

Karen Bell, PhD, MPH, CHES®

Strengths: Relator • Arranger • Responsibility • Deliberative • Futuristic

Education

Ph.D.	Department of Health Studies, Texas Woman's University, Denton, TX, <i>Emphasis: Higher Education</i>	2015
M.P.H.	Department of Behavioral and Community Health, University of North Texas Health Science Center, Fort Worth, TX	2004
B.S.	Nutritional Sciences Department, Texas Christian University, Fort Worth, TX	2002

Dissertation

Examining the Effectiveness of Gatekeeper Training in Suicide Prevention

The purpose of the study was to examine the self-reported self-efficacy of those who participated in a suicide prevention gatekeeper training program at a college campus.

Teaching Experience

Assistant Professor | UNT Health Science Center | 2016- present

- BACH 5300 Theoretical Foundations of Individual & Community Health
- BACH 5321 Injury and Violence Prevention
- PHED 5297 Practice Experience
- BACH 6399 Doctoral Independent Study in Behavioral & Community Health

Adjunct Assistant Professor | UNT Health Science Center | 2015-2016

- BACH 5300 Theoretical Foundations of Individual & Community Health
- BACH 5321 Injury and Violence Prevention

Co-Instructor | Texas Christian University | 2015

- UNPR 10211 The University Experience

Graduate Assistant | Texas Woman's University | 2015

- HS 4353.50 Grant Writing and Health Education
- Professor: Dr. Douglas Coyle

Internship Site Preceptor | Graduate and Undergraduate Students | 2009-2014

- College of Education, Texas Christian University
- Nutritional Sciences Department, Texas Christian University

- Health Studies Department, Texas Woman's University
- Department of Behavioral and Community Health, University of North
- Texas Health Science Center- School of Public Health

Invited Lecturer | Texas Christian University | 2013

- Texas Christian University, Field Experience in Student Affairs Course
- Topic: "The Impact of Sexual Misconduct on College Campuses"

Adjunct Instructor | Tarrant County College | 2007

- HECO 1322
 - Topics included: vitamins, minerals, digestion and absorption, and weight management
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Professional Experience

Program Director | Public Health Practice and Maternal & Child Health Programs | UNT Health Science Center | 2016- present

- Advise and direct the program for 24 public health practice students in the School of Public Health
- Advise and direct the program for 18 maternal and child health students in the School of Public Health
- Coordinate graduate student comprehensive examinations
- Promote the attainment of program, school and university goals
- Oversee the program's involvement with off-campus partners – including volunteer opportunities and the practice experience
- Met with MCH faculty members to coordinate program curriculum changes and implementation

Assistant Dean- Campus Life Office | Texas Christian University | 2007-2016

- Assisted students who were hospitalized for behavioral health reasons and managed their re-entry into the university
- Managed student crises, as well as monitored and assisted individual students by working with students, faculty, staff and parent needs and concerns
- Reviewed, developed, and updated policies and procedures
- Co-supervised, part-time registered dietitian who provides services to students related to nutrition consultations, health promotion and outreach and dining services contracts
- Compiled assessment data of the Campus Life- Dean's Office services, programs, and progress towards departmental goals and objectives
- Developed and created marketing materials that promote the services provided by the Dean's Office
- Served as an advocate for student victims of violent personal crimes

- Served on university wide committees as appointed
- Appointed by the Vice Chancellor for Student Affairs to serve as the Dean of the Class of 2013

