

PERSONAL

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EDUCATION

Doctor of Health Education - A.T. Still University of Health Sciences - Kirksville, Missouri
(2012)

Masters of Social Work-Troy University - Troy, Alabama
(2016)
Area of Focus: Clinical Mental Health and Substance Abuse

Masters of Arts – Public Administration - Columbus State University - Columbus, Georgia
(2006)
Area of Focus: Health Services

Bachelor of Science – Health Science - Columbus State University, Columbus, Georgia
(2003)

TEACHING AND RELEVANT WORK EXPERIENCE

Columbus State University, Columbus, Ga.

August 2017 to Present

Assistant Professor- Health Science Program Coordinator

- Coordinator responsibilities include faculty scheduling, program assessment, course evaluation, adjunct assignments, and align program directives for increased progression, regression, and graduation rates.
- Innovative and effective teaching and advising of students; assisting undergraduate students with research initiatives; designing, implementing, and assessing Health Science program.
- Teach various courses within the Health Science Program to undergraduate and graduate students: Human Sexuality, Alcohol/Substance, Consumer Health, and, Contemporary Health.
- Master of Public Health courses taught are Foundations of Public Health and Adolescent Health.
- Course taught are offered face-to-face, online, and hybrid learning environments.
- Topics covered relate to public health issues and public health and : nutrition, exercise physiology, bio-ethics, popular film in public health, effective relationship development, sex health, communicable diseases, program development, substance abuse prevention, mental health and psychological disorders, working with diverse populations, age related health issues, and health disparity.
- Represent the Health Science program in various on and off-campus activities for example: Discovery Day and Orientation

- Recommend students for jobs, graduate schools and other related career-enhancing activities including (CHES) consideration, and Eta Sigma Gamma Honor Society
- Incorporate outside resources and information as supplemental material for maintaining recent information and current events.
- Serve as faculty advisor for Eta Sigma Gamma Health Science Honor Society
- Develop evaluation tools such as writing assignments, group projects, and exams. Use various assessment methods to encourage critical thinking skills combined with “real” world decision making skills.
- Create course curriculum that describes objectives of the course, class assignments and other expectations to complete the course successfully.
- Develop marketing material for recruitment of new prospective students.
- Conduct presentations at job fairs and college recruitment events to increase student enrollment in the Health Science Program and Columbus State University
- Engage in scholarship including student-mentored research as well as articles and national presentations. Train local workforce in best practices methodology for public health outcomes.
- Promote the new MPH program with marketing materials during community events.

**Concordia University of Nebraska, Virtual
Adjunct Professor/Curriculum Designer/MPH**

January 2013 to Aug 2017

- Taught the following courses to 10-15 students seeking a Masters of Public Health degree: Fundamentals of Public Health, Ethics in Public Health, Bio-ethics, Ethics in Healthcare Delivery, and Concepts of Environmental Health.
- Use student-centered approach.
- Offered a learning environment so that students with varying learning styles attain success.
- Highlighted important projects, duties, skills, and responsibilities following a consistent grammatical style.
- Provide solutions to students concerning academics, attendance, and personal based issues.
- Submitted and maintained timely accurate reports of students’ grades and course improvement strategies.
- Guide students with professional and career endeavors including the development of an online portfolio.
- Used word processing software for course analysis and curriculum development.
- Developed curriculum with learning objectives and outcomes consistent with program goals.
- Created online courses via Black Board for a new Masters of Healthcare Administration program.

