Greetings UNK Counseling, School Psychology, and Family Science

Reflection by Dr. David Hof

As a program, once again this year we have the great honor to highlight our graduates, scholarship recipients and program award winners. While we didn’t get to see you in person, it takes nothing away from your accomplishments. All of you have worked very hard and are well deserving of recognition. Congratulations!

What a year it has been. When I started teaching years ago, I wanted to be a professor so that I could sit in a room with students face to face and learn together. This year we had to figure out how to teach online while still creating a meaningful class experience ensuring we best prepared students to be successful in the field when they graduate. Synchronous learning will be a term that I don’t think will be going away any time soon. Turns out we can use a platform like Zoom and create a meaningful real-time experience for students to learn. I also believe we have learned to teach online courses more effectively, to be more interactive and to enhance learning on Canvas. All that being said, I am so excited that we are planning on returning to face-to-face classes in the fall and getting back to “normal”.

We have had many changes this last year, the biggest one is that we officially became the Department of Counseling, School Psychology and Family Science. This merger has been in the works for some time and as of July 1st, 2022, it was official. We also lost some important people from our programs. Dr. Sylvia Asay retired and is living in Omaha to be closer to family. Dr. Tina Chasek relocated to Omaha and is the new chair of the counseling program at UNO. Cathy Tourney also retired and will be staying in Kearney close to her family. Dr. Asay, Dr. Chasek and Cathy, you will be missed! Although we lost three people from our team, the rest of us are still here and would love to see you, so if you get a chance, stop by and say hello. Have a great school year!

Dr. David Hof, Professor
Department Chair — Counseling, School Psychology & Family Science
University of Nebraska — Kearney
Kearney, NE 68849-2340
Outstanding Family Science Graduate

Congratulations— Bailey Reigle!

Hometown: Albion, NE

Career Information: I will be attending UNMC to get my Master’s in Public Health with a concentration of Health Promotion. My end career goal is to work with individuals with disabilities.

Fondest Program Memory: My fondest program memory is how supportive the professors are. I had many professors encourage me to step out of my comfort zone and apply for undergraduate research. I am so glad I took their advice because research became one of my favorite activities I was involved in.

Outstanding ECFA Internship Site Supervisor

Congratulations— Dulce Valdez!

Dulce is the recipient of the Outstanding Family Science Internship Site Supervisor award from the Department of Counseling, School Psychology and Family Science (CSPFS). This award reflects your outstanding achievements, leadership, contributions to the field, and the respect your colleagues and faculty have for you!
Outstanding Early Childhood Family Advocacy Graduate

Congratulations— Ashley Titus!

**Hometown:** Ainsworth, Nebraska

**Career Information:** For many years I have owned and operated an in-home daycare. Now that I have graduated, I plan to expand my daycare by hiring employees, adding more children, move it to a location outside of my house. I love what I do and I am so excited to make these changes.

**Fondest Program Memory:** All of the classes I took for my degree were online. This made it a little more difficult in connecting with other students and faculty. All of the professors did a great job of communicating with me and connecting the students in the class. I would have to say though, that having Dr. Toni Hill as my advisor is one of my favorite parts of the program. She was very helpful and always quick to respond. I was only on campus twice during my three years at UNK, once for a scholarship awards ceremony and then for graduation. Both times she made it a point to say hello and congratulate me. It meant a lot to me considering those were the only two times we met and I knew no one else on campus.

Additional Comments: I am very thankful for UNK’s online programs. I live hours away from Kearney, from any college campus really, and I have a full time job and a family to care for. There is no way I could have completed my degree without the online program. I enjoyed every class I took and learn so much from each one. I am able to use what I learned and apply it to my work life every day. I am so glad I was able to earn my degree this way. I am hopeful I can continue my education at UNK sometime in the future.
Outstanding Family Science Alumni

Congratulations—Jennifer Beck!

Hometown: Kearney, NE

Career Information: After finishing my degree at UNK as a non-traditional student, I began my career in 2011 at the Kearney Area Children’s Museum as the Director of Community Engagement. My role at KACM includes creating, marketing and leading educational programs and special events. I truly enjoy utilizing my creativity and leadership skills to provide a positive and unique environment for children and families. It’s also rewarding to help others get connected with KACM and our mission. It’s a passion of mine to maintain positive connections within the community through organizing volunteers, fundraising, assisting with exhibit development and community outreach. One of my favorite things about KACM is seeing children get excited when they learn something new, accomplish a new task, make a new friend, or get quality time with their family. I am blessed to be a part of such an amazing organization!

