

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

## **EDUCATION & CERTIFICATIONS**

Certified Eating Disorder Specialist-Consultant	International Association of Eating Disorder Professionals	2024
Certified Eating Disorder Specialist-Supervisor	International Association of Eating Disorder Professionals	2020
Certified Tele-Mental Health	Zur Institute Certification	2020
Body Project Training	Trained Facilitator	2018
Health for EveryBody	Specialized Certification Trained Facilitator	2018
Certified Eating Disorder Specialist	International Association of Eating Disorder Professionals	2009
Mental Health Counselor Licensure	State of Iowa	2002
Master of Education	Iowa State University, Ames, IA Educational Leadership and Policy Studies 7 <sup>th</sup> Grade-College Educational Counseling Magna Cum Laude	2000
Bachelor of Science	Simpson College, Indianola, IA K-12 Music Education – Cum Laude	1994
Education Abroad	European Performance and Cultural Immersion University of South Dakota, Brookings, SD	1987

## **SPECIALIZED/INTENSIVE TRAININGS**

MHFA Trainer	Adult Mental Health First Aid Trainer	2023
QPR Trainer	Question Persuade Refer Facilitator/Trainer	2022
EMDR I-II	Compassion Works Therapy	2021

## **UNIVERSITY COUNSELING CENTER EXPERIENCE**

*Student Counseling Services (SCS), Iowa State University, Ames, Iowa*  
*Supervisor: Kristen Sievert Ph.D.*

**Assistant Director of Outreach, Sr. Staff Clinician:** **2021- current**

- Oversee entire outreach program and logistics: coordination of details for large awareness events on campus, oversight of outreach presentations, creation and oversight of outreach data collection, Lead Outreach Committee, ensure scheduling of critical services to the campus community; collaborate and interact with external media; social media; web site content;
- Represent SCS perspectives and offer input for campus wide mental health initiatives such as: JED Foundation; Cyclone Support; Parks Library Partnership; H & W Unit Communications Committee
- SCS Leadership Team
- Supervise Psychology Practicum & Graduate Assistance Clinical work
- Crisis assessment & management
- Team Lead for clinical intakes
- Facilitate & case manage individual clients

**Eating Disorder (ED) Treatment Coordinator:** **2020- 2021**

- 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 and treatment
- Develop policy & procedures to offer: Certified Eating Disorder Specialist supervision, opportunity for ISU psychology interns.
- Create, Market & Present Outreach Conference Presentations Regarding Recovery for BIPOC Individuals

**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 and group therapy
- Coordinate psychoeducation and debriefing services across campus
- Represent ISU as an organization on a variety community mental health boards serving Ames, Story County & Iowa
- Eating Disorder Awareness Week Campus Organizer- daily awareness events, coordinated mass media, Campus, Community, State, Regional, National Sponsorships
- Student Health & Wellness Cluster Ambassador Advisor- supervision of peer educator volunteers for SCS
- Cardinal Women\* Cohort (2020)

- Women Impacting ISU Calendar Honor (2019)

*Supervisor: Christian Wimmer, Ph.D.*

**Outreach Coordinator**

**2016-2017**

- Provide media interviews regarding mental health
- Coordinate psychoeducation and debriefing services across campus
- Represent ISU as an organization on a variety community mental health boards serving Ames, Story County & Iowa
- Clinical case load individuals at most risk to activate ISU systems given complexity of diagnoses
- Eating Disorder Awareness Week Campus Organizer- daily awareness events, coordinated mass media, Campus, Community, State, Regional, National Sponsorships
- Provide clinical services, crisis intervention, and individuals

*Supervisor: Joyce Davidson, Ph.D.*

**Clinical Care Coordinator**

**2012-2016**

- Pilot project creation and development of ISU SCS Clinical Care Coordinator Position
- Clinical care oversight for students referred to outside services for long term care &/or higher level of care
- Create connection and collaboration with Ames & Des Moines community referral resources (outpatient & higher levels of care)
- Compile referral resource packet easing process of connecting students with area providers
- Safety assessment and management for most severe mental health struggles on campus
- Provide clinical services, crisis intervention, and individuals
- Liaison between student counseling and community/national providers
- Consultation and 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 and implementation of skill-based workshop curriculum
- Conceptual development for community coffee connection- CEU trainings offered by SCS for Ames Referral Resources
- Campus outreach communication of SCS services- departmental meetings, ISU Police Department trainings, academic advisor newsletters
- Eating Disorder Awareness Week Campus Organizer- daily awareness events, coordinated mass media, Campus, Community, State, Regional, National Sponsorships

