

FAMILY SCIENCE & HUMAN DEVELOPMENT

Department Newsletter

NOVEMBER 2025

Welcoming FSHD's Future Community Leaders



To welcome our Fall 2025 freshman cohort to the FSHD family, our faculty and staff "crashed" Dr. Steven Lee's *Interpersonal Relations* class in October. This was our opportunity to orient the students to the Family Science and Human Development Department, and introduce them to our people & resources. We came armed with pizza, cookies and lots of FSHD merch!



Department Chair Dr. Lyndal Khaw greeted the students and encouraged them to actively engage with FSHD by networking with the faculty and following us on social media. While enjoying lunch, we spent time chatting with the students about their classes and career goals. ■



Department Chair's Corner

I hope everyone feels well and rejuvenated after your Fall break! It is hard to believe that we are now past the halfway mark in yet another engaging, busy, occasionally exhausting and (hopefully) mostly fun semester.

In my 15 years of professor-ing at Montclair, the Fall semester always seems busier yet slower at the same time. We're all just trying to make it to the end of the year. But I hope Fall 2025 has been a good one so far, as you find new opportunities to learn and grow from, make new friendships, and discover new things about yourself that you may not have known before. That is the true benefit of being in a vast and diverse campus as Montclair State University.



Dr. Lyndal Khaw

This November is another significant election year for New Jerseyans as I invite you to recognize the significance of Election Day. November 4th is more than a civics ritual—it is a reminder that each of us has a

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DATES TO REMEMBER

November 1

Daylight Saving Time ends—turn clocks back 1 hour

November 3

- Last day to Add/Drop in Session C
- [Application opens](#) for May 2026 graduation

November 4

Election Day—VOTE!

November 26-30

Thanksgiving Break

Sweet Treats for Student Appreciation Day



The Family Science and Human Development Department proudly participated in the university's Student Appreciation Week in October. Academic and administrative units across the university were invited to sponsor events to foster a sense of belonging among students, making them feel valued and connected.

To show our Red Hawks how much we appreciate and support them, FSHD and the Department of Kinesiology hosted a delicious spread of grab-n-go spread treats and beverages in our fourth floor suite in University Hall. The students loved all the scrumptious options — Italian pastries, muffins, cookies, wafers, pretzels, nuts, and lots of drinks. ■



Our Achievements

Dr. Lyndal Khaw was featured in a Montclair State University news article, [Course Meets Growing Demand for Trauma and Resilience Training](#) about a course the FSHD Department developed in collaboration with Rebecca Bryan, Executive Director of the New Jersey Division of Children and Families' Office of Resilience.



Dr. Pauline Garcia-Reid and **Dr. Robert Reid** were the featured speakers at a Community Advisory Board meeting sponsored by university President Jonathan Koppell, that spotlighted outreach by the College for Community Health. They spoke about the community impact of Project C.O.P.E. (Communities Organizing for Prevention and Empowerment) in Paterson, NJ. ■



Our Achievements

FSHD Researches Human Development across the Lifespan

During Montclair State University's fall break in October, six representatives from the Department of Family Science and Human Development attended the 2025 conference of the Society for the Study of Human Development in Lexington, Kentucky. FSHD scientists stress how research on human development across the lifespan has the potential to improve lives and make a difference in the human experience.

Themed *Developmental Science for the Public Good*, this year's conference showcased research with real-world applications, emphasized ethical community-engaged scholarship, and amplified innovative methods and underrepresented voices. Career development panels explored practical guidance for translating research for policymakers and journalists, applying for grants, and diversifying curricula to enhance accessibility and impact.

FSHD representatives participated in eight presentations, including "Advice from the *Research in Human Development Journal* Editors," a career panel featuring Professors Jennifer Urban and Miriam Linver. FSHD conferees also included doctoral students Jackie Novak, Anglin Thevaraja, and Yasmine Perry, and PhD alumna Tawanda Hubbard. ■



FSHD representatives attending the Society for the Study of Human Development conference in Lexington, Kentucky were (l to r) Tawanda Hubbard, Yasmine Perry, Dr. Miriam Linver, Dr. Jennifer Urban, Anglin Thevaraja, and Jackie Novak.



