



## *College of Health and Human Sciences | Fall 2023 Newsletter*



### **Dean's Message**

The core of our mission here at the College of Health and Human Sciences is addressing health equity and critical social issues. You will see in the following articles the outstanding efforts being made by our faculty, students, staff.

The deep commitment of CHHS to this mission is evidenced by partnerships with our community agencies and industry. These partnerships focus on knowledge creation, new technologies, and student clinical and practice work that contribute to the health and well-being of vulnerable populations. Such social issues include food insecurity, addictions, patient-centered interprofessional care, underinsured, and other health and mental health disparities.

You will also read about our faculty and students being recognized for their innovation and leadership by their professional organizations as well as competitive local and federal grant funders.

I am excited to share all these efforts with you. I know you will see by these highlights that our faculty, students, and staff are making incredible contributions and changing the world.

Sincerely,

Audrey M. Shillington  
Dean  
College of Health and Human Sciences

# Interprofessional Nurse's Shadows

By: Maya Carlyle, Recruitment and Events Associate, The Valley Foundation School of Nursing

In [The Valley Foundation School of Nursing \(TVFSON\)](#), nurses work every day to educate, mentor, and support the nurses of tomorrow. This is no simple task! Challenges abound; from those found in all classrooms, to unique challenges faced by the wider healthcare community.

One such challenge is that of numbers. Every semester, TVFSON adds a cohort of 60 students to the roster, and those students all need to get into healthcare facilities twice a week in order to learn some of the vital hands-on skills which will make them life-saving nurses in the future.

Over many Saturdays this Fall semester, one nurse clinical instructor, [Carolina Cacho, DNP, RN, NP-BC, CRNP, CCRN-K](#), had to get creative ensuring her 11 students received “quality experiential learning opportunities...” as she brought her class into a facility experiencing several healthcare challenges: a small unit with an average of 24 to 26 patients; only 5 to 6 nurses on staff and up to three Hospital Services Assistants (HSAs); and ongoing renovations of the floor below the unit (causing a reduction in space, and sometimes a reduction in the number of hospital staff on duty) which meant that at times there were more students than hospital staff!

Neither Dr Cacho, nor the hospital staff let that stop them from providing students the best education possible. With an assist by another amazing TVFSON clinical instructor, Marilyn Reiss-Carradero RN, MSN, CCRN, some creative solutions were found as connections with nurse leaders in the Wound Care Department, Cardiac Monitor Room, Rapid Response Team, and the [PICC/USGIV Team](#) were established.

“The goal was to [have students] spend time with the nurses [and/or] cardiac monitor techs during their clinical time... they were able to learn and understand these other roles and how they impact the role of the nurses. These shadowing experience opportunities made a big difference...”

On the purely logistical side, the 11 students were able to be rotated through, in both their primary unit and the other partnered units and teams, making sure the primary unit was not overwhelmed with learners.

The real winners, though, are the students.

“These shadowing experiences were well received by the students,” Dr Cacho reported, “And they all looked forward to their clinical times. They loved sharing their experiences during our post-course conferences.”

For more information about [The Valley Foundation School of Nursing](#), please reach out to:

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# Spartan Tri-athlete: KIN Alumni Pushing Physical Boundaries

By: Dr. Michael Dao, Assistant Professor, Department of Kinesiology



If there is one thing about a Spartan that can be true, it is that Spartans exude physicality, dominance, and an exceptional sense of self-discipline. Anna Guzman, a Kinesiology alumnus who graduated in 2011, epitomizes the physicality commonly associated with Spartans. At the same time, she is excelling as a triathlete who recently placed in the top 20 of Americans and top 100 of out 2000 in the Kona Triathlon. For those who may not know, the Kona Triathlon is one of the most elite and prestigious events for this kind of sport. As a former student-athlete on the SJSU Women's Tennis Team from 2007-2011, Anna fell into triathlons because her brother was on the club team at Cal Poly. Thus, when she retired from competitive tennis, triathlons presented a very appealing form of physical activity and competition.