Fondest Program Memory: My fondest memory in the Family Science Program was the camaraderie between students and faculty. All of us had one thing in common: a desire to be advocates and make a positive impact in the lives of families, individuals, and the community. The professors were approachable, passionate, and always had an open door. I am confident that current students experience this same environment to this day. The Family Science Program was diverse in classes that were offered and each semester challenged me to grow not only academically but personally. I gained a solid foundation that helped me step into my career and my professors have remained mentors, colleagues and friends.

Additional Comments: It is wonderful to see Alumni positively impact families whether in Kearney or other communities. It has also been great to welcome students to the Kearney Area Children’s Museum who wish to volunteer or complete internships with us.
Outstanding Early Childhood Advocacy Alumni

Congratulations—Lrene Jo Braun!

**Hometown:** Grand Island, NE

**Career Information:** My first job was as a lunch-aid at my children’s elementary school. I loved serving the children their food each day. It was so much fun to watch them interact with each other. I never knew that first job would lead, to not only working with children, but also with families and adults/child care providers. My work, whether paid or serving as a volunteer, has led me down many paths, but they always included children. Through the years I have had the privilege of being a leader for Girl Scouts, Cub Scouts and 4-H to being a preschool teacher, a child care center director and a home visitor. All these opportunities prepared me for my current career: being a coach, educator and trainer for child care providers/teachers. Obtaining my Degree at UNK has given me the knowledge and enhanced my ability to help others achieve their dreams and enrich their ability and confidence in teaching young children.

**Fondest Program Memory:** My fondest memory of getting my Early Childhood and Family Advocacy Degree occurred on graduation day. It was an incredible feeling to walk across the stage to receive my diploma. As I was walking back to my seat, Professor Toni Hill met me and gave me a huge hug. That hug meant the world to me! Professor Hill had been a significant source of encouragement and inspiration to me through all my classes with her. A year after graduation, Professor Hill and I attended the same Early Childhood Conference. It made a deep impression on me that she remembered me. She hugged me again and I got a picture of the two of us together.

Professor Dawn Mollenkopf also was a very instrumental to my pursuing the Early Childhood and Family Advocacy Degree. She listened to my personal and professional journey. At the time I was attending UNK this degree was still in the development stages, but fit so well with where I was in my career and where I hoped it would go.

**Additional Comments:** Thank you for selecting me as the recipient of this award. It was such a wonderful surprise and cemented that I have chosen the right career path.
Congratulations— Victoria Molina!

Hometown: Aurora, NE, but I've lived in Kearney since 2009, so I consider this home.

Career Information: I've been the lactation consultant at Kearney Regional Medical Center since our Maternity Care Center opened in January, 2017. Prior to that I worked at CHI Good Samaritan Hospital as the lactation consultant assistant, and at WIC as a Breastfeeding Peer Counselor.

Fondest Program Memory: I am forever grateful to my mentor, Deanne Birkestrand, who is the lactation consultant at Good Sam. Prior to becoming a lactation consultant, I worked as an athletic trainer at UNK. After my first child was born, I wanted to find a different career that worked better for my family schedule, and strangely enough, a lot of the education requirements for athletic training carried over to lactation. Deanne helped me so much, first as a new and clueless breastfeeding mom, and then as a mentor to guide me on the path to becoming a lactation consultant.

I have been very impressed with the basic breastfeeding knowledge that my Family Science interns have. The department does a fantastic job preparing them for real life encounter with patients, and a broad understanding of the different dynamics involved with caring for infants and their families. Even if my interns decide not to pursue a lactation related career, they are still able to use the skills they learn in so many other areas. I am excited to see so many young adults interested in lactation!
Outstanding Clinical Mental Health Counseling Graduate

Congratulations — Jessica Schlegelmilch!

I am honored and humbled to be recognized as one of the recipients of this award. I will be forever grateful for the education, guidance, and relationships I have gained through the Clinical Mental Health Counseling Program.

Hometown: York, Nebraska

Career Information: PLMHP at Midwest Encouragement and Counseling Center. Providing therapy for children, adolescents, adults and families.

Fondest Program Memory: “Sometimes you have to slow things down to speed things up.” Author Unknown. I came across this quote during a training I completed recently. When I heard it, I was reminded of a conversation I had with Dr. Tillman about feeling like there was so much to learn and wanting to have all the training and tools necessary to be an effective therapist for the clients I serve. In that moment, Dr. Tillman stated, “trust the process.” It was one of the best pieces of advice I was given during this journey and it serves as a good reminder for each of us to set reasonable expectations and allow the journeys we are on to continue to shape and mold us into the person we hope to be.
Outstanding School Psychology Graduate

Congratulations—Jordan Amundson!

