



University of Illinois Springfield

Department of Human Services

Photo courtesy of Jackie Currie

Fall 2014

CONGRATULATIONS DR. CAROLYN PECK!

Dr. Carolyn Peck, UIS Associate Professor and Human Services Department Chair, was honored for her exceptional work in the field of aging with the **Dorothy S. Kimball Award** during the Area Agency on Aging for Lincolnland's annual meeting on September 25th.

The Dorothy S. Kimball Award was established to honor individuals for outstanding accomplishment in the field of aging or on behalf of older adults and/or family caregivers. Dr. Peck's work has centered on end-of-life issues, compassion fatigue, and caregiving.

Congratulations Dr. Peck—we are proud of you!



STUDENT SPOTLIGHT:

TERESA ORRICK



~Tell us a bit about yourself

I'm from Bloomington, IL and received my bachelor's from UIS. I will graduate with my Masters in May in Human Services and hope to get my CADC immediately after. I have one daughter who is married and two grandchildren. I currently sit on the board of Labyrinth Outreach Services for Women; we are building a recovery home for women who have just paroled to McLean County from jail or prison. Working with these women is my passion....they are what drive me to keep pushing the limit, the stereotype of what society deems a "convict, a felon, a drug addict" is. The following video should say it all!

<http://www.youtube.com/watch?v=klcmuKEfT2s>

I have worked off and on in the field, but found I needed a degree to really make a difference. I've worked at a homeless shelter and as a residential counselor working with adolescents at a residential treatment center. I love the helping field and working in the community and with people.

~What attracted you to the HMS department at UIS?

UIS offers a substance abuse certificate and I could do most of the program online, which allowed me to take classes and still be able to work full time. I love the blended classes. Dr. Melvin is AMAZING! Every instructor I've had in the program has been knowledgeable, committed, and it has been my privilege to have taken their class. I have also met some super women in this program. The friendships that I have developed over the semesters have meant so very much to me. It's not easy working full time and going to school full time. — not to mention internship! But knowing that I am not alone; the support of family, instructors and the group of people in my classes make it all worth it. I actually look forward to coming to class and meeting with my instructor and fellow interns and classmates. I look forward to the discussion board. I learn something from each post; the comments and different perspectives. That is what makes this program so great! The ability to bring our personal and professional experience to the classroom and share!

4 ELDER CAREGIVING STRATEGIES THAT CAN MAKE A DIFFERENCE



By: Carolyn A. Peck, Ph.D. Associate Professor/Department Chair, Human Services Department

Caring for aging family members is reaching epidemic proportions. In the Human Services Department Gerontology concentration, course work is delivered from a family systems perspective, acknowledging the role of family caregiving as an integral component to the study of aging. The following information reinforces caregiving demographics as well as some strategies that might make a difference.

CAREGIVER STATISTICS:

- 75% of caregivers are women
- Daughters are two times more likely to be the caregiver
- Often adult children in their 70's are caring for parents in their 90's, creating an old taking care of the very old dynamic
- Individuals age 85+ are the fastest growing segment of our population

Source: **Social Gerontology**, 9th Edition, Hooyman, N.R., Kiyak, H.A. 2011. Allyn and Bacon

4 STRATEGIES THAT CAN MAKE A DIFFERENCE :

Reciprocal relations between the caregiver and the care recipient. Wendy Lustbader in her book, *Counting on Kindness: the Dilemmas of Dependency* shares the following statement: **being of use makes being in need easier.**

Lustbader encourages caregivers to be aware of what the care recipient can still manage and contribute on their own with minimal assistance. Reinforcing that always being on the receiving end can erode a person's sense of self-worth and confidence. Source: *Counting on Kindness: The Dilemmas of Dependency*. Lustbader, W. 1991, Free Press.

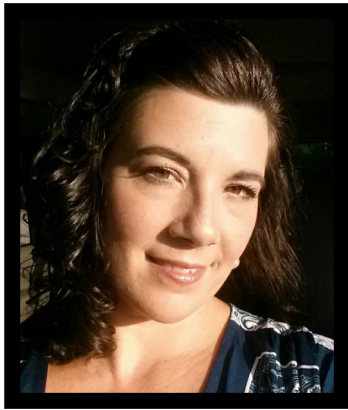
Delegating tasks/responsibilities to others, even if you are the primary caregiver. Caregivers are encouraged to research options that provide a break from caregiving. Often times, the more intensive a caregiving situation becomes, the harder it is to delegate and ask for help. If family members are not available, seek assistance from formal resources. Asking for help is a sign of strength not weakness. Here is a link to the Illinois Family Caregiver Support Program, many resources are located on this site: <http://www.illinois.gov/aging/CommunityServices/caregiver/Pages/default.aspx>

Planning ahead: End of life hospice care, advanced directives, alternatives to living at home are difficult decisions. Waiting until a crisis occurs, compounds the stress. Researching and visiting long term care facilities in your community is an example of planning ahead. Here is a link for Illinois advance directives: http://www.illinois.gov/aging/AboutUs/Pages/legal_adv-directives.aspx

