# Health and Human Science Matters Season 3, Episode 6: Jessica Gonzalez-Voller

Jessica Gonzalez-Voller Oftentimes we in academia have these terms. Multicultural confidence. But really boils down to, is the client comfortable talking to their counselor about their values, their identities, and can they make progress in counseling if they feel comfortable talking to them about that?

Avery Martin: Welcome to Health and Human Science Matters, a podcast by Colorado State University's College of Health and Human Sciences. I'm your co-host and digital media strategist, Avery Martin.

Matt Hickey: And I'm Matt Hickey, Associate Dean for Research and Graduate Studies. In our college, we make it our mission to optimize human health and wellbeing through discovery and innovation.

 Don't just take our word for it. Each episode we sit down with people who fulfill that mission, our college faculty and staff. And today we're lucky enough to have a friend and colleague from the School of Education, Dr. Jessica Gonzalez-Voller. Welcome.

Jessica Gonzalez-Voller Hi, everyone. Thanks for having me.

Matt Hickey: Of course. Thanks for joining.

Avery Martin: We're delighted to have you. We were just talking about family, and trips, and little toddlers. And so we'll start maybe in your case talking a little bit about family. We'll go outside campus first, just to be a little bit different.

Jessica Gonzalez-Voller Yeah, sure. We were just talking about my daughter, Emma, and how I just took her with my husband, Chris, just down to Miami. That's actually where I'm originally from. Born and raised.

 Family's Cuban. So I'm first generation born here in the United States. Moving here was a bit different, but born and raised in Miami, so I took my daughter over there to Miami - she'll be almost two - to meet my grandparents. So that was a very, very special moment.

Avery Martin: Oh, that nice.

Jessica Gonzalez-Voller And then down to Albuquerque to meet some of my husband's family that she hadn't met before. It's just a special time, thinking about just how my impact has become different, too, since I've become a mom, and since pandemic.

 I was going up for tenure during my five years here. So there was a shift in some of my personal life, like becoming a mom, and then in my research as well. So those two things really melded for me.

Matt Hickey: And we'll talk more about impact over the next hour, but I'm delighted to hear it start with family first, and we can talk about academic stuff as well. I do want to ask you, when you think about life as an academic, and you think about the big ideas or the big problems that you're pursuing, can you tell our listeners a little bit about what those are?

Jessica Gonzalez-Voller Yeah. So I would say I am in about two categories right now. One of them is, I really like to see if what we're doing as counselors... So I'm a licensed mental health counselor, and a licensed professional counselor. That's what I got my master's in. And then I have my doctorate in counselor education, which really taught me how to do research and teaching. So really researching if counseling is working or not, and the process of it.

 So I really like to get the client's perspective because.... So that's one of my avenues, of looking at client outcomes. So what does the client think of the counseling process, and what's happening in counseling? Is it working or not? Specifically, also if they feel comfortable about talking about their different identities with their counselor. So really looking at their perspective on, what we call in counseling, multicultural competence.

 But it's really talking about whether you feel comfortable talking about your values and identities with your counselor. Because as the supervisor for the counselor, I can view the counseling session and say, "Yeah, you seem comfortable. The client seems comfortable talking about it."

 And the counselor can say, "I think we're doing a good job here."

 The client's talking about their values, but what does the client think about that process? So that's one of the gaps that my research addresses, is looking at the client's perspective of the counselor's multicultural confidence.

Matt Hickey: Which is so important, because we might think we're hitting it out of the park. And if we don't ask these important questions, we may be off the mark.

Jessica Gonzalez-Voller Exactly. It's like, is what I'm teaching in the classroom, is what we're teaching as a profession, translating outside of the classroom in actual practice?

 We have a whole class on that. One of the courses I'm teaching this semester, Counseling for Cultural Diversity or Multicultural Counseling class. We have a class on it. It's throughout our curriculum, but is it translating to our clients? Because oftentimes we in academia have these terms. Multicultural confidence. But really boils down to, is the client comfortable talking to their counselor about their values, their identities, and can they make progress in counseling if they feel comfortable talking to them about that?

Matt Hickey: There's an accessibility piece here too, obviously. So making the environment comfortable for multiple identities, perhaps across the barrier of language, as a for instance. And ultimately, again, the goal is wellbeing. It's mental health counseling. We want you to be able to be independent, flourishing, these sorts of things. And we can't know whether we're effective unless we're doing the kind of things that you're doing.

