Fall 2019 Human Services Graduates

Nancy Collins
Brittany Dougherty
Chelsie DeGroot
Amanda Gray
Tieshah Hawkins
Michelle Haberstroh
Janice Hughes

Katelynn Manley
Araceli Perez
Staci Shaffer
Ashley Sorenson
Mariangely Spilotro
Lathisa Thompson
Freida Williams

Inside This Issue...

02 | Adjunct Faculty
03 | Student Spotlight
04 | Alumni Spotlight
05 | Faculty Article
06 | Internship Information
07 | HMS Advisory Board & Spring Classes
08 | Graduation & Calendar
09 | Faculty Scholarship, Community Service & Suggested Conferences
10 | Contact Information

Class of 2019 - Congratulations!
Mrs. Sarah Garcia is Adjunct Faculty in the Department of Human Services where she teaches HMS 525 Alcoholism and Substance Abuse and HMS 528 Dual Diagnosis and Relapse Prevention this fall. She believes that education and advocacy are key components to thriving in a society that struggles with drug addiction and mental illness. Mrs. Garcia is passionate about education and helping students to better understand addiction. She has taught at Blackburn College and Lincoln Land Community College before coming to UIS.

Mrs. Garcia received her master’s degree in Legal Studies from University of Illinois at Springfield. She received her bachelor’s degree in Criminal Justice and a minor in Psychology from Blackburn College in Carlinville, Illinois. She has focused her career on aiding those who suffer from drug addiction and dealing with the stress of associated legal issues. She is interested in reducing the stigma of addiction. Mrs. Garcia started her career with the Illinois Department of Corrections working in the substance abuse program contracted in the prison as a counselor. After receiving her Certified Alcohol and Drug Counselor certification she became the supervising counselor over the program. After leaving the prison she sought out a career with the Gateway Foundation, where she works today. While with Gateway she has worked as a primary counselor in the 16 bed women’s unit, a clinical supervisor over the women’s unit and as a counselor III in the outpatient program. She is currently a certified alcohol and other drug counselor, a certified clinical trauma professional and has a specialized endorsement for working with women. She has a wide variety of experience between her positions and is dedicated to helping her clients succeed. Mrs. Garcia looks for challenges and ways to continue to grow as a clinician. She wishes to attend more trainings and complete research on cognitive behavioral therapy and dialectical behavior therapy and the effectiveness for clients suffering with borderline personality disorder.

Outside of work, she enjoys spending time with her family, working outside, cooking, and baking. She loves spending time with her two children (seventeen and three) and husband. They spend time outside going on adventures, four wheeling and camping.

Mr. Frank Shepke is an experienced leader in the field of senior care and has worked in health and human services for over 30 years. He has been the executive director of a community based not-for-profit and for the past 16 years has served as a senior executive and CEO in senior care organizations. He has also led and been involved in many initiatives involving research, marketing and sales, capital investment planning, customer service programming, legislative advocacy, acquisitions and new construction. He has extensive experience in substance abuse programming, child welfare, senior housing and health services.

Frank is also a licensed nursing home administrator and holds bachelors and master’s degrees from Illinois State University and the University of Illinois. Frank has been involved in numerous civic activities and is a past president of the Lincoln/Logan County Chamber of Commerce and the Heart of Illinois United Way Executive Council. Frank also served as an active member of the administration committee of the Illinois Health Care Association and the chair of the Illinois Respite Coalition in addition to time he spent in the governmental sector in administration with the Illinois Department of Children and Family Services. Frank is currently teaching HMS 502 Interview & Assessment, and HMS 511 Social Policy.

In addition to his industry activities, Frank is also a past member of the Illinois State University School of Social Work Advisory Board and adjunct professor with the University of Illinois Springfield. In his spare time Frank enjoys time with his family, helping at his church, outdoor activities, bicycling and fitness.
Tell us about yourself?
I have the fortune of being blessed with two beautiful children and a husband that is supportive of my academic pursuits and career aspirations. When I had my first child, Connor, I decided to pause my career, so I could raise my children at home and return to school to obtain my master’s degree. I enjoy helping others (which is why I chose to work in human services) and in my spare time enjoy wish granting as a local wish-granter for the Illinois chapter of Make-A-Wish. My other hobbies include spending time with my friends and additional family members along with various outdoor activities such as hiking. Additionally, I work part-time for the American Institute for Foreign Study (AIFS) – specifically, the Academic Year In America (AYA) arm of AIFS. As a local coordinator for them, I have successfully paired many wonderful exchange students from around the world to local host families.

