

# FAMILY SCIENCE & HUMAN DEVELOPMENT

JANUARY 2023

## “FSHD Pod Challenge” Fills Pantry Need

Now in its sixth year, the university's [Red Hawk Pantry](#) in Blanton Hall 1200 serves the needs of students, faculty and staff struggling with food insecurity. In December 2022, the Staff Advisory Council in the College of Education and Human Services spearheaded a *20 Days of Giving* campaign to restock the pantry, which becomes depleted after Thanksgiving.

FSHD Department Program Assistant Lisa Mills serves on the Advisory Council and was shocked to learn that the pantry's highest-demand item is laundry detergent pods. Students are allotted only two pods per week, but if the pantry has none, the students ultimately wash their laundry without detergent. To combat this shortage, Mills launched the *FSHD Pod Challenge*, encouraging her faculty and staff to pool their resources and knock the socks off the pantry by providing as many Tide pods as they could. The department rose to the challenge and donations immediately began rolling in. After just one week, the FSHD folks collected enough money to purchase 1,344 Tide pods which they proudly delivered to the Advisory Council's donation site in University Hall.

The *20 Days of Giving* initiative resulted in hundreds of food items being donated to the pantry. To further battle food insecurity within the MSU community, the university participates in [Swipe Out Hunger](#), a nationwide program that enables students with block meal plans (except unlimited plans) to donate one or two meals per semester to their fellow students. The university also simplifies grocery shopping for students by providing a [shuttle](#) to Shop Rite in Little Falls, departing from the Red Hawk Deck every Wednesday on the hour from 12:00 through 3:00 p.m. ■



**After learning that laundry detergent pods are a high-need item at the university's Red Hawk Pantry, staff and faculty in the FSHD Department rallied to help. In the spirit of giving, they donated a dozen 112-count cartons, a total of 1,344 Tide Pods, to the pantry.**

## Department Chair's Corner

Happy new year 2023! I wish everyone a warm welcome back to a brand new Spring semester. I



**Dr. Lyndal Khaw**

hope you have had a relaxing winter break with plenty of time to unwind and enjoy with your friends and loved ones. This Spring semester, I am

thrilled to welcome our new addition to the FSHD family, Dr. Gerry Costa, Professor in FSHD. Dr. Costa's extensive experiences in early childhood mental health will certainly enrich our academic community, and we are very glad to have him onboard. (See related article on page 3.)

Spring is always seen as the ideal time for new beginnings and the new year is often an opportunity for a reset button. You may be inclined to think so, especially if you feel

*(Continued on page 3)*

## DATES TO REMEMBER

**January 7**  
Deadline to finalize Spring 2023 FSHD Internship site

**January 17**  
Spring 2023 semester begins

**January 24**  
Last day to add/drop

## Pen Pal Project: Post Cards of Persistence

During the fall 2022 semester, students in Dr. Olena Nesteruk's **Immigrant Families** class (FSDH 350) participated in a Pen Pal Project with Ukrainian eighth graders. A native of Ukraine, Nesteruk partnered with colleagues at a middle school in Chervonohrad, a small town in the western part of the country where air raids and indiscriminate shelling have unfortunately become a way of life.

Each student in her class was assigned a Ukrainian pen pal, and the international pairs began communicating via email, social media, and video calls. The relationships thrived as the students learned about each other's families, schools, hobbies, and dreams, and the American cohort discovered the harsh realities of living in a war-torn nation. Nesteruk established a Facebook presence, the "MC Pen Pals" (MC stands for Montclair-Chervonohrad), to serve as a centralized place for sharing updates, photos, and videos.



**MSU students Jean-Marie Beeks (left) and Iliana Woodhull happily display the postcards and photographs they received from their pen pals in Ukraine.**

As the project and the war unfolded, massive missile strikes on Ukraine's civilian infrastructure caused widespread power outages, preventing the pen pals from further working on their collaborative projects. Although the Ukrainian students were unable to communicate electronically, they drew upon their courage and resilience to find a way to stay in touch, and the MSU students were ecstatic when they began to receive post cards through the mail.

To help the eighth graders celebrate Christmas, the MSU students recorded a video with holiday greetings and wishes for a peaceful New Year. They also mailed holiday cards and festive items to their pen pals, hoping to bring cheer and happiness, particularly because many areas in Ukraine were forced to cancel holiday celebrations, and the residents could not hang lights or decorate Christmas trees in order to conserve electricity. Yet in spite of their current situation, the Ukrainian pen pals thoughtfully mailed individual holiday gifts to their American partners.



**After their international pen pals were unable to communicate electronically due to widespread power outages caused by the war in Ukraine, students in the Immigrant Families class were elated to receive postcards via mail.**

Upon conclusion of the semester-long project, the MSU class submitted final reflections, and Nesteruk presented each student with a Certificate of Completion. "I do not know whether my students will stay in touch with their Ukrainian pen pals," she said, "but I do hope that all participants got something from connecting with another person across the globe and learned about each other's life, culture, and country."