Jessica Gonzalez-Voller Yeah. And whether... We have different ways to measure progress, too. We have counseling interventions, so we look at clients' depression and anxiety, and they tell us about that. And we have assessments that they can fill out as well, which is one of my other avenues of... I am a Spanish speaking counselor. Don't talk as fluent as I would want to. However, one of my passions is also helping underserved populations. So really people that come from disadvantaged backgrounds, like Latinas with breast cancer.

 So that's one of my other avenues of looking at, this is a population that experiences higher distress than other populations diagnosed with breast cancer, especially compared to white populations. So looking at, what interventions do they need specifically to help lower that distress level?

Matt Hickey: And again, it seems to me, understanding whether interventions work must be population specific. We might take practices that work for a particular population and assume, again, and either it's not working or potentially we're even doing harm. Right?

Jessica Gonzalez-Voller And I think too, it's population specific, and even geographic specific, because my work with people with health disparities... So for me that means people with a medical condition and having a mental health concern. So both of those things. If someone is going undergoing dialysis, there's also going to be a mental health component, or if someone has breast cancer, there's going to be a mental health component there that goes hand in hand.

 So my work really started with working with people with dialysis and their families. And then in my doctoral program, one of my mentors, Sajel Barden, started looking at Latina, just cancer patients. And then I brought in the Latina with breast cancer perspective. So we interviewed Latina breast cancer survivors and their partners in my doctoral program.

 So that's where my research started taking off on that avenue. So moving here, bringing it back to that geography part of it, my work now is, we're looking at some of the needs of the Latinas with breast cancer in Florida. But how does that look here in Colorado, and what are the needs there?

 Because one of the things in the Latinx community, or with Latinas too, is that there's different subgroups of people. There's a lot of different cultures. Latin American cultures, Cuban, Colombian, Mexican. A bunch of different subcultures. So looking at, what is the subculture here in Colorado and what does this population need?

 One of my other mentors here is, her name is Evelinn Borrayo.

Matt Hickey: Oh yes, I know Evelinn.

Jessica Gonzalez-Voller Right? Yeah. So Evelinn, very accomplished individual, but she's the Associate Director of the Latino Research and Policy Center, and is associated with the University of Colorado and Denver, the CU Cancer Center. She's my connection here with people with Latinx and cancer. So she's mentoring me through how to assess the needs here in Colorado.

 We've just wrapped up a pilot study with Latinas undergoing breast cancer treatment through the CU Cancer Center and other connecting centers. So my next move is looking at, what are the needs here?

Matt Hickey: My wife's family is Mexican American. Her mom is a two-time breast cancer survivor. So what you're talking about here really resonates with me. And I'm also struck... I've learned this from my wife. There's a culture, Mexican American culture, for her. She spent six years in Argentina and was struck by how different it was, even though we speak the same language. And she even pointed out it's not quite the same Spanish.

Jessica Gonzalez-Voller Very accurate. It's not the same Spanish. The terminology that we have, for one thing. Like I mentioned, I'm Cuban American, and my Cuban Spanish might be different than someone who's from Mexico, and what their lingo is for a certain thing. So there is that important piece of it.

 In this pilot study, we found the nine participants who were actually from Mexico identified as Mexican-American. Versus when I was doing some workout in Florida, it could have been Cuban or Colombian. That was the main identity.

 So looking at, what is the counseling intervention that's needed for Hispanic populations in Colorado that have breast cancer. So what are their experiences?

 So I'm not coming in with my knowledge from Florida, or past experiences, and just putting together an intervention. There's steps to these things. Especially bringing in COVID, because one of the pilot studies that we completed was done right before the pandemic hit. So now we need to look at how is COVID also in influencing this population, and what do they need to adapt our previous intervention?

Matt Hickey: This is such an important lesson about not taking things for granted. It's so easy to do sometimes, but boy, we have to be brought up against it and say, "Wait, don't assume. Don't take things for granted."

 So I want to talk about your family. I want to go back to Miami, if you'll allow us. And I want you to talk about your pathway, your educational pathway, family influences. You've hinted at some mentors already, but we want to hear about your journey to sitting at this table today.

Jessica Gonzalez-Voller Yeah, my journey. What brought me all the way here. So I have been interested in psychology since... Just how the human brain works has always fascinated me.

 So one of my first jobs was in a psychology lab in my undergraduate, and then I also received counseling, and my family had counseling. So I saw how beneficial that was for my family. And then looking at how beneficial that was, really creating a passion, especially within the Latinx community. And there's stigma in a lot of communities with counseling. It's getting better, I do think. However, there are still barriers about... Especially now that we have online counseling and things like that. But wanting to contribute to that, of having counselors. I know having a counselor that looked like me was helpful. And understanding the experience.