Anna acknowledged utilizing some of her Kinesiology background to help prepare for triathlons. Anna chose to study Kinesiology

as an undergraduate student because she was always into sports, physical activity, and health and wanted to major in a topic that would allow her to work in these areas. As a student-athlete and always interested in sports, Anna was motivated to learn about the body holistically, eventually leading to her active lifestyle. For example, specializing in exercise and fitness, Anna has used her knowledge of exercise prescription, nutrition, and exercise psychology to manage her training for triathlons. What is important to Anna is the ability to understand how the body works, responds to training and rest, and how to better facilitate training to meet her goals. Moreover, Anna uses her kinesiology knowledge to educate others on how the body responds, how to better weight train, and how to prepare mentally for extreme exercise conditions.

Anna is currently the Senior Assistant General Manager of Sports Basement in Campbell. For her, it is great to continue to work in sports in her career and to be an ascending triathlete. Her most recent success was winning her first half Ironman in Santa Cruz. It has been nothing but hard work and discipline for Anna to get this far. She praises her time at SJSU for her ability to manage her work and training efficiently. She highlighted, "My day-to-day life consists of working a full-time job and training one or two of the sports every day while also maintaining a good diet. It can be difficult to maintain, but my experiences as a student and an athlete at SJSU taught me how to stay motivated and focused." As a student-athlete, she learned discipline, time management, and organizational skills that have helped her be successful in all facets of her life. She keeps in touch with former professors and coaches who shaped her SJSU experience. Anna's SJSU experience was meaningful, and she continues to hold her education and relationships now. Lastly, starting in 2024, Anna will be racing as a professional triathlete!

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*If there is one thing about a Spartan that can be true, it is that Spartans exude physicality, dominance, and an exceptional sense of self-discipline.*

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# Behavioral Health Stipend Helps Make Dreams For Future Social Workers Come True

By: Paola Quintanilla, Graduate Student Leader & Social Media Specialist, School of Social Work



Duc-Trung Tong is a recipient of the Public Behavioral Health MSW Training Program. Check out what Trung has to say about his experience!

“Hello! My name is Duc-Trung Tong. I go by just Trung. My pronouns are he/him/his, and I am currently in my final year of my MSW with the Online/Hybrid program.

I am currently interning with Gardner Health Services in San José. The specific program I am assigned to is the Forensic, Diversion, and Reintegration (FDR) program which is a full-service partnership (FSP) program that provides intensive mental health and substance use treatment to individuals in the criminal justice system. In the past two months, I have had many new experiences working in behavioral health, as the bulk of my work in this internship requires direct services in the community with my clients. Compared to my employment which is based in an outpatient substance use treatment program, I work with clients in some of the most vulnerable times of their lives. Whether clients are recently released from incarceration or emergency psychiatric services (EPS), I am pushed to provide much-needed case management and therapeutic services to ensure success in their reintegration back into their communities. I believe the skills I will continue to grow will prepare me for many situations and environments in my career in behavioral health.

The Public Behavioral Health Program (PBH) aligns with my goals and aspirations in the field of behavioral health. Years before applying to the MSW program, I hoped to eventually earn the Licensed Clinical Social Worker (LCSW) credential to provide therapeutic services in mental health and substance use for underserved communities in Santa Clara County. The PBH program not only supports me financially in paying for my college tuition but will also provide me with the training to expand my scope of practice and clinical skills.

My goal post-graduation is to work towards earning the LCSW and continue working in a public-funded community-based organization. I also plan on advancing my current credential in substance use to become a Licensed Advanced Alcohol and Drug Counselor (LAADC). With the dual credential and specialization in substance use, I hope to contribute to advancing the field of substance use as the professionals and field as a whole have been historically under-appreciated compared to solely mental health professionals. Furthermore, my overall goal is to rewrite the narratives of formerly incarcerated individuals as I will join the small number of therapists who have been impacted by the criminal justice system.

The stipend has validated the existing goals and purpose I have of serving my community. I feel honored to be chosen as one of the final candidates and will continue dedicating myself to the path I envisioned many years ago.”

Training sites include publicly-funded behavioral health programs in community clinics, outpatient and residential treatment programs, inpatient psychiatric units, schools, SELPAs, regional centers, inpatient and outpatient health care settings, child welfare units, juvenile delinquency programs, and adult corrections settings, among others. Specialized training content will focus on preparing students for the realities of public behavioral health practice and emphasize the coordination and integration of services provided to adults, children, and families through multiple systems of care.

