In partnership with Hassan 1 University, hosted Morocco's first symposium on strategies to reduce maternal and infant mortality, partnering to collect data regarding community supports of pregnancy in Morocco. Formed collaboration with University of Zagreb to study disability access in USA and Croatia. First cohort of ISU students studied in Zagreb in May 2015. Faculty members from the 2 universities are collaborating on research project. Faculty group visited Cuba, formed collaborations with Havana University Medical School on health literacy practices. Formed collaboration with 2 institutions in Viet Nam regarding maternal child health initiatives and improving access for individuals with disabilities.
 - FY16: Continue to build relationships with partner institutions, collect pilot data and submit grants and contracts to support research and education efforts.

STRATEGIC GOAL 4: STRENGTHEN AND LEVERAGE PROGRAM OF DISTINCTION AND PROMISE

- Develop and implement a community-based wellness center.
 - Progress FY15: Community-academic-industry-government coalition formed to begin planning of center. A fund raising campaign was initiated.
 - FY16: Identify community site(s) for center, canvas neighborhood for participants on community advisory board, seek input from citizens on health priorities and potential solution strategies, develop menu of initial activities for center.

STRATEGIC GOAL 5: DIVERSITY REVENUE: PHILANTHROPY, CONTRACTS AND GRANTS

- Develop and implement an organized fund raising plan to advance the mission of the college.
 - Progress FY15: Formed the college's first advancement board, with six people serving two-year terms. Formed communication materials/strategies to appeal to

a broad array of potential stakeholders. Focus on student scholarships resulted in donations of more than \$100,000 for nursing scholarships and \$33,00 for social work scholarships.

- FY16: Fund raising priorities: community wellness center, naming opportunities for new college building and targeted outreach to industry partners to help equip labs and partially support faculty.

STRATEGIC GOAL 6: RECRUIT AND RETAIN GREAT FACULTY AND STAFF

- Sponsor faculty and staff success initiatives.
 - Progress: Staff members were surveyed for their interests in health/wellness programming.
 - FY 16: A monthly fitness/martial arts program will be implemented for staff in the college. Faculty across the college in the development of this program to ensure that physical and mental wellness needs are addressed. Staff feedback will be collected about the content and delivery of the program. A faculty task force will work together to design programming for a faculty success initiative for the college. This activity will begin in August 2015 with a report out in April 2016. A coalition of faculty and staff from across the college will work on and inclusive excellence task force to develop programming that creates an inclusive environment for all faculty and staff in the college. A report out is due in April 2016.

Our Student Numbers are GROWING!

The college experienced a 13.5% increase in total enrollment from the 2013 academic year to 2015 academic year. Table 1 indicates the student enrollment trends in each of the departments across the past three academic years. These numbers represent all student levels, inclusive of distance and on-campus programs.

Table 1 – Student Enrollment Trends by College Department

| Department | Spring 2013 | Spring 2014 | Spring 2015 | Percent Change |
|-------------------------------------|-------------|-------------|-------------|----------------|
| Advanced Practice Nursing | 260 | 278 | 292 | 12.3% |
| Applied Health Sciences | 347 | 402 | 541 | 55.9% |
| Applied Medicine and Rehabilitation | 305 | 382 | 437 | 43.2% |
| Baccalaureate Nursing Completion | 339 | 383 | 314 | -7% |
| Kinesiology, Recreation and Sport | 639 | 713 | 700 | 9.5% |
| Baccalaureate Nursing | 717 | 719 | 629 | -12.2% |
| Social Work | 146 | 195 | 214 | 46.5% |

Financial Analysis

We are fortunate to have not experienced any serious financial or personnel cuts over the past biennium. Base budget support for the dean's office and departments remained stable (Table 2). Revenue as a result of fund raising has significantly increased (Table 3), with cash giving increasing 17% over the previous biennium. College personnel are grateful for the support of the administration, and the fund raising assistance provided by the Indiana State University Foundation.

