

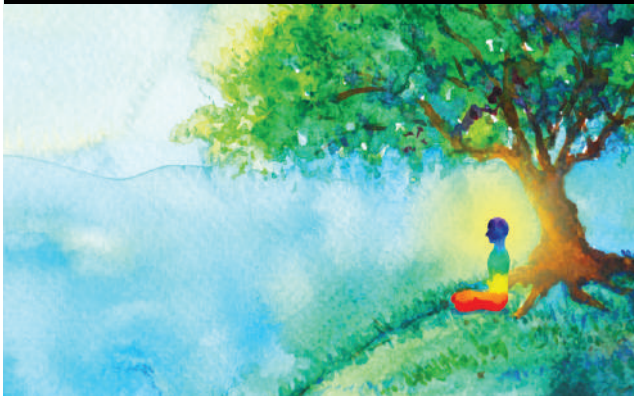


WE'RE **NATIONALLY KNOWN**, BUT **LOCALLY FOCUSED**

Kindred delivers interprofessional clinical services to support patients and manage their care across the continuum with over 2,000 locations in 47 states. Whether this treatment takes place in a hospital, rehabilitation unit, or a home health setting, Kindred's clinical care consistently exceeds national benchmarks. The SPOTon newsletter is our way of informing, recognizing and celebrating the students who will form the future healthcare community.

LIT REV-U

page 2 »



CATCH US ON THE ROAD UPCOMING EVENTS

page 7 »



QUOTES OF THE QUARTER

page 6 »







FROM STUDENT TO NEW HIRE

page 4 »

Find Us:

www.kindredstudents.com

 @kindredhealthstudents
 @RHBstudents

 facebook.com/KindredStudentPrograms
 ScheduleYourClinical@kindred.com

LIT REV-U

Mindfulness in Higher Education: Current Needs and Applications

By Laura Dailey



Laura Dailey, Ph.D.,
Nursing Student
Programs Manager

Emerging adulthood (the period between 18-25 years) often includes such experiences as attending college and choosing a career path (Rogers, 2013). Such large transitions and choices inherently cause stress, anxiety and depression among the college student population (Rogers, 2013). High levels of stress, anxiety

and depression have inverse reactions on a student's performance in the classroom and overall happiness/satisfaction (American College Health Association [ACHA], 2015). Commonly, the responsibility of supporting students through this time of life falls solely on campus health and counseling centers (Upright, Esslinger & Hays, 2014). However, these centers are understaffed and underutilized by the current population of students, a population that is in need of mental health and wellness programming now more than ever (Upright, et. al., 2014).

In response to this need, mindfulness and resiliency skill building initiatives have emerged in many professional sectors, including higher education, as a proactive approach to the growing mental health needs of today's population of students. Found to increase one's ability to manage stress and anxiety and decrease depressive symptoms, such skill training through classroom

instruction, workshops and retreats has emerged as an effective approach that impacts college students (Rogers, 2013). Effective techniques are specific to the ways emerging adults learn, often utilizing peer-to-peer interactions, self-reflection exercises and metacognitive training to counter the negative effects of perfectionism, depression, anxiety, and stress.

American College Health Association. *American College Health Association-National College Health Assessment II: Reference Group Executive Summary Spring 2015*. Hanover, MD: American College Health Association; 2015.

Rogers, H. (2013). *Koru: Teaching mindfulness to emerging adults*. *New Directions for Teaching and Learning*, Wiley Periodicals, Vol. 2013, No. 134, 73-81.

Upright, P., Esslinger, T., & Hays, W. (2014). *Health issues affecting college students' academic performance*. *Kahperd Journal*, 51, 30-36.

Laura Dailey recently received a Ph.D. in Higher Education. Her dissertation research measured the association of mindfulness and resilience with stress, depression, and anxiety among undergraduate students. She is the Nursing Student Program Manager at Kindred Healthcare.

Do YOU want to be featured in the next SPOTon newsletter?