# Empowering the Next Generation of Nutrition Professionals

By: Emilia Gomez and Giselle Garcia, Fall 2023 WHISK Ambassadors (and Jamie Kubota, WHISK Director)

NUFS 192, the senior capstone field experience, is a prime example of experiential learning provided to undergraduate students in the Department of Nutrition, Food Science, and Packaging. Completed during one of their last two semesters, students self-place into volunteer or paid positions that augment their academic coursework and allow them to build technical skills and confidence, build their resume and professional network, explore areas of industry, and prepare for entry level work after graduation. Potential sites include: hospital nutrition and food services or skilled nursing facilities, school districts, senior nutrition programs, food banks, restaurants, food science labs, private practice, and cooking classes and camps for children to name a few. In addition to an exciting array of off-campus opportunities, other students fulfill their field experience on-campus as CHEW instructors teaching cooking classes for their peers, working with SJSU athletics in support our student athletes, or within the NUF&PKG department serving as WHISK Ambassadors. Senior nutrition student and WHISK Ambassador, Emilia Gomez, shares her experience:



As senior nutrition students at San José State University, we have the opportunity to join and become Ambassadors for the program, Wellness and Health Inspired Student Kitchens (WHISK). WHISK allowed us to fulfill our NUFS 192 field experience on campus and to create a better connection with our fellow San José State students. As WHISK Ambassadors, it is important to understand the purpose of the nutrition program and the targeted audience. In this case, we provide student-led nutrition education and cooking demonstrations for the purpose of promoting healthy eating behaviors among the San José State community.

As part of WHISK, we plan events and conduct collaborative projects with other campus programs such as Spartan Eats, the SJSU Campus Community Garden, the NUFS Club, and SJSU Cares, to name a few. As our target audience is primarily college students, we strive to provide resources and create nutrition education that is appropriate for both on-campus and off-campus students. The nature of our work can vary depending on the specific event but some tasks include designing educational like fliers and recipe cards, leading online meetings, and holding tabling events that communicate essential nutrition information to diverse audiences.

We also have the opportunity to conduct virtual cooking demonstrations via Zoom doing everything from planning the logistics of the event to engaging with participants. Called WHISK Cooks!, WHISK provides Hello-Fresh-style ingredient bags for the first 20 students to pick up a bag. In each bag are the recipe(s) and all the ingredients needed to make each recipe. Participants then Zoom in to cook together or follow along from the comfort of their dorm room or home kitchen. Aimed at increasing cooking confidence and self-efficacy, these events also help address food insecurity among college students. WHISK also focuses on engaging with the San José State community by participating in events with other programs on campus to raise awareness about the importance of sustainability in food, reducing food waste, and increasing fruit and vegetable consumption.

“Our professional development is enhanced by receiving hands-on experience and exposure to nutrition education. This allows us, as nutrition students, to apply our knowledge and skills to designing educational materials, conducting events online and in person, and engaging with diverse populations in our community. With this field experience, we are able to gain a better understanding of specific interests within the broader field of nutrition, which will allow us to make informed career choices as we graduate and enter the professional world.”

WHISK Ambassador, Giselle Garcia, echoes similar sentiments, adding “Although our event participants do not see the background work put into all these events, WHISK is able to provide experiences that help nutrition students to learn new skills that can be applied to future jobs. In my opinion, WHISK is a small golden gem in the Nutrition department looking to help students inside and outside of the department to develop healthy relationships with food.”



# Oldest OT Program in the Western U.S. Celebrates its 80th Anniversary!

By: Dr. Luis Arabit, Assistant Professor, Department of Occupational Therapy



On November 3, 2023, the Occupational Therapy department, in the College of Health and Human Science at San José State University (SJSU) proudly celebrated its 80th founding anniversary. The program was founded in 1943 as one of the first occupational therapy programs in the Western United States and is the oldest accredited Occupational Therapy program in the California State University system.

The celebration was held at the SJSU Student Union Ballroom and featured two well known leaders in the OT field as co-keynote speakers, Dr. Lela Llorens and Dr. Penny Kyler. Both speakers discussed the importance of membership in OT professional organizations and also addressed the significance of increasing diversity equity and inclusion in the OT workforce through advocacy and recruitment. The event included attendees such as former alumni and faculty who have contributed to the OT program's rich history. The celebration also hosted concurrent educational sessions for attendees with invited guest speakers who are graduates of the OT program. The celebration culminated with a dinner reception complete with a photo booth, a jazz band and raffle prizes provided by event sponsors.

