

HTRC Education Series

Two Paths, One Goal - Advancing Nutrition





A little about me

My name is Logan Winkelman

- Licensed Professional Counselor Supervisor (Texas)
- Associate Professor and Program Director for Clinical Mental Health Counseling Program at TTUHSC
- Assistant Dean of Faculty Academic Success
- 13+ years of mental health and professional development consultation
- Certified EQ-i 2.0 and EQ360 Assessment Practitioner
- Research areas: telehealth, emotional intelligence, mental health and wellness, health education

Primary Areas of Focus

Teaching

In my teaching role, I am committed to cultivating a dynamic and engaging learning environment for my students. I design and deliver curriculum that is both theoretically sound and practically relevant. I strive to equip students with the necessary skills and knowledge to excel in their future careers as mental health professionals.

Research

Research is a critical component of my responsibilities. I, along with my faculty, are actively engaged in scholarly activities that contribute to the advancement of the field of clinical mental health counseling. My research interests include access to mental health and wellness resources, telehealth, and integrating behavioral health intervention in health education.

Service

Service to the university and the wider community forms the third pillar of my role. All MSMH faculty practice within the YLBHW Clinic providing counseling services to the Lubbock area and surrounding communities. Within TTUHSC, I serve on various committees, contributing to the governance and strategic planning of our programs.



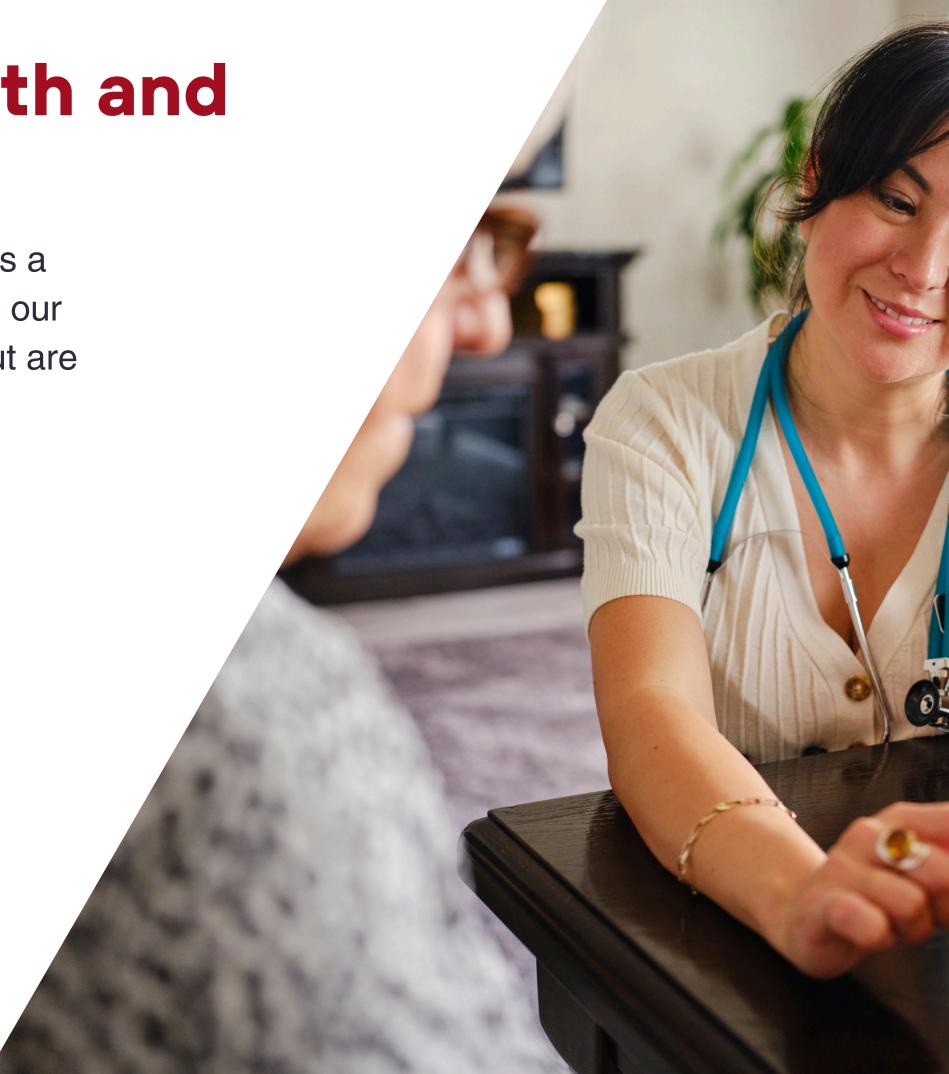
Master of Science in Clinical Mental Health Counseling

- Established in 2017, the TTUHSC Clinical Mental Health Counseling (MSMH) program is one of the first counselor education programs in the United States to train practitioners simultaneously in clinical counseling skills and telehealth techniques.
- An emphasis on telehealth is an integral component of the TTUHSC Master of Science in Clinical Mental Health Counseling program. All MSMH graduates are eligible to receive the Board Certified Telemental Health Provider (BC-THM) Credential through the National Board for Certified Counselors.