Table 2: State Funding 2013-2015

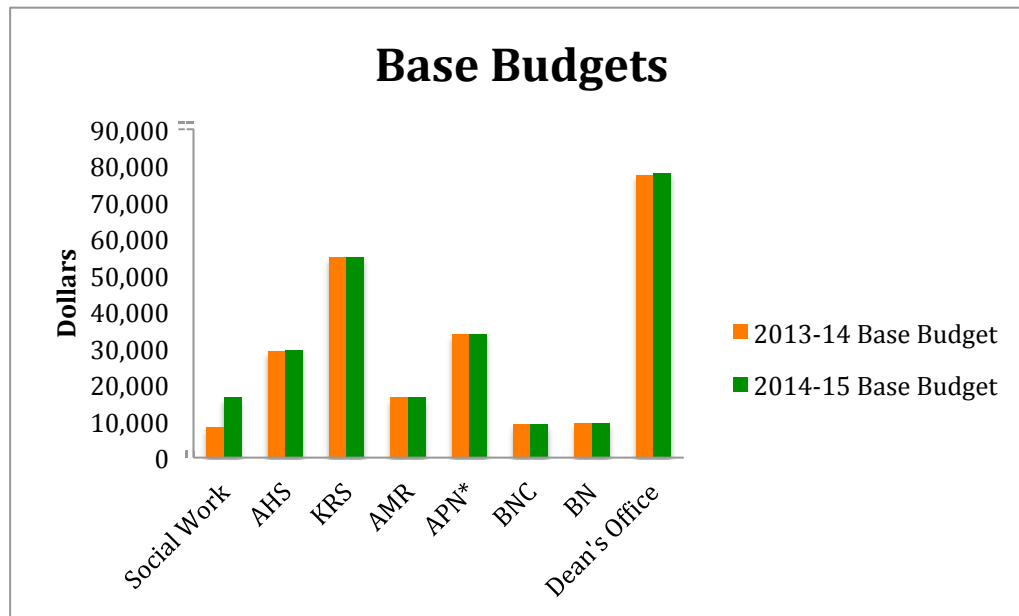


Table 3: College Fundraising Statistics 2013-15

| 2013-2015 College Fundraising | |
|--|------------------|
| All Gifts (includes estates, maturities, cash) | \$681,395 |
| Gifts Normalized (cash) | \$359,327 |
| College Alumni Giving | \$392,456 |
| Number of Donors | 368 |
| Donor Retention Rate | 39% |
| First Time Donors | 49 |
| Faculty Giving | \$11,306 |
| Friends Giving | \$41,815 |
| Corporate Giving | \$13,570 |

2013-15 Milestones in the Development of the College

- State approves \$64 million for new building for the College of Health and Human Services
- College name changes to 'College of Health and Human Services'
- School of Nursing approved

- Masters in Social Work program receives 4 years of accreditation
- Undergraduate nursing programs receive 8 years of accreditation
- Masters of Occupational Therapy program receives 5 years of accreditation
- Doctorate of Physical Therapy Programs receives candidacy – begins admitting students
- Online Bachelors of Health Services in the Dept. of Applied Health Sciences initiated
- Doctorate of Athletic Training program is approved and started – 3rd in the nation.
- Simulation Center Earns Accreditation – First in Indiana, 38th nationwide
- Doctorate of Health Science program starts

COLLEGE HEADLINES MADE 2013-2015

Here are just some of the headlines lauding the hard work of the faculty, staff and students within the college. Everyone works hard to advance the mission of the college and university! Cheers and Applause to you all!

