

Illinois Council on Family Relations



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*ILCFR is an affiliate of
the National Council on
Family Relations*



Dr. Lisa Moyer

ILCFR held its annual spring conference on Friday, March 7, 2014 at the Alumni Center on the Illinois State University campus. The theme was *Family Safety and Security*. Our keynote speaker was Dr. Lisa Moyer (pictured in sidebar), Associate Professor and Graduate Coordinator in the Family and Consumer Sciences Program at Eastern Illinois University.



Dr. Moyer's talk, *Every breath you take, I'll be watching you*, addressed the topic of intimate partner violence (IPV) and was a great start to our day of informative sessions. She provided an overview of IPV including statistics, stories, and examples from her own research. She highlighted the different types of violence (first identified and examined by Dr. Michael Johnson) and discussed the Power and Control Wheel. She also discussed the gender differences in IPV and violence among same sex couples. She ended with support services available to victims of violence and where to seek help. Dr. Moyer's talk was a great kickoff to the conference and we thank her for her presentation!

Conference Presentations



Family Nutrition . Ellen Pudney, Rachel McBride, Amy Ozier, & Kelly Brasseur presented on nutrition needs assessment of a school-based choice food pantry in Northern Illinois. Their study, a collaboration between Northern Illinois University and the Northern Illinois Food Bank, focused on nutrition needs and barriers to healthy eating. They found that cost is a common barrier to healthy eating.

Child Identity Theft. Dr. Axton Betz-Hamilton and Whitney Nickens presented background information on child identity theft, the effects of the crime on victims, information on parents who perpetrate child identity theft crimes, how non-offending parents are affected by child identity theft, and concluded with their own personal stories of child identity theft from – as a victim and as the parent of a victim.

Families and Incarceration. Dr. Jacquelyn Frank and her students, Jessica Seals & Randall Reed, presented on their course on incarceration as it impacts family dynamics and interactions from a variety of perspectives (e.g., parent, child, siblings, spouses). Using the family theory lens, they explored the impacts on prisoners and families during both imprisonment and reentry.



Safety and Security Systems



Presenters, Tracy Carrington and Lacy Mossman, helped attendees better understand the current population trends related to aging and dementia, be able to recognize potential dangers in the home for older adults, and develop an awareness for the current uses of assistive technology to keep their loved ones from harm.

The full Conference Program – as well as many presentations— are available on our website il.ncfr.org.

Check out our new website at il.ncfr.org.

Mark your calendars for the next ILCFR conference on *Modern Families* on April 17, 2015 at the I Hotel in Champaign, IL!



Trans 101 & Queering the Family. Robert Alberts, an undergraduate student from Illinois State University, gave two presentations on LGBT issues. In his first presentation, *Trans 101*, he provided an overview of gender vs. sex vs. sexual orientation, appropriate pronouns to use (*note: when in doubt, ask!*), and the services and resources available to trans students/individuals. His second presentation, *Queering the Family*, highlighted the issues that families face when a family member is LGBT.

Sleep. Adrienne Riegle’s presentation highlighted the co-sleeping controversy in the U.S. She discussed her findings regarding family co-sleep and identified four themes that emerged in her research as contributing to co-sleeping: light sleepers, children feeling safe, cultural and generational patterns, and intentionality.



Child and Family Safety. Dr. Daniel Liechty’s presentation highlighted safety in our environment and the media’s focus—sometimes to an extreme - on child and family safety. He discussed humans’ innate survival instinct – our ability to adapt to our surroundings and avoid potential dangers in the environment., both real and imagined. He challenged us to be aware of fear generated by media or sensationalism, and to help ourselves and our clients see the world more realistically.

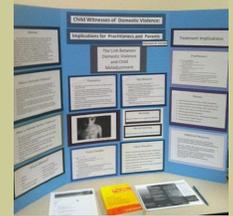
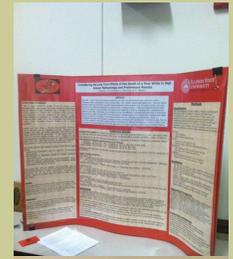
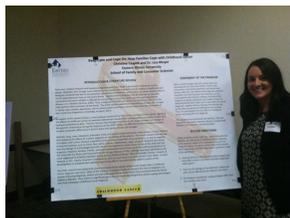
Family Management and Neighborhood Violence. Aditi Das and Dr. Amy Claessens shared the results of their mixed-methods study on family management strategies and neighborhood violence. Their findings indicated that parents use both promotive and protective/preventive strategies to keep their children safe. They suggested improvements to community-based institutional supports and programs to help parents engage in more positive promotional strategies for their children.

Conference Presentations/Awards



Food Security. Amanda Jacobs presented her work with Drs. Katherine Speirs and Barbara Fiese on household food security and quality of life for low-income parents. They found that parents living in food secure households reported higher quality of life than parents living in food insecure households. Their study further contributes to the literature demonstrating the link between food insecurity and poor physical and mental health and highlights the need for improved access to healthy foods for low-income families.

