

## IN THIS ISSUE

### Family Focus theme: Sleep

Articles in the Family Focus section of this issue address sleep and marital quality, the effects of sleep-related work demands on family, infant sleep arrangements and outcomes, sleep deprivation among parents, and more.

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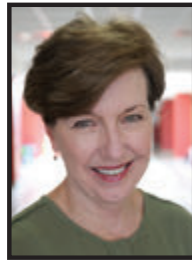
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## Congratulations to Our 2017 Elected Officers!

Six NCFR members were elected this spring to the NCFR Board of Directors, and many more were voted into other NCFR leadership positions. Here are your incoming NCFR Board representatives, who will take office after the 2017 NCFR Annual Conference in November:



**Leigh A. Leslie, Ph.D.**



**April L. Few-Demo, Ph.D.**



**Bethany L. Letiecq, Ph.D.**

**Leigh A. Leslie, Ph.D.**  
Board President-Elect /  
Board President

**April L. Few-Demo, Ph.D.**  
Board Member-at-Large

**Bethany L. Letiecq, Ph.D.**  
Board Member-at-Large



**Brian G. Ogolsky, Ph.D.**



**Tammy S. Harpel, Ph.D., CFLE**



**Andrea L. Roach, Ph.D.**

**Brian G. Ogolsky, Ph.D.**  
Board Member-at-Large

**Tammy S. Harpel, Ph.D., CFLE**  
Affiliate Councils  
President-Elect

**Andrea L. Roach, Ph.D.**  
Students and New  
Professionals Board  
Rep-Elect

Turn to page 8 to read more about our incoming NCFR Board representatives and other NCFR members who were elected to leadership positions within the organization. ✨

## Register Now!

**2017 NCFR Annual Conference**  
**Nov. 15–18 | Orlando, Florida**

**Families as Catalysts:  
Shaping Neurons,  
Neighborhoods, and Nations**

**Find all the details at**  
**[ncfr.org/ncfr-2017](http://ncfr.org/ncfr-2017)**

## We're Moving!

But we're not going too far. NCFR headquarters is staying in Minnesota, but moving from its current location in Minneapolis just across the Mississippi River into St. Paul.

**Effective June 26, 2017, NCFR's office location and mailing address will be:**

National Council on Family Relations  
661 LaSalle Street, Suite 200  
St. Paul, MN 55114

Check the NCFR website for the most current organizational and staff contact information.

We look forward to reaching out to you from St. Paul soon! ✨

## Mission Statement for NCFR Report

*NCFR Report*, the quarterly newsletter of the National Council on Family Relations, provides timely, useful information to help members succeed in their roles as researchers, educators, and practitioners. Articles address Family Science issues, programs, and trends, including association news.

**President:** William D. Allen

**Board Members:** Nathan Cottle, Kimberly Crossman, Karen Benjamin Guzzo, Jennifer Kerpelman, Karen Seccombe, Sandra Stith, Stephan M. Wilson, Anisa M. Zvonkovic

**Executive Director:** Diane Cushman

**News Editor:** Allison Wickler

**Family Focus Editor:**

Judith A. Myers-Walls, Ph.D., CFLE

## How to contribute to the Family Focus section:

The Family Focus section of *NCFR Report* is member-written. Articles accepted for publication will be edited using standard editorial practice, and given priority based on

- 1) relevance to the Family Focus theme,
- 2) brevity due to space limitations, and
- 3) how articles form a complementary collection.

For information and guidelines, contact the editor, Judith A. Myers-Walls, Ph.D., CFLE at

reporteditor@ncfr.org. **The contents of articles represent the views of their author(s), which may not represent the position of the entire organization.**

## How to advertise in NCFR Report

To advertise in *NCFR Report*, please see the specifications and price list at [ncfr.org/about/advertise-ncfr/ncfr-report](http://ncfr.org/about/advertise-ncfr/ncfr-report). NCFR reserves the right to decline any paid advertising at our sole discretion. Deadlines for each of the quarterly issues are:

Spring issue—Jan. 1

Summer issue—April 1

Fall issue—July 1

Winter issue—Oct. 1

Send advertisements to Trip Sullivan at [tripsullivan@ncfr.org](mailto:tripsullivan@ncfr.org). For all submissions, please supply an email address to allow readers to contact you.

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# NCFR Seeks Fellows Nominations

Greetings, NCFR members! The Fellows Committee is seeking nominations for the 2017 Fellows awards. Would you please help us by nominating members who have made significant contributions to the organization and the field? A description of Fellow status in NCFR, the Fellows award criteria for selection to Fellow status, and the procedure for submitting nominations follow. The Fellows Committee would greatly appreciate your assistance.

## What Is Fellow Status in NCFR?

Fellow status in NCFR is an honor awarded to living members of NCFR based on their outstanding contributions to Family Science. Nominations of all family professionals who have contributed to the family field are encouraged. Among the recognized areas of contributions are scholarship, teaching, outreach, practice, and professional service, including service to NCFR. By definition, outstanding contributions are those that have broad impact on the field and are enduring over time.

## What Are the Criteria for Fellow Status?

- A. Nominees for Fellow status must have made outstanding contributions to the field. Satisfying a combination of these criteria is required. Examples of outstanding contributions include:
1. Published, refereed scholarship that has shaped or reshaped the field of Family Science.
  2. A history of innovation in practice or outreach that has transformed the field, such as the development and implementation of novel or significant interventions or programs designed to promote healthy family relations.
  3. Recognition of teaching excellence through awards and mentoring.
  4. The development and implementation of innovative curricula for training professionals in the area of Family Science.
  5. The development and implementation of innovative social policy relevant to families.

6. A history of innovation and publication about the methods and measurement strategies used in related Family Science arenas.

7. Superior contributions to NCFR as an organization.

B. Nominees must have at least 10 years of professional experience after the receipt of the appropriate graduate or professional degree.

C. Nominees must have held NCFR membership continuously for the previous five years at the time of nomination.

## What Is the Procedure for Nominations?

A. Nominees must be nominated by another NCFR member.

B. Nominees must have the endorsement of two additional individuals, one of whom must be an NCFR member, describing the outstanding nature of the nominee's contributions.

C. In general, nominees should not be aware that they are being considered for Fellow status. For this reason, the NCFR office will not contact candidates for Fellow status at the time of their nominations.

Visit [bit.ly/BecomeNCFRFellow](http://bit.ly/BecomeNCFRFellow) on the web for complete information, policies and procedures, nomination form, and sample letter of endorsement.

Please email your nomination materials to Jeanne Strand, NCFR's director of governance and board operations, at [jeannestrand@ncfr.org](mailto:jeannestrand@ncfr.org). **The deadline for nominations is Sept. 15, 2017.** We are building this special recognition to further the legacy of outstanding members of NCFR. Let us hear from you, and thank you very much for your consideration.