A big ‘thank you’ to my support system! Especially, my husband, family, friends/classmates (one in the same J), supervisor(s) and faculty – I couldn’t have made it where I am without all of you pushing me to be the best School Psychologist and person I could be!

Hometown: Sterling, Nebraska

Career Information: Currently, I am the School Psychologist Intern at Auburn Public Schools in Auburn, Nebraska. Auburn also contracted with Humboldt Table Rock Steinauer (HTRS) Public Schools in Humboldt, Nebraska, so I am there as well! I spend a lot of my time gathering data, however, I do get to teach some social skills groups, help with behavior cases, and spend time consulting with my amazing teachers/staff. I love so many aspects of this career, but especially building relationships and teaching essential lifelong skills to kiddos. Next year I plan to stay with Auburn, but will only be in their district. I am so excited for the opportunity to continue my career in such a great district!

Fondest Program Memory: There have been a lot of memories that I’ve been blessed with through my time in the program. But, I am mostly grateful and will always remember the relationships that I’ve built with my cohort and faculty, fun trips for the NASP conferences, and my newfound love for (and dependence on) coffee :)
Outstanding School Counseling Graduate

Congratulations— Jenni Joedeman!

I am so grateful to my advisor, Dr. Hof, and all my other professors who were equal parts challenging and encouraging. The path to this degree has been one of the hardest I’ve walked, and yet also one of the most rewarding.

**Hometown:** Stapleton, Nebraska

**Career Information:** I am very excited to begin my school counseling career!! About two weeks after graduation I will dive into my new position at Thedford Public Schools as the K-12 Counselor. I am thankful for this opportunity and looking forward to getting to know the students, staff, and families of Thedford.

**Fondest Program Memory:** I believe that my most profound experience during this journey was the Group Therapy class. In spite of being in a virtual classroom, we were really able to open up, be authentic, and really connect with each other. I discovered so much about myself and was honored to watch others do the same. I expected to learn about therapy, I was not expecting to RECEIVE therapy, and yet that’s exactly what happened.
Congratulations—Emily Beaman!

Thank you to my family, colleagues from HR and AACD, classmates, UNK staff, and especially the wonderful CSP Professors and for supporting and believing in me!

**Hometown:** Grand Island, Nebraska

**Career Information:** Academic and Career Advisor at UNK

**Fondest Program Memory:** Throughout this program, I have been challenged to grow professionally as a student affairs practitioner. What I did not expect was how much personal growth I would also experience. I have learned so much about myself that I feel makes me a better wife, mom, daughter, sister, and friend.

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Outstanding School Psychology Alumni

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Congratulations—Amy Walters!

Amy is the recipient of the Outstanding School Psychology Alumni award from the Department of Counseling and School Psychology. This award reflects your outstanding achievements, leadership, contributions to the field, and the respect the CSP faculty have for you!
Congratulations— Candi Klein!

Working with the UNK interns has been so much fun, watching them learn and grow. The advisors and students do such an amazing job. Thank you. I am honored to be awarded.

Hometown: Fairbury, NE

Career Information: I currently am the owner and therapist at CK Counseling in Holdrege, and I work as a supervisor in the Family Centered Treatment Program at Saint Francis Ministries. I have my LIMHP, LMHP, LPC and LADC licenses.

Fondest Program Memory: I graduated from the CSP UNK program in 2008 and Dr. Hof was my advisor. He provided a lot of guidance and encouragement, and still does at times. He encouraged us to get involved, strive for success and learn.
Congratulations—Martin Miller!

The UNK counseling program did an excellent job in preparing me for a career in counseling. The staff there is exemplary in every way, as are the students. It's a dynamic program ready to respond to today's complicated issues.

**Hometown:** Hastings, NE

**Career Information:** I graduated from the program in 2010, and am a LADC and LIMHP. I was employed at South Central Behavioral Services in Hastings, NE and later worked for the Veteran's Administration on the residential rehabilitation treatment program at the V.A. Medical Center in Grand Island, NE. I retired from the V.A. on December 31st, 2020. I have also maintained a private practice throughout my counseling career. I continue to work in my private practice. I am on the staff of the Central Nebraska Drug Court in Hall County, and serve on the Hall County Mental Health Board. I have lobbied extensively in Washington, D.C. to support counseling legislation.

