

Tanya J. Rand, Ed.D., MSW, LICSW

Clinical Professor & Area of Emphasis in Aging Program Coordinator
University of St. Thomas, Morrison Family College of Health (MFCOH) School of Social Work
Mailbox: 201, 2115 Summit Avenue, St. Paul, MN 55105-1096
Email: tjrand@stthomas.edu Office: 651.962.5817

Education

Saint Mary's University/St. Paul, MN Doctor of Education in Leadership	2020
St. Catherine University-University of St. Thomas/ St. Paul, MN Master of Social Work/Concentration- Clinical	2003
New Mexico State University/ Las Cruces, NM Bachelor of Social Work/Minor- Counseling and Educational Psychology	2002

Academic Appointments

2015-Present	Clinical Faculty <i>University of St. Thomas School of Social Work, St. Paul, MN</i> Teaching responsibility in the MSW Program (6 courses per academic year)- courses taught: GRSW 501 Theory and Practice of Social Work I (Hybrid & Online) GRSW 502 Theory and Practice of Social Work II (Hybrid & Online) GRSW 505 Field Practicum & Seminar I (Online) GRSW 506 Field Practicum & Seminar II (Online) GRSW 607 Clinical Field Practicum & Seminar III (F2F & Hybrid) GRSW 608 Clinical Field Practicum & Seminar IV (F2F & Hybrid) Provide curricular and student advising mentorship to adjunct faculty teaching Theory and Practice of Social Work I-II, Clinical Field Practicum & Seminar III-IV, and Clinical Practice with Older Adults. Coach faculty seeking to further integrate technology into their teaching. Pilot teaching both field and theory courses currently with same cohort of students to increase linkages between field education and didactic curriculum.
2021-Current	Curriculum Consultant & Coordinator <i>University of St. Thomas School of Social Work, St. Paul, MN</i> Integrated Behavioral Health Care Program (IBHC) Health Resources and Services Administration (HRSA)-Behavioral Health Workforce Education and Training (BHWET) Grant. During the first year of grant, revised GRSW 607-608 to include IBHC training modules across the clinical MSW curriculum (focus: working on interdisciplinary teams, trauma informed care, and culturally responsive care- adapting practice across populations). During the second year of the grant led the IBHC Speaker

Series training component focused on providing students with the opportunity for robust interprofessional team-based care skill development. Ongoing support lead for the annual Interprofessional Education Workshop training for students across MFCOH programs (Social Work, Nursing, Health and Exercise Science, and Graduate Psychology).

2015-Present

Area of Emphasis in Aging Program Coordinator

University of St. Thomas School of Social Work, St. Paul, MN

Participated on the Council on Social Work Education (CSWE) workgroup comprised of educators from across the nation to create a national gerontology curriculum competency guide- *Specialized Practice Curricular Guide for Gerontological Social Work Practice*. Provide numerous micro and macro level high visibility-high impact scholar engagement and training opportunities (select examples- AEA scholars becoming trained as Dementia Champions, involvement with ACT on Alzheimer's, attendance at statewide Minnesota Leadership Council on Aging events, participation in advance healthcare planning trainings, facilitating campus workshops related to the needs of homeless elders, health equity for BIPOC and LGBTQIA+ older adults, combatting ageism, mental health and end of life care in older adulthood). Develop and facilitate opportunities for students across campus to participate in careers in aging events. Provide outreach to area high school students about workforce development opportunities in the field of aging. Foster scholar leadership skills by organizing student opportunities to present their research and professional portfolios to long-term care community staff and at statewide conferences. Mentor prospective students in their applications to doctoral programs in aging. Organize students to volunteer at skilled nursing facilities to address social isolation concerns. Create informal mentoring programs for students to connect with AEA alumni for job coaching, career exploration, and networking within key stakeholder organizations in the field of aging. Maintain an editorial/reviewer role for the AEA scholar newsletter and other stories that highlight the field of aging studies. Championed for and led efforts to have the University of St. Thomas become the first institution of higher education in Minnesota to host the statewide Minnesota Gerontological Society's annual conference (gained significant program management experience with this large-scale event).