*David H. Demo, Ph.D., Co-Chair,*  
[dhdemo@uncg.edu](mailto:dhdemo@uncg.edu)

*B. Jan McCulloch, Ph.D., Co-Chair,*  
[jmccullo@umn.edu](mailto:jmccullo@umn.edu)  
NCFR Fellows Committee



## Creating a Winning Team for Families

*William D. Allen, Ph.D., LMFT, NCFR President, ballen@umn.edu*

By the time you read this letter, many of us will be emerging from our snow caves and thinking about summer. (Here in Minnesota that happens around June.) I have been thinking a lot about leadership and, in particular, NCFR's leadership in the discipline of Family Science.

We wear many hats as Family Scientists, and that diversity is part of our multidisciplinary heritage. Some of us research the many forms and functions that families and family relationships demonstrate. Some of us concentrate on teaching the results of those family studies to others in, or entering, the family field, and in sharing information about family process with the general public. Still others work directly with individuals, couples, and family members to help them improve their lives using the scholarship and collective wisdom of the first two groups. Together, we represent a perspective on the unique and universal class of close relationships that encompass families.

I am continually struck by how innovative and even revolutionary the family systemic perspective remains in the behavioral health (and medical) fields. Whether you are a researcher, an educator, or a practitioner, I am sure you can appreciate the truth in that statement. I often struggled as a graduate student to distinguish individual personality phenomena from couple- and family-level phenomena. As an educator, I constantly urge my students to focus more on the relationships occurring between family members than on the individual family members themselves. As a family therapist and consultant, I find that colleagues in the behavioral health fields are often much

better at identifying and treating individual problems than they are at seeing individual family members as embedded in larger networks of familial and social relationships. The systemic perspective we in NCFR employ is the most valuable thing we bring to all the professional environments in which we work.

But, what does all this have to do with NCFR and leadership? Well, before I answer that, I must share a valuable lesson I learned by playing organized athletics as a kid. Imagine for a moment a group of preschoolers on a field playing soccer. You can usually tell exactly where the ball is because all the kids are grouped around the ball. Even the goalies

**I believe we must always consider whether a particular action or articulation of a position is the best use of our organizational resources.**

are likely to be well out of the net and closer to the ball (much to the alarm of their respective coaches). But now shift to a group of high school or college soccer players and the picture is (or at least should be) very different. Now, members of both teams are more spread out as the individual players cover zones for which they are responsible. For example, as furious as the action downfield becomes, each goalie must stay in his or her net and trust that teammates downfield can and will score points for their team. We call this "playing your position," and it is essential to effective teamwork.

I believe that NCFR's "position" in the social sciences is as the premier Family Science organization, and the professional home for Family Scientists. We use a "family lens" to study, teach about, and work with families—it's a perspective that is more than a passing fad or one of numerous

alternative perspectives we use from time to time. Families and family relationships are the foundation of our work, and this work is crystallized in our scholarly journals. It can also be seen in our collaborations such as our conferences. Yet many of us are also involved in other groups and issues related to families and family well-being. These often represent our personal identities, or family-related concerns that we are passionate about, or both. It is often tempting to see NCFR as the best vehicle for articulating or advocating some of these.

But I believe we must always consider whether a particular action or articulation of a position is the best use of our organizational resources. We are sometimes better positioned as individuals than as a national member organization to articulate and advocate for certain issues that affect families. Alternatively, NCFR is often best positioned to bring us together in collaboration as Family Scientists. This typically involves working together on family research, sharing scholarship on family process with one another and the general public, and using all of the above in service to families across the life span.

To some, this approach of focusing on what we as an organization do best may appear to be "too much advocacy," while to others it may seem "too neutral" regarding issues either group feels passionate about. Perhaps the only way out of this dilemma is for us to focus on our shared interests while resisting the temptation to factionalize according to our disagreements. It's about finding the right balance that allows NCFR to best utilize its organizational resources while empowering individual members to follow their passion. In effect, it is about enabling both to play their respective positions and thus create a winning team for families.

Have a great summer,

**Bill Allen**



# Benchmarking at NCFR

Diane Cushman, NCFR Executive Director, dianecushman@ncfr.org

Benchmarking is a standard competitive practice for most organizations. When I worked at a Fortune 500 insurance company as the manager of work life and advancement of women, we benchmarked against local companies of similar size and workforce demographics and international property and casualty insurance companies. Each group of employers gave us valuable intelligence to guide our program offerings, since we were vying for the same workforce. If 80% or 90% of our competitors offered paid parental leave, adoption assistance, or on-site child care, then we could be assured that our board would be inclined to add those benefits.

We engage in benchmarking at NCFR as well. You, our members, help us identify other organizations of importance as we seek to be competitive and to offer programs and services of value to you. NCFR members have an opportunity to include in their member record the other associations to which they belong. The most frequently cited of such associations is the American Association of Marriage and Family Therapy (AAMFT). Fourteen percent of NCFR members are also members of AAMFT. There is a wide gap between AAMFT and the next most frequently cited organizations, the American Sociological Association (ASA), the American Psychological Association (APA), and the Society for Research in Child Development (SRCD), all at about 8%. The next 10 associations to which NCFR members also belong, in descending order, are as follows:

American Association of Family and Consumer Sciences (AAFCS)	6%
Society for Research on Adolescence (SRA)	6%
National Association for the Education of Young Children (NAEYC)	5%
Gerontological Society of America (GSA)	4%
International Association of Relationship Researchers (IARR)	3%
Population Association of America (PAA)	3%
American Counseling Association (ACA)	2%

Family Science Association (FSA)	2%
American Association of Christian Counselors (AACC)	2%
National Extension Association of Family & Consumer Sciences (NEAFCS)	2%

Beyond these, NCFR members have reported 12 other associations to which they belong.

NCFR benchmarks against many of the aforementioned organizations and 12 others. But we don't benchmark all programs against all organizations. We try to pick those most similar to NCFR for each particular program. For instance, when we benchmark conference

**You, our members, help us identify other organizations of importance as we seek to be competitive and to offer programs and services of value to you.**

registration fees, we typically compare NCFR to PAA, AAFCS, AAMFT, SRA, SRCD, ASA, and GSA. We look at the length of the conference in days, when the conference is held, and the prices of various types of registration.

Benchmarking is more art than science. In the case of conference registration and exhibitor fees, total conference attendance is an important factor in setting prices. The more attendees at a single conference, the more likely vendors are to sponsor portions of the conference or buy an exhibit booth. Funds raised from these sponsorships and exhibitors can provide significant financial support to the conference, thereby allowing registration fees to remain at low levels. Or, if registration fees remain competitive, then sponsorship fees can generate income for the association. If the number of attendees represents a viable market force, then vendors see value in putting their products in front of them. As the price of travel increases, vendors become

more selective in where they exhibit and which conferences they sponsor, seeking the biggest "bang for the buck," if you will. Years ago, several publishers exhibited at NCFR. However, with the rising price of air travel and the relatively small market NCFR represents, few publishers are choosing to exhibit at the NCFR conference.

NCFR's conference paid attendance has hovered between 1,000 and 1,200 people for the past 18 years. In 2008 it dipped to 885 (Little Rock, Arkansas) and in 2015 it dropped to 914 (Vancouver, BC). By comparison, APA's average conference attendance is 13,225.