While at the V.A. I was successful in upgrading the counseling positions on the residential rehabilitation treatment program unit to master's level Licensed Professional Mental Health Counselor. I also supervised counselor intern's at the V.A., and all of the counselors currently working on the unit are graduates of the UNK department of Counseling and School Psychology.

**Fondest Program Memory:** I still remember the feeling intimidated by Dr. Julie Dinsmore in her Techniques of Counseling class. She had a vast knowledge of counseling and counseling skills. It was nerve racking to have Dr. Dinsmore sitting by you as you tried to demonstrate your counselling skills, or lack thereof! And one other quote I continue to use from Dr. David Hof: "Does that make sense?"
Congratulations— Annie Weaver!

I am honored and touched to have been selected!

**Hometown:** Holt, Michigan

**Career Information:**
- Lynn University, Coordinator of Student Involvement for Greek Life and Civic Engagement 2008-2012
- Illinois State University, Senior Specialist for Leadership and Service 2012-2017
- Illinois State University, Assistant Director for Co-Curricular Programs 2017-present
- Currently working on my doctoral dissertation.

**Fondest Program Memory:**
Multicultural Counseling with Dr. Dinsmore. This class challenged me to think about race and bias in a way I never had before. I am forever grateful for this class and Dr. Dinsmore for challenging me to recognize my own biases and to start doing the important work on myself so that I can better support my students. I think often of the work I did in that class and continue to push myself to be anti-racist. I keep all the materials on worldview and culture in my office so that I can revisit them!

I will always appreciate the Marriage and Family Counseling class for giving me the opportunity to ask my grandparents for their histories and stories. They were both aging and passed away just two years later so the fact that I had that time with them I will forever cherish.

I would be remiss if I didn’t acknowledge the impact that my Graduate Assistantship had on my classroom experience. I was able to take the concepts I was learning about in class and apply them to my work with students on a daily basis! I am grateful to have been a Graduate Hall Director throughout my time at UNK and I learned so many skills that I still use today!
Outstanding School Counseling Alumni

Congratulations—Michelle Stevens!

Hometown: Gothenburg, NE

Career Information: 3rd Grade Teacher, Centura Public Schools. 1998-2005
3rd Grade Teacher, Kearney Public Schools. 2005 – 2013
K-8 School Counselor, Central City Public Schools. 2013 – 2014
K-12 School Counselor, Overton Public Schools. 2014 – 2016
K-3 School Counselor, Gothenburg Public Schools 2016 – Present

Fondest Program Memory: Being accepted into the Counseling and School Psychology program at UNK was very rewarding and offered me the opportunity to grow and learn as an individual and professional. The design of the program and the personal relationships with the professors allowed me to have personal growth while learning how to apply the counseling skills and process to support others. The professors made sure that we recognized our own need for mental health, self-care, and support to be in a healthy place to support others as counselors. The academic course work and relationships that were created through my time in the Counseling and School Psychology program at UNK have directly prepared me for and led me to a career path that I enjoy in a school district with an outstanding counseling team.

In 2008, when I began my degree in School Counseling, Dr. Julie Dinsmore, Dr. David Hof, Dr. Grace Mims, Mr. Matt Mims, and Mr. Jerry Wiggins were my core professors. The professional connections and support that continue with these professors when questions arise or the continued learning we get to do through professional conferences truly speaks to the value of being connected through a professional learning community like UNK. My connection to UNK actually led me to my current position. Mr. Wiggins was one of my professors at UNK. A few years after completing my degree, I then had the opportunity to work with Mr. Wiggins as part of the counseling team at Gothenburg Public Schools and continue to be mentored by him as I continue to grow and learn as a school counselor.

The quality of the Counseling and School Psychology program at UNK, relationships with professors, and relationships with other students in the program have created a lasting circle of support in both personal and professional ways that are invaluable to me in my career as a school counselor.

Be Blue. Be Gold. Be Bold!
Outstanding Site Supervisor

Congratulations— Billie Hightree Sitzmann!

I sincerely appreciate this award and recognition! Thank you so much!

Hometown: I grew up in Decatur, NE and now reside in Hinton, IA with my husband and children.