Posters. The conference also featured several poster presentations from students and faculty on topics including domestic violence, juvenile delinquency, elder abuse, death and grieving, and childhood cancer. We thank Bill Anderson, Jennifer Banning, Axton Betz-Hamilton, Jenny Bradley, Christine Czapek, Joshua Forman, Shannon Iverson, Lisa Moyer, Brittany Poders, Cristina Prestin-Latham, & Connor Walters for their presentations.



Awards. Dr. Crystal Duncan Lane, a member of the ILCFR Awards Committee, presented three awards at the 2014 conference on behalf of ILCFR. **Elizabeth Holman** received the Outstanding Student Research Award for her research on LGBT families. **Christina Yousaf** received the Outstanding Service Award for her years of service at Eastern Illinois University and her dedication to the field. **Dr. Linda Derscheid**, Professor at Northern Illinois University, received the Faculty Mentor Award in recognition of her outstanding leadership and mentorship over the years. **Congratulations to the award winners – we are proud of your accomplishments!**



Visit our website to learn about ILCFR Awards presented each year at our conference—consider nominating a peer or colleague!

Student Affiliates in Illinois

Visit our website for more about our student affiliates!

Eastern Illinois University. During the 2013-2014 school year, the Eastern Illinois University (EIU) affiliate organized two opportunities for undergraduates interested in attending graduate school to interact with current graduate



EIU affiliate members at a meeting

students and faculty in EIU's Family and Consumer Sciences program. Additionally, members raised funds with the goal of attending the 2014 Illinois Council on Family Relations conference; four members attended. Of these four members, Tracy Carrington co-presented a session entitled *Safety and Security Systems: Homes Specializing in Dementia Care*.

Illinois State University. During the 2013-2014 school year, Illinois State University Council on Family Relations (ISU-CFR) tripled its membership! Students attended a college fair at Robert C Hill Elementary School representing ISU and informed students of the benefits of college and continuing education. ISU-CFR held an internship and graduate school meeting, combined with another student organization, and had a professor speak on how to choose the right graduate school; a student also presented about their internship experiences. Another combined meeting was about self-care and how important it is in any profession. Another successful activity was making ISU key chains to sell to fundraise for the ILCFR conference; this helped more ISU students be able to attend the state conference. ISU went through a rough time close to the end of the semester where one of their students was hit and killed by a drunk driver. ISU-CFR held a fundraiser where all of the proceeds were donated in the student's name. Last, but not least, five students graduated with NCFR honors this year!

ISU-CFR members at the NCFR Conference



Student Affiliates



Northern Illinois University. The Northern Illinois University Student Council on Family Relations was launched on February 13, 2014 with 76 students from Family Child Studies program in attendance. Efforts to have an affiliate chapter have been long in the making at NIU. Associate Professors Jane Rose Njue and Linda Derscheid, both members of ILCFR, coordinated the launch effort by developing a recruitment brochure which was distributed to all FCS students by the FCS Faculty. The launch included opening remarks by the Health and Human Sciences Associate Dean for Research and Resources, Dr. James Ciesla, Family Consumer and Nutrition Science chair, Dr. Thomas Pavkov and FCS Area coordinator, Dr. Sherry Fang. Other presentations were given on the structure and benefits of the student affiliate.



NIUSCFR members who attended ILCFR Conference in March 2014

University of Illinois at Urbana-Champaign. The Illinois Student Council on Family Relations engaged in exciting community service projects, professional development activities and fundraising programs this last year. Members organized a clothing drive for the Multicultural Community Center to help migrant families, made Linus blankets to provide children in hospitals, and participated in the annual Boneyard Creek Community clean-up day. ISCFR also hosted a Graduate Student Panel discussion for undergraduate students seeking more information about the graduate school process. Finally, ISCFR has established a recycling program through partnership with the Funding Factory that has had an environmental impact – collecting over 400lbs of electronic devices which reduced greenhouse gases by over 4 metric tons of carbon dioxide in its first year while also raising money for the organization.

ISCFR members making blankets to donate to children in hospitals



Visit our website for more about our student affiliates!

ILCFR Executive Committee



Meet the ILCFR Executive Committee 2014–2015

New officers and members were elected at the 2014 conference.

President	Dr. Axton Betz-Hamilton
Co-President Elect	Dr. Jane Rose Njue Christina Yousaf
Immediate Past Presidents	Kimberly Crossman Dr. Elissa Thomann Mitchell
Membership Chair	Dr. Linda Derscheid
Secretary	Kimberly Crossman
Treasurer	Bernadette Collins
Student Representative	Dana Tell
Newsletter Editor	Dr. Elissa Thomann Mitchell
Co-Website Chairs	Bernadette Collins Dr. Elissa Thomann Mitchell
Members-at-Large	Connie Coats Dr. Crystal Duncan Lane Lauren Hardy Jane Hirsch Dina Izenstark Cristina Prestin-Latham Adrienne Riegler

Please contact ILCFR President, Dr. Axton Betz-Hamilton, if you are interested in joining the Executive Committee. We welcome new members!



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We look forward to seeing you at the **NCFR Conference in Baltimore, MD** in November and the next ILCFR conference on **April 17, 2015** at the I Hotel in Champaign, IL!