FSHD doctoral students (l to r) Jackie Novak, Yasmine Perry and Anglin Thevaraja presented a session on student perspectives.



FSHD Professors Miriam Linver and Jennifer Urban edit the organization's journal.

Meet Our Alumni

Major: Family Science & Human Development

Ava Aulisi

About Me

I serve as a career advisor, meeting with students one-on-one to explore and pursue post-graduation goals. As liaison to the School of Environmental and Biological Sciences (SEBS) at Rutgers, I support students in food, agriculture, animals, and the environment by working with faculty, staff, alumni, and campus partners to create tailored programs and events.

Favorite Part

No two days are ever the same, which keeps the work exciting and engaging. I love being able to connect with campus partners and students, and the most rewarding part is getting to do what I'm passionate about-coaching young adults as they explore their futures.



Class of '20

Advice For Students

Be curious and try new things! Get involved, ask questions, and take advantage of every opportunity-you never know what experience might guide you toward your passion.

Veterans Day

Honoring all those who served

Social Justice Initiatives

Healthcare and Dignity at Home

Home care, palliative care, and hospice organizations across the country work together each November to raise awareness about programs that provide pain management, symptom control, psychosocial support and spiritual care to patients and their families. These programs combine the highest level of quality medical care with emotional and spiritual support that families need most when facing a serious illness or dealing with end-of-life issues.

National Care at Home Month highlights the importance of care at home by recognizing the valuable contributions of providers, and inspiring outreach to communities, media, and policymakers. The goal of this movement, with the 2025 tagline *One Voice for Care at Home*, is for all those who are aging or living with serious illness to have access to high-quality, person-centered healthcare wherever they call home.

Each week in November celebrates a different type of care:

- **Hospice and Palliative Care** take a team-oriented approach to end-of-life care, focusing on pain management as well as emotional and spiritual support expressly tailored to patient and family needs and wishes.
- **Home Care** provides critical home-based care and living support services for individuals of all ages, helping them live full, independent, and connected lives in the comfort of home. It can include medical and non-medical support.
- **Home Health Care** includes medical and supportive services provided in a patient's home to help manage their health conditions, recover from illness or injury, or prevent hospitalization.
- **Medicaid Home and Community-Based Services** include home health, rehabilitation, transportation, nutrition, employment supports, and more. ■

Source: National Alliance for Care at Home


Social Justice Initiatives

Youth HOPE Month Prevents Runaways and Homelessness

Each year, an estimated 4.2 million young people between the ages of 13 and 25 experience homelessness in the United States. Many of them face unimaginable challenges — fleeing unsafe homes, sleeping on couches or in shelters, and struggling to meet basic needs.

Youth Homelessness Outreach, Prevention, and Education (HOPE) Month—formerly Runaway Prevention Month—is a powerful opportunity to shine a light on youth homelessness, spark conversations and take meaningful action to support youth in crisis. This outreach strives to raise awareness of runaways and the importance of prevention, as well as educate the public about how local communities and systems of care can work together to address youth homelessness.

On the streets, youth are at higher risk of violence, exploitation, addiction and mental health challenges. But it doesn't have to be this way. FSHD is helping to spotlight the programs and resources — such as the National Runaway Safeline — that empower young people to thrive and achieve safety, stability and wellbeing. ■



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LEARN MORE: **1800RUNAWAY.ORG**

NATIONAL RUNAWAY SAFELINE

With approximately 4.2 million youth ages 13 to 25 experiencing homelessness every year, America is enduring a genuine youth homelessness crisis. The National Runaway Safeline (NRS) envisions an end to youth homelessness, and until that day, NRS is here to help.

The National Runaway Safeline is the national crisis and communication system for runaway, homeless and at-risk youth. Since its founding in 1971, NRS works to keep America's runaway, homeless and at-risk youth safe and off the streets.

CRISIS INTERVENTION SERVICES

The NRS team connects with thousands of young people and their families at their most vulnerable moments. Research has shown that the majority of youth who contact NRS raise issues about family dynamics and abuse and neglect.

Crisis Services

NRS operates the 1-800-RUNAWAY hotline and online crisis services at 1800RUNAWAY.org, including live chat, email and forum. These free, confidential services are available 24 hours a day, 365 days a year. Trained volunteers and staff members provide non-directive and non-judgmental support to empower young people to devise an action plan to ensure their safety and well-being.

