***Michelle M. (Montang /Hall) Roling***

**EDUCATION & CERTIFICATIONS**

Certified Eating Disorder International Association of 2020

Specialist-Consultant Eating Disorder Professionals

Certified Tele-Mental Zur Institute Certification 2020

Health

Body Project Trained Facilitator 2018

Training

Health for EveryBody Specialized Certification 2017

Trained Facilitator

Certified Eating Disorder International Association of 2009

Specialist Eating Disorder Professionals

Mental Health                         State of Iowa                                                2002

Counselor Licensure

Master of Education               Iowa State University, Ames, IA                          2000

                                                Educational Leadership & Policy Studies

                                                7th Grade-College Educational Counseling

                                                Magna Cum Laude

Bachelor of Science               Simpson College, Indianola, IA                           1994

                                                K-12 Music Education – Cum Laude

Education Abroad                  European Performance & Cultural Immersion     1987

                                               University of South Dakota, Brookings, SD

**SPECIALIZED/INTENSIVE TRAININGS**

MHFA Facilitator Mental Health First Aid Facilitator 2023

QPR Facilitator Question Persuade Refer Facilitator 2021

EMDR I-II Compassion Works Therapy 2021

Green Dot Facilitator Green Dot Violence Prevention Facilitator 2019

Body Project Facilitator Training 2018

**UNIVERSITY COUNSELING CENTER EXPERIENCE**

***Student Counseling Services (SCS), Iowa State University, Ames, Iowa***

***Supervisor: Kristen Sievert Ph.D.***

**Assistant Director ISU SCS/ Outreach Director**  **2021- current**

* Work with the SCS Director to plan & oversee the SCS fiscal health including preparing & submitting the departmental budget; planning for changing staffing needs; proposing necessary physical changes such as remodeling & furnishing updates; & responding to staff needs or requests as well as events affecting the counseling center
* Function as the in-house director of the department in support of or absence of the Director & Associate Director(s) or as requested. Attend the Senior Vice President for Student Affairs Cabinet Meetings & other University meetings or functions in the absence of the absence of the Director & Associate Director(s) or as requested
* Further the effective administration of SCS as part of the Leadership Team. Attend weekly leadership team meetings to creatively plan for the most effective use of limited SCS resources. Collaborate with other Leadership Team members to determine a course of action in sensitive matters which affect the entire department.
* Create & communicate SCS policies & big-picture decisions of the entire staff to promote maximum understanding & cooperation between SCS services & outreach services
* Serve on SCS or ISU search committees or other University committees as appointed
* Coordinate & partner with the leadership departments within the Student Health & Wellness unit on projects to support center & outreach services
* Communicate & meet regularly with campus partners (ie. academic departments) to develop effective & mutually beneficial partnerships in supporting the success of ISU students, SCS clinical services, & SCS outreach service
* Provide special support & assistance to the SCS Director as requested; for example, assist in preparing proposals, writing reports, producing presentations to meet the needs of the Director
* Assist the SCS Director with special projects & produce specialized reports as needed
* Attend staff meetings & other SCS committee meetings & provide leadership to outreach & networking opportunities within & outside the University
* Clinically supervise unlicensed staff members preparing for licensure, temporary staff who may not be licensed, as well as trainees as assigned
* Provide administrative oversight of the entire outreach program at SCS. Direct & manage the daily operations of outreach & consultation provided by SCS
* Create strategic plans & long-range goals for SCS outreach programming to engage with the campus community.
* Plan & organize all aspects of outreach policies & procedures within the department. Review procedures regularly & revise & update procedures as needed. Provide clear communication to staff regarding any changes. Complete a full review of the outreach manual each summer & update for the upcoming academic year.
* Create, update & direct outreach content material such as: presentations, social media, brochures & awareness events.
* Provide outreach services to meet campus needs.
* Provide leadership & oversite of the Suicide Prevention Coordinator in planning awareness events such as Out of the Darkness Walk & Field of Memories.
* Develop an outreach request system & oversee the process of staff signing up to complete outreach requests.
* Develop & revise strategies to track SCS outreach data including unique student contacts. Consolidate information & report monthly as part of the department scorecard.
* Chair the Outreach Committee, which meets regularly to assist the Assistant Director of Outreach in reviewing operational procedures as well as policy.
* Develop & provide program evaluation data for the SCS outreach program to the Director for preparation of integrated usage & outcome reports. Coordinate & partner with Student Affairs research & assessment units to accomplish department goals.
* Develop, implement & oversee internal Certified Education Unit (CEU) Training opportunities for SCS licensed staff. Oversee the CEU development process with interested presenters & collect required data needed from the Presenter/s. Organize & store data as set forth by the State of Iowa.
* Monitor the overall financial & staff time expenditures incurred by outreach services & provide reports as requested by the SCS Director.
* Manage financial expenditures for outreach services.
* Serve as liaison between staff, departments served, external agencies & University leadership.
* Develop outreach services fulfilling guidelines of American Psychological Association & the International Association of Counseling services.

