



Southeastern Council  
on Family Relations  
2016 Annual Conference

[Southeastern.ncfr.org](http://Southeastern.ncfr.org)

An affiliate of the National Council on Family Relations



**Let's Have Fun:  
The Importance  
of Togetherness,  
Recreation, and  
Leisure in Every-  
day Family Life**

March 10-12, 2016 | Orlando, Florida

# Contents

Welcome	3
SECFR Board Of Directors	4-5
Conference Schedule	6-10
Keynote Speakers	11-12
Meeting Room Map	13
Service Project	14

**\*\*\*Approved for Continuing Education  
Credits for the Certified Family Life  
Educator program through the  
National Council on Family Relations\*\*\***



# Welcome



Hi! Welcome!!! On behalf of the 2016 Southeastern Council on Family Relations (SECFR) Executive Board and as President of SECFR, I would like to welcome you to sunny Florida for our annual SECFR conference. Our theme this year is **“The importance of togetherness, recreation, and leisure in family life”**. We are honored to have leading experts in the fields of parenting, leisure and recreation, and intimacy share their research with us. Research has indicated that fun and leisure are critical elements in promoting well-being and solid relationships. It reminds me of the classic motto, “work hard, play hard”. Therefore, I am sure you will find our presentations stimulating and informative, while also having some time for leisure. What better place for a conference about fun and leisure than the home of Disney World! So, enjoy the top notch presentations, networking, and also factor some fun in your time here. Thank you to the Executive Board for all their hard work and our wonderful presenters for making a great program.

SECFR is the largest region of the NCFR affiliates; encompassing nine states in Southeast U.S. We would like you to consider becoming involved in SECFR as an officer, program planner, host state, etc. We would love to hear what great things you are doing in your community and how you are making a difference in the lives of families. Please feel free to approach any of the Executive Board members or visit our registration table to introduce yourself and let us know how you want to be involved. We are grateful for your fine work for our families in the Southeast!