Hopefully some pen pals will continue communicating and will even meet one day. In either case, this initiative taught everyone that there is great value in expanding our connections with people internationally, becoming aware of the global issues and how they affect families, and appreciating how fortunate we are here in the United States. Nesteruk hopes to repeat this project next semester, but its feasibility depends on the state of the war and if the Ukrainian partners will have power. ■



**Dr. Olena Nesteruk (far right) presented the students in her Immigrant Families class with Certificates of Completion after participating in the Pen Pal Project with Ukrainian eighth graders.**

## Student Spotlight

### Natasha Intriago

Natasha Intriago graduated in 2021 from the Family Science and Human Development department with a concentration in Family Services.

**Her Story:** When I started looking into majors for my undergrad, I thought it would be best to become a teacher because I wanted to work together with families and children. I find great pleasure in helping others and making a significant impact in their lives. My first grade teacher was an amazing role model for me; she was my home away from home and I felt secure in her class. I wanted to be just like that for someone else.



However, as I thought about it more, I knew I wanted to work with children *and* their families. Teaching would not be a satisfying career for me. As I searched for something more, I came across Family Science and Human Development. The name itself grasped my attention right away. I started looking into

different careers with this major and the type of classes I would be taking, and I automatically knew this educational path would be the best fit for me.

**Her Path:** After graduating in 2021, I was presented with an opportunity to work at North Hudson Community Action Corporation as a Family Advocate for a Head Start Program. Being a Family Advocate has many rewards, one of them being an outlet for families to obtain resources they may need to reach their life goals. Part of my job includes helping families that are currently living in poverty. We work hard to promote growth, therefore, we conduct assessments throughout the year while also providing childcare so their goals are more easily accessible.

**Her Plan:** As for my future plans, I will hopefully be going back to Montclair State University for my Master's Degree to achieve greater success. Right now, I see myself becoming a school counselor or an advisor.

**Her Thoughts:** "Always remember to focus on yourself and do what is best for you. Not everything will come easy, and hard work always pays off in the end. In addition, one of the main things I have learned especially during my undergraduate career is that time management is key for anything and everything; it is essential to succeed." ■

## FSHD Welcomes Dr. Gerry Costa

The Family Science and Human Development Department is thrilled to welcome Dr. Gerald Costa to our faculty. A familiar face in the College of Education and Human Services, Dr. Costa founded the Center for Autism and Early Childhood Mental Health which provides clinical services to infants, children, and families through developmental and relational practice. It is one of the only providers of developmental treatment approaches to autism in our state, and Dr. Costa is consistently referred to as the foremost expert in developmental, individual difference, and relationship-based approaches in New Jersey, nationally and internationally.



He has tirelessly and consistently advocated for babies and their caregivers, some of the most vulnerable of our community, especially focusing on those who experience under-resourced conditions.

In the Spring 2023 semester, Dr. Costa is teaching Child Development 1, FSHD 214. ■

### Department Chair's Corner *(Continued from page 1)*

that 2022 wasn't your year. "New year, new you" is a catchphrase we hear a lot, and while it is tempting to take the new year as a reason to reinvent oneself, which is a courageous decision on its own, remember that change does not have to happen in grand, exponential ways. Changes for good, no matter how small, still count as progress. I applaud you for making the brave choices you make every day towards change for the better in your lives and the lives of those around you.

We live in a historical time and space where we are bombarded by far more media and social media influences than ever before, where we risk overindulging in what we do not have. As you set your goals for the year, I encourage you to focus on what you do have - the strengths, skills, and experiences you undoubtedly possess and the social, emotional, and physical resources you have acquired along the way. Your journey towards the "new you" doesn't mean giving up the "old you" completely. The past, present, and future versions of you, they all matter.

Good luck to everyone and wishing you the best start to your semesters! ■

## The Global Effort to Fight Human Trafficking

Since 2010, January has been declared National Slavery and Human Trafficking Prevention Month in an effort to fight the local and global exploitation of vulnerable populations. This year's campaign, themed *Empower, Prevent and Protect*, strives to "bring an end to modern slavery by preventing exploitation, rescuing victims, restoring lives, and reforming society."

Also known as modern-day slavery, human trafficking impacts more than 40 million people worldwide and generates a staggering \$150 billion each year. That's nearly \$5,000 every second.

### A Global Effort

Organizations and governments around the world have mobilized to combat the illegal and often dangerous world of trafficking. Here in the United States, the [Trafficking Victims Protection Act \(TVPA\) of 2000](#) upholds the commitment to combat this issue domestically and internationally. The law focuses on the prevention of trafficking, protection of victims and survivors, and prosecution of traffickers. [Hope for Justice](#), an international charity, operates on five continents to solve the complex problems of human trafficking so that all people may live free.

Also intent on developing innovative solutions is Montclair State University's [Global Center on Human Trafficking](#). As one of the nation's most diverse higher education institutions, MSU has a history of supporting social justice and human rights issues affecting communities across the

world. What began as an initiative spearheaded by a group of committed leaders, faculty and staff has grown into the Global Center working hand-in-hand with survivors around the world to transform the response to human trafficking.