***Student Counseling Services (SCS), Iowa State University, Ames, Iowa***

***Supervisor: Kristen Sievert Ph.D.***

**Eating Disorder (ED) Treatment Coordinator:**  **2020- current**

* Facilitate ED case conference for psychology interns
* Supervise ED psychology intern special emphasis area
* Crisis assessment & management
* Facilitate ED Mood, Food & You process group
* Supervise &/or consult on ED assessments completed at counseling center
* Facilitate & case manage individual clients
* Represent counseling center at university ED nutrition treatment team meetings
* Provide media interviews regarding ED trends & treatment
* Develop policy & procedures to offer: Certified Eating Disorder Specialist supervision, opportunity for ISU psychology interns.

**Senior Staff Counselor/special assignments 2017- 2020**

* Provide media interviews regarding mental health
* Consult campus wide as the eating disorder expert on campus
* Provide clinical services, crisis intervention, individual & group therapy
* Coordinate psychoeducation & debriefing services across campus
* Represent ISU as an organization on a variety community mental health board serving Ames, Story County & Iowa
* Student Health & Wellness Cluster Ambassador Advisor- supervision of peer educator volunteers for SCS

***Supervisor:  Christian Wimmer, Ph.D.***

**Outreach Coordinator  2016-2017**

* Provide media interviews regarding mental health
* Coordinate psychoeducation & debriefing services across campus
* Represent ISU as an organization on a variety community mental health board serving Ames, Story County & Iowa
* Clinical case load individuals at most risk to activate ISU systems given complexity of diagnoses

***Supervisor: Joyce Davidson, Ph.D.***

**Clinical Care Coordinator  2012-2016**

* Pilot project creation & development of ISU SCS Clinical Care Coordinator Position
* Clinical care oversite for students referred to outside services for long term care &/or higher level of care
* Create connection & collaboration with Ames & Des Moines community referral resources (outpatient & higher levels of care)
* Compile referral resource packet easing the process of connecting students with area providers
* Safety assessment & management for most severe mental health struggles on campus
* Liaison between student counseling & community/national providers
* Consultation & debriefing with ISU staff, faculty, parents following crises
* ISU SAFETY committee member
* Primary consultant for ISU PD/residence life for emergency mental health crises
* ISU consultation expert for ED cases campus wide
* Development & implementation of skill-based workshop curriculum
* Conceptual development for community coffee connection- CEU training offered by SCS for Ames Referral Resources
* Campus outreach communication of SCS services- departmental meetings, ISU Police Department trainings, academic advisor newsletters

***Supervisor: Terry Mason, Ph.D.***

**Eating Disorder Treatment Coordinator  2003-2012**

* Case Manage 10-16 clients weekly
* Supervise ED case conference
* Supervise ED intern concentration
* Team leader for clinical on-call/intake system
* Member of clinical committee
* Crisis management
* Facilitate ED treatment team consultation for ISU community
* Supervise practicum students in clinical psychology program