Have a great conference!  
Karen Kopera-Frye, Ph.D.  
SECFR President 2015-2016

# Board of Directors 2015-2016

**Karen Kopera-Frye, Ph. D.**

*President*

University of Louisiana at Monroe

frye@ulm.edu

**Mark Roseman, Ph.D., CFLE**

*Conference Chair*

The Toby Center

**Glenn Hollingsworth, Ph.D.**

*Secretary*

Capstone Treatment Center

wghworth@gmail.com

**Patricia N. E. Roberson, Ph.D.**

*Treasurer*

University of Tennessee

**Julia Bernard, Ph.D., CFLE**

*Membership Vice President*

East Tennessee State University

Bernardjm1@etsu.edu

**Juliet Bradley, Ph.D., LSW**

*Media and Publications Vice President*

Kaplan University

jbradley2@kaplan.edu

**Lysa Parker, M.S., LMFT, CFLE**

*Past President*

Parents Lifeline, LLC

lysaparker@gmail.com

**James Duncan, M.S.**

*Member-at-Large for Florida*

Florida State University

jmd14f@my.fsu.edu

**Lane Powell, PhD, LMFT**

*Member-at-Large for Alabama*

Retired

lanepow@att.net

**Janeal McCauley, M.S., CFLE**

*Graduate Student Representative*

Louisiana State University

janealmccauley@gmail.com



# Board of Directors 2016-2017

**Janeal McCauley, M.S., CFLE**

*President*

Louisiana State University  
janealmccauley@gmail.com

**Glenn Hollingsworth, Ph.D.**

*President-elect*

Capstone Treatment Center  
wghworth@gmail.com

**Karen Kopera-Frye, Ph.D.**

*Past President*

University of Louisiana at Monroe  
frye@ulm.edu

**Helyne Frederick, Ph.D.**

*Secretary*

Eastern Kentucky University

**Patricia N. E. Roberson, Ph.D.**

*Treasurer*

University of Tennessee, Knoxville

**Tawni Basden, CPM**

*Program vice president—Conference Chair*

University of Southern Mississippi

**Alice Long, M.S.**

*Program vice president—elect*

Mississippi State University

**Juliet Bradley, Ph.D., LSW**

*Media and Publications Vice President*

Kaplan University  
jbradley2@kaplan.edu

**Jennifer Zorotovitch, Ph.D**

*Media and Publications Vice President—elect*

Georgia Southern University

*Membership Vice-President- TBD \**

## Members-at-large:

**Lane Powell, Ph.D., retired,**  
Birmingham, AL

**Courtney Stivers, Ph.D.**

Capstone Treatment Center in Arkansas

**Alisha Hardiman, Ph.D.**

Mississippi State University

**James Duncan, M.S.,**

Florida State University

## Appointed Positions:

**Melissa LaGraff, M.S.**

*Graduate student representative*

University of Tennessee, Knoxville

*Undergraduate student representative - TBD \**

***\* If you are interested in filling the vacant positions or would like to learn more about them, please contact Janeal McCauley: janealmccauley@gmail.com***



## Conference Schedule

**Thursday, March 10, 2016**

1:00 pm—5:00 pm  
CONFERENCE REGISTRATION

Lobby

**Friday, March 11, 2016**

8:00 am—4:00 pm  
CONFERENCE REGISTRATION

Lobby

8:30 am—10:00 am  
OPENING PLENARY

**"Growing the Family through Positive Touch and Play"**

*Dr. Maria Hernandez-Reif*  
Atlantis Ballroom

10:15 am—11:15 am  
CONCURRENT SESSION #1

Family Leisure

1. "Understanding the Family Leisure Experience"

*Karen Melton (Baylor University)*

Triton/Nautilus

2. "Finding the Merriment in Inclusive STEAM Activities with Students, their Families, and the Community"

*Thurman Guy, Tybria Crutchfield, Symone Dotson-Lassic, Alissa Ferguson,  
and Jamilee Hawkins (North Carolina A&T State University)*

Triton/Nautilus

Parenting

1. "Parenting Behaviors during a High Investment Competitive Event"

*Marissa Holst (Iowa State University)*

Poseidon/Neptune

2. "Parental Influence on the Involvement of Adolescents in Extracurricular Activities"

*Brianna Skinner, Hannah Miglicco, Montrell Thomas, Amanda Kage,  
Amy Yates and Julie Rutledge (Louisiana Tech University)*

Poseidon/Neptune

3. "High School Activities and Educational Attainment: Does Type Matter?"

*Megan Waechter-McMillan and Katherine Conger (University of California-Davis)*

Poseidon/Neptune



## Friday, March 11, 2016

11:15—1200pm  
POSTER SESSION 1

Atlantis Ballroom

1. "Supporting the Family through a Life-Threatening Medical Diagnosis: Exploring the Roles and Interventions of Child Life Specialists"

*Claudia Reyes-Rios (University of Florida)*

2. "Expanding and Promotion 'Buddy Systems' Models of Parent Support for Parents Raising Children with Autism"

*Mary Glaser and Anthony James (Miami University—OH)*

3. "Education and Emergency Fund Holdings among Young, Middle-Aged, and Older Adult Floridians: A Literature Review"

*Nadia Bahadori, Martie Gillen, Angela Lindsey, and Alexa Lamm (University of Florida)*

4. "Case Study on Daily and Chronic Stressors of Young Full-Time Student Mothers"

*Madeline Forstall, Adia Washington, and Sun-A Lee (University of Louisiana at Lafayette)*

5. "Sexting and Relationship Satisfaction in Young Adult Romantic Relationships"

*Joslyn Armstrong (Florida State University)*

6. "The Effects of Parental Control, Parental Support, and Family Culture on Risk-Taking Behaviors during Emerging Adulthood"

*Jinyoung Lee, Larry Forthun, Bryan Terry, and Tracy Johns (University of Florida)*

7. "Is Healthy Marriage and Relationship Education Important for Foster Parents? Perceptions of Division of Family and Children Services County Directors"

*Evin Richardson, Taylor Adams, Ted Futris, Jacquelyn Mallette, and Jeneè Duncan (University of Georgia)*

8. "Family Leisure and Family Quality: A Meta-Analysis"

*Camilla Hodge, Mat Duerden<sup>\*</sup>, Eric Layland, Andrew Lacanienta<sup>\*</sup>, Michael Goates<sup>\*</sup>, and Xiaoyue Maggie Niu (Penn State University, <sup>\*</sup>Brigham Young University)*

9. "What is Family Leisure? Benefits & Critiques"