**New Horizons Mental Health, Columbus, Ga.
Clinical Social Work/Mental Health Counselor**

February 2017 to July 2017

- Performed social services functions at an advanced level to individuals and their families.
- Completed psychosocial assessments, treatment planning/monitoring and discharge planning.
- Provided counseling therapy to clients requiring complex intervention.
- Implemented commitment determinations and/or executes orders of involuntary commitments.
- Worked with diverse populations attending the facility: non-violent crisis intervention, counsel individuals diagnosed with moderate to severe mental health issues, and polysubstance disorder.
- Used various methods such as cognitive behavior therapy in the development of treatment goals.
- Conducted intake and follow-up meetings with consumers.
- Advocated for consumers and the organization in the community.
- Complied with ethical policies as directed by National Association of Social Work and New Horizons.
- Attended and completed professional trainings as directed by the Department of Health and Human Services and New Horizons: Catalyst, Non-Violence Crisis Intervention, QPR (Suicide Prevention), and Documentation.
- Worked with outside agencies such as the Area Agency on Aging to report and prevent elder abuse.
- Observed client behaviors, assess needs, and create treatment strategies.
- Diagnosed psychological, behavioral, and emotional disorders.
- Consulted with doctors, therapists, and medical professionals.
- Administered social service programs needed by consumers such as substance abuse treatment, housing, veteran services, and elderly programs.
- Developed and implemented outreach/prevention, resource and referral, and treatment programs for individuals, families, and groups.

**Columbus State University, Columbus, Ga.
Director/Assistant Professor/MPAH**

August 2014 to May 2016

- Evaluated program curriculum for new direction and updated from past years.
- Employ and guide adjunct faculty teaching in the program.
- Courses taught: Healthcare Seminar, Health Law and Policy, Strategies in Health Care, Public Administration Personnel, and Organizational Theory, Healthcare Costs, Microsystems in Healthcare, and Risk Management in Healthcare.
- Educated 80 graduate students enrolled in the Masters of Public Administration Core and Health Services Administration track within the College of Arts and Letters.

- Conducted research within the fields of public health, healthcare policy, healthcare quality, healthcare systems in the United States and globally, and health care inequalities within the symptoms.
- Reviewed and updated Health Track curriculum by introducing updated teaching materials, developing curriculum to meet the new demands of changing healthcare, and creating courses that continue to be in line with the programs mission and goals.
- Attended college and university meetings.
- Advised 80 students enrolled in the Health Services Administration track.
- Represented the program in various on and off-campus activities to promote the program.
- Worked with leadership programs to help prepare students for leadership roles.
- Recommend students for jobs, doctoral programs, and other related career-enhancing activities.
- Developed comp tests for students applying for graduation.

Columbus State University, Columbus. Ga.

June 2008 to July 2014

Temporary Assistant Professor- Health Science Program

- Taught numerous courses within the Health Science Program: Intro to Health Professions, Personal Health, Applied Nutrition, Working with the Aged, Bio-Ethics, and Community Health.
- Advised over a 120 undergraduate students pursuing a Bachelor of Science degree in Health Science.
- Recommend students for jobs, graduate schools and other related career-enhancing activities including Certified Health Education Specialist (CHES) consideration and Eta Sigma Gamma honors society.
- Incorporated outside resources and information as supplemental material in order to keep students aware of current events.
- Communicated with students concerning academic goals and career goals.
- Developed evaluation tools such as writing assignments, group projects, and exams.
- Created course curriculum that describes objectives of the course, class assignments and other expectations to complete the course successfully while maintaining program and department standards.
- Utilized of authentic assessment methodologies to accurately measure student skills, knowledge, and abilities.
- Conducted formative and summative evaluations for each course taught.
- Develop marketing material for recruitment of new prospective students
- Conduct presentations at job fairs and college recruitment events to increase student enrollment in the Health Science Program and Columbus State University

RESEARCH EXPERIENCE

Current Research:

2017 to Present:

Long-Term Covid (CASPER) survey (**Spring 2023**) – **Manuscript in the process.**

Long Covid and STIs in the elderly community (**Fall 2023**) – **Manuscript in progress.**

Editorial Work:

Reviewer (2019): "What Do We Know About the Health of First-Generation College Students? A First Look at Compensatory Health Beliefs and Behavior" (MS #1174) has been published to Perspectives In Learning.

Reviewer (2019): "Legitimate Physical Education - Emphasis on the Education" (MS #1177) has been published to Perspectives In Learning.