Support Groups: Support groups provide opportunities for caregivers to interact with individuals who are also in caregiver roles. Educational opportunities can also be provided. Here is a link for Illinois Alzheimer caregiver support groups: http://www.alzheimers-illinois.org/support_groups/#sg

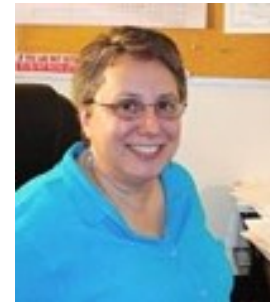
You encounter individuals caring for aging family members in all settings. Many of my students are caring for aging parents or are anticipating this role in the future. A degree in gerontology or taking an elective course can prepare you both personally and professionally to work with the elderly and your potential role as a family caregiver.

The College of Education and Human Services welcomes Kara Lawyer!



Kara Lawyer joined the College of Education and Human Services in May of this year as an Office Support Specialist. She has been with UIS since Fall of 2011, first working in the Admissions Department. She is currently pursuing a Bachelor's Degree in Psychology with a clinical/counseling concentration here at UIS. She plans to then work toward an Alcohol and Substance Abuse certificate and a Masters in Human Development Counseling. Her goal is to become an Alcohol and Substance Abuse Counselor. Her interests outside of work include spending time with her family, reading, and attending classic car shows with her husband.

● Congratulations to Dr. Denise Bockmier-Sommers, Associate Professor, Social Service Administration, on earning tenure. We are proud of your accomplishments!



HMS Advisory Board

** Thank you our advisory board members for their support! **

Cathy Annerino: MERCY Communities

Mary Jane Forney: Illinois Department of Human Services

Valerie Gebhardt: Counseling Center, UIS

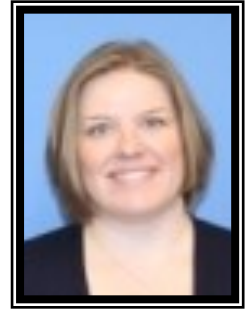
Roy Harley: Prevent Child Abuse Illinois

John Kelker: United Way of Central Illinois

Lisa Zuurbier: Illinois Department on Aging

Child and Family Studies Highlight

Dr. Elissa Thomann Mitchell, Assistant Professor



HMS Child and Family Studies Concentration: A Practical Experience

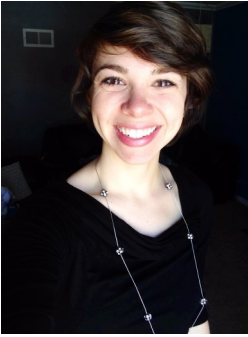
The Child and Family Studies concentration focuses on understanding and assessing family dynamics, and prepares students for direct work with children, youth, parents, and families in a community setting. We strive to do this through real-world examples and application. For example, I often incorporate clips from movies and TV shows to help students apply concepts or theories in my courses. I use case studies – and have students develop their own – as practice for intervention techniques. I also invite guest speakers from the community to talk about their jobs and the types of clients and issues they deal with on a regular basis. I encourage students to bring in articles or ideas from outside sources, including popular media, to enrich and enliven our discussions – both online and in person.

In addition to the natural stressors and transitions in family life that our students learn about (e.g., becoming parents, launching children, aging), there are also other issues that we must address. The recent controversies in the NFL regarding domestic violence and child abuse have received a lot of media attention and are particularly relevant for Child and Family students. Sadly, these are not new issues, but are receiving renewed attention on a national stage. We study domestic violence, child abuse and neglect, mental illness, substance abuse, and other forms of family challenges and traumas. Students are asked to examine these issues, and the recent stories in the media, in light of what we know from research and practice. The focus is on how we as human service professionals can work to prevent and address family violence and its ramifications in our work. Violence knows no race or socioeconomic group, and it is not isolated to the NFL. However, the recent national attention provides a platform from which to start a meaningful conversation.

October is Domestic Violence Awareness Month! For statistics and information on domestic violence, visit <http://www.cnn.com/2013/12/06/us/domestic-intimate-partner-violence-fast-facts/index.html> and the National Coalition Against Domestic Violence website at <http://www.ncadv.org/>.

Dr. Mitchell can be reached in her office (BRK 315) at 217-206-8522 or by email at thomann2@uis.edu

HMS Graduate Assistants



Jackie Currie holds an AAS in Professional Photography from Colorado Mountain College and a BA in Psychology, minor in Youth Ministry, from Colorado Christian University. Jackie is currently studying Human Development Counseling with a focus on Marriage, Couple, and Family Counseling. Jackie has a passion for working with struggling youth, loves the outdoors, and enjoys spending time with her family, friends, and pets.

Jill Bomstad has been working with the HMS department since Fall 2013. Jill graduated from UIS with a BA in Psychology in 2012. She is currently studying Human Development Counseling with a focus on Community / Clinical Mental Health and is also a Counseling Intern at Millikin University. Jill enjoys watching movies, spending time outdoors with her 3 dogs, and attending rock concerts with her husband and daughter.