Health Promotion & Education

- Encouraged student success through program development, implementation and evaluation
- Communicated accurate and relevant information to (and about) the student community regarding health issues negatively impacted their academic endeavors
- Developed programs and initiatives based in research and assessment, which moved the university environment toward improved health
- Designed and created the Faculty/Staff 911 Folder which is a brochure that provides the community with information on how to handle distressed and disruptive students. Faculty and staff members are also provided with information on assisting and referring students who are victims of sexual assault, harassment, and those who indicate thoughts of suicide. This resource for faculty and staff members at TCU was based on a similar concept from UCLA
- Served as a co-administrator on the TCU Student Health and Wellness social media sites; which includes managing content for the following: Facebook, Twitter, Instagram and Pinterest
- Collaborated with campus offices for support of students in the following areas: sexual health education, suicide prevention and awareness, alcohol and drug education, sexual assault prevention, responsible decision making, and overall wellness
- In partnership with the TCU Counseling and Mental Health Center, co-hosted a weekly radio show on topics that related to health and wellness for KTCU Radio
- Taught QPR for Suicide Prevention classes to the TCU community where participants learned about national and local statistics related to suicide, suicidal warning signs, ways to intervene and resources for assistance when working with suicidal persons
- Created and produced *"The Stall Chronicles"*, a bathroom reader for residential on-campus students that provides education on a variety of health and wellness related topics. Since its creation, *"The Stall Chronicles"* expanded to other non-residential areas including the University Union, the TCU Bookstore and Library

Health Education Specialist | City of Fort Worth Public Health Dept. | 2004-2007

- Planned, implemented, and evaluated community- based health promotion and education programs and interventions
- Educated members of the Fort Worth community about various health topics. Topics included: nutrition, cancer, heart disease and human growth and development
- Collaborated with various agencies, city departments and community groups to promote health and wellness to a diverse population
- As part of the Adolescent Pregnancy Services Section in Fort Worth Independent School District, taught parenting and pre-natal classes for pregnant, high school students

Health Educator | The Parenting Center | 2002-2004

- Taught Health I curriculum in secondary schools in Fort Worth and Arlington
- Educated students on positive parenting skills and child abuse prevention

Publications

Adams, L., Nguyen, T., Bell, K., Gumbleton, C. (in press). R U OK: Evaluating the Effectiveness of a Gatekeeper Training Program. *Journal of College Student Development*

Community Engagement & Involvement

Smoke Free Fort Worth Coalition | UNT Health Science Center | 2016-2017

Student Health 101 | Texas Christian University | 2015-2016

- Coordinated and partnered with other on-campus wellness-related departments to distribute Student Health 101, an online e-magazine that provides health-related educational information to the campus community
- Accomplishments included: 13,417 site visits in one year, 8,469 unique visits and penetration rate of 77% of the total student population (national average was 56% for comparable schools)

Need 2 Know | Texas Christian University | 2008-2016

- Co-created, implemented and coordinated, “Need 2 Know” a program for all incoming students, which educated participants about the following topics: sexual misconduct prevention and reporting, on-campus wellness-related resources and responsible decision making
- Served as chair for the Need 2 Know planning committee that reported to the Associate Vice Chancellor of Student Affairs. Team members included staff from the following departments: Counseling & Mental Health, Health Center, Alcohol & Drug Education, Dean’s Office, and the TCU Police Department

The Wellness Series | Texas Christian University | 2014-2016

- Worked collaboratively to plan and implement the “Dancer Wellness Project,” a program for first year students in the School for Classical and Contemporary Dance to discuss topics that are relevant to them such as: maintaining school-life balance, positive self-talk regarding performance and body image, and other self-care strategies. This program expanded to the “Wellness Series” which includes other relevant academic programs that report increased stress among students.
- Partners included: Harris College of Nursing and Student Development Services who assist transfer students

Youth Athletics Program | Volunteer | 2014

- Volunteer coach for summer volleyball league for youth girls ages six and younger

Tarrant Area Food Bank | City of Fort Worth | 2007-2016

Women Impacting Their Health (WITH) | CFW Public Health Dept. | 2007

- Planned, created and evaluated the WITH Program—a nine week, comprehensive, risk-reduction program which took place in the neighborhood of Como in Fort Worth, TX
- Program participants experienced a reduction in weight, total cholesterol levels, LDL cholesterol levels and body fat percentage.