Career Information: I obtained my undergraduate at Morning-side College with a Psychology and Sociology double major. I then attended University of South Dakota (USD) for my Masters in Counseling followed by the Specialist at USD in School Psychology. I worked 5 years as a therapist at Heartland Counseling in South Sioux City, NE, and then two years at Area Education Agency in Sioux City, IA as a School Psychologist. The remainder of my career has been at the Educational Service Unit #1 (ESU) as a School Psychologist. This is my 17th year at ESU, 10 years of which I have also served as the coordinator for the School Psychologists. I have worked in multiple districts and been blessed with many career opportunities as part of my work at ESU.

Fondest Program Memory: I joke with Kenzie all the time that she was my number one pick when I participated in the interviews for her cohort group...which she was!!!! We had a connection instantly and I felt she would fit in PERFECTLY with our group. I could not have been anymore right with this!!! She has been outstanding and I have LOVED getting to know her and watching her grow.

I wholeheartedly believe that having an intern is such a rewarding experience for my own professional development. Specifically, it assists me in keeping up to date on new/best practices, and also reminds me of the WHY “I do what I do” as interns often have questions that trigger this awareness.

I have absolutely loved working with Kenzie specifically, and also ALL the interns with which I have interacted.
Congratulations—Janelle Reynolds!

Janelle Reynolds has been an amazing partner with the CSP program! Janelle, faculty at UNMC, has been instrumental in organizing and facilitating an interprofessional training experience for clinical mental health counseling students and students in the UNMC Physician Assistant training program. This project partnered CMHC students and UNMC Physician Assistant students together in an interprofessional simulation for hands on training to identify and screen clients/patients for substance use disorders mental health concerns. This has been an ongoing project for 2 years and over 100 students have participated! This work has led to funding opportunities and has expanded to the UNMC Omaha campus. Janelle is an amazing partner and well deserving of this award!

**Partnership:** I have coordinated IPE events with Tina Chasek and CSP for 3 years. Students from the UNMC PA program, the CSP program have worked together on two IPE events; SBIRT training and sexual assault training. I have also coordinated an SBIRT training for the UNMC PT students. We have connected these trainings across campuses to include the UNMC Omaha students as well as the Kearney students, in both PT and PA programs.

**Hometown:** Loveland, CO

**Career Information:** Assistant Professor with UNMC in CAHP, PA department, MPAS, PA-C

**Professional Memberships/Leadership:**
- American Academy of Physician Assistants – Fellow Member – 2010 to present
- Nebraska Academy of Physician Assistants – Fellow Member – 2018 to present
- Student Wellness and Outreach Committee – December 2018 to present
- CAHP Diversity and Inclusion Committee – 2020 to present
- Sharing Clinic Organization Committee Kearney representative – November 2019 to present
- KHOP Faculty Representative – January 2018 to present
- HelpCare Clinic PA volunteer 2017 to present
- Special Olympics Exams 2017 to present
2020 -2021 Family Science Graduates

SUMMER 2020
Maria Addleman - ECFA
Preslie Allen - FAMS
Kasey Clifford - ECFA
Joni Kruntorad - ECFA
Laura Mozqueda - FAMS
Heather Schmidt - ECFA

FALL 2020
Courtney Gould - FAMS
Heather Hunt - FAMS
Kaylynn Johnson - ECFA
Kaitlyn Kersten - ECFA
Laura Mozqueda - FAMS
Gabrielle Rose - ECFA
Heather Szekely - FAMS
Morgan Wicht - FAMS

SPRING 2021
Kenedee Duncan - FAMS
Alexis Fierro - FAMS
Sydney Fife - FAMS
Cheyenne Fitzgerald - ECFA & ECI
Isabella Lord - ECFA
Shaylee Nelson - FAMS
Haley Parlin - FAMS
Briana Quintana - ECFA
Bailey Reigle - FAMS
Anna Squiers - FAMS
Kristina Syring - FAMS
Ashley Titus - ECFA
Ashton Weinman - FAMS
Emily Wellsandt - FAMS
Nicole White - FAMS
Katelyn Wolf - FAMS
### SUMMER 2020

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<td>Zachary Waller</td>
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<td>Taylor Williams</td>
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Family Science
Scholarship Award Winners 2021—2022

College of Education Dean’s Scholarship
Katie Amato
Jeri Johnson

Bernice Mantor Memorial Scholarship
Korbyn Moldenhauer

Debra Dirks Memorial Scholarship
Claire Nelson

Delia Garrett Scholarship
Mandy Berry

FAMS Outstanding Student Scholarship
Jason Baker

FAMS Student Scholarship Fund
Korbyn Moldenhauer

Gamma Phi Beta—Kay Christensen Memorial Scholarship
Hailey Schademann
Family Science
Scholarship Award Winners 2021—2022