*Camilla Hodges, Karen Melton<sup>\*</sup>, and Ramon Zabriskie<sup>\*\*</sup>  
(Penn State University, <sup>\*</sup>Baylor University, <sup>\*\*</sup>Brigham Young University)*

10. "Family Recreation: It's More Than Just Fun & Games. An Introduction to the Core and Balance Model of Family Leisure Functioning"

*Ramon Zabriskie, Camilla Hodge<sup>\*</sup>, Karen Melton<sup>\*\*</sup>, and Jasmine Townsend<sup>\*\*\*</sup>  
(Brigham Young University, <sup>\*</sup>Penn State University, <sup>\*\*</sup>Baylor University, <sup>\*\*\*</sup>Clemson University)*

11. "Feeling Good while Creating Good: The Far-Reaching Effects of Service Learning"

*Celeste Hill, Clara Gedhardt, Kristie Chandler, Natalie Marshall, and Elizabeth Wilkinson (Samford University)*

## Friday, March 11, 2016

12:00-12:45pm

LUNCH (included in registration fee)

Atlantis Ballroom

1:00—2:30pm

PLENARY SESSION #2

**“Relational Therapy and Family Dynamics: On the Road to Resilience.”**

*Dr. Jay Mancini (University of Georgia)*

Atlantis Ballroom

2:45—3:45pm

CONCURRENT SESSIONS #2

### Relationships

1. “Predictions of Symptom Change in Psychotherapy Based on Attachment Dimensions”

*Lindsey Brandon, Mary Plisco and Tim Sisemore (Richmont Graduate University)*

Triton/Nautilus

2. “Integrating Relationship Education into Sex Education to Prevent Teen Pregnancy: Initial Findings from a 10-County State Project”

*Jenee’ Duncan, Taylor Adams, Ted Futris, and Jacquelyn Mallette (University of Georgia)*

Triton/Nautilus

3. “Eating Together at the Family Table: Assessing Dietary Habits of Rural African American Families”

*Meeshay Williams-Wheeler, Breanna Hayes, Sharon Warren Cook,  
and Sung-Jin Lee (North Carolina A&T State University)*

Triton/Nautilus

### Sports and Extra Curricular Activities

1. “The Benefits of Sports in the Lives of Boys”

*Mark Ogletree (Brigham Young University)*

Poseidon/Neptune

2. “Physical activities and general family functioning”

*Kasey Longley (Florida State University)*

Poseidon/Neptune

3. “Using Wholesome Recreation to Build Strong Families”

*Mark Ogletree (Brigham Young University)*

Poseidon/Neptune

4:00-5:00pm

CONCURRENT SESSION #3

### Leisure

1. “Leisure, Relatedness, & Psychological Vulnerability in Emerging Adults”

*James Duncan, Mathew Withers, Mallory Lucier-Greer, Kayla Reed  
and Anthony Ferraro (Florida State University)*

Triton/Nautilus

2. “The Search for Balance: Multi-generational Travel Itinerary Development”

*Jennifer Newquist, Lisa Mize, Chay Runnels, and \*Marty Prince  
(Stephen F. Austin State University, \*Texas Forest Trail Region)*

Triton/Nautilus



## Friday, March 11, 2016

4:00-5:00pm

CONCURRENT SESSION #3 (CONT)

3. "Putting the fun back into the classroom: Strategies for the family sciences"

*Celeste Hill, Clara Gerhardt, and Kristie Chandler (Samford University)*

Triton/Nautilus

### Parenting

1. "Does Confucianism Give an Excuse to Korean Mothers for Using Psychological Control?"

*Sun-A Lee (University of Louisiana at Lafayette)*

Poseidon/Neptune

2. "Fostering Attachments: The Importance of a History of Stable Mentor Relationships for Young Adults Leaving Foster Care"

*Caitlin Hunter, David Diehl, and Larry Forthun (University of Florida)*

Poseidon/Neptune

3. "Keeping it Real (Fun): Using Social Media to Reach Teen Parents"

*Kimberly Allen (North Carolina State University)*

Poseidon/Neptune

5:00-6:00pm

RECEPTION (included in registration fee with cash bar)