***Supervisor: Michelle Clark, Ph.D.***

**Senior Staff Counselor** **2002-2003**

* Case manages 10-15 clients weekly
* Eating disorder & substance abuse assessments
* Completed Licensure for Licensed Mental Health Counselor
* Administrative partner for clinical director – (Oversight for development & implementation of electronic inhouse scheduling system/updating SCS website data/creation of SCS marketing materials)
* Clinical supervision: Graduate Assistant, Practicum student & master’s Level Clinicians in training
* Co-Chair clinical committee

***Supervisor: Patricia Andersen, Ed. D.***

**Contract Counselor                                                                               2001-2002**

* Case managed 8-15 clients weekly
* Utilized & interpret assessments
* Consulted with SCS staff, ISU parents, campus community, & Dept. of Public Safety
* Covered On-call clients in crisis
* Assisted with crisis management
* Performed client in-take screenings
* Facilitated community referrals
* Accrued time to become a Licensed Mental Health Counselor
* Worked with individual supervisor a minimum of 90 minutes a week
* Worked within an eclectic, brief focused theoretical perspective

**Walk-In Counselor-full time                                                                   2000-2001**

* Assisted clients with career questions & exploration
* Connected clients with appropriate resources
* Created an SCS career exploration web site
* Updated files & resources
* Facilitated successful career open houses

**NON-UNIVERSITY COUNSELING EXPERIENCE**

**Private Practice- Sharing is Healing**                               **2006-present**

* Facilitate individual, group, couples & family therapy
* Case managed 14-17 clients

**Adolescent Intensive** **Outpatient Program**                      **2003-2006**

Mary Greeley Medical Center

**Therapist                          *Supervisor: Jody Kapustka ARNP***

* Case managed up to 8 students
* Facilitate family therapy
* Lead group psycho- educational format
* Organize parent group meetings
* Participated in treatment team meetings & decisions
* Assist students from transitional settings into longer term living arrangements

**M. Ed. Practicum**Ames Middle School, Ames, IA               **2000**

***Supervisors:***

***Scott Rix-Ames Middle School & Jan Kuhl-ISU***

**Parent-to-Parent**                    Cystic Fibrosis Foundation & Clinics               **1996-2004**

**GROUP COUNSELING**

**Eating Disorders/** Sharing is Healing **2005-current**

**Body Image** Facilitator

* Therapeutic process group
* Those struggling with eating disorders various severity outpatient-residential care

**Eating Disorders**Student Counseling Services                              **2003-2013**

Iowa State University, Ames, IA

                                                Facilitator

* Therapeutic process group
* Students struggling with eating disorders various severity outpatient-residential care

**Women’s Self-Esteem**Student Counseling Services                              **Spring 2003**

                                                Iowa State University, Ames, IA

                                                Co-Facilitator with Jennifer Sikute, Ph.D.

* Therapeutic process group
* Focus: self-esteem, positive coping mechanisms, relationships

**Eating Disorders**Student Counseling Services                               **Fall 2002**

Iowa State University, Ames, IA

                                                Co-Facilitator with Jennifer Sikute, Ph.D.

* Psychoeducational group
* Students struggling with eating disorders who have not had inpatient treatment

**Depression**                             Student Counseling Service                                **Spring 2002**

                                                Iowa State University, Ames, IA

                                                Co-facilitator with Kathy Bieschke, Ph.D.

* Therapeutic process group
* Focus: psychotropic medications, positive coping mechanisms, self-esteem

**Grief**                                       Student Counseling Service                                **Fall 2001**

                                                Iowa State University, Ames, IA

                                                Facilitator

* Psychoeducational group
* Focus: stages of grief, processing emotion

**Adult Women’s**                      Student Counseling Services                              **Spring 2001**

Iowa State University, Ames, IA

                                                Co-facilitator with Patricia Andersen, Ed.D.

