

HDFS NEWS

Family, Nutrition & Exercise Sciences (FNES) Department
Human Development & Family Studies Newsletter - 2017



*Dear Human Development and Family Studies
Students and Alumni,*

*We hope you have had a wonderful time since our
last HDFS Newsletter! We would like to share
updates about our program, students, and alumni,
and encourage you to keep in touch with us.*

*To our alumni: We also want to welcome you back to be guest
speakers for our current students!*

*We are very proud of you. Staying connected with our professional
community is tremendously important at any stage of your career.*

Mihaela Robila, PhD, CFLE
Professor
mihaela.robila@qc.cuny.edu

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Human Development & Family Studies Program News

We continue to have a very strong Human Development and Family Studies Specialization. Its high quality is reflected by its renewed approval for the Family Life Education Certification by the National Council on Family Relations (2015, 2010, 2005). Its success is also reflected through our students' outstanding achievements!

We have been strengthening the program over the years through curriculum revisions and updates. In Fall 2017, we began offering two new courses: *Child Life: Coping with Medical Problems* (FNES 251) and *Professional Development & Ethics* (FNES 360).

Welcome, New Adjunct Faculty!

We are delighted to welcome three new adjuncts in the HDFS Specialization!

Diana Gabrielyan '10, LMSW, is a social worker at Northwell Health Long Island Jewish Medical Center, where she conducts psychosocial assessments, engages in mental health and crisis management, and helps patients in need with resources and referrals to community agencies. Professor Gabrielyan graduated with honors and multiple scholarships from Queens College, majoring in Family & Consumer Science and minoring in Counseling. She continued her education and achieved a Master's Degree in Social Work at Columbia University. She is skilled in research, social services, cultural diversity, and mental health, and has a history of working in the hospital and health care industry. Professor Gabrielyan is passionate about her work and strives to make a positive difference in others' lives.



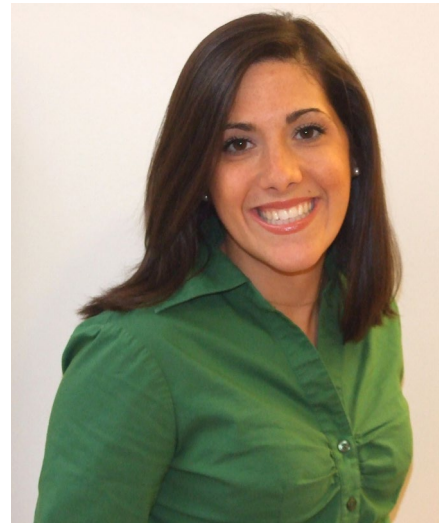
Diana Gabrielyan

As an undergraduate at QC, Professor Gabrielyan worked with Dr. Mihaela Robila on a study of Armenian immigrant families and presented the findings at local and national conferences.

Naomi Barasch, PhD, is the senior director of the Queens Child Advocacy Center, a multi-disciplinary agency that investigates allegations of child abuse and provides comprehensive services to the child victims. Dr. Barasch coordinates the supervising team—comprising the Administration for Children's Services, the New York Police Department, the district attorney's office, a pediatrician, and Safe Horizon staff—that jointly investigates allegations and provides services. She implements and supervises the mental health and advocacy components of those services and ensures that every child receives a coordinated, trauma-informed, and child-friendly investigation.

Dr. Barasch has hosted several HDFS students to conduct their fieldwork at her agency. We invite you to reach out to her and at least visit the program.

Nicole Almeida, MS, CCLS, is the director of the Child Life Program at NYU Winthrop Hospital. She oversees and creates programming that empowers, educates, and advocates for all children who undergo hospitalization for any length of time, and their families. The goal is to use education, support, coping techniques, and advocacy to minimize trauma associated with hospitalization and illness.



Nicole Almeida

Welcome Back to our Returning Adjunct Faculty!

Kate Reece, LMSW, is a social worker and youth counselor at the New York State Office of Children and Family Services; she works with adolescent youth who come in contact with the juvenile justice system, and their families. Previously she was employed at Forestdale Inc., a foster care agency that works with families to keep children at home and prevent their removal, and also works with foster families to nurture children while they are removed from their parents/caregivers. In addition,

she worked at the Child Abuse Prevention Program (CAPP), which has since merged with The New York Foundling, one of the oldest agencies devoted to supporting kids and families. CAPP presents workshops to third and fourth-graders across New York City, using life-sized puppets to teach children about safe and unsafe touch as well as whom to talk to if they are being hurt or sexually abused. Professor Reece completed a two-year program with Fostering Change for Children (FCFC), which has several missions; one of them is supporting and strengthening kids and families in New York City. FCFC trains child welfare workers on issues of abuse/neglect and emphasizes the importance of looking at families from a culturally competent, strengths-based perspective.