Atlantis Ballroom

6:00-7:00pm

STUDENT/NEW PROFESSIONAL NETWORKING MIXER

Atlantis Ballroom

## Saturday, March 12, 2016

8:00—10:00am

CONFERENCE REGISTRATION

Lobby

8:45—9:45am

CONTINENTAL BREAKFAST (included in registration fee)

Outside the Atlantis Ballroom

9:00-9:45

POSTER SESSION 2

Atlantis Ballroom

1. "Conceptual Underpinnings of Compromised Housing"

*Janeal McCauley (Louisiana State University)*

2. "The Impact of Parental Coaching on Student Academic Achievement"

*Karen Randle and Kimberly Allen (North Carolina State University)*

3. "Exploring Risk and Resilience in Family Caregiving"

*Linda Robinson (Carson-Newman University)*

4. "Which matters more to adolescent depressive symptoms? Mother's depression during young adolescence or family functioning and family connectedness during older adolescence"

*Alice C. Long, Jeremy Yorgason\*, and Joe D. Wilmoth  
(Mississippi State University, \*Brigham Young University)*

5. "Framing Obesity: Public Health Promotion, Family Therapy, and Feminist Theory"

*Amanda Westmoreland (University of Kentucky)*

SECFR 2016 p. 9

## Saturday, March 12, 2016

9:00-9:45

### POSTER SESSION 2 (CONT)

Atlantis Ballroom

6. "Marital functioning and quality: Direct and indirect effects on health behaviors"

*Victoria Bryant and K.A.S. Wickrama (University of Georgia)*

7. "Safe Dates: Preventing Teen Dating Violence - Implications from the Literature"

*Lauren Dawe and Larry Forthun (University of Florida)*

8. "Simulations of real life scenarios: Enhancing understanding through role play"

*Kristie Chandler, Clara Gerhardt, and Celeste Hill (Samford University)*

9. "Fun on the run: Family policy taught through engaging field trips"

*Kristie Chandler and Clara Gerhardt (Samford University)*

10. "Perceptions of Emerging Adult College Student Service Leaders' Volunteer Participation"

*Jennifer Smith (Mississippi State University)*

10:00—11:30am

### PLENARY SESSION #3

#### **"Over the Hill and Between the Sheets: Exploring Sex in Later Life."**

*Dr. Erin Yelland (Kansas State University)*

Atlantis Ballroom

11:30—12:00pm

### AWARDS AND INSTALLATION OF NEW OFFICERS

Atlantis Ballroom

12:00—2:00pm

### SECFR BOARD MEETING (INCOMING AND OUTGOING MEMBERS)

Atlantis Ballroom

*Thanks for Attending and Travel Safe!!!*

## **“Growing the Family through Positive Touch and Play”**



**Dr. Hernandez –Reif**, is Professor in Human Development and Family Studies in the College of Human Ecology at the University of Alabama. She also serves as Director of the Pediatric Development Research (PDR) lab at the University of Alabama and was formerly affiliated with the Touch Research Institute at the University of Miami in the Department of Pediatrics (1998-2006). Dr. Hernandez-Reif will be sharing results of the play studies she has done there, as well as her work in the area of Touch research. Her many publications include a focus on parent-child play and interventions, as well as fetal and infant development.

## **“Relational Therapy and Family Dynamics: On the Road to Resilience”**



**Jay A. Mancini** is the Haltiwanger Distinguished Professor of Human Development and Family Science at The University of Georgia. He is also Emeritus Professor of Human Development at Virginia Polytechnic Institute and State University (Virginia Tech). From 1977 to 2009 he was on the faculty in the Department of Human Development at Virginia Tech, and was also the Senior Research Fellow at Virginia Tech’s Institute for Society, Culture, and Environment. In 2013 he was the Ambiguous Loss Visiting Scholar at University of Minnesota.

Dr. Mancini’s work has focused on lifespan human development, community systems, building community capacity, military family support systems, time-use and families, and psychological well-being. Throughout his career the focus has been on resilience and vulnerabilities of individuals, families, and communities, and their multiple intersections.

Dr. Mancini has published his work in periodicals such as *Journal of Marriage and the Family*, *Journal of Leisure Research*, *Journal of Gerontology: Psychological Sciences*, *Journal of Gerontology: Social Sciences*, *Educational and Psychological Measurement*, *Family Science Review*, *Human Relations*, *American Journal of Orthopsychiatry*, *The Prevention Researcher*, *Journal of Community Practice*, *Journal of Youth and Adolescence*, and *Family Relations*, and has contributed chapters to numerous books.