Resource Referrals

Utilizing the nation's largest database of agencies and services that support young people, NRS refers youth and families to local resources, such as shelters, mental health services, food pantries and more. Service providers are able to easily join the database via the NRS website at: 1800RUNAWAY.org/database.

Home Free Program

In partnership with Greyhound, the Home Free program reunites youth with their family or guardian through a free bus ticket home or to another safe living arrangement.

Mediation and Message Service

NRS helps reestablish healthy lines of communication for youth and their parents/guardians through mediated conference calls and a message service.

PREVENTION AND EDUCATION

Preventing youth from ending up on the street is at the heart of the National Runaway Safeline's work. NRS offers educational resources and trainings to ensure service providers, educators and communities are equipped to support youth in crisis.

Educational Materials

NRS provides free educational materials, such as brochures, posters and bookmarks, to individuals, schools and organizations to distribute within their community. All materials may be ordered or downloaded at 1800RUNAWAY.org.

Training Sessions

Using the latest trends and research, NRS offers comprehensive workshops to organizations and service providers. Trainings have been conducted for child welfare organizations, county juvenile court and correction systems, professional conferences and more. Topics include:

- Youth Running from Care
- NRS' Trauma Sensitive Solution-Focused Crisis Intervention Model
- Effective Volunteer Program Development and Management
- Let's Talk: Runaway Prevention Curriculum

Webinars

NRS conducts webinars on topics related to runaway and homeless youth. All webinars are accessible to service providers and the public on our website.

Let's Talk: Runaway Prevention Curriculum

This curriculum is a free, interactive tool that helps communities teach youth critical problem-solving skills, build resiliency and be aware of their available support systems in order to safely address their needs before a crisis escalates. This curriculum is available to download in both English and Spanish on our website.



1-800-RUNAWAY

1800RUNAWAY.org



Department Chair's Corner

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voice and a role in shaping our shared future. As a proud immigrant who received my citizenship three years ago, I never take my right to vote for granted. Showing up to the polls and voting are meaningful acts of com-

munity participation and democratic stewardship. There is much at stake impacting the lives of children, families, and communities, and I hope for those of you eligible to vote, you will go out there and exercise your right to vote!

ELECTION DAY

11-4-2025

**Your VOTE is
Your VOICE.
Be Heard!**

As we get closer to wrapping up the year, in the spirit of this season, I do want to thank everyone in our FSHD family (staff, faculty, and students alike) for your efforts and dedication to making FSHD the warm and welcoming community that it is. I know that motivation doesn't always come easy these days, especially when we see so many demotivating instances of injustices happening all around us. But when we continue to show up for each other and for the communities we serve, and we hold the mission of FSHD, I sincerely believe we will all be stronger together.

Wishing everyone a wonderful rest of the Fall semester. May this November bring you meaningful connection, purposeful action, and thankful reflection! ■

Career & Internship Insights

Have You Locked Down Your Internship?

All FSHD seniors in the Family & Human Services concentration who are planning to complete *FSHD 409 - Internship* in the Spring 2026 semester should have met with a career advisor by now.

Internship Experience requests should be submitted on Handshake by December 15.



If you haven't met with an advisor to get the process started, make an appointment today on [Handshake](#) or email CCHLcareer@montclair.edu. ■



Family Science and Human Development

University Hall 4130/4144
(973) 655-4171
FSHD@montclair.edu
[FSHD Website](#)

Dr. Lyndal Khaw, Chair
Lisa Mills, Newsletter Editor



@FSHDmontclair



@ Family Science & Human
Development at Montclair
State University

Department of Family Science and Human Development
and Montclair Students Council on Family Relations



DIAPER COLLECTION DRIVE



**COLLECTION DATES:
OCTOBER 29 - NOVEMBER 14**



DROP-OFF LOCATIONS

 **University Hall**
Suites 1160, 1170, 4130

Family Science and
Human Development
College for Community Health

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babies staying in Turning
Point Community Services
Emergency Shelter in
Irvington. (Open packages
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For More Information : 973-655-4171 or email fshd@montclair.edu