2017-2019

MSW Weekend Cohort Distance Field Coordinator

University of St. Thomas School of Social Work, St. Paul, MN

Provided administrative co-leadership for the School of Social Work's Field Practice Institute by expanding field partnerships and providing professional development opportunities for community clinicians. Convened and co-led MSW faculty curricular efforts to innovate and transition the MSW Weekend Cohort Program to the MSW Hybrid program. Oversaw university and agency legal affiliation agreements required for distance student internships. Collaborated with rural Minnesota agencies as well as agencies in Nebraska, South Dakota, Iowa,

and Wisconsin to establish and support both foundation and clinical social work internship partnerships. Developed and implemented online group annual field instructor orientation and training across CSWE competencies. Provided high touch online and in-person group and 1:1 coaching to agency field instructors, field faculty and students associated with our distance field education program.

2012-2014

Adjunct Instructor

St. Catherine University-University of St. Thomas School of Social Work, St. Paul, MN- courses taught:

GRSW 607 Clinical Field Practicum & Seminar III- Weekend Cohort

GRSW 608 Clinical Field Practicum & Seminar IV- Weekend Cohort

Grants

2023-Current

Principal Investigator

Project: Age Friendly Minnesota Community Grants

Funding Organization: Minnesota Department of Human Services

Amount Awarded: \$109,413.00

Period of Grant Award: July 1, 2023 – June 30, 2025

Online Teaching

University of St. Thomas Technology

Experience:

Blackboard, Canvas, VoiceThread, and Panopto *STELAR Online Teaching Certificate Program completed:*

- Setting the Foundation: Best Practices in Online Teaching
- Designing Your Online Course: Creating Exceptional Educational Experiences
- Facilitating Your Online Course: Sustaining Student Engagement and Inquiry

Graduate MSW Course Conversion Experience:

- GRSW 501 Theory and Practice of Social Work I
- GRSW 502 Theory and Practice of Social Work II
- GRSW 505 Field Practicum & Seminar I
- GRSW 506 Field Practicum & Seminar II
- GRSW 607 Clinical Field Practicum & Seminar III
- GRSW 608 Clinical Field Practicum & Seminar IV

Diversity Equity and Inclusion

University of St. Thomas

- SEED Project (Seeking Educational Equity and Diversity) yearlong training completed.

Field Instructor Experience

2003-2015

MSW Field Instructor/Supervisor

St. Catherine University-University of St. Thomas School of Social

2004-2005 Work, St. Paul, MN
MSW Field Instructor/Supervisor
University of Minnesota School of Social Work, Minneapolis, MN

Professional Social Work Experience

License: LICSW- Minnesota Board of Social Work # 16617

Supervision: Minnesota Board of Social Work Approved Supervisor

- 2016-Current **Rand Professional Solutions, LLC.**
Provide psychoeducation, coaching, and consulting services. Focus areas include self-care, grief and loss, parent-adult child relationships, grandparenting, multigenerational family living, life transitions, and caregiving.
- 2008-2015 **Clinical Social Worker-Outpatient Healthcare**
Bethesda Hospital-HealthEast Care System
Concussion, Dementia, Parkinson's Disease, and Traumatic Brain Injury Clinics. Member of large interdisciplinary team (psychiatry, neurology, geriatric medicine, rehab medicine, social work, nursing, neuropsychology, psychology, occupational therapy, physical therapy, speech, spiritual care, and nutrition services). Completed diagnostic, crisis, and bio-psycho-social-spiritual assessments. Provided clinical social work counseling services to patients and families experiencing a movement or cognitive behavioral condition. Facilitated support groups (Traumatic Brain Injury, Parkinson's disease, Frontotemporal, Lewy Body and Alzheimer's Dementia). Taught psychoeducation classes (ambiguous loss, role changes, communication strategies, future care planning, and chronic illness coping). Developed community liaison relationships for the purpose of program development and care navigation. Created a thriving MSW internship program in outpatient services integrating interprofessional education opportunities that focused on whole person care. Provided Minnesota Board of Social Work group licensure supervision for staff LGSW's working towards clinical licensure. Led yearly continuing education opportunities for a multidisciplinary staff audience. Provided consultative services regarding advance care planning, surrogate decision-making, and civil commitment processes.
- 2006 – 2008 **Clinical Social Worker-Inpatient Healthcare**
St. Joseph's Hospital-HealthEast Care System
Oncology, Adult Psychiatry, Chemical Dependency, and Emergency Department Units. Completed diagnostic, crisis, and bio-psycho-social-spiritual assessments. Responsible for discharge planning resource/referral needs of patients. Assisted patients and families with short-term counseling following a psychiatric crisis. Facilitated group counseling focused on relapse prevention. Worked with multidisciplinary team through the civil commitment process.