The average attendance at ASA is 5,000 and at SRCD is 6,500. One begins to understand the small niche that Family Science occupies.

Recently we have turned our attention to benchmarking our peer associations' involvement in public policy in an effort to most effectively leverage our resources in that regard. For a frame of reference, NCFR's total projected revenue for 2017 is slightly under \$2 million. We have just under 13 full-time equivalent staff positions; one staff person has policy responsibilities and oversees the conference academic program. By comparison, in 2014 APA had 722 staff and \$130.4 million in total revenue.\* Of this, APA reported expending \$573,836 on grassroots lobbying (to influence public opinion) and direct lobbying (to influence a legislative body).

ASA is a much smaller association than APA but still significantly larger than NCFR. ASA's revenue in 2014 totaled nearly \$6.8 million, and it reported employing 31 individuals. SRCD's 2014 revenue was more than \$6.1 million, and the association employed 17 individuals. Neither ASA nor SRCD reported grassroots or direct lobbying in the most recent filings available for each organization.

Of particular interest in our benchmarking are organizations of modest size that are able

*Executive Review continued on page 5*



# Marketing Family Life Education and CFLE

Dawn Cassidy, M.Ed., CFLE, Director of Family Life Education, [dawncassidy@ncfr.org](mailto:dawncassidy@ncfr.org)

I recently participated in a webinar about infographics to learn more about how to create and use them as an effective and entertaining way to educate and inform. In addition, I was inspired by an infographic created by Deb Gentry, NCFR Academic Program Liaison, about how to sustain an approved Certified Family Life Educator (CFLE) academic program (see the infographic at [bit.ly/APRgraphic](http://bit.ly/APRgraphic)).

There has been a lot of attention given to the promotion of family life education and the CFLE designation on the NCFR website, the CFLE and NCFR Facebook pages, Twitter, and the We Are Family Science website ([WeAreFamilyScience.org](http://WeAreFamilyScience.org)). However, despite the value of using the Internet and social media as a marketing tool, there is still a need for good, old-fashioned print materials to help spread the word about important programs and resources. NCFR members and CFLEs regularly contact me requesting a supply of brochures about NCFR and CFLE for distribution to students or potential employers or clients. While we have had great success with both the CFLE brochure and the brochure created specifically for promoting family

life education and the CFLE credential to employers, it is time to update those materials and I am seeking your help. I have a lot of information to work with, but I would like to hear from members and CFLEs. Can you share examples of how you talk about family life education and CFLE? What is your elevator speech? Have you created an infographic or brochure that NCFR could borrow from (with permission of course)?

**Despite the value of using the Internet and social media as a marketing tool, there is still a need for good, old-fashioned print materials to help spread the word about important programs and resources.**

I am looking for information relevant to family life education in general and the value of the CFLE credential specifically. I am also interested in learning more about how CFLE-approved programs promote that they are CFLE-approved.

## Family Life Education

Often the first step in promoting the CFLE credential involves an explanation of family life education. NCFR has an existing definition and description of family life education (see [bit.ly/WhatsFLE](http://bit.ly/WhatsFLE)), but it is fairly lengthy. I would welcome examples of how you define or describe family life education. Do you have statistics that support the economic benefit of family life education (such as reduced domestic violence, teen pregnancy, divorce, child abuse or neglect, substance abuse, incarceration, or debt)? This type of data would be great to include in an infographic.

## The CFLE Credential

If you are a CFLE, have you found an effective way to describe what it is you know and what it is you bring to the table? What concepts would you include in an infographic about the CFLE credential? Can you provide a testimonial about how the CFLE designation has benefited you, or, going back to the concept of family life education, a testimonial from someone who has benefited by participating in family life education?

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## Executive Review continued from page 4

to muster the resources to publish numerous policy briefs and, on occasion, amicus briefs, which can be quite costly to produce. One option we've seen associations use to maximize results is to join with like associations that have similar concerns and, in essence, pool resources. One such organization that brings associations together and does work in their interest is COSSA, the Consortium of Social Science Associations ([cossa.org](http://cossa.org)). NCFR recently rejoined COSSA after many years of absence. Another organization is the American Association for the Advancement of Science (AAAS; [aaas.org/about/mission-and-history](http://aaas.org/about/mission-and-history)), which exists to "advance science,

engineering, and innovation throughout the world for the benefit of all people."

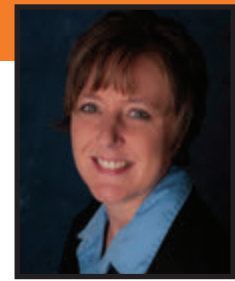
Our work in benchmarking our peer organizations will continue as we explore cost-effective ways to achieve our global ends, in particular to "support the dissemination and application of research- and theory-based information about the well-being of families" and "raise the visibility of family research, theory, and practice to policy makers and the general public."

## Staffing Update

NCFR headquarters is in the process of completing a staff reorganization to provide additional resources in critical

areas. We welcome Bethany Cox as our member relations manager, Jane Reilly as our office manager, Maddie Hansen as our education and certification coordinator, and Trip Sullivan as our communications manager. We've begun searching for a new database and web services manager after the departure of Jason Samuels, who was NCFR's director of innovation and technology. We also wish former education coordinator Maureen Bourgeois and former office clerk Brenda Boogren the best as they pursue their passions. ✨

*\*Information about other organizations' activities was obtained from GuideStar and Form 990 filings.*



# Improving the NCFR Annual Conference

Jennifer Crosswhite, Ph.D., CFLE, Director of Research and Policy Education, [jennifercrosswhite@ncfr.org](mailto:jennifercrosswhite@ncfr.org)

Each year, NCFR staff undertake an important quality-improvement process to enhance the NCFR Annual Conference. This process is even more important to me now that I oversee the planning process for academic content from start to finish, including pre- and post-conferences and the live-streaming program. In doing so, I work with two very dedicated committees: the Annual Conference Program Committee and the Committee to Strengthen the Submission and Review Process. While the Program Committee plans the conference, individuals (e.g., the program chair) often have ideas to improve the quality of the conference. The Committee to Strengthen the Submission and Review Process discusses methods for enhancing the conference proposal submission and review process and the overall conference. These committees provide valuable insights and we are grateful for their involvement in NCFR!

As I worked with these committees and learned all the minute details of conference planning, many methods to improve the conference became evident to me. We have already implemented several of those changes for the 2017 Annual Conference, and I would like to share those with you—some of which you likely have already observed.

## Conference Quality Improvements

A couple of important concerns emerged when evaluating the 2016 conference that needed immediate attention.

One concern that had increased over the past few years was the decline in the number of presentations by many of the most accomplished scholars who are members of NCFR. Many NCFR members, including 2017 Conference Program Chair Maureen Perry-Jenkins, want to ensure that we have a high-quality conference.

We made two important changes this year to increase the quality of the conference and the number of proposals from accomplished scholars. First, individuals were allowed to submit more than one proposal as a first

author. Second, Dr. Perry-Jenkins urged section chairs to invite and encourage multiple symposia highlighting well-known scholars in their respective fields. The section chairs did a phenomenal job organizing invited symposia, and we hit a record 846 proposals this year. Visit [ncfr.org/conference](http://ncfr.org/conference) for conference details.