Reviewer (2019): Bruce M. King, Savannah R. Burke & Taylor M. Gates (2019): Is there a gender difference in US college students' desire for school-based sexuality education?, Sex Education, DOI: 10.1080/14681811.2019.1668762

To link to this article: <https://doi.org/10.1080/14681811.2019.1668762>

Grants

Post-Traumatic Stress Disorder – Grant Proposal (**Present**)

Communities Talk “Removing the Stigma” Opioid Overdose Prevention – SAMSHA – Awarded \$750.00 (2025)

SWIPEOUT Hunger Grant – Awarded (**2023**)

SHEROES Grant – University Grant – Awarded (**2023**)

Google.org Impact Challenge for Women and Girls. Award Denied – (2021)

Communities Talk to Prevent Underage Drinking Initiative – SAMSHA – Awarded \$750.00 (**2021**)

Interdisciplinary Grant. Mask or No Mask – Awarded 2500.00 (**2021-2022**)

Student Research and Creative Endeavors (SRACE) Grants (Approved). Columbus State University, Columbus, Ga. Faculty Mentor. 2015

Robert Woods Johnson Foundation – New Connections Grant (Denied), 2013
Columbus State University, Columbus, Ga

Title: Healthy Eating Research: Building Evidence to Prevent Childhood Obesity

Sponsor: Johnson (Robert Wood) Foundation

PUBLICATIONS

Toland, R. M., Rowan, T., Caballero, I., & Truong, D. (2025). Analysis of Demographic Characteristics and Drinking Habits at a Southern College Provide Critical Information for Developing an Effective Prevention Program. *American journal of health promotion : AJHP*, 39(4), 564–567. <https://doi.org/10.1177/08901171241293359>

SOPHE Conference (2021-2022)- Poster Presentation – Abstract ID 65867

Abstract Title: Mask or No Mask: An Analysis to Determine why Women wear Masks or Not. SOPHE Conference (2020) – Poster Presentation- Abstract ID: 47037

Abstract Title: Safe-Sex curriculum is more effective than Abstinence Only in adolescents at reducing sexually transmitted infections. Atlanta, GA

Toland, R. (2013). *Reduction of Risky Sexual Behavior in Adolescents through Behavioral Based Modification Curriculum* (Dissertation). Retrieved from ProQuest Dissertations and Theses database. (ISBN # 978-1-303-31532-9)

Toland, R. (2013). *Facebook as a Learning Tool*. *Journal on Perspectives in Education*. A Journal of the College of Education at Columbus State University. Retrieved from <http://perspectives.columbusstate.edu>

PRESENTATIONS AND INVITED LECTURES

Columbus Department of Public Health – Georgia Strong Families - “Mental Health & the Holidays” Presentation (Virtual) December 2021

SOPHE Conference (2021-2022)- Poster Presentation – Abstract ID 65867

Abstract Title: Mask or No Mask: An Analysis to Determine why Women wear Masks or Not.

SOPHE Conference (2020) – Poster Presentation- Abstract ID: 47037

Abstract Title: Safe-Sex curriculum is more effective than Abstinence Only in adolescents at reducing sexually transmitted infections. Atlanta, GA

SOPHE Conference (2019) – Member Visitation, Salt Lake City, Utah

Law Office of Jennifer A. Curry. Columbus, Ga. Expert Witness. "Post-traumatic Stress Disorder." December, 2017

Columbus State University, Columbus, Ga. Risk Management Event. "Binge Drinking Awareness." October, 2017

Columbus State University, Columbus, Ga. Panel Presentation. "Domestic Minor sex Trafficking." October, 2017

Columbus State University. Columbus, Ga. Poster Judge. Dr. Gregory P. Domin Graduate Conference. November 2017

Columbus State University. Columbus, Ga. Poster Judge. Dr. Gregory P. Domin Graduate Conference. November 2015

Columbus State University, Ga. Honors' Interview Judge. February 2015

Columbus State University, Columbus, Ga. Panel Presentation. "Ebola Virus." November, 2014

PROFESSIONAL TRAINING

COURSELEAF (2019)

Practical Assessment for PTSD (2016)

Sexual Assault Training (2016)