Student researchers stress weight-bearing exercise for bone strength

<http://indstate.edu/news/news.php?newsid=3881>

Nursing class to stage community fair

<http://indstate.edu/news/news.php?newsid=3880>

Pioneer in women's athletics to speak about Title IX

<http://indstate.edu/news/news.php?newsid=3882>

Infant mortality task force sets meeting

<http://indstate.edu/news/news.php?newsid=3884>

Center for Health, Wellness and Life Enrichment boosts wrestling tourney

<http://www.indstate.edu/news/news.php?newsid=3886>

Student learns valuable skills from visually impaired supervisor

<http://www.indstate.edu/news/news.php?newsid=3898>

Smooth as 'Glass:' Students help test new Google device

<http://www.indstate.edu/news/news.php?newsid=3910>

Nursing anniversary celebration raises \$80K

<http://www.indstate.edu/news/news.php?newsid=3930>

Indiana State dean chairs plan to lower Morocco's infant, maternal death rate

<http://www.indstate.edu/news/news.php?newsid=4021>

Health sciences students serve community through self-esteem lessons

<http://www.indstate.edu/news/news.php?newsid=3961>

Exercise science students help people get in shape

<http://www.indstate.edu/news/news.php?newsid=3934>

Athletic training alumnus Dice Yamaguchi, '05, helps lead the San Antonio Spurs to an NBA title

<http://statemagazine.com/chasing-a-championship/>

Indiana State nursing student offers deputies potentially life-saving training

<http://www.indstate.edu/news/news.php?newsid=4134>

Research on newborn falls gains national attention

<http://wthitv.com/2014/10/28/research-on-newborn-falls-gains-national-attention/>

Accountable care program expands: Nearly 300 students working with health care providers

<http://www.indstate.edu/news/news.php?newsid=4162>

Rockville Correctional Facility receives donation from ISU students

<http://wthitv.com/2014/12/23/rockville-correctional-facility-receives-donation-from-isu-students/>

New programs announced in architecture, athletic training

<http://indstate.edu/news/news.php?newsid=4212>

Indiana State health college to get new name, trustees OK School of Nursing

<http://indstate.edu/news/news.php?newsid=4245>

Patients, students benefit from Indiana State efforts at community clinic

<http://indstate.edu/news/news.php?newsid=4286>

Smoke at Terre Haute hospital Friday will be part of disaster drill

http://www.tribstar.com/news/local_news/smoke-at-terre-haute-hospital-friday-will-be-part-of/article_04308a5f-4b12-5409-8507-9144f7a9d5fc.html

Students experience social work practices in Vietnam and Korea

<http://www.indstate.edu/news/news.php?newsid=4348>

South Koreans study U.S. social services, culture during Indiana State trip

<http://www.indstate.edu/news/news.php?newsid=4406>

Simulation Center earns accreditation

<http://www2.indstate.edu/news/news.php?newsid=4391>

Moe the therapy dog: humans need love and attention, too

<http://www2.indstate.edu/news/news.php?newsid=4392>

Robots give Jersey student, Oregon prof virtual presence at Indiana State

<http://www2.indstate.edu/news/news.php?newsid=4395>

Indiana State officers first among Indiana universities to train on life-saving overdose techniques

<http://www2.indstate.edu/news/news.php?newsid=4398>

Three from Indiana State honored with athletic training scholarships

<http://www2.indstate.edu/news/news.php?newsid=4407>

SOME OF THE HONORS BESTOWED ON OUR FACULTY AND STUDENTS

Faculty Honors Given By Outside Organizations

- Portia Adams: 2015 Black Social Worker of the Year Award (Central Indiana Association of Black Social Workers, Inc.)
- Robyn Lugar: 2015 Wabash Valley Women of Influence (United Way of Wabash Valley)

- Rhonda Impink: Appointed by the Western Yearly Meeting (an organization of Quaker Meetings in Indiana and Illinois) as a corporate delegate to the Americans Friends Service.
- Anthony Walker - 2014 Outstanding Paper Award – National Council on Family Relations
- Tina Kruger - 2014 Association for Gerontology in Higher Education’s Rising Start Junior Faculty Honor
- Jennifer Yen - 2014 Diversity Leaders Program Award of the Academy of Nutrition and Dietetics
- Nathan Schaumleffel - Whitney M. Young, Jr. Service Award, Crossroads of America Council, Boy Scouts of America (for community engagement work coordinating the local Wabash Valley District ScoutReach Program)
- Nathan Schaumleffel - Recreation Alumnus of the Year Award, Department of Health Education and Recreation, Southern Illinois University Carbondale
- Nathan Schaumleffel - Nonprofit Leadership Alliance – 2013 Sprint Campus Partner of the Year Award
- Steve Smidley: 2013 Indiana Park and Recreation Association Educator of the Year
- Al Finch - Received authorization and the Dartfish Technologist Certification instructor level from Dartfish Corporation to become only the second US university (Cortland SUNY is the other) to be able to offer the Dartfish Technologist certification course and there are only a total of 6 universities world-wide.