Another concern arose around the poster sessions. We learned through the after-conference survey that some felt the poster sessions were not highly visible and were poorly attended, and that the 7:30 a.m. poster session time was too early. We also heard that there wasn't enough time provided to attend all of the posters in a 45-minute session.

**As I learned all the minute details of conference planning, many methods to improve the conference became evident to me. We have already implemented several of those changes for the 2017 Annual Conference.**

We are making big changes this year to alleviate these concerns. We are condensing the number of poster sessions to only five sessions, which will be held in a ballroom over the noon hours, during the President's Reception on Wednesday evening, and on Saturday morning. Additionally, rather than having 30 posters on display at one time, we may have as many as 90 posters in one session! Finally, the poster session time will be extended to a full 90 minutes (except on Saturday morning, which will still be 45 minutes).

Conference attendees will still see poster symposia during the poster sessions. Expect to see the poster symposium set apart from the rest of the posters in the same ballroom to allow for more discussion among those attending the poster symposium.

## Peer-Review Process

Historically, three reviewers — two professionals and one student or new professional — are assigned to each proposal submitted to the conference. One concern I heard was that sometimes only one or two reviewers completed a review. A related concern was that sometimes reviewers' scores of a proposal were not consistent with one another. In both cases, section chairs sought additional reviewers to review the proposal.

This year, to minimize the number of proposals in need of an additional review, we encouraged section chairs to assign four reviewers to each proposal, including two to three experienced reviewers. That way, if one reviewer did not submit their review or if one of the scores was an outlier, the section chair would still have enough information to decide whether to accept the proposal.

Another concern brought to our attention was that it was difficult to match reviewers with proposals focused on qualitative and quantitative research methodology. To provide some assistance in the matching process, we requested additional information on specific qualitative and quantitative methodology during the proposal submission and reviewer signup processes (i.e., asking reviewers to provide their area of methodological expertise).

All of the reviews were completed recently as I write this article, so it is uncertain whether either of these changes helped the peer-review process. We will evaluate both changes later to determine their effectiveness.

## Continuing Education

NCFR is a provider approved by the National Board for Certified Counselors (NBCC) (ACEP No. 5984) to offer continuing education (CE) opportunities for those attending the conference. We also provide CE opportunities through the National Association of Social Workers (NASW). NBCC requires a renewal every three years and NASW requires a yearly application, and both require annual documentation to be kept

about CE sessions offered. Over the years, the type of information NBCC and NASW requires us to submit has changed and gone beyond the information we collected during proposal submission.

To continue offering these CE opportunities, this year we requested additional information from authors about their conference proposals, such as session objectives, where they earned their degree, the field in which they earned the degree, and any licenses they hold.

### Other Changes

We have also implemented several smaller changes to the proposal submission and review processes to enhance the conference quality and make systems more efficient:

- ~ We requested that authors submit their proposals only as PDF documents to ensure blind review.
- ~ We reduced the proposal length from 1,000 words to “not to exceed 1,000” words to allow authors to submit more concise proposals.
- ~ We deleted the option of “uncertain proposals” in the proposal process, which authors used in the past if they were unsure of which NCFR section to submit their proposal. The submitter was to contact the section chair or staff with questions.
- ~ We asked reviewers to provide an enhanced professional biography to make it easier to match reviewers with submitted proposals.

We hope all these changes will increase the quality of the annual conference. Thank you to everyone who is involved in the Annual Conference Program Committee and the Committee to Strengthen the Submission and Review Process for making these changes possible. We also appreciate all of you who took the time to complete the after-conference evaluation survey; your comments are important to us.

We look forward to an exciting 2017 NCFR Annual Conference in Orlando, Florida, Nov. 15–18 (preconference activities and sessions on Nov. 14). We hope to see you there! ✨

*Directions continued from page 5*

### CFLE-Approved Academic Programs

Not surprisingly, there is a direct correlation between how much a school promotes its CFLE program approval and the number of graduates who go on to apply for the CFLE credential. In addition to creating printed

**If you are a CFLE, have you found an effective way to describe what it is you know and what it is you bring to the table?**

materials for promoting family life education and CFLE, I would also like to create a piece that CFLE-approved programs can use for marketing their program approval to students (and parents). If you are from a CFLE-approved program, please share your ideas with me. I am also planning to

supplement the CFLE Academic Program section of the website with marketing examples from successful programs.

On a related note, a few years ago NCFR created an infographic called Career Opportunities in Family Science. It is accessible via the NCFR website (see [bit.ly/FamSciCareers](http://bit.ly/FamSciCareers)), but we are considering making it available in print for a small fee. If you think this would be a helpful resource for NCFR to provide, please contact me. The infographic would be printed in color on 11 x 17 cardstock.

As professionals in the family field, we all understand and value family life education and support the CFLE credential. The creation of new marketing materials will enable NCFR to reach a wider audience and expand awareness of this important field. I welcome your assistance! ✨

## Congratulations to Our New Certified Family Life Educators

The following is a list of Certified Family Life Educators (CFLEs) designated between Jan. 1 and March 31, 2017. *Provisional unless otherwise noted.*

### Alabama

Jeffrey Dean  
Alexis McCreary  
Allyson McMaken

### Arizona

Sumire Gysin

### California

Jacqueline Machado  
Dalila Martinez

### Connecticut

Amy Kostak

### Illinois

Kara Woodshank

### Iowa

Craig Markham

### Kansas

Teresa Banner

### Louisiana

Alyssa Barras  
Elizabeth Heurtevant

### Michigan

Juana Dressel  
Rebecca Hodges  
Robert Nogalski  
Kelley Parish  
Marcy Peake

FULL

FULL

### Mississippi

Desirre Maybee  
Donna Snow

### Missouri

Caroline Rowse

### New Hampshire

Hannah Caldwell

### New Mexico

Gabriella Tafoya-Torrez

### Ohio

Kali August

Halle Kish  
Kaitlyn Meister  
Janette Weinstein

### Oklahoma

Darian Minzenmayer

### Pennsylvania

Sarah Sault

### Tennessee

Whitney Gilbert

### Texas

Roger Mahan  
Shantel Moore Small  
Marion Murray  
Carla Sewer

FULL

### Utah

Shelli Densley

### Virginia

Chemin Waiters

## Meet Our 2017 Elected Officers

### NCFR Board of Directors

**Board President-Elect (2017-2019)**

**Board President (2019-2021)**

**Leigh A. Leslie, Ph.D.**, Associate Professor, Department of Family Science at the University of Maryland and Marriage and Family Therapist, Private Practice



**Leigh A. Leslie, Ph.D.**

Dr. Leslie, who has been an NCFR member since 1975, has been an annual conference program chair and served on the editorial boards of the *Journal of Marriage and Family* and *Family Relations*. She has been chair of the Feminism and Family Studies Section and twice a member of the NCFR Board of Directors. Within NCFR, she also has served on the Innovation Grant Award Review Committee, the Conference Quality and Continuing Education Committee, and the Jessie Bernard Award Committee.