Several of our students have conducted their fieldwork at these agencies. We encourage students to consider visiting them.

Faculty Updates

Dr. Elizabeth Riina continues her research on the sociocultural context for parenting. She was awarded a PSC-CUNY grant for 2017–2018. Her study, titled “It Takes a Village: Neighborhood Collective Efficacy and Parenting among Unmarried Mothers,” uses a national database to examine the effects of neighborhood resources for parenting qualities among low-income, single mothers with 3-to 5-year-old children.

Dr. Riina will present a poster at the National Council on Family Relations Annual Conference in November 2017 in Orlando, Florida. Her poster, titled “Coparenting in Context: Work and Community Correlates of Coparenting Conflict,” examines the roles of

work and community supports and stressors as they relate to changes in coparenting conflict for parents of adolescents.



Nicole Guarino and Dr. Elizabeth Riina

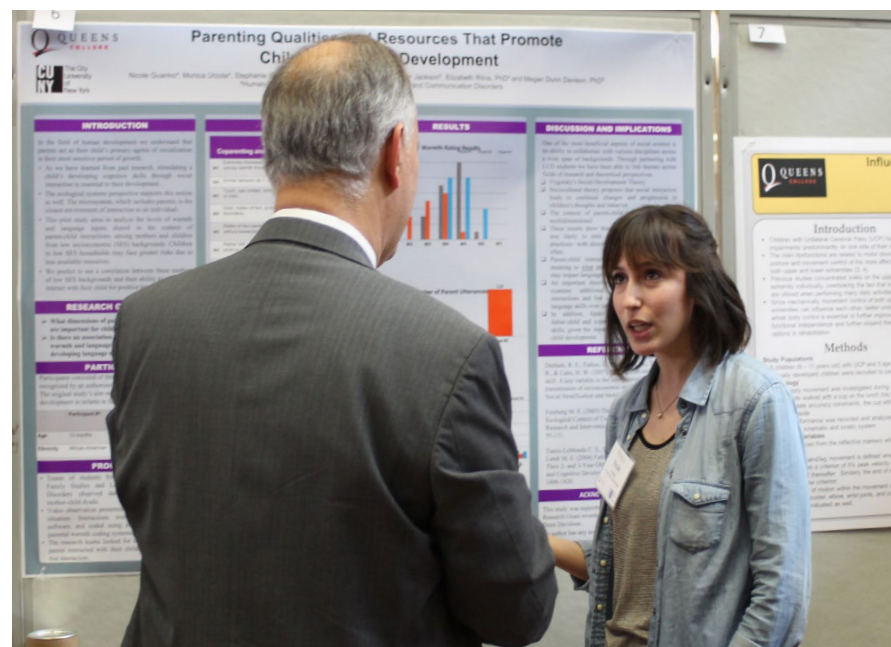
Research with students

We strongly encourage our students to get involved in faculty research. Direct 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 mentored and advised Nicole Guarino as a research assistant from 2015 to 2017. In 2017, Ms. Guarino’s project, titled “Parenting Qualities and Resources That Promote Child’s Language Development,” examined the parenting contexts for early language development. She worked on creating coding schemes for parent-child relationship qualities, based on videotaped interactions. Her proposal to Sigma Xi Research Day was accepted, and she presented her research findings in Spring 2017. That day, President Félix V. Matos Rodríguez talked to her about her project! (For more information about Ms. Guarino—now Ms. Guarino-Kesoglides—please see the Alumna Spotlight, below.)



Dr. Elizabeth Riina with Nicole Guarino



Nicole Guarino and President Félix V. Matos Rodríguez

Dr. Mihaela Robila continues her scholarship on family policies and family life education around the world. Dr. Robila received a Fulbright Specialist Award from the U.S. Department of State and visited the University Institute of Lisbon in Portugal, where she presented lectures on family policies and contemporary family issues in a global context to master's and doctoral students in the Sociology and Public Policy Program.