Student Honors

- Trinere Bacon
 - 2015 Indiana Campus Compact Richard J. Wood Community Service award
 - 2015 ISU Presidential Award for Civic and Community Leadership
- Kaitlin Daniel
 - 2014, 2015 Indiana Association of Family and Consumer Sciences state scholarship recipient
- Rachel Fagras
 - 2014 National Council on Family Relations Honor Graduate
- Alison Herzog
 - 2014 Landini Outstanding Junior Award
 - 2015 National Council on Family Relations Honor Graduate
 - 2015 Women of ISU scholarship awardee
- Charisa Scott
 - 2015 Indiana College Intern of the Year
- Evan Dodd
 - 2015 Indiana State University Major of the Year for Shape America. (PETE program student)
- Kyle Johnson
 - 2014 Indiana State University Major of the Year for the American Alliance for Health, Physical Education, Recreation, and Dance (PETE major).
- Whitney Maas
 - 2014 Catherine Wolf Scholarship recipient from Indiana State University for the Indiana Association of Health, Physical Education, Recreation, and Dance (PETE major).

- Lena Grunloh
 - 2015 Living Pinky Newell Undergraduate Scholarship for Athletic Training
- Aly Spillman
 - National Athletic Training Foundation Z. Mel Blickenstaff Memorial Scholarship
- Zachary Winkelmann
 - 2015 Kent and Maxine Falb Scholarship for Masters Student in Athletic Training
- Takisha Franklin, Olyvia Hoff, Breannen Winter
 - 2013-14 BSW Child Welfare Scholars
- Melody Anderson, Kayla Estabrook, Kirsten Fish, Andrea Reynolds Long, Allie Milam, Jann Spiedel
 - 2014-15 BSW Child Welfare Scholars
- Casandra Barnett, Katherine Lugar, Tionna Harris
 - 2015 MSW Recognition Award

**Optimizing the Quality of Life for Individuals, Families and Neighborhoods
Near and Far!**

Accountable Care Organization Student Project – Students gain valuable interprofessional experience through experiential learning and community engagement. We partnered with Union hospital and local long-term care facilities to provide care to citizens as they transition from the hospital setting to a long term care facility. Teams of students representing 10 different majors meet regularly with residents to ensure their wellbeing and provide support. We had approximately 300 students participating, providing over 4,000 hours of patient care.

Indiana Summer Games – The summer games promotes healthy lifestyles and community engagement. The summer games provide opportunities for youth from across the state to engage in physical activity. This year competitions existed in boys' and girls' basketball, soccer, baseball and softball. An interprofessional team of students worked to help organize and run this event that spanned three weekends. This first year of the games saw participation by approximately 1,000 youth!

Optimal Coaching Youth Sports – This program provides opportunities for physical fitness and fun recreational programs for local kids, while at the same time providing youth coaches with valuable training in optimal coaching techniques and safety instruction. Training is provided for area coaches to learn more about optimal youth coaching. This year 100 youth participated in flag football; all received free medical screenings. Ten coaches were provided instruction in youth coaching, received CPR certification and concussion training. Twenty students from our athletic training and physician assistant programs helped with the medical screening and faculty from the Dept. of Kinesiology, Recreation and Sport volunteered their time to provide coaching instruction.

Physical Therapy and Sports Rehabilitation Clinic

The Physical Therapy and Sports Rehabilitation Clinic provides rehabilitation services to campus and community members, provides community outreach at area events and participates in the education of several students at Indiana State.