"As Board President I would have 2 primary goals: advance our mission to promote the well-being of all families, and assure optimal organizational functioning," Dr. Leslie wrote in her candidate statement. "While there is still much to discuss, it is clear that there is support for getting family research to the public and policymakers and promoting social justice for all families. As President I would push this agenda forward."

**Board Member-at-Large (2017-2020)**

**April L. Few-Demo, Ph.D.**, Associate Professor, Department of Human Development at Virginia Tech



**April L. Few-Demo, Ph.D.**

Dr. Few-Demo has been an NCFR member since 1995. She has served as Elections Council co-chair, Students and New Professionals representative to the NCFR Board, Ethnic Minorities Section

treasurer and secretary, and NCFR Diversity Task Force member. She also has been a member of several other NCFR sections, a reviewer of NCFR Honors Student Recognition applications, a Qualitative Research Commission advisory panel member, and a member of the *Family Relations* Editor Search Committee.

"I would advocate for the following in order to cultivate a premier family organization that boldly capitalizes on its expertise in both Family Science and practice: 1) to develop and refine a transparent process for better communication among our multiple sections, focus groups, affiliates, and the Board; 2) to position NCFR more visibly in both public and global policy arenas; and 3) to devise strategies that encourage active member participation in the decision-making process of organizational priority-setting and messaging to the public," Dr. Few-Demo wrote in her candidate statement.

**Board Member-at-Large (2017-2020)**

**Bethany L. Letiecq, Ph.D.**, Associate Professor and Director, Human Development and Family Science at George Mason University



**Bethany L. Letiecq, Ph.D.**

Dr. Letiecq has been a member of NCFR for more than 20 years. She has served as chair of NCFR's Family Policy Section and as secretary/treasurer of the Northwest Council on Family Relations. She has been a member of NCFR's policy advisory staff committee and the Ruth Jewson Award Committee, as well as a *Family Relations* Editorial Board member and a reviewer for the *Journal of Marriage and Family*.

"I'll work with Board, staff, IDC, and section/FG leaders to address members' calls for a more proactive, justice-focused organization that leads on issues confronting families and Family Science," Dr. Letiecq wrote in her candidate statement. "To grow, our organization must find its national voice as we translate Family Science to practice and policy."

**Board Member-at-Large (2017-2020)**

**Brian G. Ogolsky, Ph.D.**, Assistant Professor of Human Development and Family Studies at the University of Illinois at Urbana-Champaign



**Brian G. Ogolsky, Ph.D.**

Dr. Ogolsky, who has been an NCFR member for 14 years, has served as secretary/treasurer and Students and New Professionals representative of NCFR's Research and Theory Section, and as the faculty adviser to the University of Illinois Council on Family Relations student affiliate.

"As our social and political climate continues to make rapid change, I believe the time for change in NCFR is now," Dr. Ogolsky wrote in his candidate statement. "It is time for our organization to adopt an active rather than reactive role in shaping the public discourse regarding the diversity of family forms, experiences, and needs. As a board member, I would pour my energy into facilitating this crucial change."

## Letters to the Editor

You may submit letters to the editor to *NCFR Report* on topics and activities relevant to NCFR member interests. The following guidelines apply:

- ~ Only letters submitted by members will be accepted.
- ~ Length is limited to 250 words; letters may be edited for space and clarity.
- ~ Letters must be signed and include author contact information; submissions are verified.
- ~ Letters that are deemed libelous, malicious, or otherwise inappropriate will not be published.

**Email letters to the editor to:**

[allisonwickler@ncfr.org](mailto:allisonwickler@ncfr.org)

**Or mail to:**

NCFR  
Attn: NCFR Report  
661 LaSalle Street, Suite 200  
St. Paul, MN 55114



# 2017 NCFR ELECTED OFFICERS

## Affiliate Councils President-Elect (2017-2019)

**Tammy S. Harpel, Ph.D., CFLE**, Associate

Professor of Human Development and Family Science at Illinois State University

Dr. Harpel has been an NCFR member since 1993 and a Certified Family Life Educator (CFLE) since 2010. She has served as past chair, chair,

secretary/treasurer, and Students and New Professionals representative of NCFR's Family Science Section (now the Advancing Family Science Section). She has been a faculty adviser of the Louisiana Tech University Council on Family Relations student affiliate and membership secretary of the Southeastern Council on Family Relations. She has served as a reviewer of NCFR Honors Student Recognition applications and as a member of NCFR's Conference Program Planning Committee and the CFLE Academic Program Review Committee.

"As Affiliate Councils President-elect, I would emphasize my role as a liaison between the Affiliate Councils and NCFR, striving to maintain and enhance support from NCFR for the Affiliate Councils' activities occurring at the university, state, and regional levels," Dr. Harpel wrote in her candidate statement. "In addition, I would seek out connections and collaboration opportunities within the Affiliate Councils in order to supplement and maximize affiliate resources."



**Tammy S. Harpel, Ph.D., CFLE**

## Students and New Professionals Board Representative-Elect (2017-2018)

**Andrea L. Roach, Ph.D.**, Assistant Professor of Child, Family and Consumer Sciences at California State University, Fresno

Dr. Roach has been a member of NCFR since 2012. She has been a member of several NCFR sections and is the current Students and New Professionals (SNP) representative of NCFR's Feminism and Family Studies Section. Dr. Roach was a member of the inaugural Digital Scholarship Board of the *Journal of Family Theory & Review*.

"I want to be a voice for the diverse population of SNP members," Dr. Roach wrote in her candidate statement. "Maintaining open communication between members and the board is imperative for NCFR's future. We should be connecting more often than annually at the conference. I would start by establishing a digital platform for discussions between SNP members, which would allow open communication and a sense of community."

## Elections Council Members (2017-2020)

**Jodi B. Dworkin, Ph.D.**, Associate Professor and Extension Specialist; Associate Department Head, Department of Family Social Science, University of Minnesota

**Heather M. Helms, Ph.D.**, Associate Professor, Human Development and Family Studies Department, University of North Carolina at Greensboro



**Andrea L. Roach, Ph.D.**

## Inclusion and Diversity Committee (IDC) – Members-at-Large (2017-2020)

**Tiffany L. Brown, Ph.D.**, Associate Professor of Family and Child Studies, Montclair State University

**Chalandra M. Bryant, Ph.D., CFLE**, Professor, Department of Human Development and Family Science, University of Georgia

**Kristy Y. Shih, Ph.D.**, Assistant Professor, Human Development and Family Studies, Central Michigan University

## IDC Students and New Professionals Representative (2017-2019)

**Elizabeth G. Holman, Ph.D.**, Assistant Professor in Human Development and Family Studies, Bowling Green State University