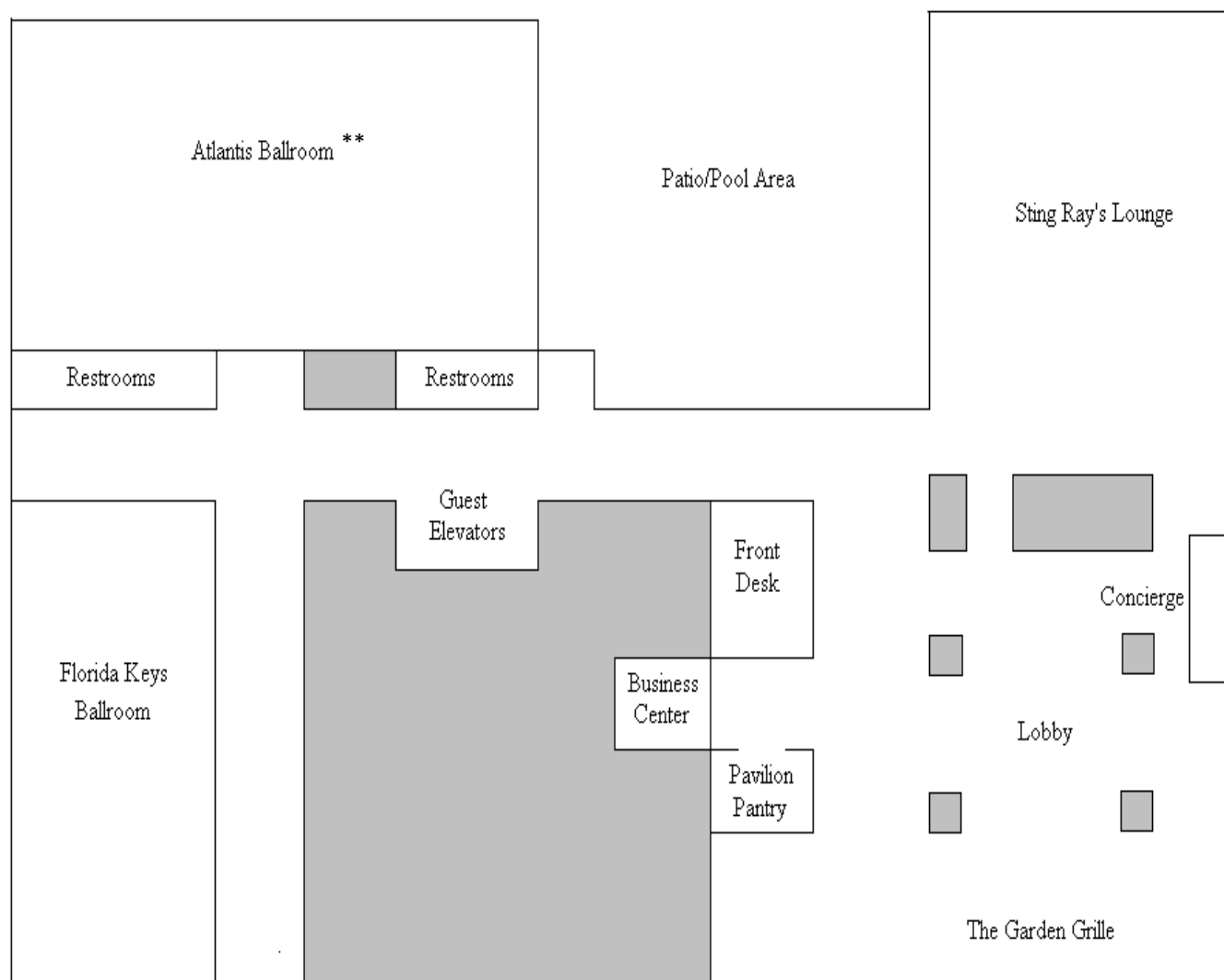
## “Over the Hill and Between the Sheets: Exploring Sex in Later Life”



