

204 E. Texas Ave
Ruston, LA 71270

(208) 705-0397
russell03@gmail.com

VITA FOR MELISSA RUSSELL, MS, CTRS

EDUCATION

2008-2011 Brigham Young University Provo, UT
Master of Science: Youth and Family Recreation

Master's Thesis: Adaptation of an adolescent coping assessment for outdoor adventure. Thesis data collection consisted of a residential therapeutic treatment center and adventure therapy program from Utah and public schools from Hawaii. Analysis: Assessment was measured for reliability and factorial structure. Recipient of Graduate Fellowship Grant, Brigham Young University, March 2009. Outstanding Graduate Scholarship, Utah's Recreation and Parks Association, March 2010.

2000-2003 Brigham Young University-Idaho Rexburg, Idaho
Associate of Science: Sociology
Bachelor of Science: Recreation Leadership

Certificate of Achievement Award, BYU-Idaho Recreation Leadership Dept.: recognition of 500 hours of Outdoor Leadership Course Training and Participation; March 2004. Brigham Young University-Idaho academic scholarship recipient. Beehive Credit Union community service/volunteer scholarship recipient (2000).

2012
Certified Therapeutic Recreation Specialist (CTRS)

Completed all course work and certification test. License: March 2013-May 2014; Renewed June 2014-2015; 2015-2016; 2016-2017

PROFESSIONAL EXPERIENCE

2014-Current Grambling State University Grambling, LA

Instructor/Internship Supervisor

Teach Therapeutic Recreation courses to undergraduate students. Prepare and assist students in obtaining and finishing a successful internship. Review and teach material relating to NCTRC exam. Mentor and support students on internships and form positive relationships with internship organizations and supervisors.

2015-Current Florida International University Miami, FL

Online Instructor

Teach therapeutic recreation students using an online modality. Teach recreation management and therapeutic recreation courses

2014-Current Brigham Young University-Idaho Rexburg, ID

Online Instructor

Develop, teach, and assess recreation management online courses. Taught core courses including, Leisure in Society and Accessible Recreation

2010-Current Ampelis Adventure Consulting St. George, UT
Position: Consulting Staff

Consulting topics include Leading Change, Innovation, Corporate Culture. Aid executives of companies and families in achieving various goals using theory-based experiential programming. Specific constructs included, corporate culture, change, and innovation. Work directly with Human Resource Departments of companies like Intel, ADIA, American College of Cardiology, & Actelion to achieve overall goals of company through adventure activities (i.e. rappelling, sea kayaking, canyoneering, mountain biking, hiking).

2007-Current Brigham Young University-Idaho Rexburg, ID

Adjunct Professor

Taught core courses including: Research and Evaluation, Leisure in Society, Accessible Recreation, Program Management, Facility Management. Taught skill courses including:

Basic Skills/Backpacking, Canyoneering, Rock Climbing, Spring Leadership Summit: 4-5 week student expedition to Southern Utah including core class training and skill training. Maintained an above average on all teaching evaluations. Organized and implemented field experiences that lasted up to five weeks including safety, permits, budget, transportation, student preparation and activities, etc. Faculty Recognition Award, Brigham Young University-Idaho, July 2013

2007-2014 Above and Beyond Rehabilitation Idaho Falls, ID

Community Based Rehabilitation Specialist

Focus: Children, Adolescents, and Adults with Mental Illnesses. Diagnoses of Patients: Depression/SI, ADHD, Reactive Attachment Disorder, PTSD, Opposition Defiance Disorder. Worked independently meeting with clients weekly and fulfilling state mandated service plans. Taught behaviors for improved psychological, social, and family functioning. Met weekly requirements including documentation, planning, and adhering to state guidelines.

2009-2013 Marriott School of Business Provo, UT

Adjunct Faculty

Taught courses including: Program Management, Event Planning and Management, Experiential and Outdoor Education, Assessment in Therapeutic Recreation. Taught skill courses including: Rock Climbing, Canyoneering Teaching Assistant. Programs and Events managed/taught consisted of a Christmas Event for 2,000 graduate students, a 5K-cancer fundraiser, 3-on-3 basketball tournament, clothing swap, stand-up comedy fundraiser, etc. Maintained an above average on teaching evaluations

2012 EIRMC: Behavioral Health Hospital Idaho Falls, ID

Recreation Therapy Technician/Intern

Ran activities for patients in both an acute and residential unit. Patients were from several age populations including pediatrics, adolescents, and adults. Developed a theory-based program for Family Therapy. Met expectations related to

assessments, charting, organizing and running groups.

2008-2011

Brigham Young University

Provo, UT

Research Assistant

Research topics included club sports, leading change in organizations with recreation, family time, family recreation, therapeutic recreation/adventure, therapeutic assessment. Worked for the Athletic Advisory Council of BYU, Mark Widmer, Ph.D., and Brian Hill, Ph.D.

