

FNES NEWS

Family, Nutrition & Exercise Sciences (FNES) Department
Human Development & Family Studies Newsletter - 2018



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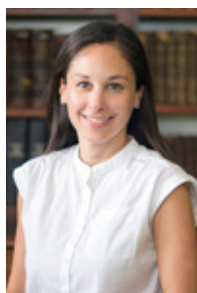
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Dear Human Development and Family Studies Students and Alumni,

We hope all is well! In this newsletter, we share updates from the past year about the program, our current students, and our alumni.

We especially encourage alumni to keep in touch with us. Networking and developing connections with the professional community is extremely important, especially for current students, and we are always interested in hearing about our alumni's ongoing accomplishments. We are exceptionally proud of our students' continued success!

Elizabeth Riina, PhD
Assistant Professor
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Human Development & Family Studies Program News

The Human Development and Family Studies program continues to be very strong, as reflected by the achievements of our students and faculty. In addition, our program was recently reapproved for the Family Life Education Certification by the National Council on Family Relations.

Welcome, New Adjunct Faculty!

We warmly welcome two new adjunct faculty to the program this fall:

Angela Renz, LCSW. Angela Renz will be joining our program as a new Adjunct Professor this fall. Angela has 35 years of social work experience in a variety of areas, including education, long-term care, and acute-care services. Throughout her career, Angela has worked with families and children providing assessment, counseling, support groups, crisis intervention, and information and referral services. Management, administration, and coordination of human services have also been a focus of her career. She continues to advocate for supportive resources for families and children through schools, community services, insurance providers, and legislative initiatives. She also recognizes the need for continued development in awareness, prevention, diagnosis, and treatment in the field of mental health.

Most recently, Angela retired from the NYC Department of Education, Committee on Special Education. For the past 18 years she served as a school social worker on school assessment teams. In 2015, The Child Mind Institute recognized her work with children and families, and she was presented the Change

Maker Award-Local Hero. Previous work experiences include Director of the Adult Day Health Center at Metropolitan Jewish Health Care Center in Brooklyn (12 years) and two years with the New York City Health and Hospital Corporation, Elmhurst Hospital, Social Work Supervisor I.



Angela Renz, LCSW

Angela is looking forward to serving as an adjunct professor, covering Dr. Riina's maternity leave this fall. She noted that it is a pleasure to participate in the education of Queens College students as they continue in the development and mastery of this important field!

Tanisha Everett, LMSW.

Tanisha Everett is currently working as a social worker in an elementary school for the New York City Department of Education. Tanisha works with families of elementary-aged children who reside in temporary housing throughout the city. Her role includes, but is not limited to, providing support, advocacy, trauma-informed therapy, and monitoring children's academic advancement and well-being. In

addition, Tanisha currently holds a lecturer position at Columbia University's School of Social Work, where she provides support and guidance for first-year social work graduate students. Previously, she conducted policy practice and research for the New York City Administration for Children's Services and at the New York State Office of Children's and Families Services child welfare departments. There she worked specifically for children who were at risk of being removed or were temporarily removed from their parent's custody. Tanisha has also contributed to honing, guiding, and developing novice practitioners in the foster care arena in her supervisory role at Forestdale, Inc. Prior to her career in social work, Tanisha held several titles in the helping field, where she worked for the Salvation Army Briarwood Family Shelter as a case worker and as a Juvenile Justice Counselor for Hope for Youth, Inc., which helped adolescents who encountered the Suffolk County juvenile system.



Tanisha Everett, LMSW

Faculty Updates

Dr. Elizabeth Riina continues her line of research on the social and cultural determinants of parenting and child development. She was awarded a PSC-CUNY grant for 2018–2019. Her study, titled “Future Aspirations of Urban Youth: Neighborhood Characteristics and Social Processes” examines the family and neighborhood correlates of future orientations among urban adolescents and young adults.