*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
- Certified Eating Disorder Specialist granted by the International Association of Eating Disorder Professionals (2009)
- Co-Founder Eating Disorder Coalition of Iowa 501 ©3 (2009)
- Initiated, developed & implemented a service-learning arrangement with Kinesiology & Departments pairing up advanced students to offer movement interventions for SCS clients
- Expanded a service-learning arrangement with Food Science and Human Nutrition Departments pairing up advanced students to offer nutrition interventions for SCS clients
- Provide clinical services, crisis intervention, and individuals
- CNN Fit Nation Campaign panelist with Dr. Sanjay Gupta (2006)
- Co-Instructor Iowa State University Psychology Department Practicum One Class with Dr. Wei (2006)
- Iowa State Athletics Subcommittee Member incorporating NCAA's Eating Disorder Olympic Guidelines (2006)
- Walk in ISU Athlete walk in services (2005)
- Veterinary Medicine Department on site therapy
- Eating Disorder Awareness Week Campus Organizer- navigation of event logistics including facilities, catering, program development, honorary guests, daily awareness events, coordinated mass media, campus, community, state, regional, national sponsorships, recruitment and coordination of volunteers, resource fairs,
- Collaboration and relationship development with community, state, regional and national treatment referral providers

*Supervisor: Michelle Clark, Ph.D.*

**Senior Staff Counselor**

**2002-2003**

- Case manage 10-15 clients weekly
- Eating disorder and substance abuse assessments
- Completed Criteria for Licensed Mental Health Counselor
- Administrative partner for clinical director – (Oversight for development & implementation of electronic in-house scheduling system/updating SCS website data/creation of SCS marketing materials)
- Clinical supervision: Graduate Assistant, Practicum student & Master's Level Clinicians in training
- Provide clinical services, crisis intervention, and individuals
- Co-Chair clinical committee

*Supervisor: Patricia Andersen, Ed. D.*

**Contract Counselor**

**2001-2002**

- Case managed 8-15 clients weekly
- Utilized and interpret assessments
- Consulted with SCS staff, ISU parents, campus community, and Dept. of Public Safety
- Covered On-call clients in crisis
- Assisted with crisis management
- Performed client in-take screenings

- Facilitated community referrals
- Provide clinical services, crisis intervention, and individual counseling
- 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
- Instructor Iowa State University Veterinary Medicine 490- Developing Clinical Communication and Listening Skills (Bedside Manner for Veterinarians)

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

- Assisted clients with career questions and exploration
- Connected clients with appropriate resources
- Created an SCS career exploration web site
- Provide clinical services, crisis intervention, and individual counseling
- Updated files and resources
- Facilitated successful career open houses

**NON-UNIVERSITY COUNSELING EXPERIENCE**

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

- Facilitate individual, group, couples and family therapy
- Case manage 14-17 clients

**Adolescent Intensive Outpatient Program** Mary Greeley Medical Center **2003-2006**

**Therapist** Supervisor: Jody Kapustka

- Case manage up to 8 students
- Facilitate family therapy
- Lead group psycho- educational format
- Organize parent group meetings
- Participate in treatment team meetings and decisions
- Assist students from transitional settings back into longer term living arrangements

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

Supervisors:  
Scott Rix-Ames Middle School and Jan Kuhl-ISU

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

**GROUP COUNSELING**

**Eating Disorders/ Body Image** Sharing is Healing  
Facilitator **2005-current**

- Therapeutic process group- Food, Mood & You
- Those struggling with eating disorders various severity outpatient to return from 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  
Iowa State University, Ames, IA  
Co-Facilitator with Jennifer Sikute, Ph.D.

**Spring 2003**

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

**Eating Disorders**

Student Counseling Services  
Iowa State University, Ames, IA  
Co-Facilitator with Jennifer Sikute, Ph.D.

**Fall 2002**

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

**Depression**

Student Counseling Service  
Iowa State University, Ames, IA  
Co-facilitator with Kathy Bieschke, Ph.D.

**Spring 2002**

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

**Grief**

Student Counseling Service  
Iowa State University, Ames, IA  
Facilitator

**Fall 2001**

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

**Adult Women’s**

Student Counseling Services  
Iowa State University, Ames, IA  
Co-facilitator with Patricia Andersen, Ed.D.