 So I wanted to add to that conversation and try and lend to decreasing that stigma of, "Hey, I've been to counseling myself. I'm a counselor myself, so if you're going to try, it can be with me." People within the Latinx community.

 So I decided to pursue my master's in Mental Health Counseling from Nova Southeastern University in Fort Lauderdale. And through there, I worked in various systems and saw some problems that I wanted to address with patient care. And I was looking at, who are they listening to? And it wasn't to someone with a master's degree, it was my supervisor who had a PhD.

Matt Hickey: Oh, interesting.

Jessica Gonzalez-Voller So then I was looking at, okay, to make changes in a systemic level, I would need to pursue a PhD. Because I also realized to make those changes, I needed to bring in the research of... I'm suggesting these changes, but what kind of impact can they make? And to prove that if we change this, this will affect this. I need to learn how to do research.

 So then I looked into various PhDs, and ultimately ended up with a Counselor Education PhD, to be able to teach other counselors how to do counseling, and then also do the research part of it. So I went to University of Central Florida there. And that's when one of my mentors that I mentioned, Sajel Barden, got into the health disparities research. And that set me up for academia.

 I've always loved academia. I think I'm going to be in school forever. I think I don't plan on leaving.

 So then really looking at professor jobs. I was looking for a change from Florida. I was open to staying in Florida. So applied to a lot of different kind of jobs. And the Counseling and Career Development program at CSU sold me.

 So hadn't lived out of state. Lived in various parts of Florida, but I did the move. I moved here not knowing anybody right after my doctoral program, for what was assistant professor, but now I'm an associate professor.

Matt Hickey: Yay.

Avery Martin: Impressed. Yes.

Jessica Gonzalez-Voller Associate Professor position. And what drew me here was really the CCD counseling faculty, the family aspect of it. It's a smaller program. It's a master's program. We accept students once a year, so we really get to know who our students are.

 And also the faculty's commitment to change. When I was hired, not that they weren't making changes, but someone hadn't been hired in a while, because people just stay till they retire. They just stay till they retire there.

 So one of the things, I was like, "If you want to hire me, you need to be open to maybe adjusting this and adjusting that."

 And they were like, "Yeah, we've been wanting to do this and this."

 And since then, one of the changes that we've made was changing our college counseling track into a clinical mental health counseling track, because it provided more services for the community, rather than just in a specific specialization.

 And the weather. I think if I was going to live anywhere other than snow, I was like, at least the foothills location. I can deal with snow, because it's not every single day and it melts quickly.

Matt Hickey: It does, yeah. So you found the transition from Florida to Colorado comparatively easy?

Jessica Gonzalez-Voller It had its challenges, yet I moved with more excitement, because I was craving this change, and I try and make friends wherever I go. I'm into fitness as well. So when I moved here, I joined CrossFit, and I met some friends through there. I put myself out there, which I think was helpful and nerve-wracking at the same time.

 And I think surrounding myself with other female professors when I moved here, and people of color, also professors, when I moved here helped me. Because there is a cultural difference. I grew up in Miami, and I grew up with people who looked like me. Even in kindergarten, I had professors who were... Not professors. Teachers who were Cuban and everything like that.

 So there is diversity in Northern Colorado, and it's also different from Miami. So I think surrounding myself with other people who spoke Spanish helped me transition better, and putting myself out there to make friends, I would say. Yeah.

Matt Hickey: Tell me a little bit more about your first gen status. And I want to make sure I understand this. Are you first gen college student, as well?

Jessica Gonzalez-Voller I am not first gen college student. So my parents came when they were very, very young. They didn't grow up knowing Cuba, but they came when they were a baby, or in toddler stage, kind of situation. So moving to Miami, there was a large Cuban culture. Sure.

 So my grandmother, from both sides of my family, came here. So my sister and I are first generation born in the United States in that way. But my parents did experience growing up in the United States. They didn't know grow what growing up in Cuba was. But my grandmothers tell me a lot of stories about it.

Matt Hickey: I'm sure. Yes. Oh gosh.

Avery Martin: That's great.

Matt Hickey: So your parents obviously value education, right?

Jessica Gonzalez-Voller Yeah.

Matt Hickey: You don't get to the stage without some sense of, "it's important to us." What does your sister do, if you don't mind my asking?