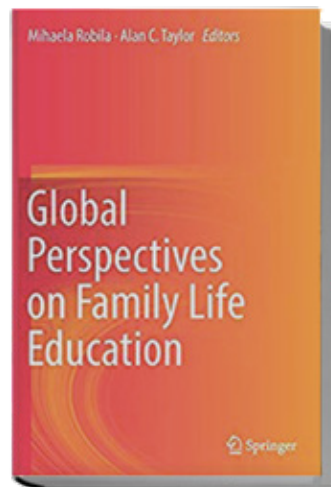
Dr. Elizabeth Riina

Dr. Riina recently published a paper on work, neighborhood, and economic correlates of coparenting during adolescence, titled “The Trajectory of Coparenting Relationship Quality Across Early Adolescence: Family, Community, and Parent Gender Influences.” In addition, her research on neighborhood protective factors for parenting among low-income single mothers, titled “It Takes a Village: Neighborhood Social Processes and Parenting Qualities for Single Mothers” was accepted for presentation at the National Council on Family Relations Annual Conference in November, 2018 in San Diego.

Research with students

We strongly encourage our students to get involved in faculty research. Hands-on research experience gives students unique insights into the field. They see firsthand where knowledge comes from and can become better educators and service providers as a result. Dr. Riina is currently accepting student research assistants. Please contact her at eriina@qc.cuny.edu for more details.

Dr. Mihaela Robila was on sabbatical leave during the 2017–2018 academic year. During this time, she visited the UNICEF Office of Research Innocenti in Florence, Italy, where she collaborated with Dr. Dominic Richardson, and visited the Center for Gender Studies at University of Cambridge, United Kingdom, where she was hosted by Dr. Jude Browne.



Dr. Robila continued her research on family life education and co-edited the book *Global Perspectives on Family Life Education* with Dr. Alan Taylor. For this project, she collaborated with scholars from 25 countries around the world, writing chapters on family life education advancements and challenges in their countries.

Dr. Robila co-authored the chapters: Family Life Education in the United States, the Introduction and the Conclusion.

In May 2018, Dr. Robila presented a paper on *Refugees and Social Integration in Europe* at the United Nations Expert Group Meeting (EGM) on Family Policies for Inclusive Societies, which was organized by the UN Department of Economic and Social Affairs (UNDESA) at the UN Headquarters in New York City.

Dr. Robila collaborated with several colleagues on the Sustainable Development Goals (SDGs) and Families Project supported by the International Federation for Family Development (IFFD) and UNICEF. The goal was to examine how family policy, families, and family organizations fit into the 2030 sustainable development agenda, through synthesizing global and regional evidence on families and five SDGs. Dr. Robila’s research for this project was focused on families and SDG 3—“Ensure healthy lives and promote well-being for all.” The project was launched on May 16, 2018 at the UN Headquarters in New York City.



Dr. Robila with colleagues at UN Expert Group Meeting



Dr. Robila with colleagues at the launch of the SDGs and Families project, UN Headquarters, New York

Student News

Congratulations to our Student Award Winners!

Jackelyne Barraza and Diana Lopez received the Margaret A. Gram award for their outstanding scholarship and service in the field.

Shavany Reid was awarded the FNES Department Award for her excellent scholarship and future promise in family and consumer sciences.

Professional Development

We strongly encourage students to get involved in their local communities. Volunteering is a great way to learn more about all of the different career options that are available to students in the social sciences. Local conferences and workshops also provide wonderful learning and networking opportunities.

Below are a few of the professional development and volunteer opportunities that our students are currently involved in.

Niketa Balkeran has volunteered for the past five years at Jamaica Hospital, where she shadows doctors and nurses and assists them in their daily duties.

Craig Booker interned with Sunnyside Community Services as part of the day program staff. He played cognitive games with elderly patients with Alzheimer's disease.

Jamie Esposito worked at the Smithtown Recreation Center, where she assisted senior citizens in recreational activities.

Amber Jenkins has volunteered with City Year NYC at Newtown High School, where she worked with underserved youth. She also served as an assistant director for an

after-school program for elementary school students.