* Therapeutic process group
* Women graduate students ages 24-63
* Focus: depression, relationship concerns, phase-of-life concerns

**NOTEWORTHY CONFERENCE/OUTREACH PRESENTATIONS**

“Empowering Communities: Innovative Approaches to suicide Prevention on Campus Miniseries Segment 2: Field of Memories: Transforming Campus Culture through Suicide Prevention” Association for University College Counseling Center Outreach National Conference-Summer 2025

“Supporting your Cyclone’s Wellbeing” Webinar Iowa State University Parent and Family Services- Fall 2024

“No Clone Stands Alone” Iowa State Professional and Scientific Council Conference-Spring 2024

“Trauma and Race within Human Trafficking; The Power to HEAL” Iowa State Conference on Race and Ethnicity- Spring 2022

“Helping African American Women Recover from Negative Body Image & Eating Disorders –  
Understanding Impact of Intergenerational Trauma in the Kitchen”- Iowa Mental Health Counseling Association Annual Conference- Co-Facilitated with: Tara Ohrt, Avery Walker- Spring 2021

“Negative Body Image & Eating Disorders –NOT “White Issues”: Exploring Impact on   
Black Women” Iowa State University Conference on Race & Ethnicity- Co-Facilitated with Tara Ohrt, Avery Walker- Spring 2021

“Kiss BMI Goodbye: Breaking Up with Weight-Centered Approaches to Wellness” -Amy’s Gift & Eating Disorder Coalition of Iowa-Quad Cities Bi-Annual Eating Disorder Conference- Co-Facilitated with Sarah Stevens- Fall 2020

“Avoidant-Restrictive Food Intake Disorder” Unity Point Nursing Conference- Fall 2020

“Advocacy 101-How to Advocate for Yourself/Your Loved One”- Eating Disorder Coalition of Iowa & Nebraska Eating Disorder Professionals- Eating Disorder Conference of the Heartland- Co-Facilitated with Casey Tallent, Ph.D.- Omaha, NE, 2019

“Soul Paws Recovery Workshop”- Eating Disorder Coalition of Iowa & Nebraska Eating Disorder Professionals- Eating Disorder Conference of the Heartland- Co-Facilitated with Shannon Kopp- Omaha, NE, 2019

“Campus Eating Disorders Groups: Lessons Learned from Campus ED Providers Across the Country” Eating Recovery Center Webinar Training Co-Facilitated: Casey Tallent, PhD; Erin McGinty Fort, MS, MHA, LPC, CEDS-S; Nicole Matros, PsyD; Ashley Wilson, PsyD; Lara Edelstein, LGSW; Michelle Roling, LMHC, CEDS; & Jan Courtney, MA, MEd, LPC, CEDS.- National- 2019

“Propelling your Passion for Recovery into Outreach & Prevention Programming”- Eating Recovery Center 10th Conference- National—Denver, CO, 2018

“Let’s Talk about Mental Health”- Keynote- Gilbert Schools Mental Health Expo, 2017

“Working with Client’s Impacted by Eating Disorders”- Eating Disorder Coalition of Iowa Conference, 2017

“Eating Disorders 101” Eating Disorder Coalition of Iowa Regional Outreach, South East IA, 2017

“Eating Disorders in School- What is my Role?” Iowa School Counselor Association Conference, 2016

“Clinical hazards of treating individuals who have more already completed intensive treatment— & tools to avoid a future crash!”- Heartland & International Association of Eating Disorder Professionals Training Co- Presented: Leiran, C., Lindel, L., 2014

“When Words Aren’t Enough” International Association of Eating Disorder Professionals –the organization’s initial webinar, - National-June 2013

“Weighty Conversations: Discussing Weight with Youth” Society of Nutrition Educators Annual Conference-Empowering the Nutrition Gatekeepers: from Parents to Products to Policy: Co presented with: B Lohse, ME, C. Leiran, Summer 2011

“Sizeism- Living Large in Today’s Culture” Indian Hills Conference- Many Faces, One Vision: Diversity, Equality, Education, 2011

“ED 101 What is YOUR Role?” Iowa School Counselors Association Conference, 2011

“You’re Doing What? Understanding Self-Harming Behaviors, Understanding How to Help Those Struggling” Risky Business Youth Staying Strong Conference, 2009

“A New Twist on the Treatment Team”- Renfrew Center Conference Poster Presentation-November 2006