Jessica Gonzalez-Voller Yeah. So my sister is an editor. So my sister has her master's degree in philosophy. Yeah. So she's an editor, specifically for books also with Tibetan and Buddhist people.

Matt Hickey: No kidding.

Jessica Gonzalez-Voller Yeah. And my father is a CPA, so he has his master's degree in accounting. So I am the first person in my family to get a doctorate, but I am not by any means the first person to go to college.

 So I think coming here, my parents saw education... And my mom was a paralegal secretary for a lot of years, as well. So I grew up seeing my mom work, my father work. My mom was home with me when I was very young, but she has always worked as well. So that work ethic, I think, and pride of continuing to... I think it's not pride. I just think it's one of my motivating factors to continue pursuing education.

 Because my grandparents sacrificed leaving Cuba to come here for a better life for their kids. And then my parents sacrificed a lot too, when I was little. So that motivation to continue our family legacy. They came over here, so I want to make sure that I do what I can with the resources that I have that they didn't have growing up. And then hopefully, for my daughter, then each generation is provided even more resources than what I had.

 Whatever path that Emma chooses, my daughter, maybe that's not college, but you have the option. You have the option for it. There's more options for her.

Avery Martin: That's great.

Matt Hickey: We hope the next generation has multiple... It's not just we're fenced in, and this is it. Right. But any of a number of things that she can pursue. I think that's so great. So, thanks. I was hoping to get a little bit more about your family. I appreciate that.

 So when we look at Jessica, the scholar at CSU, tenured associate professor now. Of course, connections all along the front range with Evelinn and others. Can you give us some sense of the day in the life? What does academic life look like for you, and for the people that you collaborate with?

Jessica Gonzalez-Voller I sometimes joke, to be an academic, you have to have a PhD in time management.

Matt Hickey: No kidding. Yes.

Jessica Gonzalez-Voller Because there's structure to it, but there's also not a lot of structure. Because you have... One of the privileges of our field, or at least mine, is I can research what I want to research. So it's like, how do we do that, and how do we structure our days? So I tend to dedicate one or two days to teaching, teaching prep. But I also see my teaching and research and seeing clients... I see myself as wearing three hats that are constantly switching, but they also are of the same color.

 So let's just say it's green. Three green hats. So I put one hat on and it's my practitioner hat. And that's when I'm seeing clients, and I'm supervising my students seeing clients. So it's really that practitioner hat.

 And then I have my service hat, which I put in there. I consider teaching a service too. Teaching about my clients, about my research.

 And then my researcher hat. But all of that is brought into the classroom and with my clients. So all of my research informs my teaching, and informs what I do with my clients. An example of that can be, when I'm talking about... One of the classes I'm teaching right now is Clinical Mental Health Counseling and Treatment. So we're talking about cognitive behavioral therapy.

 So one of the ways that we're talk, we're going to be talking about it is, how do we culturally adapt that if you have a Latina with breast cancer. So then I might give them a case study of what that might look like, because it's one of the works that I'm familiar with.

 And then I say, "Okay, this is how you would adapt it. And then this is how we adapt it for my research."

 I also don't want to only bring in my research, because I think that would be nauseous for some students. Just like, "You're always talking about you, and we're only reading about you."

 So I don't only do that. I bring in other scholars, as well.

Matt Hickey: This really, for me, is a great picture of an integrated teacher, scholar, practitioner. It's not three buckets that don't talk to each other.

 So when you think about impacts you hope to have on your trainees, unpack that for us little bit.

Jessica Gonzalez-Voller There's two impacts that come to mind. One of them is that I hope that wherever they end up... Because we have three specializations. We have school counseling, career counseling, and clinical mental health counseling. So wherever they end up working, I'm hoping that their clients say, "I feel confident and comfortable talking to my counselor about my different identities."

 And that what they're doing makes sense why they're doing it. Basically, it's based off of the research. They're not just doing it because they think it's cool. They are ethically and informed by the research. So that's one of them.

 And then the other one is really looking at the Latinas with breast cancer. I think just having a strong tying community to Cuban culture. And my community, I consider that my community, the Latinx culture and Latinas. So I want to make an impact, even if it's a fingerprint. And it looks like, for right now, it's going to be headed towards Latinas with breast cancer.

 So if I can have one of the counseling interventions that I'm going to offer just lower the distress of one person with breast cancer who identifies as Latina, is the other impact that I would like to have.

Matt Hickey: Do you see yourself as a role model for future scholars of color?

Jessica Gonzalez-Voller I'm hoping I'm an example of what someone can do if they want to do this. That's what I would say.