Human Service Needs Assessment (2016)

CPR/BLS (2016)

Curriculum Development (2015)

Teaching Portfolio Workshop (2015)

International Development Workshop (2015)

Quality Matters (2013)

Certification in HIV/STD Prevention and Education (2009)

Diabetes Mellitus training received at Joslin Diabetes Center (2007)

Cardiovascular Disease, Diabetes Mellitus and Infectious Disease (2007)

PROFESSIONAL AFFILIATIONS

Three Rivers AHEC

Society of Public Health and Education

National Commission for Health Education Credentialing (15702)

National Honors Society

Health Education Directory Listserv (HEDIR)

American Public Health Association

NACADA
Obesity Action Coalition
Columbus Georgia Chamber of Commerce

PROFESSIONAL SERVICE

(2023-Present) Chair of the SRACE Committee

(2023) - Served as a member of the Health and Physical Education Search Committee

(2023) Serve as a member of the MPH Search Committee

(2023) Serve as a member of the Kinesiology and Health Sciences Curriculum Committee

(2023) Serve as a member of the Health and Physical Education Committee

(2021-2023) Serve as a member of the Women's Advisory Committee

(2022-2023) Serve as Co-Chair of the SRACE Committee

(2021) Serve as a member of the Master\ of Public Health Search Committee

(2021) Serve as a member of the National Scholastic Honors Society

(2021) Serve as a member of the Kinesiology and Health Sciences Curriculum Committee

(2019) - Served as Chair of the Health Science Search Committee

(2018-2019) - Served as a member of the College Curriculum Committee

(2017-2018) - Served as a member of the COEHP Awards Committee

(2013-2014)-Served as a member of the COEHP Awards Committee

(2012-2013)-Served as a member of the COEHP Retention Committee

(2012-2013)-Served as a member of the College Curriculum Committee

(2012-2013)-Served as a member of the Student Services Committee

(2012-2013)-Served as a member of CERT – Community Emergency Response Team

COMMUNITY SERVICE

Homecoming Parade (2023)

Scrubs Camp (2022-2023)

LGBTQ+ Valentine's Day (ESG) (2023)

2ND ANNUAL AUTISM CARNIVAL (ESG) (2023)

Collected toys for Warrior Outreach military families for Christmas. (2021)

Presented information concerning Sexual Assault at the On the Table – Your Voice Matters Event – Sponsored by Piedmont Hospital. (2019)

Presented information on stress and overcoming academic issues to the Student Veteran Association at Columbus State University. (2019)

Eta Sigma Gamma Advisor-Coordinated the Repurpose for Purpose event in support of Eta Sigma Gamma in recognition of breast Cancer and Domestic Violence Awareness-700\$ was raised and furniture donated. (2019)

Collected toys for Warrior Outreach military families for Christmas. (2017)

Healthcare Symposium. Practical Solutions to Current Healthcare Challenges. (2014)

Designed billboard presentation for the annual CDC National HIV Prevention Conference. (2002)

Passion FAQs – Created, implemented and evaluated a STD/HIV intervention program for adolescence ages 15-17 in the community (2013)

Marketed a community-based program promoting HIV/AIDS testing (2003)

Aided in the instruction of dietary and nutritional needs to teens in a pregnancy clinic (2002)

Created, distributed and analyzed educational materials for HIV and Type II Diabetes awareness in a local housing project for a specific target population (2002)

Participated in the recruitment and administration of cancer screenings at the Men's and Women's Health Expo (2003-2013)

Community Emergency Response (2012)

Participated in Graduate School Discovery Day (2014)

Serve as a mentor for the Servant Leadership Program (2015)

Olympiad Event Supervisor (2009-2015)

Family Advocacy and Sexual Assault Prevention and Response Programs. (2009-2015)

Contributed to HPEX Discovery Day (2017)

COMPUTER SKILLS

Applications: Word, Power Point, Publisher, Excel, Pretzi

Platforms: Blackboard, D2L, Banner, AdvisorTrac, DegreeWorks, Engage