**Georgia Warren Spelts Scholarship**
Emma Marie Allen
Sarah Godejohn
Kayla Lopez

**Jester Family Scholarship**
Tatum Lange

**Mary Badger Memorial Scholarship**
Jazmin Matias-Trejo

**Mary Harashfield Beekman Scholarship**
Sarah Godejohn

**Schrack Scholarship**
Erin Marzolf
Jazmin Matias-Trejo

**Sharyn & Edward Crossman Scholarship**
Jason Baker

**Willamette Martin Scholarship**
Claire Nelson
Counseling & School Psychology
Scholarship Award Winners 2021—2022

**College of Education Dean’s Scholarship**
Olivia Groeteke - Clinical Mental Health Counseling
Katlyn Bowman - School Counseling
Anthony Osborne - Higher Education Student Affairs
Dylan Moore - School Psychology

**Dr. Kent Estes Memorial for Chi Sigma Iota**
Alison Branstetter - Clinical Mental Health Counseling

**Dr. Fred & Betty Kempf Fellowship Fund**
Stefanie Neal - Clinical Mental Health Counseling
Erin Lisonbee - School Psychology

**Mary Splitter Memorial Scholarship**
Mike Kult - Clinical Mental Health Counseling

**Liela S. Herzog Memorial Scholarship**
Athena Tarin - Clinical Mental Health Counseling
Schyler Johnson - School Psychology

**CSP Department Scholarship**
Aaron Walker - Higher Education Student Affairs
Shelby Glaser - School Psychology
It is an honor to provide an update regarding the Family Science & Early Childhood and Advocacy Programs for the academic year 2020-2021. Notable occurrences, based on information provided by faculty, included:

1. The retirement of Dr. Sylvia Asay after 30 years of service to UNK
2. Finalizing the transition to the College of Education
3. Mentoring adjunct faculty and undergraduate research fellows
4. Publishing of peer-reviewed journal articles and giving academic presentations
5. Co-editing a journal and serving as ad hoc reviewers of journal articles
6. Awarding of grants to support teaching, research and service
7. Providing service in a variety of context both within and external to UNK and the NU system
8. Engaging with all of our fabulous students and helping them on their academic and professional journeys

Here are tweets shared by faculty to summarize their experiences this past year:

This has been a very unusual year with all my classes online and meetings only by zoom. However, it has still been a productive year and learning has happened! I will be retiring following my summer class and am looking forward to more travel and time with my family (Dr. Asay).

Amazing year of student-scholar strength and success. A pandemic did not lessen student-scholars’ incredible resilience and determination as evidenced in course completions, conference presentations, internships, and the number of graduates! (Dr. Hill)

What a year full of challenges and opportunities! I missed seeing people in-person and making connections. Despite that, the year proved fulfilling, productive, enjoyable, and focused on what matters most. I especially enjoyed seeing the amazing UNK students stretch and grow. (Dr. Bell)

#Quarandipity. Embracing all that 2020-2021 brought our way. (Dr. Obasi)

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Sharon N. Obasi, Ph.D.
Associate Professor & Program Chair, Family Science
Student Highlights

Korbyn Moldenhauer and Kailey Bowen presented at the annual conference of the National Council on Family Relations (NCFR)

The Council on Family Relations student group members fundraised and volunteered at several community events including Booseum and Eggstravaganza at the Kearney Area Children’s Museum

Bailey Reigle graduated with NCFR honors and was also the recipient of several UNK applauding excellence awards including the Alpha Kappa Upsilon Iota Award which celebrates the work and dedication to the student union and student engagement office.

Jason Baker is UNK’s first veterans success coach and received the Alpha Phi Sigma Nay-Latocki Military Veteran Scholarship Award and the UNK Walker-Covalt scholarship.

Neli Morales (FAMS, 2020 graduate) was recently accepted into the University of Nebraska - Lincoln's Child, Youth, and Family Studies (CYAF), Child Development/ Early Childhood Education graduate program, Fall 2021.
The Clinical Mental Health Counseling Program (CMHC), like the rest of the world, has been working to adapt to Covid 19...and adapt we have!