2003-2006

Supervisor/ Clinical Social Worker/Mental Health Practitioner

Professional Association of Treatment Homes (PATH)

Supervised a team of mental health practitioners who provided Children's Therapeutic Services and Supports (CTSS) to youth in foster care (elementary through high school age). Supervised an adoption and foster care social work team. Performed psychosocial, diagnostic and crisis assessments. Provided therapeutic in-home individual, family, and group counseling services. Coordinated foster parent educational opportunities. Completed state licensing home studies for prospective treatment foster families. Provided case management for adolescents in care. Developed treatment foster care retention programming for rural Minnesota counties.

Trainings and Conference Presentations

Ashwood, C. & **Rand, T.** (2020, July). *Self-care and Social Connections During COVID-19*. [Training]. University of St. Thomas- Selim Center for Lifelong Learning, St. Paul, MN.

Ashwood, C., Bosch, B., Myers, A., & **Rand, T.** (2020, November). *Caregiver Mental Health and Wellbeing During COVID-19*. [Conference Presentation]. Minneapolis Veterans Administration Caregiver Summit, Minneapolis, MN.

Buckley, T. & **Rand, T.** (2009, November). *Exploring real life decisions-reality check: Long term care financial concerns and caregiver resources*. [Training]. Woodwinds Hospital-HealthEast Care System, Woodbury, MN.

Dircks, A., Horn, T., Felver, L., Nelson, L., **Rand, T.**, Theisen, S., & Tran, K. (2023, March 20-21). *Collaborative Learning Opportunities to Foster Workforce Development in the Field of Aging*. [Conference Presentation]. Minnesota Gerontological Society 47th Annual Conference: Better Together, St. Paul, MN.

Erkkila, L. & **Rand, T.** (2015, April). *Informed consent process with electroconvulsive shock therapy*. [Training]. Bethesda Hospital-HealthEast Care System, St. Paul, MN.

Erkkila, L. & **Rand, T.** (2015, March). *Self-care in helping professions: Managing stress and preventing burnout*. [Training]. Bethesda Hospital- HealthEast Care System, St. Paul, MN.

Erkkila, L. & **Rand, T.** (2013, June). *Understanding behavioral issues in adults with dementia*. [Training]. HealthEast Hospice-Pillars, St. Paul, MN.

Erkkila, L. & **Rand, T.** (2010, March). *The caregiver journey*. [Training]. Woodwinds Hospital-HealthEast Care System, Woodbury, MN.

Freeburg, K. & **Rand, T.** (2015, May). *Planning for the journey*. [Conference Presentation]. American Parkinson's Disease Association, Apple Valley, MN.

Lokensgard, C. & **Rand, T.** (2016, May) *Frontotemporal Degeneration (FTD) support group facilitator basics*. [Conference Presentation]. AFTD Education Conference Support Group Facilitator Networking and Training, Association for Frontotemporal Degeneration, Minneapolis, MN.

Rand, T., Collins, A., Haag, E., & Wynia, H. (2023, March 20-21). *Multigenerational Family Households: Are we Better Together?* [Conference Presentation]. Minnesota Gerontological Society 47th Annual Conference: Better Together, St. Paul, MN.

Rand, T. (2020, August). *Sustaining Self-A disciplined practice*. [Training]. St. Paul Senior Workers Association, St. Paul, MN.

Rand, T., Rottenberg, R., & Thoof, A. (2016, May). *Approaching aging in new ways: Changing personal and professional perspectives to empower elders and strengthen families*. [Training]. Annual Field Workshop, St. Catherine University-University of St. Thomas School of Social Work, St. Paul, MN.

Rand, T. (2015, August). *Transitions, ambiguity, and ending well*. [Training]. Bethesda Hospital-HealthEast Care System, St. Paul, MN.

Rand, T. (2014, October). *Self-care in helping professions: Managing stress and preventing burnout*. [Training]. HealthEast Primary Care Clinics-HealthEast Care System, St. Paul, MN.

Rand, T. (2013, October). *Beginning the discussion: Supporting families in a medical setting*. [Training]. Bethesda Hospital-HealthEast Care System, St. Paul, MN.