The clinicians have evaluated over six hundred different patients in the past year with individual treatment sessions totaling over seven thousand. The clinic was able to produce a positive revenue stream of greater than thirty thousand dollars to be a self-sustainable entity within the campus of Indiana State.

The staff of the Physical Therapy and Sports Rehabilitation Clinic has been active in community outreach to promote healthier lives. Over the past year, we have participated in 6 area health fairs providing education regarding rehabilitation and the clinic's specialties. Free assessments and advice were administered to community members to engage them in thinking about different ways to improve their physical function. Also, the staff has volunteered at several area recreational events to offer free services for injuries that occur at these events including area marathons and triathlons. A summer performance camp was conducted the last 2 years to promote active, healthy lifestyles and habits in children from ages 12-18.

The clinic is actively involved in the education of several students across many areas of study. All the clinicians served as preceptors for over 15 athletic training students to provide real world, clinical experience to learn to apply concepts and applications learned in the classroom. Also, we volunteer time to provide observational experiences for several more students to provide information and exposure to different areas of health care, and engage the student in real life examples in a clinical setting.

Sycamore Nursing Program

Sycamore Nursing Center -- Founded in 1981, the Sycamore Nursing Center is an academic nursing center that serves individuals and families of all ages in the Wabash Valley. Located in the Landsbaum Center for Health Education, the Sycamore Nursing Center provides comprehensive health assessments, histories and physical examinations to all ages, and age appropriate immunizations for children 1 month to 18 years of age. As an academic nursing center, the Sycamore Nursing Center provides clinical opportunities where nursing faculty and students work collaboratively to enhance learning and promote community outreach initiatives. Over 500 children were served this past year through the immunization clinics. In addition, over 100 children and adults received physical examinations.

Global Outreach

Our faculty and students recognize the responsibility to promoting health and wellness around the globe. Our global outreach has significantly increased over the past 2 years, providing transformative learning experiences, important research development, and improved health and social outcomes. The world map highlights some of our connection with the global community!



*Honduras: Professor Robyn Lugar (Social Work) traveled with students to help improve the conditions of village.

*Cuba: Professor Yassenka Peterson (Associate Dean, Professor, Applied Health Sciences) and ISU colleagues are working with faculty from Havana University Medical School to learn more about Cuba's health literacy efforts.

*Morocco: Dean Jack Turman, Jr. and ISU colleagues work with faculty from Hassan I university faculty and leadership to implement programming to improve maternal and infant mortality outcomes.

*United Kingdom: Professor Jolynn Kuhlman (Kinesiology, Recreation and Sport) works with collaborators on exchange program that foster optimal coaching techniques.

*Croatia: Professor Don Rogers (Kinesiology, Recreation and Sport) and collaborators at the University of Zagreb work organized an educational and research exchange to study differences in access for individuals with disabilities.

*Finland: Professor Tina Kruger (Applied Health Sciences) and collaborators work to understand differences in healthy aging programs across Finland and the USA.

*Southeast Asia (Viet Nam, Thailand, Myanmar): Professor Paul DuongTran (Social Work) and collaborators from universities and NGOs in Southeast Asia are working to build community capacity to support children with disabilities.

*South Korea: Professor Robyn Lugar collaborators with faculty in South Korea for a vibrant social work student exchange program.

Advancing the Science of Health and Social Services

In addition to all the teaching and community outreach conducted by our faculty, they dedicate time and effort to their scholarship, all with the aim of advancing the sciences that underlie the health and social service professions. Table 4 highlights some of the research accomplishments of our faculty.

Table 4: Research Outcomes

| | |
|----------------------------|---------------|
| External Grant Funding | \$2.7 million |
| Peer Reviewed Publications | 77 |
| Book Chapters | 5 |

Conclusion

The faculty, staff and students of the College of Health and Human Services have, and will continue to work diligently to advance the health and wellness of all people by thoroughly educating the next generation of clinicians, educators and policy makers, advancing the science of our respective fields, and serving individuals, families and communities.