Your Life Behavioral Health and Wellness Clinic

The Your Life Behavioral Health and Wellness Clinic offers a variety of services to both children and adults in person in our clinic or remotely through **Telehealth**. Services include but are not limited to:

- Diagnostic Assessment
 - Addictions
 - Mental Health
- Family or Couples Psychotherapy
- Group Psychotherapy
- Individual Psychotherapy
- Multiple Family Group Psychotherapy
- Continuing Education Training
- Referrals



YLBHW Clinic Location

3601 4th St STOP 6522 Lubbock, TX 79430-6522

Our clinic is located on the third floor, Pod A Room 3A250, between the Department of Neurology and Department of Surgery.



Opportunities in Mental Health Education



The passage of SB 25 signals a transformative shift in how health professionals are educated in Texas

Curriculum Enhancements: The bill mandates that health-related programs incorporate a more comprehensive curriculum that emphasizes preventative care, nutrition, and mental health. This ensures that future health professionals are better equipped to address the holistic needs of their patients.

Training Gaps

Despite the growing recognition of the interplay between nutrition and mental health, there is a notable gap in training for counselors regarding nutritional guidance.

Opportunities for Improvement

Integrate Nutrition Education into Counseling Curricula:

 By incorporating nutrition-related coursework, educational programs can prepare future counselors to address the nutritional aspects of mental health effectively.

Offer Workshops and Continuing Education:

 Providing workshops and continuing education opportunities focused on nutrition and mental health can help current professionals expand their knowledge and skills.

Promote Interdisciplinary Training:

 Encouraging collaboration between counseling and nutrition departments can foster an interdisciplinary approach, allowing students to gain insights from multiple perspectives.

Develop Partnerships with Nutrition Programs:

 Establishing partnerships with nutrition programs can provide counseling students with access to resources and expertise that enhance their understanding of how diet impacts mental well-being.

Importance of Interdisciplinary Collaboration in Promoting Mental Health

Collaboration across various disciplines enhances the quality and reach of mental health services. Benefits include:

- Comprehensive Care: Working with professionals from different fields, such as medicine, nutrition, and social services, ensures a holistic approach to mental health care.
- Innovative Solutions: Interdisciplinary teams can generate creative solutions and interventions that may not be possible within a single discipline.
- Shared Knowledge and Resources: Collaboration allows for the sharing of expertise and resources, improving service delivery and outcomes.



988 Hotline

The 988 hotline is a nationwide mental health crisis line in the United States, designed to provide immediate support for individuals experiencing a mental health emergency.

Accessible and Easy to Remember:

- The three-digit number simplifies access to mental health services, similar to 911 for emergencies.
- The hotline is operational 24 hours a day, 7 days a week, ensuring help is always available.
- Calls are free and confidential, providing a safe space for individuals to share their concerns.

Services Offered:

- Crisis Counseling:
 - Trained counselors are available to offer support, guidance, and coping strategies during a crisis.
- Resource Connection:
 - The hotline can connect individuals to local mental health services and resources for further assistance.

Who Can Call?

- Anyone in Need:
 - Individuals experiencing a mental health crisis, concerned friends or family members, and anyone seeking mental health support.



Contact info

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Two Paths, One Goal: Advancing Nutrition

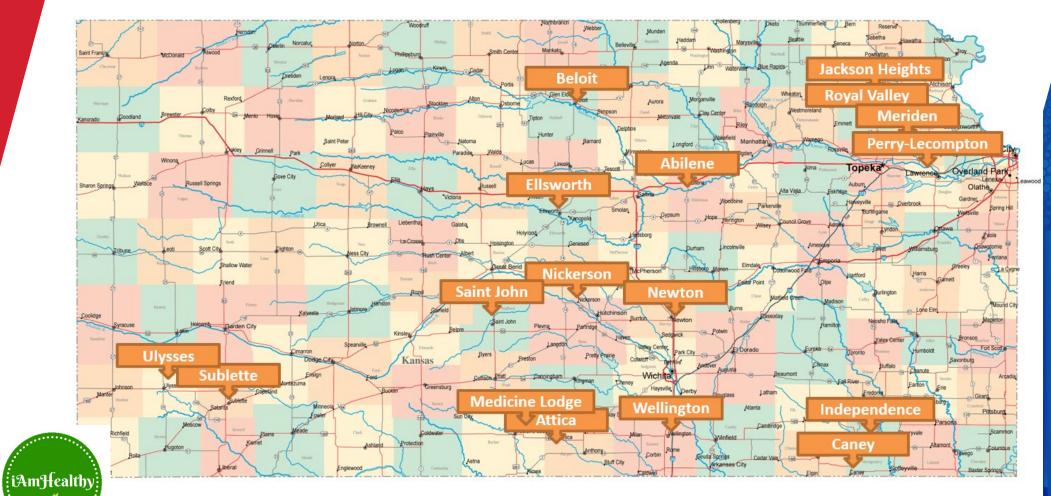
August 26, 2025







iAmHealthy Schools











iAmHealthy Schools

- Children between 2nd-4th grade
- Rural areas in Kansas
- BMI between 85th-99th percentile
- iPad group vs. Newsletter group
- 8-month intervention
- Individual and group meetings over iPads from home

Purpose: To compare the effectiveness of two active pediatric obesity interventions: iAmHealthy vs. control (a newsletter control group) using a cluster-randomized design.