Matt Hickey: And is there a sense of pressure associated with that? Or how would you describe that?

Jessica Gonzalez-Voller There is some pressure. I would say that, in my position, I've had students come up to me, specifically Latina students who want to pursue a degree in counseling. And they're like, "I finally have someone who looks like me."

 Or now we're able to offer in my counseling clinic Spanish speaking services, when we weren't able to before.

 So there's some pressure in, if I'm the only one that you're seeing, then what messages am I sending out? So there is a sense of pressure. I'm constantly saying, "This is how I do it, and there's other ways that you can do it."

 But then sometimes they're saying, "But I don't have another example."

 So how I try and mitigate that, or manage that, really is looking at how... I can't control how people are seeing me, but if I feel authentic in what I'm doing, that's all that I can do. So in those three green hats that I wear, and even a fourth one, because academia is also my family. It's my family life that's all in there. If it's all feeling authentic to me, then that's all I can do.

Avery Martin: That's beautiful. Yeah.

Matt Hickey: Cast your vision five, 10 years into the future, and you think about the aspirational impact you have on mental health practice. Talk to us about what you hope it might look like.

Jessica Gonzalez-Voller I'm hoping I'm still teaching. So I see my impact also is greater than myself, because I train other counselors. So since I've been here, for example... I've been here for almost seven years, and each graduating class we have 25 to 30 students. So that's maybe 25 to 30 practitioners a year that we are dispersing, and that are going to be providing counseling services in school settings, in career settings, in the community through clinical mental health.

 So I'm contributing to that. I think my students helping other people is a trickle effect of my teaching, and my faculty's teaching, and their hard work that they're putting in turn this degree. So that's one of the things that makes me smile the most, the impact that my students are going to be making in other people's lives. I will not even begin to know what that is.

 And then, yes, my own counseling intervention with my own clients, and their own intervention. So it's really the client's lives that I'm hoping are impacted by everything that I'm doing, to some extent.

Matt Hickey: That's powerful. Yeah. Can you imagine how many lives can be touched by the cohorts of students that you send out there? Right. It's the multiplicative effect. It's humbling when you stop and think about it.

Jessica Gonzalez-Voller It is. And I hadn't stopped to think about it in a minute. Between being pregnant, going up for tenure, and COVID, I hadn't thought about this all of this year. So it is powerful. Yeah.

Matt Hickey: Let me ask, if I may, how has motherhood impacted your approach to work?

Jessica Gonzalez-Voller The guilt to saying "no" has lessened, because I need to prioritize my family, which is my priority, especially Emma. So what she needs.

 And so I think I'm more focused at work, so I'm procrastinating less. I would want to say, to some extent. I only have this amount of time to work. So some of the things that used to take me four hours, now I only have two hours to do them. So I either find that I can do them in that amount of time, or I just can't do them, because I have to go pick up Emma, and I have to spend time, and I want to spend time with my daughter.

 Everything to her right now is "wow" and exciting. And I remember how that was in my career. So now I'm like, "What is 'wow' for me in this next stage of my career?" Right? I'm learning so much from her, and that saying "no"...

 Some things we have to do. Administrative things. When I see clients, I have to do the notes for my clients. It's not my favorite part, but it's things I need to do. But most of the things I'm saying yes to now at least have some aspect of, would Emma find this exciting? Does this bring out some kind of "wow" for me?

Matt Hickey: That is really neat. That's really cool.

Jessica Gonzalez-Voller Yeah.

Avery Martin: I'm glad you said yes to this, as well.

Jessica Gonzalez-Voller Yes, I did. This got me excited.

Avery Martin: I'm glad. I'm glad. I'm curious, on the converse of Matt's question, how has your training impacted your personal life? How you approach the mind, how you approach conversations?

Jessica Gonzalez-Voller Yeah. I try not to therapize my friends, and sometimes they get to me, they're like... I'm sometimes like, "Do you want counselor Jessica, or do you want real, just one minute, just realness, right now."

 So I think that's two different energies. My family and my friends aren't my clients, so I try and filter myself, but also just get to what I really think. Because part of being a counselor is trying to be non-judgmental, and having the client create the best versions of what they think they want. Versus maybe in my personal life, I know this person in and out, so I can see different aspects of their life that I can't see with a client. Because I can't see where they live. I don't know where they work. Well, I know where they work, but I can't see those things oftentimes.

 So I tend to provide my opinion more with my friends and family, more directly, which I think saves time. But then also I'm always promoting therapy to everybody.