What are you career interests and goals?
I’ve always had a passion for helping those in vulnerable positions. As a result, this passion naturally drew me to pursue an education (and ultimately career) in the human services arena. My short-term goal is to graduate from the HMS department at UIS with my master’s degree. Once that is completed, I hope to find a role within human services that is both challenging and complements my educational/career background. I envision myself heading a department or agency in the human services field someday, which will enable me to effect positive change on a larger-scale to the individuals that rely on the support that human services provide. My other goal is to live up to the high standards I set for myself professionally as it relates to integrity, empathy, and teamwork (among other traits).

What attracted you to the HMS Department at UIS and more specifically about your concentration?
The HMS Department at UIS has a strong reputation for its academic integrity; when I chose to pursue my master’s degree I was confident that this program would further my knowledge and propel me to new heights in my career. I’ve always been drawn to the human services field ever since I began my undergraduate degree at Illinois State University (and even before) as it aligned with my desired career path. Once my husband and I decided that I would pursue my master’s degree, my original decision (with both attending UIS and my concentration) has been reinforced based on the curriculum covered in the various classes I’ve completed, in conjunction with the wonderful teacher and fellow students that I have the privileged of learning with.

Of the courses that you completed within your concentration, which course did you enjoy the most? Why?
Honestly, every single course that I have taken while completing my master’s degree has taught me something that will be very beneficial when I return to the field. I have worked with children in foster care for over four years in my professional career, but I learned so much in the Child Abuse and Neglect course that would have been valuable to apply during my career. I truly appreciate all the professors in each of my courses as they have all taught me so much.

What motivates you personally and professionally?
From a personal standpoint, my family is a strong motivator. Growing up, my father had an excellent work ethic which rubbed off on me and my husband has a similar work ethic. I was raised to treat others with kindness and compassion and those tenants are the foundation upon which I’ve developed myself as both an individual person and as a professional in the human services discipline. I have an innate desire to expand my pool of knowledge through both academic and career endeavors; one of my goals being to harness this knowledge to better myself as a professional and translate that into improved outcomes for my clients in the human services realm. Although I am human (and as such am prone to mistakes now and again), I try my best to learn from them and harness that beneficial experience to improve myself as a mother, wife, daughter, sister, friend, colleague, and human services professional.
Please give us a short introduction of yourself.

My name is Katina Kooi and I live in Springfield, IL with my husband of 19 years and my four children, ages 17, 14, 11, and 6. I received both my bachelor’s degree in Criminal Justice Sciences and my master’s degree in Human Services Administration from UIS.

What does your experience in the field look like?

I have been working at the Youth Service Bureau in Springfield for the past 20 years, which is a licensed child welfare agency that serves abused, neglected, homeless and at-risk youth ages 11-24. Early in my career and across several years, I worked in direct service, providing counseling and advocacy for clients through case management services and crisis intervention. I served youth through a variety of different programming including mentoring, juvenile justice and diversion, crisis mediation, after care, and housing programs.

After many years in direct service, I then moved into a more administrative role as a program coordinator, which gave me the opportunity to coordinate the delivery of services to clients while providing support for case managers and case aids that provided the direct service. Additionally, I was responsible for data collection and reporting, as well as monitoring the achievement of program standards and outcome measures to serve clients most effectively. As an administrator, I was also in charge of public relations to inform and educate the community about the services that are available to find unmet needs within the community and to create a bridge between the agency, the community, and other resources.

What is your current job/role?

I recently took over as the Executive Director at the Youth Service Bureau. This new role requires that I utilize both leadership and management skills to ensure the organization strives to fulfill its mission through the implementation of programming and strategic planning. A significant part of this role is the oversight and maintenance of the fiscal management of the organization. This includes creating and organizing fundraisers, writing grants along with developing and maintaining positive relationships with stakeholders and donors to ensure there is necessary funding to support the organization’s mission. It is my goal as the executive director to lead and support the organization in a strategic way to ensure clients are served efficiently and effectively and the organization’s mission is fulfilled.

Any information you would like to share with current students?

My advice to current students is to actively engage with other students in meaningful dialogue to get to know each other and utilize the resources that the HMS program gives to you to further your personal and professional development. One of the most important things I learned as a student at UIS is the importance of engaging with other students, sharing dialogue, networking, and learning from each other’s experiences. Students within the HMS program come with varying degrees of experience and knowledge within the field. The value of the various backgrounds and experiences from fellow students was paramount to the enhancement and success of my development in the human service concentration. Furthermore, the referrals and networking that came out of engaging with my peers continues to enhance my professional development even outside of the academic curriculum and has helped me continue to enhance my ability to serve clients. We are all in this field to serve others, and utilizing each other can help us be the best helping professionals we want to be.
Factors That Enhance Our Understanding of Death, Grief, And Loss
Carolyn A. Peck, Ph.D. Associate Professor of Gerontology

I have the good fortune to teach the Human Services course Death, Dying, and Bereavement. Most of the students are gerontology or alcohol and substance abuse concentration majors. Two text books are required: *The Last Dance* and *Final Gifts*. With all classes faculty hope that a transformative shift occurs with the students understanding of the course content. With the death and dying course, there is often a transformation in understanding at both the professional and personal level.