Tremendous appreciation goes out to the Chair of the OT department, Dr. Gigi Smith, the OT Staff, Faculty and the Student Occupational Therapy Association (SOTA) who volunteered their precious time to contribute to the success of the celebration! Happy 80th Anniversary to the OT Program!

\*\*A little piece of SJSU OT Program history: In March 1943, the OT curriculum was presented to the AOTA Council on Education for approval and by June 1944, the program was fully accredited with Ms. Mary Booth as the first appointed occupational therapist in charge of the program. Soon thereafter, Ms. Booth received an academic appointment as Assistant Professor and was responsible for establishing the foundation upon which the program was built. During Ms. Booth's tenure as department head, the department grew as well as the quality of the educational curriculum. Through a gift in Ms. Booth's will the College established the Mary D. Booth Occupational Therapy Endowment Scholarship in her memory. (Lorraine Pedretti, 1993. History of the department of occupational therapy, 1943-1993).



# SJSU Human Rights Institute Moves to CHHS and Hosts Inaugural Event

By: Dr. Michael Dao, Assistant Professor, Department of Kinesiology



On November 8, 2023, the College of Health and Human Sciences with the San José State Human Rights Institute (HRI), now located in CHHS, partnered with the Santa Clara County Single Payer Coalition to screen the documentary “Healing US,” which compellingly lays out the human, moral and material cases for single-payer health care. The Santa Clara County Single Payer Healthcare Coalition brings community organizations together to organize, energize and educate our community to bring equal and quality healthcare to all people who reside in California. This documentary details the multifaceted costs associated with the current health care insurance system in the U.S. when one is underinsured. For example, approximately a half million families will file for bankruptcy this year due to unaffordable medical costs.

As part of the 2023 SJSU Transforming Communities programming, this screening was followed by a panel discussion featuring Kenny Ballentine (Director of Healing US), Dr. Yusra Hussain (Chair, Physicians for a National Health Program South Bay/Silicon Valley Chapter), Ash Kalra (Rep. California’s 25th Assembly District and promoter of healthcare for all), Alissa Shaw (Adjunct Professor, Department of Public Health and Recreation, SJSU) and Ryan Skolnick (Community Organizer at National Nurses United).

The panel discussion was thought-provoking and highlighted the need to promote adequate healthcare for all, especially those on the margins. As the first event of the college’s Human Rights Institute, it launched a focus on health as a human right and health equity. Moving forward, the Human Rights Institute will focus on events and research that broadly centers on health as a human right. Stay tuned for more events from the college and the institute.



# Holiday Giving Across the Ocean

By: Maya Carlyle, Recruitment and Events Associate, The Valley Foundation School of Nursing



In August of 2023, [Linda Higgins](#) (nurse and teacher in The Valley Foundation School of Nursing - and a “firebrand of a person”) watched the news and was heartbroken. Now she has 40 large, very full boxes in her garage, waiting to travel to Hawai’i in early December.

That night, on the news, Linda saw the reports of a series of wildfires on the Hawai’ian island of Maui, in and around the city of Lahaina. The fires, driven by dry, gusty winds prompted evacuations and caused widespread damage, destroying homes, businesses, and two of the elementary schools.

“I had a wild idea that came to me in the middle of the night,” Linda shared, “If I had thought it through, I probably wouldn’t have done it. I would have been overwhelmed.”

That wild idea? Help the children who would have attended some of those schools, and give them something joyful this holiday season.

Since August, Linda and “hundreds of family and friends and friends of friends” had put together 900 handmade stockings and 40 non-holiday themed gift bags, filling them with cloth backpacks, treats, play doh, crayons, toys, toothbrushes and toothpaste, hair brushes, and other things to bring some joy and comfort to impacted kids - all of them, ages 4 to 11 years old.

To make all of this happen, Linda has been working with other teachers - those in Lahaina, working to keep their kids learning and safe, and on the mainland, in the Bay Area. After hearing about the project, several instructors at West Valley College joined the project. The Fashion Design department made about 300 of the stockings which are heading over, and the Maker Space in the Interior Design department used their 3D printing lab to make bookmarks with banyan trees for the stockings.