**BOARDS, COMMITTEES, ADVOCACY**

**Co-Founder Eating Disorder Coalition of Iowa 2010-present**

* Started 501 ©3 nationally registered non-profit organization
* Filled role of president for the first 5 years
* Active Board Member first 10 years
* Outreach on a statewide & national level, solicited sponsorship dollars
* Nationally recognized as one of the strongest advocacy & professional training organizations across the country
* Created & maintained websites, social media, marketing materials
* Recruited board members & volunteers to serve organization
* Engaged with press & media on all formats
* Provided CEU training & presentations through multiple modalities & all sized audiences

**Story County Mental Health Expo Committee Member /Co-Chair 2017-2020**

* ISU Inaugural Committee Member & Campus Host
  + ISU members: SCS, Student Government, TSHC, Wellness, ISU PD. Ames: Ames PD, Central Iowa Psychological Services, Youth Standing Strong, Eyerly Ball, MGMC, McFarl& Clinic, Lutheran Social Services, Community & Family Resources, Primary Health Care
* Expansion of event to include Resource Fair, Professional Lunch & Learn & Headline Presentation
* Created & maintained: social media platforms

**Ames Crisis Planning & Response Committee Member 2016**

* + Series of meetings & conversations to explore potential Crisis Services & Response for Ames/Story County
  + Hosted by MGMC- outcome was new mental health rooms in Emergency Department
  + Increased Ames PD Mental Health Liaison Hours
  + Exploration of & development of Mental Health Mobile Unit
  + Documentation coordination & updating of policy, consents etc.

**Federal Drug Administration Hearing Testimony, DC 2015**

* + Selected to testify at the FDA Committee Hearing exploring the approval of a life changing modulator medication for Cystic Fibrosis Patients
  + The medication was approved, & the life span of CF patients has doubled

**Ames Crisis Line Resource Committee Chair 2015**

* + Organized & facilitated dialogues between campus & community partners to explore unified crisis line use/text line
    - MGMC Hospital, Ames PD, ISU PD, McFarl& Clinic, Youth Standing Strong, Eyerly Ball, Community & Family Resources, Story County Sheriff, Asset- County resources, Dean of Student’s Office, TSHC, Primary Health Care
  + Series of meetings & conversations to synthesize crisis response across Ames

**Story County Mental Health Services Committee Member 2014-2017**

* + Hosted by Story County Sherriff, collaboration of services & updates: ISU PD, Ames PD, Story County Legal Representatives

**State of Iowa Department of Health Advisory Board 2000-2003**

* + Cystic Fibrosis (CF) newborn screening – parent representative
  + Research, advocate & gained approval for all babies in Iowa to be tested for CF at birth

**Cystic Fibrosis Awareness-Throughout the State of Iowa                           1996-2018**

* Present information in groups involving 5-500 participants
* Facilitate an in-depth explanation about CF, the disease, its effects & the reality of living with CF, as a parent of a CF patient

**UNIVERSITY OUTREACH**

**Body Image & Eating** **Disorder Awareness Student Organization 2013- 2019**

* Faculty Advisor Eating Disorders Services Programs

**Eating Disorders                                                                                             2002- present**

* Body acceptance
* How to help a friend
* Eating Disorders Service Programs
* ED 101- Training for pre professionals
* Eating Disorders Awareness Week across ISU campus & Iowa State University
* Nationally Recognized Speakers
* Helping African American Women Recover from Negative Body Image & Eating Disorders

**Clinical Outreach                                                                                           Fall 2001-present**

* Training for other ISU professionals
* Suicide prevention including Respond Trainings
* Student Counseling Services programs
* Chair of the clinical outreach team
* Created a series of quickstep workshops

**Freshman Orientation – Incoming ISU students & parents                  Summer 2001-2018**

* Developed presentations on career exploration, career processes & parent transition
* Created visual aids
* Organized appropriate resources
* Facilitated presentations on career exploration & parent transition
* Presented Student Counseling & our services to parents

**SPECIAL Recognition & OPPORUTITIES- Iowa State University**

**Curated Art Exhibit - reAct 2020**

* *Body Image Conflict: From Hostility to Harmony*
* Selection of all works
* Authored therapeutic interpretations for all pieces