## Section Officers (2017-2019)

### Family Policy Section

**Morgan Cooley, Ph.D., LCSW**, Chair-Elect  
**Erica Jordan, Ph.D., CFLE**, Secretary/Treasurer

**Anthony J. Ferraro, B.S.**, Students and New Professionals Representative

### Feminism and Family Studies Section

**Megan Haselschwerdt, Ph.D.**, Chair-Elect

**Katie Heiden-Rootes, Ph.D.**, Secretary/Treasurer

**Alison Chrisler, Ph.D.**, Students and New Professionals Representative

**Sonia Molloy, M.A.**, Students and New Professionals Representative

### International Section

**Grace H. Chung, Ph.D.**, Chair-Elect

**Jane Rose Muthoni Njue, Ph.D., CFLE**, Secretary/Treasurer

**Cagla Giray, M.S.**, Students and New Professionals Representative

### Religion, Spirituality, and Family Section

**Pamela B. Payne, Ph.D., CFLE**, Chair-Elect

**Ashlie Lester, Ph.D.**, Secretary/Treasurer

**Anthony Blake Walker, Ph.D.**, Secretary/Treasurer

**Ilya Okhotnikov, D.Min.**, Students and New Professionals Representative

### Research and Theory Section

**Amy Rauer, Ph.D.**, Chair-Elect

**Adam M. Galovan, Ph.D.**, Secretary/Treasurer

**TeKisha Rice, B.S., CFLE**, Students and New Professionals Representative ✨

## Thank You, Donors

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**Linda Burton, Ph.D.**



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## You're Invited to the 2017 NCFR Annual Conference! Nov. 15–18 | Orlando, Florida | Rosen Centre Hotel [ncfr.org/conference](http://ncfr.org/conference)

*Theme: "Families as Catalysts:  
Shaping Neurons, Neighborhoods,  
and Nations"*

*Program Chair:  
Maureen Perry-Jenkins, Ph.D.*

**Registration is open** for the 2017 National Council on Family Relations Annual Conference!

Register now and join your colleagues this fall at the premier conference for family-related research, teaching, and practice.

**We're excited to introduce this year's plenary speakers:**

**Michael Berube, Ph.D.**, Professor, Penn State — "The Journey From Normal" (parenting a child with Down syndrome)

**Lee Badgett, Ph.D.**, Professor, University of Massachusetts, Amherst — "Controversial Contributions: Calculating the Economic Benefits of Families"

**Linda Burton, Ph.D.**, Dean and Professor, Duke University — "When Ethnography Comes Home to Roost: Andre, the Life Course, and My Family's Intervention"

**Andre Segura, J.D.**, Attorney, American Civil Liberties Union; and **Manijeh Daneshpour, Ph.D.**, Therapist and Professor, Alliant International University — "How Policies Shape Lives: The Impact of Immigration Policy on Children and Families"

Visit [ncfr.org/conference](http://ncfr.org/conference) to see more program details, register for the conference, book your hotel room, and more.

We hope to see you in Orlando! ✨

National Council on Family Relations

### Journal Editor Position

Call for nominations and applications for the position of Editor of *Journal of Family Theory & Review*

The National Council on Family Relations (NCFR) is seeking nominations and applications for the position of editor of *Journal of Family Theory & Review* (JFTR). The term of the current editor, Libby Balter Blume, Ph.D., CFLE (University of Detroit Mercy), will be completed with the publication of the December 2018 issue.

The five-year term of the new editor will begin with the publication of the March 2019 issue. Editorial responsibilities will begin to transfer to the new editor beginning January 2018. The JFTR Search Committee anticipates selecting the new editor by Oct. 1, 2017, and announcing the new editor at the 2017 NCFR Annual Conference in November in Orlando, Florida.

A detailed description of the editor's responsibilities may be obtained from: Search Committee for Editor of *Journal of Family Theory & Review*, National Council on Family Relations, Jeanne Strand at [jeannestrand@ncfr.org](mailto:jeannestrand@ncfr.org).

Nominations and applications, including a letter of application and a curriculum vitae, should be sent to National Council on Family Relations, 1201 West River Parkway, Suite 200, Minneapolis, MN, USA 55454. **Effective June 26, 2017**, please mail to NCFR's new address: 661 LaSalle Street, Suite 200, St. Paul, MN 55114.

Or, send electronically at any time to [jeannestrand@ncfr.org](mailto:jeannestrand@ncfr.org). The JFTR Search Committee will review application materials beginning Aug. 1, 2017. Nominees and applicants must be members of the National Council on Family Relations.



## Put Your Organization Front and Center at NCFR 2017!

The 2017 NCFR Annual Conference (Nov. 15–18 in Orlando, Florida) features plenty of opportunities to promote your program, publications, and products in front of our 1,000-plus conference attendees. Choose one option, or combine multiple options for more exposure.

Visit [ncfr.org/conference-marketing](http://ncfr.org/conference-marketing) to get all the details and sign up!

### Sponsorships

Make sure your organization gets the key recognition that NCFR conference sponsorships provide, including placement across NCFR's communications channels and on-site signage and acknowledgment. Be sure to sign up before our sponsorship slots fill!

Look for new opportunities this year, too, like supporting the 2017 conference theme by being a **Families as Catalysts** sponsor.

### University Receptions

Universities: Put your degree program in front of hundreds of prospective students and faculty at the NCFR conference's own "family college fair." The energizing University Receptions event features food, fun, and prizes.

More than 30 universities had tables at last year's event. Past university participants say it's one of the best ways to promote your program.

### Advertising

Advertise before the conference to 3,000 NCFR members who receive our *NCFR Report* member magazine (deadline for materials: July 10).

Or, reach conference attendees during the conference with ads in conference attendee packets (Oct. 1), the conference program

book (Sept. 15), or daily conference emails to attendees.

### Exhibit Booths

Exhibit booths at the 2017 conference — held at Orlando's Rosen Centre Hotel — will be located in open, common areas with high attendee traffic.

Exhibit dates are Wednesday, Nov. 15, through Friday, Nov. 17. The exhibits opening on Wednesday evening coincides with our popular President's Reception and special poster session, ensuring great attendance. Sign up for an exhibit booth by Sept. 15.

We can't wait to help you promote your organization! Again, to find more details and sign up for these opportunities, visit [ncfr.org/conference-marketing](http://ncfr.org/conference-marketing). ✨

## Thank You to Our Major Sponsors for NCFR 2017!

NCFR extends a huge thank you to the organizations that have already signed on as major sponsors for the 2017 NCFR Annual Conference. We're grateful for the support of the following major sponsors:

### Conference Host

**Florida State University** —  
Department of Family and Child Sciences

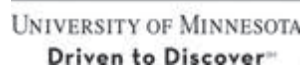
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## Inclusion and Diversity Committee (IDC) Update

### Sleep as a Social Justice Issue

Anthony James, Christi McGeorge, and Thomas Blume, Inclusion and Diversity Committee Members\*; Contact: [ncfr.org/idc-webform](http://ncfr.org/idc-webform)

For many Family Science professionals, the words that describe the theme of this issue's *Family Focus* might not inspire thoughts of inclusion and diversity. However, as the role and mission of the Inclusion and Diversity Committee (IDC) is to "engage members in scholarly dialogue," please indulge us by thinking about how this theme does include elements related to inclusion and diversity.