The story of these gifts has made it pretty far. Linda was interviewed by [Becky Worley for Good Morning America](#) (the interview aired on December 8th), and Southwest Airlines donated the travel to get Linda and the 40 boxes of gifts over to Lahaina.

“That was the biggest, giant-est gift of all,” Linda said of the Southwest Airlines support. “And, I really just want to thank the people who have been so generous in helping out – at least 60 of my friends have been in my house for a week [in late November], stuffing stockings and bags.”

“This whole thing is so not the nursing method of ‘assess and make a plan first’ – I just implemented and then looked back, and I swear to all, I’m not sure how any of this happened. At one point I got 12 stockings in the mail from someone on the East Coast who I had never met or talked to.”

Linda shared that she intends to keep this project going - though, she hasn’t made a plan for that quite yet.

For more information about [The Valley Foundation School of Nursing](#), please reach out to:

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# Public Health Faculty Awarded a NIH Grant



Dr. Chulwoo 'Charles' Park has been awarded the National Institutes of Health (NIH) SuRE-First Award (R16) for a 4-year research period from August 2023 to June 2027. In his research, the population is on Asian/Asian American immigrant young adults learn multiple languages, being exposed to English as an additional language (L2) in the United States after mainly using a first language (L1) from their country of origin. The study population is also multilingual 1.5 generation Asian/Asian American immigrant young adults aged 18-25 years in the San Francisco Bay Area. In this grant, Dr. Park is investigating the impact of learning an additional language, namely, the dominant language of the community, on the mental health and psychological well-being of Asian/Asian American immigrant young adults. The study also explores its influence on their sense of acceptance, inclusion, and ethnic identity in the United States. This study will provide suggestions to address the structural drivers of mental health disparities among immigrant populations, such as results of the experience of racism, discrimination, and anti-Asian hate crime, which are linked to individual's own multilingual language identity and skills.

## Spotlight on Audiology Faculty Research

Dr. Anusha Yellamsetty's recent focus addresses a critical concern: tinnitus resulting from COVID-19. Collaborating across the country, she aims to unravel the prevalence of COVID-19-induced tinnitus and its impact on speech perception. Dr. Yellamsetty is also actively involved in empowering accessibility through assistive listening device technology and the development of reliable self-fitting hearing aids. Aligned with the recent Over the Counter (OTC) Act, which aims to expand accessibility and enable users to achieve clinical-standard fitting from the comfort of their homes, Dr. Yellamsetty has successfully secured two grants through industrial collaborations. These include one from Whisper.ai (\$31,426) and another from Concha Labs (\$16,158). These grants supported three graduate assistants.



Dr. Adam Svec is currently exploring psychoacoustics, particularly delving into the intriguing phenomenon of forward masking. His research aims to unravel the mysteries surrounding auditory perception and the impacts of age and hearing loss



on an individual's ability to recover from a noisy background over time. Dr. Svec has successfully secured a grant from the Hearing Industry Research Consortium for the project titled "Assessing the Role of Envelope Fluctuations on Communication Difficulties for Individuals with Minimal Hearing Loss," with a grant amount of \$150,000, which supports a graduate assistant and an ongoing collaboration with the lab of Dr. Marc Brennan at University of Nebraska-Lincoln.

We commend Dr. Anusha Yellamsetty, Dr. Adam Svec, and their teams for their tireless dedication to advancing audiology research and education. Their contributions are shaping the future of audiology and hearing health.

For more information or to get involved in our research initiatives, please visit our website ([sjsu.edu/aud](https://sjsu.edu/aud)) or contact our program office (408.924.1754).