For this article, I have identified six factors that can enhance our understanding of death, grief, and loss:

- **People often die very much in the manner in which they live.** Coping patterns that are established over a lifetime remain intact.
- **We are encouraged to keep our agenda at the door.** Respect and accept end of life decisions that are made. Examples can include: accept and respect stopping treatment; and conversely accept and respect continuing to aggressively treat.
- **Trust and accept** when a dying person sees individuals in the room that have predeceased them. This is reinforced in the *Final Gifts* text by authors that are veteran hospice nurses. These interactions can bring joy and comfort. We are encouraged to accept and validate.
- **If the situation warrants it, withdrawal of nutrition and hydration** can be good palliative (comfort) care when one is actively dying. Continuing to provide artificial nutrition and hydration can cause discomfort. This can be a difficult transition for family. Encouragement and reinforced education can facilitate acceptance.
- **Closure following a significant loss is a myth.** We are encouraged to think that our grief has a finite end point, and it is a sign of good health to close the door on grief after a designated timeframe. A more realistic goal is to learn to live with our losses rather than getting over them.
- **A common literary theme is the significance of love in our relationships.** This seems to be strongly reinforced when a loved one is dying. We are often told that what matters most at the end of life is a loving presence. Wendy Lustbader reinforces this when she reminds us “all that will matter at the end is how much as we loved.”

References:


You can find the answers to these questions and more by going to the HMS website. A description of the internship is listed under “Curriculum” and then “Degree Requirements.” You can also find FAQ internship information listed under “Students.”

If you are a semester away from during your internship we want to congratulate you on reaching this step in your degree. You have prepared a long time and have put in many hours to do your internship. We know you are excited and anxious about starting your internship. We are excited for you to get started. Typically, the best time to begin preparing for your internship is at the beginning of the semester prior to your internship. There are varying requirements depending on your concentration. Requirements are based on the focus of your concentration are required to complete 400 hrs. For example, students in the ASA concentration are required to complete a 500 hr. internship. All other students are required to complete 400 hrs.

**How do you begin the process?** After reading the information on the website, explore with your advisor what is required for your concentration and where you might like to do your internship. Your adviser can provide information about contacting the agency where you would like to complete your internship. Different placements may have preferences about how to contact them. Many require a professional resume and often a placement interview. Prospective field placements want to know of your interest and competencies. Once the field site has accepted you, you need to complete several forms that establish a working agreement between you, the field site, and the university. In order to begin accruing your internship hours, you need to have completed and submitted the forms to your adviser. The forms require your adviser’s signature, your field site supervisor’s signature, and your signature. Following are the forms that need to be submitted: Request for Insurance, Preliminary Placement, Internship Contract, and Internship Application. In addition to these forms you need to submit a copy of your resume and provide a copy of your field site supervisor’s resume.

So, educate yourself about the requirements of your internship and contact your adviser at the beginning of the semester before your internship. Help us help you achieve this important step in your degree!
The Department of Human Services is indebted to our wonderful Advisory Board Members whose expertise informs our teaching and the content of our courses. Members come from a rich variety of backgrounds as noted below:

- Cathy Annerino  Mercy Communities
- Denise McCaffrey  Prevent Child Abuse Illinois
- John Kelker  United Way of Central Illinois
- Mary Jane Forney  IL Department of Human Services
- Valerie Gebhardt  UIS Counseling Center
- Lisa Zuurbier  Illinois Department on Aging

Lisa Zuurbier joins the Human Services Advisory Board. Lisa’s current position is with the Illinois Department on Aging, where she is the Manager of the Division of Community Relations and Outreach. We welcome Lisa to our team!

Spring Classes

The following classes are being offered during the Spring of 2019:

- HMS 501 - Critical Perspective/Human Services (Core)
- HMS 502 - Interview/Assess Skill Human Services (Core)
- HMS 511 - Social Policy and Human Services (Core)
- HMS 516 - Ethics and Professional Development (Core)
- HMS 550A - Internship (Core)
- HMS 550B - Internship (Core)
- HMS 585 - Capstone (Core)
- HMS 582 - Aging and the Human Services (Gerontology)
- HMS 514 - Staff Development/Supervision (Social Services Administration)
- HMS 538 - Social Services Administration (Social Services Administration)
- HMS 521 - Advanced Interviewing/Intervention (Child & Family Studies)
- HMS 533 - Child Abuse and Neglect (Child & Family Studies)
- HMS 525 - Alcoholism & Substance Abuse (Child & Family Studies, Alcohol & Substance Abuse)
- HMS 527 - Assess/Treatment Substance Abuse (Alcohol & Substance Abuse)