- Partnered with the following agencies: YMCA Downtown, Bethel Temple Church

Walk for the Health of It, Junior! | CFW Public Health Dept. | 2006

- Created and sustained “Walk for the Health of It, Junior!” a 21-week, incentive-based walking program for middle school students
- Program highlights included: 371 participants, and students reported an increase in average days walked
- Community partner: FWISD- Rosemont 6th Middle School

Infant Mortality | CFW Public Health Dept. | 2006

- Worked as part of the Infant Mortality Task Force to help identify potential causes and factors that lead to the increased prevalence of infant mortality in Fort Worth, TX
- Participated in the development and collection of data in a community-wide needs assessment conducted in key areas that have disproportionately higher rates of infant mortality within the city

American Heart Association Task Force | CFW Public Health Dept. | 2005-2007

- As part of the Cultural Health Initiatives task force, worked with community agencies to provide education for organizations on the topics of heart disease in the African American community
- Presented information to the community from the following national programs: Power to End Stroke and Search Your Heart

American Cancer Society | CFW Public Health Dept. | 2005-2008

- Member of the Cancer Society’s Speakers Bureau
- Provided presentations, as requested, to community organizations about a variety of cancer-related topics
- Topics included the following: men’s health, skin cancer prevention, nutrition and physical activity guidelines

Research Experience

Graduate Assistant | Texas Woman’s University | 2014

- Principal Investigator: Dr. Kimberly Parker
- Assisted with the creation of codes and themes for research that examined the perceived risk of HIV positive African American women in Dallas, Texas.

National College Health Assessment | Texas Christian University | 2009, 2013, 2015

- Principal Investigator responsible for coordination of the assessment
- The NCHA is an instrument available for universities that provides data regarding health behaviors of students
- Disseminate results of the assessment to key stakeholders within the campus community (e.g. Vice Chancellor for Student Affairs, Student Affairs Departmental Directors, Board of Trustees, etc.)
- Implement health education opportunities established from results of the assessment

Examining the Prevalence of Rapid Growth In Normal Weight Infants | UNT Health Science Center | 2004

- Independent research conducted as a part of thesis work
 - Worked under the supervision of Dr. Ximena Rojas
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Community Grants

- **2018-** Co-submitted a proposal and awarded funding to conduct a comprehensive community needs assessment to address social issues affecting the health of the Tarrant County Population
Funding Agency: United Way of Tarrant County
Total Award: \$250,000
 - **2014-** In partnership with the Advancement Office and the TCU Health Center, submitted a proposal for funding towards hiring a part-time registered dietitian on campus
Funding agency: Sodexo, Incorporated
Total donation: \$50,000 funded
 - **2013-** In partnership with the Vice Chancellor of Student Affairs and the TCU Advancement Office, submitted a proposal and awarded a private donation to continue and expand health education efforts for the TCU Community
Funding agency: Private donor
Total donation: \$100,000 funded
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Conference Presentations

Bell, K., Massey-Stokes, M., Pring, L., (2016, January). *Gatekeeper training: An innovative approach to educating the community on mental health issues.* Upcoming presentation at the NASPA Mental Health Conference, Orlando, FL.

Bell, K., Mills, D., Robinson, G., & Wolszon, L., (2013, January). *An integrated approach to student health and wellness.* NASPA Mental Health Conference, Fort Worth, TX.

Abad, R., **Bell, K.,** Whitesell, N., & Wolszon, L., (2013, January). *Successful suicide crisis response: A model for high impact collaboration.* NASPA Mental Health Conference, Fort Worth, TX.

Bell, K., & Scogin, B., (2012, May). *Planning and implementing a coordinated health education program for students within high stress majors.* Poster session presented at the meeting of the American College Health Association, Chicago, IL.

Bell, K., & Scogin, B., (2012, May). *Need 2 Know- Implementing a wellness program for first year students.* Poster session presented at the meeting of the American College Health Association, Phoenix, AZ.

Bell, K., (2006, September). *“Walk for the Health of It, Junior! An incentive based walking program for middle school students in Fort Worth, TX”*. Poster session presented at the meeting of the Texas Society of Public Health Educators.