# Celebrating Achievements of the Occupational Therapy Faculty and Students in 2023

The Occupational Therapy Department has a lot to be proud of in 2023. The following are a list of faculty achievements:

- **Dr. Deborah Bolding** published an article entitled “An exploratory survey of incivility experienced by novice occupational therapists educated using a servant leadership model” in the Journal of Occupational Therapy Education.
- **Dr. Chiao-Ju Fang** received the 2023 SJSU RSCA Seed Grant Program Award and was also awarded the American Occupational Therapy Foundation (AOTF) 2- year implementation grant on her research project entitled “Implementation of App-Based Coaching Intervention (Social Participation and Navigation; SPAN) to Promote Participation of Young adults with autism spectrum disorders ASD).”
- **Dr. Lynne Andonian** is now a Fulbright Specialist and was recently appointed to the California Board of Occupational Therapy (CBOT) Practice Committee.
- **Dr. Megan Chang** and **Dr. Katrina Long** were invited guests by the AOTF at their 61st Annual Corporate Meeting in San Francisco where they took part in reviewing the status of the 2023-2025 strategic plan, presented committee reports and voted on the AOTF Slate of Elections. In addition, Dr. Long’s proposal for the AOTA INSPIRE 2024 conference in Orlando, FL, was accepted as a poster with the topic entitled “Design and baseline characteristics of PreActive-PD telehealth coaching to increase physical activity in early-stage Parkinson’s Disease.”
- **Dr. Cesar Arada** is the newly elected OTAC Region 3 Director-Elect. He was also reappointed to serve a second term as National Board for Certification in Occupational Therapy (NBCOT) Ambassador for California.
- **Dr. Hiral Katri** presented at the USC Chan Division of Occupational Science and Occupational Therapy’s Global Initiative Group, where she shared her experiences as an OT working in India.
- **Dr. Luis Arabit** was the recipient of the 2023 Luella Grangaard Political Action Award from the OTAC at their annual conference in Pasadena. In addition, his podium proposal to speak at the AOTA INSPIRE 2024 in Orlando, FL was accepted with the topic entitled “AOTPAC and AOTPAC Ambassadors: Partners in Advocacy for the Future of Occupational Therapy.”



Dr. Courtney Boitano has been awarded the Lisa Test Endowed Research Award combined with the CFOT Research Grant Award.



Skyler Trezona has been awarded the Evelyn Jaffe Scholarship from CFOT.



Kiana Shibata has been awarded the Lisa Test Endowed Scholarship from CFOT.



Ciara Stewart has been awarded the Wilma West Scholarship from CFOT.

# Celebrating Kinesiology Faculty Achievements in 2023

- On August 2023, **Martin Bilello** (Handball Instructor) served as the Head Coach of the USA Team Handball Youth (U19) Men's National Team that competed at the IHF Youth World Championships in Croatia. This was the first time a USA team competed at this age category. Four Bay Area players were on the roster, and the team got the first win ever in this age category.
- **Dr. Seung Ho Chang** has been elected as an editor for "Research into Practice" in the Journal of Physical Education, Recreation, and Dance (JOPERD).
- **Dr. Seung Ho Chang** was invited to a special session as an invited speaker to deliver a presentation entitled "The Role of Motor Development in Sports Psychology" for graduate students majoring in motor behavior and sports psychology at Seoul National University.
- **Dr. Michael Dao** was named the new Director of the San José State University Human Rights Institute. As the director, he will focus on health and healthcare as human rights in the future.
- **Dr. Li Jin** received the University Grants Academy Summer 2023 Award for a project entitled "Optimization of Footwear Design on Improving Running Gait Biomechanics among Recreational Runners."
- **Dr. Jihyun Lee's** article, "Parental Support and Concerns About Physical Activities of Their Children with Autism Spectrum Disorder During COVID-19," published in Recreation, Dance and Physical Education Volume 6, Issue 2, received the Best Research Award for 2022. This news was announced this fall semester.

## Thank You for Your Support!

To learn more about how you can support the College, please contact:

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To make a gift in support of the College of Health and Human Sciences, you can give securely online at:

You can also make checks payable to "Tower Foundation of SJSU" and mail to:

Sonia Wright  
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To be added to the weekly newsletter which covers campus news, send an email to [sonia.wright@sjsu.edu](mailto:sonia.wright@sjsu.edu)

### Leave your Legacy

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### Scholarships

Our College has [71 named scholarships available](#) for more than 17,000 students enrolled in our programs. The easiest way to help students is through scholarship support. You can make a gift to a current scholarship at [giving.sjsu.edu](https://giving.sjsu.edu). Click on Choose a giving opportunity. Scroll through the list or conduct a search in the search box, click Continue and then fill out the rest of the form.



***Congratulations Class of Fall 2023!***

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**Thank You to Our Contributors!**

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