

Michelle M. (Montang /Hall) Roling

EDUCATION & CERTIFICATIONS

Certified Eating Disorder Specialist-Supervisor	International Association of Eating Disorder Professionals	2020
Certified Tele-Mental Health	Zur Institute Certification	2020
Body Project Training	Trained Facilitatory	2018
Health for EveryBody	Specialized Certification Trained Facilitator	2017
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 th 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

EMDR I-II	Compassion Works Therapy	2021
Body Project	Facilitator Training	2018

UNIVERSITY COUNSELING CENTER EXPERIENCE

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

Eating Disorder (ED) Treatment Coordinator: 2020- current

- Supervise ED Case Conference for Psychology Interns
- Supervise ED Psychology Intern Special Emphasis Area
- Crisis 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 treatment team meetings
- Media interviews regarding ED trends and treatment
- Develop policy Certified Eating Disorder Specialist Supervision Opportunity for Psychology Interns.

Senior Staff Counselor: January 2017- 2020

- Media interviews regarding mental health
- Eating Disorder Training & expert consultant campus wide
- Clinical case load 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
- Student Health & Wellness Cluster Ambassador Advisor- peer educator volunteers for SCS

Supervisor: Christian Wimmer, Ph.D.

Outreach Coordinator

2016-2017

- 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

Supervisor: Joyce Davidson, Ph.D.

Clinical Care Coordinator

2012-2016

- Pilot for and development of ISU SCS Clinical Care Coordinator Position
- Clinical care oversight for students referred to outside services
- Development of Ames & Des Moines Referral Resources Packet
- Safety assessment and management for most severe mental health struggles on campus
- Liaison between student counseling and outside providers
- Consultation and debriefing with ISU staff/faculty, parents
- ISU SAFETY Committee
- 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 PD 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 manage 10-15 clients weekly
- Eating Disorder and Substance Abuse assessments
- Completed Licensure for licensed Mental Health Counselor
- Administrative Assistant for Clinical Director
- 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
- 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 and exploration
- Connected clients with appropriate resources
- Created an SCS Career Exploration Web site
- Updated files and resources
- Facilitated successful career open houses
- Updated files and resources

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
- Those struggling with eating disorders various severity outpatient-residential care

Eating Disorders

Student Counseling Services
Iowa State University, Ames, IA
Facilitator

2003-2013

- 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 **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

“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, Avery Walker- 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 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—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 –their Initial Webinar, 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

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, 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, 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 Services 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 Newborn Screening – Parent Representative

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 **Summer 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

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 and Staff.
- Discussions designed to foster leadership development, goal orientation and purpose in their personal and 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 from 3 to 500 attendees
- Fundraising events
- Advocacy & Awareness Events
- Professional Conferences 1-3 days in length
- Resource Fairs
- Virtual conferences
- Lunch & Learns
- Facility: selection of space, overnight accommodations, nutrition needs of guests, collaboration with staff to ensure smooth event
- Securing sponsorships & partnerships to meet fiscal needs
- Arranging speakers/presenters/entertainment
- Food Service/ Hospitality
- Marketing via all modalities: Television, Newspapers, Radio Broadcasting, Newsletters, Social Media platforms
- Registration
- Speaker/sponsor recognition advance dinner
- Detailed ambiance- background musicians, lighting, themes
- Visual media for event
- IT Service
- Volunteer- from recruitment to appreciation
- CEU applications/tracking/certificates

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>)

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