Dr. Robila has been collaborating with several colleagues on the Sustainable Development Goals (SDG) and Families Project promoted by the International Federation for Family Development (IFFD). The overall objective is 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 (<http://www.familyperspective.org/fpo/fpo-safs-en.php>). Dr. Robila's research is on families and SDG 3: Ensure healthy lives and promote well-being for all.

Dr. Robila is on sabbatical leave for the academic year 2017–2018. In September 2017, she visited the United Nations Research Institute



Dr. Mihaela Robila with Dr. Maria Guerreiro, professor at the University Institute of Lisbon, Portugal

for Social Development (UNRISD) in Geneva, Switzerland, where she set up collaborations with colleagues



SDG & Family Project Team 2nd Meeting - Regional Expert Group Meeting, San Jose, Costa Rica, May 2017

(From left to right:) Dr. Jesús Rosales, Institute for Family Policies, San Jose, Costa Rica; Dr. Rosario Esteinou, Professor, CIESAS, Mexico; Mrs. Renata Kaczmarek, UN Focal Point on the Family, UN Department of Economic and Social Affairs (UNDESA); Dr. Keiko Hirao, Sophia University, Tokyo; Dr. Mihaela Robila, Queens College, CUNY; Dr. Dominic Richardson, UNICEF Office of Research Innocenti; Mrs. Paula Vargas Ramirez, Deputy Mayor of San Jose, Costa Rica; Mr. Ignacio Socias, IFFD Director of Communication and International Relations; Mrs. Irma Rognoni, Barcelona's Family and Children City Council (2011–2015); Dr. Daryl Higgins, Australian Catholic University; Dr. Zitha Mokomane, University of Pretoria, South Africa; Dr. Alex Vazquez, IFFD Representative to the UN; Dr. Esuna Dugarova, UNDP; Mr. Rodolfo Barreto, Brazil; Ms. Kateri Salas, Costa Rica.

and presented a paper on Family Life Education and the 2030 Sustainable Developmental Goals.

Research with students

In spring 2017, Dr. Robila was faculty adviser for Ashley Brea Tavarez's thesis for Honors in Social Sciences on parental leave policies and children's cognitive development. Using data from the Organization for Economic Co-operation and Development (OECD) and the International Labour Organization (ILO), Ashley examined trends in leave policies, the use of informal child care, and achievement scores of 10-year-old students.

Dr. Robila also mentored Jasmine Olivera of Macaulay Honors College, CUNY, at Queens College, for her research paper, *Child and Family Policies in Haiti: GAIN Micro-*

Nutrient Supplementation Program and Parental Leave Practices, as part of the Honors in the Math and Natural Sciences Program.



Dr. Robila with Ashley Brea Tavarez

Student News

Congratulations to our Student Awardees!

Stephanie Olcese received the Family and Consumer Science Alumni Service Award for service to Family and Consumer Sciences student clubs, the department, and the college.



Stephanie Olcese

Christine Torres received the FNES Department Award for high scholarship and future promise in any area of Family and Consumer Sciences.

Professional Development

We strongly encourage our students to become involved in the social service agencies that are all around the city. Many programs have internships and opportunities for students to gain experience before undertaking a full-time position. These are great ways to get to know the field and connect with our colleagues.

Strongly consider volunteering, networking, and attending local conferences and workshops!

Below are just a few examples of the activities that our students are involved in.

Tatyana Arenas is a paid home health aide for Royal Health Care Services, an agency that provides

dependable, efficient, and comforting home health care to meet the unique needs of patients and families. This agency also specializes in Alzheimer's and dementia care. Ms. Arenas provides her patients with daily living assistance, medication management, safety monitoring, and socialization.

Jackelyne Barraza works for YAI/ National Institute for People with Disabilities. This organization offers residential programs, employment and training support, day services, and many other services that help and empower people with intellectual and developmental disabilities.

Stefany Martinez is an AmeriCorps group leader at the Cypress Hills Local Development Corporation. This agency offers services—including college assistance, housing, child care, and education—that strengthen the Cypress Hills community and bring it together. Working at AmeriCorps will allow Ms. Martinez to receive an education award after her service is done, to pay for school.

Shanice Wilson works for the YMCA as an assistant group teacher. She creates and implements lesson plans, provides homework help, interacts with parents at dismissal, and creates end-of-the-year dance and academic projects to be presented to parents.

Giuseppa Capritto and Tatyana Arenas completed the Adult Mental Health First Aid Training program provided by the New York City Department of Health & Mental Hygiene in July 2017.