The [National Center for Missing & Exploited Children](#) (NCMEC) serves as a central clearinghouse of information and resources for victims of human trafficking, and assists families and children who have been abducted, abused, and exploited. According to their website, in 2020 the

**"If you commit to do just ONE THING ... the single best action you can take is to LEARN how to spot the SIGNS of trafficking."**

- [Hope for Justice website](#)

NCMEC assisted with nearly 30,000 cases of missing children. The US Justice Department estimates that one-third of runaway or homeless teenagers are lured into sex trafficking.

**National Human Trafficking Hotline**  
**888-373-7888**

The [National Human Trafficking Hotline](#) is a nationwide 24-hour, toll-free, multilingual hotline. Call to report a tip, connect with anti-trafficking services in your area, or request training and general information. The Hotline is equipped to assist a wide range of callers including trafficking victims, the general public, law enforcement, medical professionals, legal professionals, service providers, researchers, students, and policymakers.

### Helpful Resources

The following links provide information and resources regarding human trafficking:

- [The United States Department of Justice](#)
- [Trafficking Victims Protection Act](#)

### Share Your Thoughts

Remember to use our virtual feedback form as an anonymous way to share feedback and/or suggestions related to the FSHD community's social justice work. The form can be found [here](#). ■

**SPOT THE SIGNS**  
of Sex Trafficking

LOOK FOR **8** KEY INDICATORS

1 Physical or Sexual Violence	5 Intimidation and Threats
2 Under-age	6 Restriction of Movement
3 Deception	7 Fear and Anxiety
4 Abuse of Vulnerability	8 Limited Family/Social Contact

To report a concern, call **1-615-356-0946**

**IMPORTANT**  
If you have reason to believe a person is in immediate danger call 911 first.

If you believe you may have encountered a victim of human trafficking, contact Hope for Justice and let us know as much information as possible, you may be saving someone's life.

[www.hopeforjustice.org](http://www.hopeforjustice.org) | [help@hopeforjustice.org](mailto:help@hopeforjustice.org)

Hope for Justice is a 501(c)(3) not-for-profit organization in the USA.

## Advance Your Career

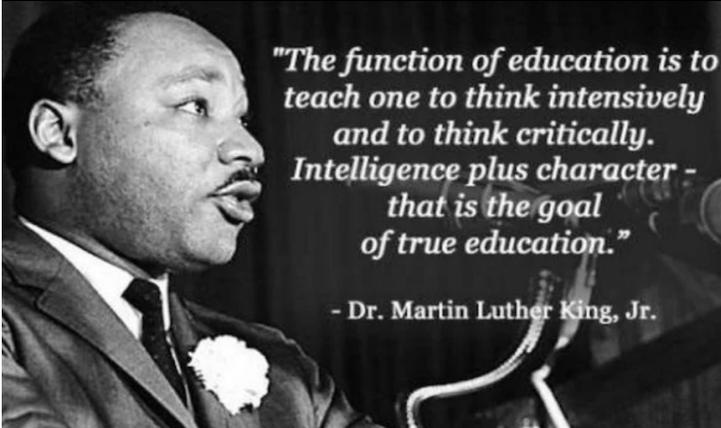
**FSHD PhD Webinar**  
**Wednesday, January 11, 2023**  
**12:00 - 1:00 p.m.**

MSU's [PhD in Family Science and Human Development](#) is the only doctoral program of its kind in New Jersey. Our students learn to use a social justice perspective to help strengthen diverse individuals, families, and communities through research, policy, and prevention and education programming. To learn more, [register here](#).

**MSW Webinar**  
**Monday, January 9, 2023**  
**7:00 - 8:00 p.m.**

MSU's cohort-based [Master of Social Work \(MSW\)](#) program prepares you to provide clinical and advocacy services to vulnerable children, teens and families. To learn more, [register here](#). ■

## Remembering Martin Luther King, Jr. January 15, 1929 - April 4, 1968



## Red Hawks Athletics

Come out and cheer for your Winter teams!



**Basketball**  
**Indoor Track**  
**Swimming & Diving**

Find the [full calendar here](#)

## Career Corner

With a degree in Family Science and Human Development, you can pursue a career as a...

### Death Doula

Death doula is a rising career field for students studying Family Science and Human Development and/or Gerontology. Death doulas are vital in caring for individuals who are going through the dying process and supporting their families.

Their assistance focuses on emotional, psychological, and spiritual aspects of the dying process. They can access palliative care or hospice services, coordinate with legal services, and ensure the patient's spiritual wishes are met.

Death doulas might sit bedside and hold the person's hand or fulfill requests such as playing their favorite music. They also offer logistical and emotional support to the patient's loved ones by helping to plan funeral arrangements, prepare for the final hours, and adjust to life afterwards.

Becoming a death doula is an opportunity to make a significant impact on the lives of people going through difficult times. The essential skills needed for this career are strong communication and logistical skills, as well as being very compassionate and able to provide the emotional support their clients need. ■

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[Visit the FSHD Website](#)

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