Rand, T. (2013, August). *Motivational interviewing in healthcare*. [Training]. Bethesda Hospital-HealthEast Care System, St. Paul, MN.

Rand, T. (2013, March). *This job is a marathon not a sprint: Preventing social work burnout*. [Training]. Bethesda Hospital-HealthEast Care System, St. Paul, MN.

Rand, T. (2013, February). *Ambiguous loss: A brief overview*. [Training]. Bethesda Hospital-HealthEast Care System, St. Paul, MN.

Rand, T., & St. George, C. (2012, August). *Clinical social work in medical settings*. [Training]. Field Practice Institute- First Annual Summit on Emerging Issues in Social Work Practice. St. Catherine University-University of St. Thomas School of Social Work, St. Paul, MN.

Rand, T. (2012, April). *Caregiver series-living well with dementia*. [Training]. Bethesda Hospital-HealthEast Care System, St. Paul, MN.

Rand, T. (2011, June). *Caregiver distress: supporting families*. [Training]. Bethesda Hospital-HealthEast Care System, St. Paul, MN.

Rand, T. (2011, March). *Medical family therapy*. [Training]. Bethesda Hospital-HealthEast Care System, St. Paul, MN.

Rand, T. (2009, April). *Preparing for the journey: When, how, and where to find help*. [Conference Presentation]. American Parkinson's Disease Association- MN, Apple Valley, MN.

Papers and Publications

Rand, T. (2020). *Family Life in a Multigenerational Home: Exploring the Grandparent-Parent Relationship Experience*. [Unpublished doctoral dissertation]. Saint Mary's University-Minnesota.

Rand, T. (2016). Going deeper in supervision: Helping students dive in. *Field Practice Institute Field Matters* 5 (2).

Rand, T. (2016). Direct medical practice experience informs new roles. *Perspectives Newsletter*, Fall 2015.

Faculty Advisor/Reviewer:

AEA-AEGSW Newsletter Vol.1 - Fall 2018

AEA-AEGSW Newsletter Vol.2 - Spring 2019

AEA-AEGSW Newsletter Vol.3 - Spring 2020

AEA Newsletter Vol.4 - Spring 2021

AEA Newsletter Vol.5 - Spring 2022

Interviews Completed

NASW News- Social Work Education: Interdisciplinary teams- a growing area of training

Research Committee Member

Carlson, A. (2014). *Social worker interventions for patient's post stroke*. [Unpublished Clinical Research Paper]. St. Catherine University-University of St. Thomas School of Social Work, St. Paul, MN.

Foize, J. (2014). *Comparison of caregiver burden among types and stages of dementia*. [Unpublished Clinical Research Paper]. St. Catherine University-University of St. Thomas School of Social Work, St. Paul, MN.

Guerkink, J. (2017). *Supports and barriers when planning aging life: Female same-sex couples' experiences* [Unpublished Clinical Research Paper]. St. Catherine University-University of St. Thomas School of Social Work, St. Paul, MN.

Henkel, R. (2017). *Alternative endings: Insights into alternative end of life care options* [Unpublished Clinical Research Paper]. St. Catherine University-University of St. Thomas School of Social Work, St. Paul, MN.

Johnson, K. (2016). *The effects of mind and body intervention on family dementia caregivers: Systematic review*. [Unpublished Clinical Research Paper]. St. Catherine University University of St. Thomas School of Social Work, St. Paul, MN.

Kneeland, K. (2018). *Challenging and Opportunities in Accessing Geriatric Mental Health Services in Rural Minnesota*. [Unpublished Clinical Research Paper]. St. Catherine University-University of St. Thomas School of Social Work, St. Paul, MN.

Shelton, L. (2016). *Psychosocial interventions to reduce hospitalization for older adults with chronic illness*. [Unpublished Clinical Research Paper]. St. Catherine University-University of St. Thomas School of Social Work, St. Paul, MN.

Slade, M. (2017). *Choose your own ending: An end-of-life arts informed adventure*. [Unpublished Clinical Research Paper]. St. Catherine University-University of St. Thomas School of Social Work, St. Paul, MN.

Shoonover, A. (2018). *Exploring Non-pharmacological Interventions for Behavioral Symptoms of Dementia: A Social Worker's Perspective*. [Unpublished Clinical Research Paper]. St. Catherine University-University of St. Thomas School of Social Work, St. Paul, MN.