Zeltzin Martinez is currently volunteering in a CERRU apprenticeship in the QC Sexploration & Information Group Coordinator position. Here she will work with the QC Sexploration team to collect research, develop workshops, and create resources. The workshops they develop are based on sexual health issues aimed to increase QC students' awareness. She will co-host the workshops and learn how to coordinate with different group leaders to maximize team efficiency.

Claudia Reyes has worked and volunteered at the All-Stars Project, a nonprofit organization that offers free after-school programs to inner-city youth from low-income communities. The program uses performing arts (talent shows, theater) to teach and create conversation surrounding sensitive topics.

Emely Velez works as a physical therapy aide and also volunteers as an aide in the Queens College Mental Health Clinic.

NYC Mental Health First Aid Certificate

The NYC Department of Health and Mental Health offers a free eight-hour mental health training. The purpose of the training is to equip individuals with the skills to recognize early signs of mental illness and substance abuse. Students in the course learn how to listen without judgment and how to help someone in distress until they can get professional care. Trainings are focused on several different populations (e.g., adults, youth,

veterans, higher education, etc.). After completion of the course, students receive a three-year certification in Mental Health First Aid.

Courses are offered seven days a week in each of the five boroughs. More information, including dates and locations, can be found here: <https://www1.nyc.gov/site/doh/health/health-topics/mental-health-first-aid.page>.

Several of our students have obtained this certificate and we strongly encourage others to take advantage of this program as well.

Student Events

AAFCS Student Club

Dr. Riina is the faculty adviser for the club. Please contact her at eriina@qc.cuny.edu if you would like to be a guest speaker for the club.

We have five officers this year: Yazmin Coyomani (President), Shayla Vasquez (Vice President), Zeltzin Martinez (Secretary), Tara Roberts (Treasurer), and Ashley Garcia (Outreach). As always, our doors are open to new students.



AAFCS 2018–2019 officers (left to right: Shayla Vasquez, Ashley Garcia, Zeltzin Martinez; not pictured Yazmin Coyomani, Tara Roberts)

There are some exciting meetings and events coming up in Fall 2018:

2018–2019

September 2018

We began the semester with a table on the quad for **Queens College Club Day**, where we shared information about our club and program with the greater QC community. We also attended and spoke at the annual **FNES Welcome Back Party**.

October 2018

We invited a social worker to come speak about her career path and experiences in the field of social work.

November 2018

We are planning a workshop with the **Career Development Center** on campus. A staff member will come and share information and tips on career planning, opportunities, and the resources offered at Queens College.

December 2018

We are planning to hold our annual canned food drive and a holiday toy drive.

2017–2018

The club was very active throughout 2017–2018 as well. We invited several new and returning guest speakers to give presentations about the wide range of graduate school programs, resources, and careers available to students in our field.

September 2017

We attended our first **Queens College Club Day** with a table on the quad. Club members also attended the **FNES Welcome Back Party**.

October 2017

We hosted a **Graduate School Workshop**, featuring Nicole

Guarino Kesoglides, an alumnus of our program, and current graduate student in Human Development and Family Studies at the Steinhardt School of Education at NYU. Dr. Riina presented some general guidelines on graduate school applications and Nicole spoke to her experiences from a student perspective.

November 2017

We had two guest speakers join us last November. **Angela Renz, LCSW, Clinical School Social Worker and Human Service Administrator** for the NYC Department of Education, spoke about her 35 years of experience in the social work field. Ms. Renz is now joining the department as an adjunct in the fall of 2018!

Guest speaker **Magaly Mentor, Executive Director of Concerned Parents of Jamaica Early Learning Center**, came to speak about her organization and experiences. Ms. Mentor received her BA in Family and Consumer Studies from Queens College and MS in Early Childhood Education from Hunter College.

March 2018

For our first spring meeting, **Eric Urevich, MS, LMSW, Executive Director of the Queens College Child Development Center** and member of the counseling staff at QC Counseling, came to speak about his experience in social work, child development, and mental health services.

May 2018

Mr. Gaslin Osias, Academic Support Specialist at Queens College, was invited to speak about his position as a SEEK program advisor at QC and his work in clinical counseling.