Up to mid-March 2020, work was underway educating the next generation as usual. Students were serving clients in the face-to-face setting and then overnight, it was no longer safe to be with one another. Thankfully, for the past couple of years, the CMHC program had been developing and implementing a plan to train students in telemental health services. Before March 2020 had concluded, that very plan was accelerated, and work with clients was continuing via telemental health. That work continues now. It has been wonderful seeing both students and clients embrace telemental health services. All students graduating from our CMHC program from here forward will have knowledge and experiences with the nuances of serving clients in both the face-to-face and virtual settings.

No update on the CMHC program would be complete without discussing CACREP. I am pleased to share that the CMHC program has discussed, evaluated, and created the new assessment plan to take our program into the future. Co-chairing the writing and submission of our CACREP document this round is Douglas Tillman and David Hof. The timeline of this work is to have our document submitted before July of 2022, with a visit to UNK for review in early 2023.
HESA reaching out to the World. It has been quite a year hasn’t it? COVID shut down a number of our internships but now with the coming of spring so much is opening up. We have graduated a record number of HESA students this year which will go out and help students around the country. Alumni continue to be our best recruiters for the program. Please send all who would make strong professionals to our program. Lastly, we went through a name change for our department, and while it still leaves us out of the title, we are very much a big part of the program.

We continue to expand our program and our newest course will be CSP 845 Global Perspectives in Higher Education Student Affairs which will be offered Summer 2022. This course will have an optional travel abroad opportunity in Europe for a 15 day excursion between June 6-21st. We will be traveling from Milan Italy to Vienna and then to London to visit Universities throughout the three countries. Professionals and Graduate Students are welcomed to attend as a part of the class or just a person who wants to see how educational institutions interact across the globe. If interested, please email us at csp@unk.edu for further details.

Also, an undergraduate study abroad opportunity will take place during the month of July in Milan Italy. The University of Nebraska at Kearney has partnered with the International University of Languages and Media (IULM) in Milan, Italy and will be offering students the opportunity to spend four weeks experiencing Italy during the summer. Undergraduate students will earn five credits in courses which include information in Italian cultural heritage between tradition and modernity, Food & Wine, and International Experiential education. Email mimsmj@unk.edu for more information. Please also recommend any undergraduates who will benefit from this experience.

Our HESA courses have started to incorporate information on how universities are changing from COVID while also incorporating more technology in our classes. We hope that all of you are safe and healthy as education will need to adjust so that we can continue to provide students with activities and knowledge to allow them to grow and add a positive voice to our communities.

Greetings to all,
Matthew Mims and Po Hu
For the newsletter this year, we have decided to highlight some outstanding students and alumni who exemplify and embody the essence of professional school counseling! These individuals were selected based on their advocacy efforts and desires to help meet the needs of underserved students.

**Alumni Spotlight: Tami Smith**

Going into the 2020-2021 school year I knew I wanted to start small counseling groups at Madison Middle School which has around 310 students. As students begin entering this phase of development, at the middle school level, they are changing cognitively as well as physically. It can be a difficult time for students as they are looking to be more independent and looking for validation more through their peers and less through their family. With this in mind, it became important for me to be preventative with my counseling program. Signs of mental illness can be seen as early as 6th grade and I wanted to provide students not only tools to help them cope with the obstacles they face but more importantly, I wanted them to realize they are not alone. Counseling groups offer both a method for psychoeducation and connection.

At the beginning and middle of the school year I sent out a counselor check-in through google forms for the students to fill out. One of the questions on the counselor check-in is if they would like to be in a group and if so, what group would they like to be in. The counselor check-in allows me to access students interested in being in groups and I then send home parent permission slips for guardians to sign and return. After that the groups are formed and last anywhere from 6 to 10 weeks depending on the topic. I have recurring groups that run through each quarter, with new groups of students, such as my study skills groups and my anxiety groups. Other groups have occurred at various times in the school year depending on the topic. Such topics have been anger management, self-esteem, and social skills.

I am still collecting data on the groups but thus far, the data from pre and post surveys as well as academic grade tracking supports the effectiveness of the groups when delivered with high fidelity. During the study skills groups, students' grades improved and when there are outliers we look further into whether the student needs Tier III support to be successful.