**Erin Yelland** is an assistant professor and extension specialist in adult development and aging in the School of Family Studies and Human Services in the College of Human Ecology at Kansas State University. Yelland has a bachelor's degree in youth, adult and family services from Purdue University and a doctorate in family science from the University of Kentucky. She is a Certified Family Life Educator and holds a graduate certificate in gerontology, also from the University of Kentucky. Throughout her academic career, Erin has focused on various social aspects of aging, ranging from fall prevention, embracing age and sexuality to dying, death and grief. Yelland's focused research agenda is centered on sexual expression and sexuality among older adults. Her doctoral dissertation explored public attitudes toward sex, dementia and long-term care, and she will continue this research passion by collaborating with Kansas State University's Center on Aging. Joining K-State Research and Extension also provides Yelland the exciting opportunity to translate cutting edge research on aging into helpful community programming aimed at enriching the lives of older Kansans.



## Meeting Room Layout



**\*\* The Atlantis Ballroom is divided into the two conference rooms:**

**Room 1: Poseidon/Neptune**

**Room 2: Triton/Nautilus**

# The SECFR Annual Conference Service Project Partner



## ***What is Family Promise of Greater Orlando?***

Family Promise of Greater Orlando (FPGO) is a nonprofit, interfaith hospitality network providing temporary assistance, hospitality, and case management for families with children experiencing homelessness. Family Promise provides these services through the participation of local congregations, dedicated staff, and hundreds of volunteers.

## ***Family Promise's Focus:***

- We provide shelter, meals, and case management for homeless families with children.
- We strive to help our families regain their financial independence within 90 days.
- We organize congregations to provide shelter, meals, & comprehensive support services to homeless families.
- We promote and support the growth of new communities of congregations.
- We assist in the search for adequate housing and support services for low-income families.

Card game



## ***Here's How You Can Help:***

- ***Create an Opportunity for Family Togetherness!*** Pack a favorite **card game** to donate during the conference! SkipBo, Crazy 8s, Go Fish, Uno...what is your family's favorite?
- ***Support the Sustainable Work of Family Promise!*** Through donations by individuals, churches, businesses, and others, Family Promise is able to sustain its work in the Orlando community. Checks should be made out to: Family Promise of Greater Orlando.



Helping youth, families,  
and communities-  
it's what we do.

**Come join us.**

Earn your degree completely online with our fully  
distance programs.

**Master's degrees in Youth, Family, and Community  
Sciences**

**Graduate Certificates**

**CFLE and BCC approved programs**

Learn more  
[yfcsonline.cals.ncsu.edu](http://yfcsonline.cals.ncsu.edu)



**Department of Youth, Family, and Community Sciences**



*Completely ONLINE!*

# Master of Science in FAMILY STUDIES

TO LEARN MORE ABOUT CAREER OPTIONS, PROGRAM REQUIREMENTS, AND  
THE APPLICATION PROCESS, PLEASE VISIT OUR WEBSITE AT  
[una.edu/sociology/ms-in-family-studies-.html](http://una.edu/sociology/ms-in-family-studies-.html)

AS AN ONLINE PROGRAM, WE OFFER IN-STATE TUITION  
TO ALL OF OUR STUDENTS. IT IS NOT TOO LATE TO APPLY.

**DEADLINE FOR FALL**

**EARLY APPLICATIONS & GRADUATE ASSISTANTSHIPS • FEBRUARY 1**  
**LATE APPLICATIONS • JULY 1**

- **FLEXIBLE**
- **AFFORDABLE**
- **REPUTABLE**

IF YOU HAVE QUESTIONS CONTACT  
Dr. Amber Paulk, CFLE  
Coordinator of Graduate Studies  
Department of Sociology and Family Studies  
University of North Alabama  
256-765-4855 • [apaulk@una.edu](mailto:apaulk@una.edu)



### Why Study **Gerontology**?

- Gerontology is the fastest growing field today.
- Elder population numbers are increasing each year.

.....  
The University of Louisiana at Monroe offers a 36-hour **Master of Arts Degree** in Gerontology & a 18-hour **Graduate Certificate**.

**100% Online!**



**We admit year round!**

.....  
For more information:

### **Contact**

Dr. Karen Kopera-Frye  
Gerontology Dept. Chair  
University of Louisiana at Monroe  
(318) 342-1465

[frye@ulm.edu](mailto:frye@ulm.edu)

<http://www.ulm.edu/gradschool/>