Alumni News

We encourage all our alumni to stay in touch with us and let us know about career paths and achievements! We are very grateful we had a chance to have you in our program!

Jackelyne Barraza (2018) is currently working for YAI, a non-profit organization that supports, advocates, and empowers individuals with disabilities. The organization strives to provide opportunities to the people they support. She is currently exploring different positions available within this organization, as well as working with individuals with disabilities within the LGBT community. She hopes to attend graduate school this fall to continue her education in social work. In her free time, Jackelyne is looking into volunteering with The Trevor Project, a national organization that is focused on crisis and suicide prevention efforts among the LGBT community.

Stephanie De La Rosa (2016) recently received her master's degree from NYU Silver School of Social Work and is currently a LMSW. She is on the job hunt and hopes to be working in a counseling center soon.

Rebecca Heller (2016) is a graduate student at Hofstra University for Mental Health Counseling. Her internship hours will be completed at Melillo Center for Mental Health in Glen Cove. The clinic is for mental health and chemical dependency services. Rebecca's job entails individual counseling, group counseling, administering breathalyzers, and supervising toxicology testing. She has completed a semester of practicum and one semester

of internship so far at Melillo Center. Right now, she is in her second semester of the internship and is scheduled to graduate this December.

Shana John-Cortes (2017) graduated from Queens College in May of 2017. She was accepted into the Silver School of Social Work in the extended program at NYU. Shana has just started her second year in the program and notes that the curriculum at Queens College helped prepare her for graduate school. Shana finished her first year with a 3.94 GPA and received a competitive academic scholarship for her second year. Her internship centers on working with the elderly. Overall, she is very happy she made the decision to attend the social work graduate program at NYU.

Jadae Johnson (2017) has been working as a program coordinator at the CCNY Beacon Program. She began attending NYU in the fall of 2018 and is working towards becoming a drama therapist.

Nicole Kesoglides (Guarino) (2017) Since graduating Queens College, Nicole has gotten married, moved to a new neighborhood, and started graduate school at NYU Steinhardt, where she is working on her master's degree in Human Development and Family Studies.

As a graduate student, Nicole has begun data collection and analysis for her master's thesis, which looks at the relationship between child gender and mother's use of descriptive language during naturalistic observation in the home. She hypothesizes that given the sample of upper-middle class families living in NYC, she will find a more

progressive approach to parenting in association with traditional gender roles.

This summer, Nicole interned at NYU Langone Medical Center/ Bellevue Hospital for the BELLE Project for Early Language, Literacy, and Education Success, which is "a team that examines parenting interventions designed to improve child development outcomes in at-risk populations." She helped set up lab assessments, attended home visit assessments, prepared and created materials, coded data, and more! Her internship gave her a lot of insight into the types of positions she will apply to following graduation in May.

Alena Khaimchayev (2017) was accepted to the accelerated program at Touro Graduate School of Social Work, where she is finishing her foundation year. Her current fieldwork placement is at a nonprofit organization called OHEL, where she is working with the geriatric department. She conducts short-term problem-solving sessions with homebound seniors who are feeling down, sad, or hopeless. Alena also does case management at an oncology office and outreach at nursing homes and health fairs. She very much enjoys working with the senior population. Starting in September, Alena will be interning at the YMCA in a school-based setting that she has always envisioned doing.

Lois Munoz (2017) is currently pursuing her LCSW at Columbia University School of Social Work. She is also working at Mount Sinai Hospital, NY as an MSW intern for Special Child Protection Services.

Previously, Lois worked at Franklin K. Lane High School as an MSW intern for the Student Success Center. Both these internships helped her grow individually and professionally by involving her in situations that required her to be passionate and informed to protect students, families, and individuals from injustices and oppression.

As a future educator and advocate for the community, Lois hopes to improve our society and dismantle systemic oppression. She has worked diligently in her studies and became involved on campus to reach her goals. These initiatives, which started during her undergraduate career at Queens College, have transformed her into an influential Latina figure for her community and herself.