More information can be found at: https://www.uis.edu/registration/courseSchedule/

Please check with your advisor about scheduling classes.
Graduation & Calendar

Academic Year Calendar Spring, Summer & Fall 2020

Spring 2020
January 13, 2020, Monday – Full-Term and First-Half Classes Begin
January 20, 2020, Monday – Martin Luther King, Jr. Day, Campus Closed
March 7, 2020, Saturday – Mid-Point
March 9 - 13, 2020, Monday-Friday – Spring Recess
March 11, 2020, Wednesday (Noon) – Mid-Term Grading Deadline
March 16, 2020, Monday – Last-Half Classes Begin
May 2, 2020, Saturday – Last Day of Classes
May 4 - 9, 2020, Monday-Saturday – Finals Week
May 9, 2020, Saturday – Semester Ends/Commencement
May 13, 2020, Wednesday (Noon) – Final Grading Deadline

Summer 2020
June 1, 2020, Monday – Full-Term and First-Half Classes Begin
June 27, 2020, Saturday – Mid-Point
June 29, 2020, Monday – Last-Half Classes Begin
July 3, 2020, Friday – Independence Day Observance, Campus Closed
July 25, 2020, Saturday – Semester Ends
July 29, 2020, Wednesday (Noon) – Final Grading Deadline

Fall 2020
August 24, 2020, Monday – Full-Term and First-Half Classes Begin
September 7, 2020, Monday – Labor Day, Campus Closed
October 16, 2020, Friday – Fall Break
October 17, 2020, Saturday – Mid-Point
October 19, 2020, Monday – Last-Half Classes Begin
October 21, 2020, Wednesday (Noon) – Mid-Term Grading Deadline
November 26 - 27, 2020, Thursday-Friday – Thanksgiving Recess
December 5, 2020, Saturday – Last Day of Classes
December 7 - 12, 2020, Monday-Saturday – Finals Week
December 12, 2020, Saturday – Semester Ends
December 16, 2020, Wednesday (Noon) – Final Grading Deadline

Graduation

Commencement is held each spring for graduates who received their degrees in the previous summer and fall semesters, and for degree candidates for the current spring semester.

Students planning to earn a degree must indicate their intent to graduate to the Office of Records and Registration. Students must submit an online graduation application whether they plan to participate in commencement or not. It is important to complete this process by the posted deadline - February 21st, 2020. A mandatory graduation application fee will be charged to each student upon submission of the graduation application.

Forms and instructions can be found on the Records and Registration Forms website: https://www.uis.edu/registration/forms/

Students with questions concerning any of the information above or regarding graduation eligibility should contact Graduation at (217) 206-7730 or registrar@uis.edu.
Faculty Scholarship

Articles

- **Kang, Y.**, & Ganong, L. (Accepted). Divorced fathers’ perceptions of parental disclosures to children. *Family Relations*.

Presentations:

- **Kang, Y.** (November, 2019). Teaching student self-care to effectively assist children and families. Paper accepted at the National Conference of NCFR, Fort Work, TX.
- **Kang, Y.**, Ganong, L., & Ko, K. M. (November, 2019). Divorced parents’ perceived benefits and risks associated with dating disclosures and introducing new partners to children. Poster accepted at the National Conference of NCFR, Fort Work, TX.
- **Kang, Y.** & Chapman, A. (November, 2019). Doing online qualitative research on stepfamily relationships: Research with intentionality. Poster accepted at the National Conference of NCFR, Fort Work, TX.

Community Service

- **Dr. Carolyn Peck**, Associate Professor Human Services Gerontology, has been invited to serve on the Illinois Department on Aging Elder Abuse Task Force. Governor J.B. Pritzker announced the creation of the task force in August 2019. The task force will analyze the effectiveness of elder protective services in Illinois and other states and develop a long-term plan to improve outcomes for older Illinoisans.

Suggested Conferences

Gerontology Conferences:

- The 2019 GSA Annual Scientific Meeting Austin, Texas, November 13-17, 2019, Theme: “Strength in Age-Harnessing the Power of Networks.” https://www.geron.org/meetings-events/gsa-2019-annual-scientific-meeting

Child & Family Conferences:

We hope you enjoyed this semester’s edition!

Suggestions?
- Is there anything you would like to see in the Human Services Newsletter?
- Have a story you would like to be featured?
- Want some more information?
  Email Jane Carter - jcart6@uis.edu

The Fall 2019 Newsletter was created and edited by Jane Carter, Human Services Graduate Assistant. Jane is pursuing her Masters in Communication. She has worked with Dr. Youngjin Kang to bring you this edition.