Recently, *Huffington Post* founder Arianna Huffington made sleep the focus of her post-CEO life. Her book *The Sleep Revolution* (2016) explores many facets of sleep and its implications for the physiological (e.g., obesity), emotional (e.g., happiness), and intimate (e.g., sex) aspects of the human experience. She argues that we need a

sleep revolution to take back our lives from the harried and fast-paced nature of contemporary life. While we certainly agree with her argument, we want to extend the discussion a little further by suggesting a more nuanced perspective on how sleep patterns also evidence inequality, and some potential steps that Family Science scholars can take to consider the impact of lack of sleep on family life.

Research by Stamatakis, Kaplan, and Roberts (2007) has shown that the lowest quintile of income earners get the least amount of sleep. The implications of this lack of sleep include poorer health outcomes such as heart disease, reproductive problems, and gastrointestinal complications. Socially,

the lack of sleep can increase stress, which has long been associated with family maladaptation (McCubbin & Patterson, 1983).

Another issue is infant mortality. The Eunice Kennedy Shriver National Institute of Child Health and Human Development, housed in the National Institutes of Health, has worked for many years to reduce the rate of sudden infant death syndrome (SIDS). The institute's 2012 analyses revealed that African American babies die of SIDS at a rate that far exceeds that of other ethnicities/races. This problem has been linked to culturally based sleep patterns. To combat the problem, several campaigns (e.g., Safe Sleep) have launched to help eradicate the risk of such loss.

Finally, adolescents and young adults are reported to need about 9.25 hours of sleep a night, yet many do not receive as much as that. Lack of sleep can cause unintentional injuries, affect student grades, create negative moods, including depression, and lead to increased use of stimulants. Normal school schedules are not compatible with teen sleep schedules. According to the Sleep Foundation, having later school start times is one way to help teens overcome the lack of sleep. One school district in New Mexico has worked to combat this problem by purchasing "sleep pods" for teens who are not getting enough sleep at night. With these pods, students can take a nap during the day if needed.

So when we discuss making this world more just, or at least creating opportunities that provide a pathway to well-being for all families, we should also take time to consider how the current structure of our society places an additional burden on low-income families through the basic need for sleep. A lack of proper sleep patterns or cultural factors may lead to family practices that result in loss of sleep. The major activity adults sacrifice sleep for is paid work (Byrne, 2015). Those who have less sleep at night tend to be workers who have multiple jobs, irregular hours, and longer commutes. Studies find that low-income workers and those with less education have fewer hours of sleep. Clearly,

### MNCFR and WICFR Explore Collaboration

Peg Lindlof, M.S., CFLE, MNCFR Past President, [plindlof@comcast.net](mailto:plindlof@comcast.net)



Over the past few years, Dr. Sterling Wall of the University of Wisconsin–Steven's Point has brought groups of students to attend the Minnesota Council on Family Relations' (MNCFR) conferences. This has been a win–win for both organizations, since the Wisconsin Council on Family Relations (WICFR) is a relatively new affiliate, and MNCFR has been active for about 65 years! Both groups noticed big differences right away—WICFR's members are primarily students and new professionals, whereas MNCFR has a more "seasoned" membership, with fewer student members.

Last year several WICFR students initiated a conversation with MNCFR board members about ways to keep student members involved after graduation. Gail Peavey Sederski, who works for University of Wisconsin–Extension, connected with students and faculty at UW–Steven's Point to begin the discussion. Beth Gausman and I met

by phone with several leaders of WICFR to talk about membership and organizational issues. Members of both affiliates also had conversations at the affiliate booth during the NCFR conference last November. There was even some discussion about working together to form a Midwest affiliate.

After further research, the groups decided against trying to combine organizations, but both agree that more collaboration is possible and desirable. I attended the WICFR conference in February. Now MNCFR and WICFR have identified board members who will serve as liaisons between the two organizations to share ideas, ask questions, and publicize events.

Speaking as a longtime MNCFR member, I am excited to learn new ways of connecting from these enthusiastic young students and professionals. I'm also confident that our seasoned members have some history and wisdom to share with them! ✨

this basic human need is not equally available to all families and individuals.

Our point is not to suggest that we focus only on the negative associations between sleep and family but rather that when we consider the role of sleep in family life, we should also consider how such a relationship evidences inequality among families. Further, we question how Family Science scholars do (or can) use this information to reduce inequality and/or loss.

This discussion has several implications for family scholars' pursuit of social justice:

**Policy:** Consider (or reconsider) policy such as minimum-wage rates. For instance, it might be possible for the minimum wage to be high enough that no family member is required to work multiple jobs to meet the basic needs or expenses for his or her family. Such employment structures reduce the opportunity for family members to get enough quality rest, which has negative implications for family well-being.

**Community programming:** Family scholars can advocate for funding of public relations campaigns about sleep routines that severely reduce the risk of SIDS.

**Activism:** Become more involved in local school board decisions about school start times that more closely align with the developmental needs of children and youth and various cultural practices.

### Future Directions and the 2017 Annual Conference

At the 2017 NCFR Annual Conference, the IDC will continue its annual series of special sessions, which invite all NCFR members to reflect on who we are, what we do, and how we can support all families and communities as family scholars, educators, and practitioners. These sessions are designed to share ideas, concerns, and suggestions in an effort to become more inclusive family professionals and ultimately to support NCFR in building a more inclusive, diverse, and socially just environment for all members. The 2017 special session will again focus on contemporary issues of race and racism and will feature a series of roundtables, each focused on a different topic and led by NCFR members with expertise in that particular area. The IDC's goal is to continue engaging in discussions of inclusion and diversity by increasing awareness of some of

## Advancing Family Science Section Update



Raeann R. Hamon, Ph.D., CFLE, Section Chair, rhamon@messiah.edu

I am writing this brief article during spring break. I just completed assigning three reviewers to each of more than 40 conference proposals submitted to the Advancing Family Science Section. I am so grateful to the many students and professionals who volunteered to help review these submissions. We would not be able to produce a high-quality program without their time and expertise.

I am also particularly thrilled because the proposals are so interesting! A few include male enrollment in Family Science courses, job prospects for bachelor's-level Family Science graduates, preparing doctoral students to teach, the scholarship of teaching and learning in Family Science, professionalizing the CFLE credential,

various ways to use digital and interactive technologies to teach Family Science topics, flipped classroom strategies, student professional identity and conference attendance, and various pedagogical techniques for teaching family theories and sensitive topics. All of these papers examine topics of importance to us in the Advancing Family Science Section, and we are bound to have a very strong conference program for the fall!

Conference registration is now open, so I hope that you will register and plan to join me and other Advancing Family Science Section members at the National Council on Family Relations Annual Conference in Orlando in November! I look forward to sharing ideas together. ✨

the many individuals and families who are underrepresented and marginalized.