This is an opportunity for you to submit a literature review abstract written by YOU! Contact the Student Programs Intern, Kailin Leisure, at kailin.leisure@kindred.com. #TheFutureLooksBright



www.kindredstudents.com

 @kindredhealthstudents

 @RHBstudents

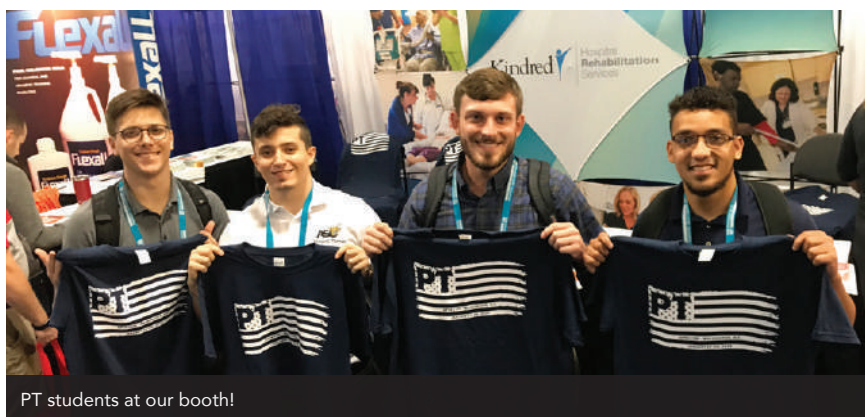
 facebook.com/KindredStudentPrograms

 ScheduleYourClinical@kindred.com

WORD ON THE STREET

APTA CSM Conference

We recently returned from the APTA CSM Conference in Washington, D.C. Our booth was a “hot spot” in the exhibit hall with attendees excited about our t-shirts and interested in speaking to KHRS-RehabCare. We enjoyed seeing familiar faces, including current KHRS-RehabCare employees, as well as past, present and future clinical internship students! A special thank you to everyone who helped us in the booth: **Holly Crisp** from recruiting and a great team of operations and clinical team members – **Julie Surdal**, **Glenda Mack**, **David Wendeborn**, **Lisa Naeger**, **Matt Sivret**, **Kim Harwell** and **Mary Beth Froehlich**.



PT students at our booth!



Meeya Hill, Student Program Coordinator, Holly Crisp, Recruitment Specialist, and Brooke Doherty, Student Program Manager.





Glenda Mack, COO, RehabCare, and Holly Crisp, Recruitment Specialist.



Julie Surdal, Area Director of Operations, and David Wendeborn, Senior Director, Quality.



www.kindredstudents.com

 @kindredhealthstudents
 @RHBstudents

 facebook.com/KindredStudentPrograms
 ScheduleYourClinical@kindred.com

FROM STUDENT TO NEW HIRE

WHERE ARE THEY NOW?

Megan Marquez, a May graduate of Amarillo College in Amarillo, Texas, is now a PTA with Kindred at Longhorn Village! Megan completed a clinical internship rotation with KHRS-RehabCare at Westminster Manor in Austin, Texas. "Megan has a great rapport with patients," said Beverly Theodore, PTA and Program Director at Westminster Manor. "It has been a joy to watch Megan's journey. Being a mentor to a student for the first time helped me focus on bridging the gap between being a student and employee including empowering critical thinking and self-sufficiency skills."

We followed up with Megan to check in on her new position and asked if she had any advice for soon-to-be graduates. She said, "Based on my experience, I would advise new grads to make good connections with every therapist that they come in contact with because they may be able to help you find a job." We love hearing stories like Megan's. **#TheFutureLooksBright**



Megan Marquez, PTA

THE JOB SPOT

#TheFutureLooksBright

Are you interested in learning about employment opportunities at Kindred?

Search for open positions on our website, jobs.kindredhealthcare.com, and find exactly what you are looking for. If you have additional questions, contact:

Annie Roden, Student Programs Manager (East Region)
annie.roden@rehabcare.com

Laura Dailey, Nursing Student Program Manager
laura.dailey@kindred.com

Brooke Doherty, Student Programs Manager (West Region)
brooke.doherty@kindred.com



www.kindredstudents.com

@kindredhealthstudents
 @RHBstudents

facebook.com/KindredStudentPrograms
 ScheduleYourClinical@kindred.com

SUCCESS STORIES

Nursing Student Program Success at Kindred Hospital Louisville

Kindred Healthcare hosts nursing students for clinical rotations in both our long-term acute and rehabilitation hospitals across the country. We have many amazing stories to share, but want to highlight the recent experiences of **Candace Cosby** and **Andrea Jacobs** who are both currently rotating in our long-term acute hospital in Louisville, where Kindred calls home!



Kindred Hospital Louisville

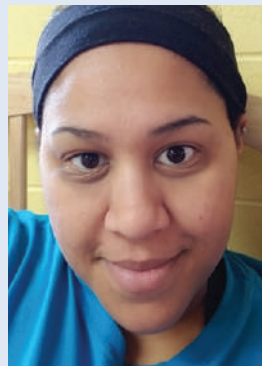
STUDENT TESTIMONIALS



Candace Cosby, nursing student at ATA College

Candace Cosby

“I love it all! I have met so many people from different walks of life, and I get to make a difference in their lives. I am honored to do a clinical rotation at Kindred. I have learned a great deal about acute-care hospitals, so thanks for the amazing chance to make a difference in the lives of so many!”