**Cardinal Womyn\* Program 2020**

* Program is a growth opportunity specifically for women\* who are ISU Faculty & Staff.
* Discussions designed to foster leadership development, goal orientation & purpose in their personal & professional spheres

**ISU Women Impacting ISU Calendar 2019**

* 12 women are selected annually since 2007
* Honorees have distinguished themselves through their accomplishments & impacted Iowa State through service to their unit/ broader campus audience/ in the classroom & through community relationships, inspiring women of all generations

**EVENT PLANNING EXPERIENCE**

* Group events range from 3 to 500 attendees
* Fundraising events
* Advocacy & awareness events- short program to full weekend
* Professional CEU, in person conferences, 1-3 days in length
* Resource Fairs
* Virtual conferences
* Hybrid conferences with attendees in many locations across the state
* On dem& CEU trainings.
* Lunch & Learns
* Logistical needs: facility selection for space, overnight accommodation, collaboration with facility to ensure smooth event
* Securing event sponsorships & partnerships to meet fiscal expenditures associated with event
* Arranging expert speakers/presenters/entertainment
* Food Service/ Hospitality- nutrition needs of guests
* Marketing via all modalities: Television, Newspapers, Radio Broadcasting, Newsletters, Social Media platforms
* Registration for multiple disciplines, individual accommodation & special requests
* Speaker/sponsor recognition advance dinner
* Detailed ambiance- background musicians, lighting, themes
* Visual media for events
* IT Service
* Volunteer coordination - from recruitment, through event set up/tear down including volunteer appreciation gifts/acknowledgment
* CEU applications/tracking/certificates for multiple disciplines

**PUBLICATION**

Bassler, E., Welch, A., Franke, W., **Roling, M**. (2011). The Effect of a Nondiet Educational Approach on Dietetic Students' Eating Attitudes & Behaviors. *Journal of Nutrition Education & Behavior*, Volume 43, Issue 4, Supplement 1, Page S23, ISSN 1499-4046,

https://doi.org/10.1016/j.jneb.2011.03.074.

(<https://www.sciencedirect.com/science/article/pii/S1499404611001680>)

**PROFESSIONAL ON-SITE TREATEMENT CENTER VISITS/ CONNECTIONS**

* Eating Recovery Center, CO
* ACUTE, CO
* Pathlight-formerly Insight Behavioral Health, IL
* Timberline Knolls, IL
* Roger’s Behavioral Health, WI
* Alsana-Formerly, Castlewood, MO
* Monte Nido, MA
* Oliver Pyatt, FL
* Renfrew Center, PA
* Rosewood Treatment Centers, AZ
* The Meadows-formerly Remuda Ranch, AZ
* The Emily Program, MN
* Melrose Center, MN
* McCallum Place, MO
* Laureate/St. Francis Health System, OK
* Center for Discovery, IL
* The Ranch, TN
* Carolina House, SC

**INSTITUTIONAL & NATIONAL TESTING EXPERIENCE**

***Student Counseling Services, Iowa State University, Ames, IA***

***Trainer: Janet Croyle, M.Ed., N.C.C.***

**Supervisor for National Exams**                                                                     **Spring 2001-2003**

* Observed students during testing
* Answered students’ questions
* Organized & sorted materials
* Maintained strict national testing security for validity of test
* Attended training regarding test security & guidelines

**Interim Testing Coordinator                                                                 May 2001-2003**

* Computer based Testing Training & Administration at a National & Institutional Computer Based Testing Center.
* Assisted with startup procedures for the day
* Checked in clients as they arrive
* Registered clients for testing at a later date or on a walk-in basis
* Consulted with University departments regarding departmental tests
* Committee member to investigate on-line math placement tests
* Implemented new organizational format for scheduling paper-based tests
* Assisted with hiring & training of new staff
* Co-facilitated staff retreat & training for 2001-02 school year
* Supervised testing staff

**Test Center Administrator Certification                                                      July 2001-2015**

**Prometric Testing Center**