School Counseling creates a unique opportunity to see kids day after day when they are both struggling and being successful. The opportunity to meet kids where they are and give them the tools to be successful is what makes this position so unique. The School Counseling program at UNK was imperative in preparing me to run the groups that I do with intention and accountability. UNK not only prepares students for how to run a school counseling program but also to meet the demands of accountability and data tracking to support what we do in the school system. Even now after I have graduated I continue to receive guidance from my former professors to help me be successful.
Greetings and Congratulations from the School Psychology Program! It is our pleasure to provide you with an update for the very unique, 2020-21 academic year. First of all, congratulations to everyone for surviving a year like no other. The pandemic definitely created some new challenges and exciting learning opportunities. The year began with the return of faculty members, Dr. Tammi Ohmstede (Professor, Program Chair) and Danielle Nguyen (Graduate Lecturer), while we also welcomed Em Meyer (Assistant Professor) who is completing her doctorate from the University of Kansas. Em has been an amazing addition to the program. This year we had 7 interns who began their work in school districts across Nebraska. Specific sites include Lincoln Public Schools, Grand Island Public Schools, Auburn Public Schools, ESU 1, and ESU 7. Although it took some time and creative thinking due to the pandemic with some schools not allowing any additional personnel in the building, the program was able to place 12 practicum students at the following sites: Lexington Public Schools, Cozad Public Schools, Grand Island Public Schools, Hastings Public Schools, Lincoln Public Schools, ESU 8, and ESU 11. We would like to give a big “THANK YOU” to all of the school psychologists who have volunteered to take on a practicum or internship student this year!! You are the ones who provide the students with the greatest “real life” learning experiences! Last but not least, we welcomed 8 new students into the school psychology program in the summer/fall who are diligently working and learning about the field of school psychology.

Although the faculty and students became very comfortable with using Zoom for many classes, meetings and conferences; most of the clinical courses were able to continue in person following the directed health measures. The unique opportunities created this year by faculty and students allowed most program activities to continue, even GrASP meetings and socials via Zoom!! Some of the exciting projects the faculty and students worked on this year included, research and professional development related to advocacy and social justice. Although the NSPA and NASP conferences were held online this year, our students and faculty were still able to participate, learn and collaborate with professionals across the state and country. Students also had the opportunity to administer benchmark assessments to elementary students in one of our partner school districts. As the year comes to a close, it is with mixed emotions we announce that our Graduate Lecturer, Danielle Nguyen, will be leaving the program to pursue a school psychologist job opportunity in Arizona. We cannot thank her enough for the time, dedication, support and memories she has given the students and faculty in the department. She will be greatly missed while she is doing great things and soaking up the sun in AZ! We hope your year was as fun and productive as ours, and as always, we love hearing from our alum if you would like to send any updates. There continues to be a shortage of School Psychologists so tell your friends about the awesome School Psychology Program at UNK!! Go Lopers :)
The Behavioral Health Education Center of Nebraska (BHECN) Kearney has been busy over the past year doing many things to grow, support and retain the behavioral health workforce. As a rural site for UNMC’s Behavioral Health Care Education Center, we have hosted many student events, held trainings, written reports, and held a lot of Zoom meetings! This past year we have trained nurses, physician assistants, and physical therapists in how to recognize mental health and substance use symptoms and how to work together in integrated teams. We have worked with the KHOP and AHEC Scholars at UNK to share behavioral health information and career paths. We have worked in the community with Richard Young and Region 3 Behavioral Health to hold trainings for our existing workforce. In January, we hosted a large high school virtual event called “Mind Bending Careers”. We were able to share behavioral health care careers with over 500 high school students! We also continued to support internship and practicum placements for students who are pursuing degrees in licensed behavioral health careers. As they say a picture is worth a thousand words so here are a few “words” from the past year.

It has been a productive year and we look forward to another great year as we continue to grow in our efforts to expand the behavioral health workforce. Dr. Krista Fritson from the psychology department at UNK has been appointed the new lead and we couldn’t be happier! Dr. Chasek will be moving on to support BHECN on a statewide level as the Associate Workforce Director. Sydney will continue her awesome work as the GA keeping us all on track. To stay in touch, follow us on our social media channels. You can find us on Facebook at Behavioral Health Education Center of Nebraska, our website https://www.unmc.edu/bhecn/about/index.html and on Twitter @BHECN1.

Dr. Krista Fritson, BHECN Kearney Director
Sydney Hansen, BHECN Graduate Assistant
Dr. Tina Chasek, BHECN Associate Workforce Director
CSI Joins UNK in the “Big Event” Day of Service

On Saturday April 17th, CSI President Asianna Harris and member Joseph Morrow, along with faculty advisors Douglas Tillman and David Hof (Dan Hof as well!), joined the larger UNK student community in the “Big Event” day of service to the Kearney area. The team did general yard work for an elderly woman who was so very thankful for the help. With tired hands and a heart full of gratitude, the team posed for the picture here.
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