Avery Martin: That's good.

Jessica Gonzalez-Voller After I give my opinion, I'm like, "And you can always go to counseling."

Avery Martin: I hear you.

Matt Hickey: That's awesome.

 I have two additional questions, if we can. And it's really about the environment that we find ourselves having the opportunity to work in. And the first one is, CSU as an institution. It's a land-grant institution. This is a heritage that we take seriously. We certainly talk about it all the time. One of the things that for 26 years has struck me is that you don't have to go looking on the website. It's pretty front and center. What does that mean to you to work at a land-grant institution?

Jessica Gonzalez-Voller One of the things that it means to me is that, for me particularly, in order to provide the resources that I want for the underserved populations that I want to work for, we need resources. And working at a land-grant institution, I have a lot of examples of how people have applied for grants, and how they've made resources available to the community, surrounding communities.

 So I have a lot of examples of how I can do that. I've gotten some seed grants, and next steps is to get larger grants to be able to provide counseling interventions to more than just one location. Because in order to provide those services, you need money. And one of the ways to get that is through applying for grants.

 And then not only that though. One thing that's very important to me is, how can those... Once you get a grant, how can that be sustainable, after you get the funding for it? How are we going to make it sustainable? So that's definitely one of the ways I want to create an impact, is that as I apply for grants and receive them, how do I make this sustainable within the community? Not just provide an intervention. And I don't have a [inaudible 00:28:47] how to do that yet, but that's part of my impact that I want, of, if I go in and provide an intervention, how can I make it sustainable?

Matt Hickey: Again, I love this perspective, because the focus here is on the lives that I'm touching, from a sustainability standpoint first. And the sustainability of Jessica's scholarship might follow that, but it's not the other way around. It's not, "I'm delivering this program but thinking about my next grant."

 And I think that can get inverted really easily sometimes. And it diminishes the impact, or at least that the potential to.

Jessica Gonzalez-Voller Yeah. There are steps to that too. Part of that is, one of the things that we're going to be doing next is, like I said, doing a focus group with Latinas who are undergoing breast cancer treatment to see what they really need and what they want. So not just going in and doing interventions. And maybe looking at Spanish speaking therapists in the area. How many are there in that area? If there aren't any, how can we recruit and retain them? Not just for our intervention.

 So like I said, not answers now, but it's on my mind as I'm doing these, as they come up.

Matt Hickey: That's great. Thanks for sharing. Next layer down is this College of Health and Human Sciences. It's a broad range of disciplinary focuses, and we were just talking about, it's really vibrant. If we allow ourselves to get out of our own silos, we can look across the college. And you had an opportunity to do this in the spring. You gave a lightning talk at research day to-

Jessica Gonzalez-Voller So long ago.

Matt Hickey: To go, "Wow, look at all these things going on in the college."

 So let's talk a little bit about life as an academic in the College of Health and Human Sciences.

Jessica Gonzalez-Voller So I look at the College of Health and Human Sciences as an integrated team, because being a counselor, I've always worked in integrated teams, with people who are social workers, psychologists, medical doctors. And I've found myself collaborating.... I say just across the street, because the School of Education and Behavioral Sciences is right across.

 So I pair with health psychology, social work. Statistics, I've paired with. So I think in order to do the work and make the impact that I want to make it, I don't know if I can make it just with people within one school. So I see the benefit for everybody, because part of counseling is looking at people holistically. And they may not need just mental health. I'm thinking of occupational therapy, especially with people undergoing breast cancer treatment. They might be going under to some physical issues, as well. They might be working with occupational therapy. So I think my community work is representative within the College of Health and Human Sciences, to an extent.

Avery Martin: That's great. Yeah.

Matt Hickey: Well, we're lucky to have you.

Avery Martin: Yes.

Matt Hickey: So thanks for joining us today. You've got a lot going on, obviously, and we really appreciate a few minutes of your time.

Avery Martin: Yeah, thank you.

Jessica Gonzalez-Voller Yeah, this was fun, and it helped me to reflect on my career. So that made me "wow" like Emma says.

Matt Hickey: Yeah.

Avery Martin: That's good. That's good.

Matt Hickey: Another great interview is in the books. Thank you for listening to this episode of Health and Human Science Matters.

Avery Martin: Stay tuned for the next episode. It's on the way. In the meantime, go listen to our episodes from seasons one and two. And if you want to learn more about our College of Health and Human Sciences at CSU, go to www.chhs.colostate.edu.