Tise, O. (2015). *Support group experiences of men providing care for a relative with dementia*. [Unpublished Clinical Research Paper]. St. Catherine University-University of St. Thomas School of Social Work, St. Paul, MN.

Turback, E. (2016). *Considerations for working with Hispanic/Latino patients receiving hospice: Social workers' perspectives* [Unpublished Clinical Research Paper]. St. Catherine University-University of St. Thomas School of Social Work, St. Paul, MN.

Wilkinson, C. (2012). *Spirituality and religion in social work: Respondent definitions*. [Unpublished Clinical Research Paper]. St. Catherine University-University of St. Thomas School of Social Work, St. Paul, MN.

Conference Panel Participant

- Current State and Future of Gerontology & Aging Studies in Minnesota (2023). Minnesota Gerontological Society 47th Annual Conference: Better Together.
- Social Work Careers in Health Care: A Panel Discussion. (2016). St. Catherine University-University of St. Thomas School of Social Work, St. Paul, MN.
- Careers in Social Work. (2014). St. Catherine University-University of St. Thomas School of Social Work, St. Paul, MN.
- Parkinson's Disease in Minnesota & Beyond: From Awareness to Action. (2010). Parkinson's Association of Minnesota Workshop, Minneapolis, MN.

Professional Membership Experiences (past and present)

- Association of Gerontology in Higher Education
- Council on Social Work Education
- Gerontological Society of America
- Minnesota Network of Hospice and Palliative Care
- Minnesota Gerontological Society
- North American Christians in Social Work
- National Association of Social Workers
- Professional and Organizational Development Network in Higher Education
- Social Work Palliative and Hospice Care Network
- St. Paul Senior Workers Association

Academic & Professional Service

Minnesota Gerontological Society <i>Board Member</i>	2021- Present
Minnesota Gerontological Society <i>Chair, Gerontology Educators Network Committee</i>	2021- Present
University of St. Thomas Interprofessional Education Committee <i>Co-Chair Faculty Lead</i>	2020- Present
University of St. Thomas Continuing and Professional Education Committee <i>Social Work Faculty Member</i>	2018- 2021
Minnesota Gerontological Society <i>Conference Planning Committee</i>	2017- Present
Minnesota Gerontological Society <i>Research Committee Chair</i>	2016- 2023
University of St. Thomas Selim Center for Lifelong Learning <i>Faculty Board Member</i>	2016- Present
Minnesota Conference of Social Work Education <i>UST Faculty Representative</i>	2016- 2023
Healthcare Education Industry Partnership Council (HEIP) <i>University of St. Thomas Representative</i>	2015- Present
University of St. Thomas Area of Emphasis in Aging Program <i>Faculty Coordinator</i>	2015- Present
St.Kates-St.Thomas Weekend Cohort Redesign Committee <i>Co-Chair Faculty Lead (17-19), Faculty Member (16-17)</i>	2016-2019
St.Kates-St.Thomas Field Practice Advisory Council <i>Co-Chair Faculty Lead</i>	2017-2019
St. Kates Annual Interprofessional Education Workshop Planning Team <i>Social Work Faculty Liaison Lead</i>	2015-2018
St.Kates-St.Thomas Group Work Institute <i>Faculty Member</i>	2015-2018
St. Kates GRH Foundation Grant- Senior Living Committee <i>Social Work Faculty Member</i>	2017-2018

St.Kates-St.Thomas Healthcare Education & Leadership Scholars Program	2015-2018
<i>Council Member</i>	
Council on Social Work Education (CSWE) Gero-Ed Center	2015-2017
<i>National Task Force Participant- 2015 EPAS Curricular Guide</i>	
St.Kates-St.Thomas School of Social Work Faculty Evaluation Committee	2015-2017
<i>Faculty Member</i>	
St. Kates HealthCare Teams Summit (IPE 1030: Health Care Teams)	2015-2017
<i>Social Work Facilitator</i>	

Community Service Experience

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- Court Appointed Special Advocate (CASA): Las Cruces, New Mexico
 - Adolescent Family Life Program Educator: Las Cruces, New Mexico
 - Troop Leader-Girl Scouts St. Croix Valley: Washington County, Minnesota
 - Missions Work-Pillar's Hope Orphanage: Reynosa, Mexico
 - Foster Parent-Respite Program: Washington County, Minnesota
 - AFSP Survivors of Suicide Remembrance Day: St. Paul, MN