Andrea Jacobs, nursing student at ATA College

Andrea Jacobs

“I have enjoyed meeting different patients and staff members, and gaining new experiences. I have learned from the quality of team work and leadership. I noticed a nurse going above and beyond their duty for a patient that was leaving, who was very upset. They comforted them and put a smile on their face, and made sure they had everything they wanted and more.”



www.kindredstudents.com

 @kindredhealthstudents

 @RHBstudents

 facebook.com/KindredStudentPrograms

 ScheduleYourClinical@kindred.com

QUOTES of the QUARTER

See what all of our students have been buzzing about on social media!

"My experience was great! My CI allowed me to jump right in but he was always there if I had any questions with anything. Thank you Kindred for the opportunity!"

Eric
PT Student,
Missouri State University

"The program is hands on, with really experienced Clinical Instructors, an amazing learning experience."

Marisol
PTA Student,
Lone Star College – Montgomery

"From a student's perspective, I feel Kindred/RehabCare is an awesome therapy provider! The staff at the facility was knowledgeable, kind and entirely willing to take in a student and give me enough hands-on experience to make me feel confident if I were to practice within a SNF or with the geriatric population."

Abbey
OTA Student, East Central College

"My clinical experience at Kindred was very educational. I enjoyed learning about ventilators and dialysis machines. All of the nurses treated patients with respect and dignity always focusing on their best outcome. They were always willing to help me out and made me feel very welcome. Thank you Kindred!"

Maria
LPN Student,
Jersey College – New Jersey



www.kindredstudents.com

 @kindredhealthstudents

 @RHBstudents

 facebook.com/KindredStudentPrograms

 ScheduleYourClinical@kindred.com

CATCH US ON THE ROAD

The Student Programs Team is coming to a campus and city near you! Events are scheduled daily; for a current list of events, visit www.kindredstudents.com.

March 2019

- 3/12 Nursing Forum, Kindred, Mindful Series Presentation #1
- 3/14 Health Professions Job Fair, Rush University • Chicago, IL
- 3/19 PTA Guest Lecture, South Plains College • Levelland, TX
- 3/21 LTACH Guest Lecture, Gannon University • Ruskin, FL
- 3/21 Nursing Career Fair, Aurora University School of Nursing • Aurora, IL
- 3/22 SCAPTA, South Carolina State Conference
- 3/22 COTA Career Fair, Parker University • Dallas, TX
- 3/26 Bio Ethics Panel, Bellarmine University • Louisville, KY
- 3/30 Job Fair and PT Olympics, UT Health • San Antonio, TX

April 2019

- 4/3–7 National Student Nursing Conference (NSNA) • Salt Lake City, UT
- 4/4–6 AOTA Annual Conference • New Orleans, LA
- 4/8 FIM Presentation, South Arkansas Community College • El Dorado, AR
- 4/13 California Student Conclave (CCAPTA), University of the Pacific • Stockton, CA
- 4/16 Nursing Forum, Kindred, Mindful Series Presentation #2
- 4/22 13th Annual Graduate Career Fair, California State University • Dominguez Hills, CA
- 4/22 Nursing Presentation STLCC Meramec Campus • St. Louis, MO
- 4/29 Lunch and Learn, University of South Alabama • Mobile, AL

May 2019

- 5/14 Nursing Forum, Kindred, Mindful Series Presentation #3
- 5/22 PT Career Fair, Augusta University • Augusta, GA

May 2019

Annie Roden, Therapy Student Program Manager – East Region and **Laura Dailey**, Nursing Student Program Manager, **will be presenting** the work of the Clinical Education Task Force, a subcommittee of the Association of Schools of Allied Health Professions (ASAHP) of which they serve, in Washington, D.C. at the **Association of Academic Health Centers (AAHC) Global Issues Forum, “Strategic Partnerships: Advancing Healthcare through Innovative Solutions.”** We at Student Programs are proud to work so closely with our ASAHP academic partners who together seek to positively impact the education of our future clinicians. This is a wonderful opportunity to learn from and influence healthcare leaders around the globe!

For more information, visit: <http://www.aahcdc.org/Meetings-Events/Meetings/Global-Issues-Forum-2019>



www.kindredstudents.com

@kindredhealthstudents
 @RHBstudents

facebook.com/KindredStudentPrograms
 ScheduleYourClinical@kindred.com