Shanet Rampersaud (2016) graduated from the Silberman School of Social Work in September 2018 and obtained the LMSW (Licensed Master of Social Work) credential a couple of months later. She currently works as a Program Associate in NYC Ladders for Leaders, which is a workforce development program for high school and college students. In the fall, she will work as a Behavioral Health Clinician in the Mental Health Service Corp. MHSC is one of 54 programs in ThriveNYC, which is a large mental health initiative.

Shavany Reid (2018) is still working in a nursing home as a recreation leader. She is also volunteering for Mount Sinai's SAVI (Sexual Assault and Violence Intervention) program as an emergency room advocate for IPV and sexual assault victims. In addition, Shavany works in a research lab at Queens College studying the working memory of

children and college students. She is in the process of deciding between applying to a mental health counseling program this coming February/March or to PhD programs in clinical psychology next fall.

Jaime Rodriguez (2016) was accepted into the Behavioral Neuroscience Master Program at Queens College and will start in Fall 2018.

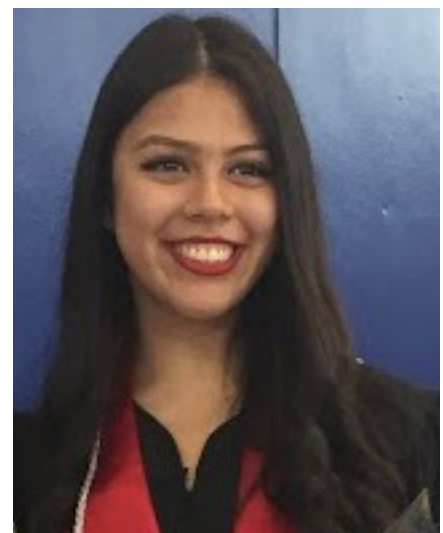
Cara Rosenblum (2016) graduated in June with her MSW/ concentration in Community Organizing, Planning, and Development from Hunter College. She is now studying to take the licensing exam and starting to apply to jobs. She interned at the Mid-island Y Jewish Community Center in Plainview, NY through the NNORC program (Neighborhood Naturally Occurring Retirement Community) and Adult Services. Here she worked with seniors in the community and conducted home visits in the areas of counseling, case management, and information and assistance to assist with the facets of aging. In addition, she worked with individuals with the Dementia and Alzheimer's Reflections program. Cara hopes to continue working with the geriatric population or children.

Alumna Spotlight

Stephanie Olcese (2017) graduated from Queens College in the Spring of 2017 with a Bachelor's of Arts in Family and Consumer Sciences, Human Development and Family Studies Specialization and a minor in political science. As a current Constituent Services Liaison at the office of New York State Senator Jose Peralta, she addresses a diverse constituency who seek services and resolutions from various government agencies. On behalf of the senator, Stephanie serves as

Astoria's primary representative to foster relationships with community boards, block/tenant associations, and nonprofit organizations to ensure responsiveness to constituent concerns. She consistently follows up with relevant agencies to track progression and ensure resolution on all requests, providing thorough oversight from initial contact to final case closing.

Aside from working with the senator, Stephanie found the time to give back to the Edward T. Rogowsky Internship Program. Throughout her time at Queens College, she participated in several student programs, which truly influenced her current career path. This past March, she was invited back as a Project Mentor for the 2018 Model New York Senate Session Project. It was humbling to interact with young individuals who were passionate about understanding politics, all while voicing their ideas, beliefs, and life experiences as they pertained to the proposed Health Care Bill of that cohort. It has been over a year since Stephanie graduated from Queens College, and she is greatly indebted to her mentors who consistently challenged and motivated her to strive for success.



Stephanie Olcese

Commencement - May 31, 2018!
Congratulations to all our wonderful graduates!



(From left to right) Dr. Riina, Tatyana Arenas, Stefany Martinez, Nicole O'Sullivan, Shavany Reid, Talia Biramian, Giuseppa Capritto, Jackelyne Barraza, Ana Rodriguez, Shanice Wilson, and Katrina Robbins