We encourage students to participate in this program and other workshops!

Students Attending the International Day of the Family at the United Nations 2017

May 15 is the International Day of the Family (IDF); every year, the Program on the Family in the Division of Social Policy & Development in UNDESA organizes an IDF observance. In 2017, IDF's event took place on May 18; its theme was *Families, Education and Well Being*.



(From left to right:) Janet Sucuzhanay, Kadine Lloyd, Giuseppa Capritto, Tatyana Arenas, Marie Jean-Louis, Christine Torres, Shana John-Cortes, Dr. Robila, Shanice Wilson, Devika Loknauth, Shavany Reid, Talia Biramian



HDFS students at the IDF Observance, UN Headquarters, May 18, 2017

HDFS Student Spotlight: Shavany Reid

As a student in the Human Development and Family Studies Specialization, I enjoy being involved in different outreach activities. Last summer, I participated in a service learning trip to Lima, Peru, through Medlife. As a volunteer,



Shavany Reid

I provided assistance to doctors in mobile clinics designed to provide free medical care and education to impoverished communities that lack access to health services. During this trip, I had the opportunity to attend seminars on social and economic factors that contribute to low access to quality health care.

I currently work at Park Terrace Care Center, a nursing and rehabilitation center for traumatic brain injury patients. As a recreation leader, I facilitate programs that stimulate residents cognitively, with trivia games, arts and crafts, and current events discussions; socially, through luncheons; and physically, with exercise activities.

I am also part of the American Association of Family & Consumer Sciences (AAFCS) as an outreach coordinator. The AAFCS club provides education to students entering social service professions, such as social work and mental health counseling. At our workshops, guest speakers inform students about going to graduate school and programs students can work in, and attendees have the opportunity to connect with one another. I plan to help my club officers build stronger relationships with social service programs that can continue to provide insight to students about the field and ways to combat the social issues common in our communities.



AAFCS Club Officers: (left to right) Shavany Reid, Tatyana Arenas, Giuseppa Capritto, Devika Loknauth, Talia Biramian

AAFCS Student Club

Dr. Riina is the faculty adviser for the AAFCS club (**Elizabeth.Riina@qc.cuny.edu**). Please contact her if you would like to be one of our guest speakers.

We have six officers this year: Jackelyne Barraza (president), Giuseppa Capritto (vice president), Devika Loknauth (secretary), Talia Biramian (treasurer), Tatyana Arenas (public relations), and Shavany Reid (outreach). As always, our doors are open to new students. We started the semester with a table on the Quad for Queens College Club Day, and have already held a FNES welcome party and a graduate school workshop with guest speaker, alumna Nicole Guarino-Kesoglides. Exciting meetings and activities planned for the rest of Fall 2017 include:

November 29: Guest speaker Angela Renz, Licensed Clinical School Social Worker, NYC Department of Education

November 27—December 12: Holiday Toy Drive

December (date TBD): End of semester/holiday party



QC Accepted Students Day Event
Giuseppa Capritto, Tatyana Arenas, Gabriela Ayala, Dr. Robila, Marie Jean-Louis

Thanks to our student volunteers!

We're grateful to students who freely give their time to representing our program at campus events!

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 that we had a chance to have you in our program!

Yik-On Chui '16 is studying education at QC while student teaching at a public school to gain experience. He is also volunteering his time to help children and families at the Chinese-American Planning Council (CPC), where he completed his HDFS fieldwork requirements.

Stephanie De La Rosa '16 is pursuing her master's degree at NYU Silver School of Social Work. She geared her studies to the aging population. Currently she is interning at the Samuel Field Y CAPE Clinic, doing mental health counseling for seniors in the area. She also runs a support group for parents or caregivers of individuals with developmental disabilities. Previously, she worked for six years at Quality Services for the Autism Community (QSAC). She hopes eventually to work with members of the aging population with developmental disabilities.

Yanilsa Diaz '14 is pursuing her Master's in Social Work at Hunter College, CUNY. She worked in child welfare as a preventive case planner at the Cardinal McCloskey Community Services for two years as part of her commitment to Children's Corps/Fostering Change for Children.

Tiara Dicks '15 is pursuing a Master's in Marriage and Family Therapy at Converse College in South Carolina. She is completing her practicum at the West Gate Family Therapy Institute as a graduate student therapist.