### Resources for Family Scholars

- ~ Various publications of the NICHD, available at [www.nichd.nih.gov/publications/Pages/pubs\\_details.aspx?pubs\\_id=5809](http://www.nichd.nih.gov/publications/Pages/pubs_details.aspx?pubs_id=5809)
- ~ The National Sleep Foundation's 2000 report *Adolescent Sleep Needs and Patterns*, available at [sleepfoundation.org/sites/default/files/sleep\\_and\\_teens\\_report1.pdf](http://sleepfoundation.org/sites/default/files/sleep_and_teens_report1.pdf) and *Backgrounder: Later School Start Times*, at [sleepfoundation.org/sleep-news/backgrounder-later-school-start-times](http://sleepfoundation.org/sleep-news/backgrounder-later-school-start-times)
- ~ Catie Beck's March 6, 2017, article for NBC News, "Students Allowed to Nap at School With Sleep Pods," available at [www.nbcnews.com/health/kids-health/students-allowed-nap-school-sleep-pods-n729881](http://www.nbcnews.com/health/kids-health/students-allowed-nap-school-sleep-pods-n729881)
- ~ Ciara Byrne's March 26, 2015, *Fast Company* article, "How Sleep Became a Social Justice Issue," available at <https://www.fastcompany.com/3043128/sleep-inequality>

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Retrieved from <https://www.fastcompany.com/3043128/sleep-inequality>

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\*Other members of the IDC include Sandy Bailey, Miriam Mulsow, Vanja Lazarevic, Shan Hwa (Abraham) Hwang, and Jennifer Kerpelman.

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## Families and Health Section Update

Jerica Berge, Ph.D., M.P.H., LMFT, CFLE, Section Chair, [jberge@umn.edu](mailto:jberge@umn.edu)

### NCFR 2017

The 2017 NCFR Annual Conference is just months away! We will be meeting in beautiful and sunny Orlando, Florida, for the conference. Hurry and register to get a lower registration rate. Here are some exciting things to look forward to for the 2017 NCFR conference:

~ We had a record-breaking 160 proposals submitted to the Families and Health Section for the NCFR conference, which means we received lots of presentation

slots! There will be great posters, paper presentations, and symposia related to families and health issues.

~ There will be a new award this year presented at the section meeting. In addition to our best student or new professional and professional paper awards, we will be giving out a best poster award too!

~ Our section will have the first ever “tri-section” meeting with the Family Policy and Ethnic Minorities sections. We will

meet together as the Families and Health Section for the first hour of our meeting and then join with the other two sections for our roundtables, which include opportunities to work on symposium proposals for the next NCFR conference, propose policy briefs, have discussions about important topics in the field, and swap teaching or clinical ideas and resources.

~ And of course there will be door prizes, great networking, free memberships for newcomers who want to try our section out, and food!

## Ethnic Minorities Section Update

Roudi Nazarinia Roy, Ph.D., CFLE, Section Chair, [roudi.roy@csulb.edu](mailto:roudi.roy@csulb.edu)

The Ethnic Minorities Section has a diverse membership, and each year during our annual section meeting we ask that section members share their accomplishments for the past year. As a section, we feel that it is of extreme importance that we give our up-and-coming scholars a platform to share their accomplishments, not only in our section but also with the entire organization. With that said, we would like to highlight two of our section members from Montclair State University in New Jersey.

David T. Lardier Jr. is a fourth-year doctoral student in the Ph.D. in Family Studies program at Montclair State University. Recently, David defended his dissertation, titled “Substance Use among Urban Adolescents of Color: Exploring the Effects of Ethnic Identity, Psychological Empowerment, and Race.” This study examined the influence of community participation and neighborhood sense of community on Black and Hispanic urban youth’s ethnic identity, and in turn their perceived psychological empowerment and substance-using behaviors. He received the Students and New Professionals Ethnic Minorities Section Best Paper Award in 2015 for his work on this project. David will begin

his academic career in fall 2017 as an assistant professor at the University of New Mexico in the Family and Child Studies program of the Department of Individual, Family, and Community Education.

Ijeoma Opara is a first-year doctoral student in the Ph.D. in Family Studies program at Montclair State University. Ijeoma’s research projects include investigating sexual health disparities in African American girls and evaluating the impact of an HIV/AIDS and substance abuse curriculum on urban youth of color. Ijeoma was named 2017 Population Health Scholar by Academy Health, for her dedication to improving health outcomes for communities of color. As part of this effort, she also organized and invited panelists to participate in a Black Lives Matter panel event at Montclair State University, which involved active dialogue among police officers, community activists, and criminal justice scholars to improve police–community relations.

We congratulate these members of the Ethnic Minorities Section on their accomplishments and look forward to seeing their continued success in our field. ❁



### Logo Contest

We are having a logo design competition! Any Families and Health Section member is eligible to submit a logo design that you think represents the essence of the Families and Health Section. The competition will go until we have a winner. Submit logos to me at [jberge@umn.edu](mailto:jberge@umn.edu). The winner of the logo contest will receive a one-year membership to NCFR.

### Section Member Spotlight

Amy Rauer was the recipient of the Families and Health Section Best Professional Paper Award at the 2016 NCFR Annual Conference for her paper “Romantic Relationships and Alcohol Use:

A Long-Term, Developmental Perspective.” This paper—a collaborative effort with Gregory Pettit, Diana Samek, Jennifer Lansford, Kenneth Dodge, and John Bates—explores

how the links between alcohol use and romantic relationships vary both within and across individuals over the life span. Amy is currently an associate professor in child and family studies at the University of Tennessee. She is the proud mother of two daughters, who make up for in laughs what they cost her in sleep! ❁



Amy Rauer



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## Congratulations to Our Spring 2017 NCFR Honors Recipients!

NCFR awarded NCFR Honors Student Recognition to 47 students graduating from university or college family programs in spring 2017.

The NCFR Honors Student Recognition program recognizes students for their outstanding achievements in academics, leadership, and community service in the family field.

Congratulations to all our recipients! Learn more at [ncfr.org/honors](http://ncfr.org/honors).

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**Samford University**

Caitlin A. Gassner  
Julia C. Jackson  
Aubrey J. Johnston  
Lindsay E. Smith

**Towson University**

Teresa L. Herbert

**University of Alberta**

Rebecca M. Horne

**University of California-Davis**

Carolyn A. Sutter

**University of Central Oklahoma**

Reisha D. Graves  
Iyesogie Sophia Iyiewuare  
Darcy E. McTiernan

**University of Colorado-Denver**

Larissa A. Kelly

**University of Detroit Mercy**

Maria G. Romo-Canchola

**University of Minnesota-Twin Cities**

Jenny Ng

**University of Missouri**

Katherine A. Crowley

**University of Montevallo**

Amber R. James

**University of New Mexico**

Jessica M. Torres

**University of North Texas**

Ashley N. Cunningham

**University of Tennessee-Knoxville**

Kristin M. Anders

**University of Wisconsin-Madison**

Nicole E. Johnson

**University of Wisconsin-Stevens Point**

Molly A. Thome

**Utah State University**

Latrisha M. Fall

**Utah Valley University**

Lauren C. Jardine  
Mitchell N. Riley

**Virginia Tech**

Sonia L. Molloy

**Weber State University**

Kayleen Anderson  
Kimber L. Fisher  
Matthew J. Lefthand  
Jenny Smithey

**West Virginia University**

Madeline M. Collins