SIGMA PHI OMEGA WELCOMES NEW INDUCTEES

The Sigma Phi Omega Gerontology Honor Society's annual meeting and induction of new members will be conducted on October 24th on the UIS campus. Dr. Ethan Lewis, UIS English Professor, will be the evening's guest speaker. The title of his presentation is *May Sarton: Work of Self and Shape of Time*. **Congratulations to the new members!**

Jessica E. Bury

Debbie Lynn Deopere

Mary Carole "Gidget" Freeberg

Jody M. Kershaw

Mary Killough

Phyllis Hoover Roate



LEADERSHIP
lived

Suggested Conferences & Faculty Scholarship

ALCOHOL AND SUBSTANCE ABUSE:

- **Illinois Alcohol and Other Drug Abuse Professional Certification Association, Inc. Spring Conference**
March 16-20, 2015 in Itasca, Illinois. More information can be found at <http://www.iaodapca.org>.
- Dr. Melvin will be presenting the *Association between Methamphetamine Use and Symptoms of Depression* at the **National Organization for Human Services Conference** on October 23-25 in Las Vegas, Nevada.

CHILD AND FAMILY STUDIES:

- Dr. Mitchell is a co-author on 2 articles in the just published encyclopedia, ***The Social History of the American Family*** (Coleman & Ganong, 2014). Her contributions focus on *Parent Education* and *Family Life Education*.
- Dr. Mitchell has co-authored a book chapter, **Strategies for developing online family life education**, in the upcoming 3rd edition of *Family life education: The practice of family science*.
- Dr. Mitchell will present her co-authored paper, *Violence, Coercive Control, and Help-Seeking Among Divorcing Mothers*, on Thursday, 11/20, at the **National Council on Family Relations** (NCFR) conference in Baltimore, MD.
- Also at the NCFR conference, Dr. Mitchell will present and facilitate discussion at the **Affiliate Councils Leadership Training Workshop** on ways to involve students in state affiliates.

GERONTOLOGY:

- Dr. Peck was the invited luncheon speaker at the Area Agency on Aging for Lincolnland 12th Annual Conference for Caregivers on September 6, 2014. The title of her presentation was **Balance or Burnout: 4 Caregiving Strategies That Can Make a Difference**.
- Dr. Peck will give a peer-reviewed presentation, Enhancing Our understanding of Who We Serve: Strength vs. Deficit Perspectives, at the **2014 Governors Conference on Aging and Disabilities**, December 10-12, 2014, Chicago Illinois.
- The **SIU Memory Loss Conference** will be held on November 21 and 22 at the Crowne Plaza Hotel, Springfield. Information link: <http://www.siumed.edu/alz>
- The **33rd Annual Governor's Conference on Aging and Disability** will be held on December 10-12, in Chicago, IL. Information link: <http://cspl.uis.edu/illaps/doa/conferences/governors-conf-2014.html>

SOCIAL SERVICES ADMINISTRATION:

- Dr. Bockmier-Sommers presented at the **National Association of Multicultural Rehabilitation Concerns** in St. Louis, MO in July on developing multicultural counseling competencies by using service learning.
- Dr. Bockmier-Sommers also presented on October 3, 2014 in Tulsa, OK at the **Langston University Social Justice Conference**. The title of her presentation was *The Confluence of Multiculturalism, Social justice, and Service Learning—Let's Talk!*
- Dr. Bockmier-Sommers has recently **launched a qualitative study** on the topic of the confluence of multiculturalism, social justice and service learning.

DEPARTMENT OF HUMAN SERVICES

Brookens Library 332, University of Illinois Springfield, One University Plaza, Springfield, IL 62703-5407

Phone: 217-206-6687 Toll Free: 800-252-8533

Dr. Carolyn Peck, Department Chair

Associate Professor, Gerontology

Office: BRK 347

Office Phone: 217-206-7577

Email: cpeck2@uis.edu

Dr. Denise Bockmier-Sommers

Assistant Professor , Social Services Administration

Office: BRK 335

Office Phone: 217-206-6908

Email: dsomm2@uis.edu

Dr. Ann Melvin

Assistant Professor, Alcohol and Substance Abuse

Office: BRK 317

Office Phone: 217-206-8473

Email: amelv2@uis.edu

Dr. Elissa Thomann Mitchell

Assistant Professor, Child and Family Studies

Office: BRK 315

Office Phone: 217-206-8522

Email: thomann2@uis.edu

John Snyder

Online SSA Program Coordinator

Office: BRK 318

Office Phone: (217) 206-6121

Email: snyder.john@uis.edu



Scan with a QR reader on your smart
phone and visit our website!

Jackie Currie and Jill Bomstad, Graduate Assistants to the Department, assist in the creation of the newsletter under the guidance of the Newsletter Editor, Dr. Elissa Thomann Mitchell, Assistant Professor, Child and Family Studies. Suggestion for future HMS Newsletters can be directed to Dr. Mitchell (thomann2@uis.edu) Thank you and we hope you enjoyed this semester's edition.

UNIVERSITY OF
ILLINOIS
SPRINGFIELD