Rebecca Heller '16 is pursuing a Master's in Mental Health Counseling at Hofstra University and aspires to

be a licensed mental health counselor. She currently is a crisis counselor for Crisis Text Line—a free, confidential, 24/7 text line for people in crisis—and has received the highest level of endorsement for a volunteer. In spring 2018, she expects to begin her three-semester practicum and internship.

Yuh Fen Lee '13, a Certified Family Life Educator, is a paraprofessional in a combined public elementary and middle school, where she works with a student on an individualized education plan (IEP). She also holds a part-time job as a family financial associate in a financial adviser group.

Fariha Mahmud-Syed '11, a graduate student in the Marriage and Family Therapy Program at Mercy College, looks forward to becoming a licensed marriage and family therapist. Meanwhile, she is an employer relations specialist in the Career Development Center at Baruch College, CUNY. Prior to this, she worked as a program assistant at Community Solutions Inc., a nonprofit organization that provides functional family therapy to disadvantaged youths and their families.

Stephanie Olcese '17 is a full-time constituent services liaison for the office of State Senator Jose Peralta. She collaborates with government agencies, nonprofit organizations, and community leaders to address micro- and macro-level constituent concerns and determine the most appropriate course of action to resolve their issues.



Senator Jose Peralta, Stephanie Olcese

Mo Lizeth Urzola Tellez '16 is a master's student in Community Organizing, Planning and Development at the Silberman School of Social Work at Hunter College, CUNY. Her field placement is at Live Out Loud, an LGBTQ+ organization. As an intern in Live Out Loud's homecoming project, she helps offer support to LGBTQ+ adults who want to go back to their high schools and share their coming-out experiences. After finishing her undergraduate studies in December 2016, Ms. Tellez participated in two fellowships at the Sylvia Rivera Law Project and The Audre Lorde Project specifically for transgender, gender nonconforming, and intersex individuals of color. She also worked at a nonprofit where she was offered a full-time position as a follow-up specialist and food service instructor.

Samantha Verdi '08 has been promoted to coordinator in the wraparound community services department at the Cerebral Palsy Association of Nassau County. Instead of servicing participants in the residential program, she now oversees that program and the staff who provide services to participants who live at home, in the community with their families.

Christine Vitiello '14 received a Master's of Early Childhood Education Birth-2 at QC through Mayor De Blasio's Teacher Preparation Project, an accelerated program aligned to the need for teachers for the expanding NYC PreK for All program.

Alumna Spotlight: Nicole Guarino-Kesoglides

I graduated cum laude from QC in May 2017 and I am currently attending graduate school at New York University. I have spent the past few months adapting to life post-graduation, getting acclimated to NYU and my new colleagues. I am a first-year master's student in the Human Development and Social Intervention program at Steinhardt. Every day, I cross paths with scholars whose work I have read and learned from as an undergraduate. I feel so grateful to be learning hands-on from those same professionals now. I like to think of the HDSI program at NYU as a more advanced version of the HDFS program at QC. Most of the fundamentals are the same. My time in FNES classes built the foundation for my understanding and conceptualizing of the theories involved in human development studies. The difference



Nicole Guarino-Kesoglides

is that now I am expected to apply what I have been learning to real-life studies and people; hence, this program is within the Applied Psych Department.

I am working in Cathie Tamis-LeMonda's lab, The Center for Research on Culture, Education, and Development (CRCDE).

Typically, scholars in our lab analyze developmental processes, context, and culture in children and families from diverse cultural and economic backgrounds. There is an impressive array of research interests and specializations across our team. Currently, I'm working on the LEGO Foundation Play Project, which entails play-based learning in a naturalistic setting. Specifically, I will be transcribing language between parent-child dyads and coding for use of gendered language for my master's thesis. By the end of next year, I plan to apply to the PhD program at NYU to continue my research and academia work.

I can't say it enough: I wouldn't have made it this far without the support and guidance of our amazing FNES department. Thank you to everyone who was a part of my journey.

Commencement - May 26, 2017!

Congratulations to all our wonderful graduates!



(From left to right) First row: Christine Torres, Shana John-Cortes, Sara Ostrowski, Jessica Galante. Second row: Jadae Johnson, Alena Khaimchayeva, Dr. Robila, Nicole Guarino, Dr. Riina, Stephanie Olcese, Lois Munoz. Third row: Yadinsky Caimares, Marie Jean-Louis.