University Service

The University of North Texas Health Science Center:

School of Public Health Interprofessional Education Committee, Chair

Master Admissions Committee, Member, UNTHSC School of Public Health

MPH Practice Experience Committee, Member, UNTHSC School of Public Health

Program Directors Committee, Member, UNTHSC School of Public Health

UNTHSC Interprofessional Professional Education and Practice Committee, Member

Drug & Alcohol Abuse Prevention Program (DAAPP) Committee, Member

Texas Christian University:

Assistant Director of Sophomore/Junior Year Experience Screening Committee, Co-Chair, Texas Christian University- Student Development Services Department

Associate Vice Chancellor for Student Affairs/ Dean of Campus Life Search Committee, Member, Texas Christian University

Associate Director of Residence Life Search Committee, Member

Assistant Dean of Campus Life Search Committee, Member

Student Case Management Team, Member, Texas Christian University, and Critical Incident Response Team to address imminent student behavior concerns

Veterans Services Task Force, Member, Texas Christian University. The purpose of the committee is to provide outreach to student veterans as well as gather data regarding the student veteran population

Student Affairs Assessment Council, Member, Texas Christian University. The council is comprised of delegates from each department within Student Affairs with goal of creating accountability and program enhancement through intentional assessment and evaluation

Nutritional Sciences Department Re-Accreditation Site Visit, Student Academic Support Services Panel Member, Texas Christian University

The Department of Social and Behavioral Science Search Committee, Graduate Student Representative, University of North Texas Health Science Center- School of Public Health

Additional Committee Work:

Fort Worth ISD Textbook Committee, Member, City of Fort Worth (2005), worked with appointed middle school teachers to review various health textbooks and gave final recommendations to the school board

Honors & Awards

Excellence in Teaching Award (*UNTHSC Department of Health Behavior and Health Systems Recognition 2018 Award*)

William B. Tucker Collaboration Award Recipient for collaborative work on the Community Campus Partnerships Conference and Health Expo (*Student Affairs 2012 Award*)

Outstanding Program Award Recipient for the Wellness Series (*Student Affairs 2012 Award*)

Outstanding Program Award Recipient for Feed Your Body & Soul Week (*Student Affairs 2010 Award*)

2006 Nutrition and Physical Activity Best Practices Award for “Walk for the Health of It, Junior!”
Awarding Agency: Texas Department of State Health Services: Nutrition, Physical Activity, and Obesity Prevention Program

2005 Texas Cardiovascular Health Promotion Award Honorable Mention Program Recognition: Wrote and submitted a report on behalf of the Fort Worth Public Health Department for “Walk for the Health of it!”
Awarding Agency: Texas Department of State Health Services: Texas Council on Cardiovascular Disease and Stroke (Spring 2005)

Certifications

Certified Health Education Specialist (CHES®)

QPR (Question, Persuade, Refer) Trainer – Suicide prevention gatekeeper training produced by the QPR Institute

SafeTALK Trainer – Suicide prevention gatekeeper training produced by LivingWorks

Professional Development

Title IX Panel Training

Using Social Media in Health Promotion: A Review and How to Evaluate It

Innovative Educators Webinar: Understanding Post Traumatic Stress Disorder: How to Improve the Academic Success of Student Veterans

Safe Zone– in support of Gay, Lesbian, Bisexual, Transgender or Questioning Students

Coming Quickly Into Compliance with Major Title IX Revisions

SPRC Webinar: Responding After a Suicide: Best Practices for Schools

Renfrew Center Webinar: Ethical Dilemmas in the Treatment of Eating Disorders

ASIST Training – Applied Suicide Intervention Skills

Technical Skills

- Canvas Learning Management System
- Blackboard
- Microsoft SharePoint
- Campus Labs- Online Assessment Tool
- WEAVE Online Technology
- Microsoft Office
- SPSS Statistical Package
- Maxient- Student Conduct Software