**Spring 2001**

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

**NOTEWORTHY CONFERENCE/OUTREACH PRESENTATIONS**

“Trauma and Race within Human Trafficking- The Power to Heal”- Iowa State University Conference on Race and Ethnicity- Co-Facilitated with: Alissa Stoehr, Ph.D. 2023

“Adverse Childhood Experiences, The Impact on US” Iowa State University College of Veterinary Medicine Mental Health Symposium, 2022

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

“Negative Body Image and 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; and Jan Courtney, MA, MEd, LPC, CEDS.- National- 2019

“Propelling your Passion for Recovery into Outreach and Prevention Programming”- Eating Recovery Center 10<sup>th</sup> 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?” IA School Counselor Conference, 2016

“Clinical hazards of treating individuals who have more completed intensive treatment needs—and 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 Standing 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 and national level, solicited sponsorship dollars
- Nationally recognized as one of the strongest advocacy & professional training organizations across the country
- Created and maintained websites, social media, marketing materials
- Recruited board members and volunteers to serve organization
- Engaged with press and media on all formats
- Provided CEU trainings and presentations through multiple modalities and 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, McFarland Clinic, Lutheran Social Services, Community and Family Resources, Primary Health Care
- Expansion of event to include: Resource Fair, Professional Lunch & Learn & Headline Presentation
- Created and maintained: social media platforms

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

- Series of meetings and conversations to explore potential Crisis Services and 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 and development of Mental Health Mobile Unit
- Documentation coordination and updating of policy, consents etc.

### **Federal Drug Administration Hearing Testimony 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, and life span of CF patients has doubled



**Ames Crisis Line Resource Committee Chair** **2015**

- Organized & facilitated dialogues between campus and community partners to explore unified crisis line use/text line
  - MGMC Hospital, Ames PD, ISU PD, McFarland 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 and conversations to synthesize crisis response across Ames

**Story County Mental Health Task Force Committee Member** **2014-2017**

- Hosted by Story County Sherriff, collaboration of services and 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 and 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, it’s effects and 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 and Iowa State University
- Nationally Recognized Speakers
- Helping African American Women Recover from Negative Body Image and Eating Disorders

**Clinical Outreach** **Fall 2001-present**

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

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

- Developed presentations on career exploration, career process and parent transition
- Created visual aids

- Organized appropriate resources
- Facilitated presentations on career exploration and parent transition
- Presented Student Counseling and our services to parents

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

**Cardinal Women\* Program Facilitator** 2021

**Cardinal Women\* Program Member** 2020

- Women of excellence. Women\* of ISU.
- Program is a growth opportunity specifically for women\* who are ISU Faculty and Staff.
- Collaboration, Coordination and dialogue designed to foster leadership development, personal and professional goal development and increased professional confidence.

**Curated Art Exhibit - reAct** 2020

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

**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 from 3 to 500 attendees
- Fundraising events
- Advocacy & awareness events- short program to full weekends
- Professional CEU, in person conferences, 1-3 days in length
- Resource Fairs
- Virtual conferences
- Hybrid conferences with attendees in many locations across the mid-west
- On demand CEU trainings
- Lunch & Learns
- Logistical needs: facility selection for space, overnight accommodations, 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 accommodations & special requests
- Speaker/sponsor recognition advance dinner
- Detailed ambiance- background musicians, lighting, themes
- Visual media for event

- 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 and Behaviors. *Journal of Nutrition Education and 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>)

### **TEACHING**

Iowa State University Psychology Department Co-Taught Practicum One Class with Dr. Meifen Wei	2006
Iowa State University Veterinary Medicine 490- Developing Clinical Communication and Listening Skills (Bedside Manner for Veterinarians)	2002
South Tama Community School District K-8 Music Educator	1994

### **PROFESSIONAL ON-SITE TREATMENT 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 and sorted materials
- Maintained strict national testing security for validity of test
- Attended trainings regarding test security and guidelines

**Interim Testing Coordinator**

**May 2001-2003**

- Computer based Testing Training and 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 and training of new staff
- Co-facilitated staff retreat and training for 2001-02 school year
- Supervised testing staff

**Test Center Administrator Certification  
Prometric Testing Center**

**July 2001-2015**