Session Topic Goal Setting Tracking and Incentives Stoplight Diet 3 Weekly Sedentary Activity and Screen Time 5 Praising and Ignoring 6 **Calorie Counting Portion Sizes** 7 Self-Esteem 8 **MyPlate and Tempting Situations** 9 Family and Seasonal Exercise and Sleep 10 **Monthly** 11 **Energy Balance** 12 **Nutrient Density Privileges and Stress** 13 **Problem Solving and Relapse** 14



Family-Based Nutrition Recommendations



- Red Foods = Over 7 grams of fat and/or 12 grams of sugar per serving
- Yellow Foods = Less than 7 grams of fat AND 12 grams of sugar per serving
- Green Foods = Fruits and vegetables (with no calories added)



Using Technology in iAmHealthy

- Website
- Facebook page
- Preloaded apps
 - Strides
 - MyFitnessPal
 - Plant Nanny
 - GoNoodle Kids
 - Eat & Move-O-Matic
 - Virtual Hope Box
- Garmin devices
- "Energizers" during group











Study Co-Leaders, KU School of Medicine



Ann Davis, PhD, MPH, ABPP, Pediatrics

- Director, Center for Children's Healthy Lifestyles
 & Nutrition @ Children's Mercy Hospital/KUMC
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Christie Befort, PhD, Population Health

- Associate Director for Cancer Prevention & Control @ KU Cancer Center
- o cbefort@kumc.edu

Project Management & Consultants



Meggie Olalde Co-Project Director



Danny Kurz Research Manager



Stacy McCrea-Robertson Co-Project Director



Chris Tuck School Outreach Consultant



iAmHealthy Parents First Study Design Randomized Clinical Trial

N = 240 Parent/Child Dyads (recruited in 8 cohorts of 30 from

Kansas and neighboring states)

N = 120 Parent/Child Dyads

Parent-Only Group + Family-Based Group

N = 120 Parent/Child Dyads

Newsletter Group + Family-Based Group



Intervention Arms

Data collection
@
3 timepoints

Weights at home using provided smart scale

+

Online surveys

iAmHealthy iAmHealthy Parents First Baseline Adult-Only Monthly Group Meetings Weekly for 3 Months for 3 Months 3 Months Groups stay separate Family-Based Intervention **Group Meetings** 1:1 Meetings Self-Led Activity Sessions 9 Months



Parents First Intervention











Family-Based Intervention

- Follows adult interventions
- 6 months
- 3 components



Family-based behavioral group sessions



Individual family coaching



Self-led activities

- Evidence-based (26+ contact hours per USPSTF)
- All via Zoom
- Lots of people = child and parent + family



Family-Based Intervention

	Parent			Child			Family
	Red Foods	Fruits & Veg	Steps	Red Foods	Fruits & Veg	Steps	Optional Goal
Program Goal	4 or less weekly	5 per day	10,000 per day	4 or less weekly	5 per day	10,000 per day	Based on topics
My Goal							
Sun.							
Mon.							
Tues.							
Wed.							
Thurs.							
Fri.							
Sat.							
Total/Average							









Study Benefits

- Access to a free, online healthy living program
- \$75 for each data collection visit plus \$50 for completing all 9-month measures (up to \$275 total)
- Two Garmin fitness trackers and a smart scale to keep









Recruitment Video





Using Technology in iAmHealthy Parents First

- Website
- Facebook page
- Emma e-mail newsletter
- MyNetDiary
- Garmin devices
- "Energizers" during group





We Are Seeking Families Who:

- Live in KS, MO, NE, CO or OK
- Have a child in 1st through 5th grades
- Child BMI percentile ≥85% and parent BMI 25 – 50 kg/m²
- Live in a rural area
- Want to make healthy changes
- Speak English





Now Enrolling

- Space is limited, so don't wait!
- Families can apply online
- Learn more: www.iAmHealthyParentsFirst.org





Outreach Resources

Help spread the word and share with your personal and organization's networks.

Visit iamhealthyparentsfirst.org/community to access easy-to-share outreach resources, such as:

- Flyer Digital and Print
- Newsletter Copy
- Press Release
- Social Posts and Graphics
- Study Logo







Contact Information



Study Website: www.iAmHealthyParentsFirst.org



Study email: <u>iAmHealthyParentsFirst@kumc.edu</u>

Meggie's email: molalde@kumc.edu



Study phone (call or text): (833) 544-7433

Meggie's phone: (913) 588-2042





Upcoming Events

August 27th @ 12 PM CST – Proposed Physician Fee Schedule

Richelle Marting, JD, MHSA, RHIA, CPC, CEMC, CPMA – Founder, Attorney, Marting Law LLC



Contact Us

Visit our website www.heartlandTRC.org

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