2005-2007

Team Supportive Services

St. Anthony, ID

Psychosocial Rehabilitation Specialist

Focus: Children and Adolescents with Mental Illnesses. Diagnoses of Patients: Depression/SI, ADHD, Reactive Attachment Disorder, Opposition Defiance Disorder. Work independently meeting with clients weekly and fulfilling state mandated service plans. Taught behaviors for improved psychological, social, and family functioning. Met weekly requirements including documentation, planning, and adhering to state guidelines. Spanish speaker

**RESEARCH AND
SCHOLARLY ACTIVITIES**

Russell, M., Widmer, M., Lundberg, N., & Ward, P. (2015). Adaptation of an Adolescent Coping Assessment for Therapeutic Recreation and Outdoor Adventure Settings. *Therapeutic Recreation Journal*, 49(1). Retrieved from <http://js.sagamorepub.com/trj/article/view/5287>

**INSTITUTIONAL
INVOLVEMENT**

Teaching

(Summer 2006) Spring Leadership Summit, Experiential Education, Canyoneering, Survival, Backpacking, Mountain Biking, Outside Cooking, (Winter 2007) Basic Skills/Backpacking, (Summer 2007) Basic Skills/Backpacking, Spring Leadership Summit, Leadership, Experiential Education, Risk Management, Canyoneering, Survival, Backpacking, Mountain Biking, Canoeing, Outside Cooking, (Fall 2007) Basic Skills/Backpacking, (Winter 2008) Basic Skills/Backpacking, (Summer 2008) Program Management, Basic Skills/Backpacking, Spring Leadership Summit, Leadership, (Fall 2008) Basic Skills/Backpacking, Canyoneering Teaching Assistant, (Winter 2009) Basic Skills/Backpacking, (Summer 2009) Accessible Recreation, Basic Skills/Backpacking, Experiential Education, Risk Management, Canyoneering, Survival, Backpacking, Mountain Biking, Outside Cooking, (Fall 2009) Rock Climbing, Canyoneering Teaching Assistant, (Winter 2010) Program Management, Experiential and Outdoor Education, (Summer 2010) Accessible Recreation, Basic Skills/Backpacking, Rock Climbing, Canyoneering, (Fall 2010) Event Planning and Management, Canyoneering Teaching Assistant, (Winter 2011) Program Management, Experiential and Outdoor Education, (Summer 2011) Accessible Recreation, Program Management, Basic Skills/Backpacking, Canyoneering, Rock Climbing, (Fall 2011) Research and Evaluation, Leisure in Society, (Winter 2012) Canyoneering, Basic Skills/Backpacking, (Summer 2012) Accessible Recreation, Basic Skills/Backpacking, Canyoneering, (Winter 2013) Accessible Recreation, Program Management, Basic Skills/Backpacking, Experiential and Outdoor Education, Assessment in Therapeutic Recreation, (Summer 2013) Basic Skills/Backpacking, Canyoneering, (Fall 2013) Basic Skills/Backpacking, (Winter 2014) Facility Management, Leisure in Society, (Summer 2014) Leisure in Society, (Fall 2014) Senior Comprehensive, Internship in Recreation, Leisure in Society, Accessible

Recreation,
(Winter 2015) Senior Comprehensive, Trends and Issues in Therapeutic
Recreation, Internship in Recreation, Introduction to Recreation, (Summer 2015)
Leisure in Society, Accessible Recreation, (Fall 2015) Senior Comprehensive,
Internship in Recreation, Introduction to Recreation Therapy, (Winter 2016) Senior
Comprehensive, Trends and Issues in Therapeutic Recreation, Internship in
Recreation, (Summer 2016) Accessible Recreation, Basic Skills/Backpacking,
(Fall 2016) Senior Comprehensive, Special Topics, Internship in Recreation,
Introduction to Recreation Therapy

Advisement

Leisure Studies-Approximately 35-50 undergraduate students are advised per semester.

Institution Service

Insight Magazine, College of Education and Professional Graduate Studies (2014-Current)

Committee Member

Center for Global Health Promotion (2014-Current)

Committee Member

Office of Student Judicial Affairs (2016-Current)

Confidential Advisor

PROFESSIONAL QUALIFICATIONS

Certified Therapeutic Recreation Specialist (CTRS)

- Completed all course work and certification test
- License: June 2014-June 2015; Renewed until 2016

CPR Certification

- American Red Cross
- September 2012-2014

Wilderness First Responder

- Wilderness Medicine Institute of NOLS (WMI)
- Certified in 2003; recertified in 2006, 2008, 2010, 2014

Single-Pitch Instructor Guide Training (2009)

- American Mountain Guide Association (AMGA)
- Learned teaching, training, and rescue techniques for climbing
- Reviewed updated industry standards for safety
- Location: Leavenworth, WA

Canoe Instructor Course: Level II

- American Canoeing Association (ACA)
- Certified: 2008; Recertification Course: 2012

Languages

- *Fluent: Portuguese*
- *Conversational: Spanish*

AWARDS AND

- Faculty Recognition Award, Brigham Young University-Idaho, July 2013

RECOGNITION

Faculty Recognition Award, Brigham Young University-Idaho, July 2013

Outstanding Graduate Scholarship, Utah's Recreation and Parks Association,
March 2010

Recipient of Graduate Fellowship Grant, Brigham Young University, March 2009

Certificate of Achievement Award, BYU-Idaho Recreation Leadership Dept.:
recognition of 500 hours of Outdoor Leadership course training and participation;
March 2004

REFERENCES

Steve Kugath, Ph.D.

Associate Professor: Brigham Young University-Idaho
251 Clarke Building
Rexburg, Idaho 83460- 0695
(208) 496-4710
kugaths@byui.edu

Ms. Yvonne Calvin

Assistant Professor: Grambling State University
GSU Box 4244
100 Facilities Drive
Grambling, LA 71245
(318)274-3758
calviny@gram.edu

Mark Widmer, Ph.D.

Associate Professor: Brigham Young University
W 433 TNRB
Provo, Utah 84604
(208) 422-3381
widmer@byu.edu

Kari Archibald, Ph.D.

Associate Professor: Brigham Young University-Idaho
259 Clarke Building
Rexburg, Idaho 83460-0695
(208) 496-4707
archibaldk@byui.edu