

Sarah Ann Himmelheber, MSW, LCSW, PhD

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- Professional Objective:** To contribute to community food security and to the elimination of inequality through teaching, research, and activism.
- Research Interests:** Community organizing; food security; community-based, participatory action research; programmatic innovation; collaborative evaluation processes; service-learning; university-community partnerships; mindfulness in social work.
- Teaching Interests:** Macro practice; clinical practice; field experience; community organizing; mental health; professional ethics; social justice; diversity; ecological practice; food security; qualitative research methods.
- Education:**
- 2009-2012 **Doctorate in Social Work**
University of Georgia
Doctoral Dissertation: *Harnessing Waste, Building Success: An Ethnographic Case Study of the Campus Kitchens Project*
- 2002-2004 **Master's in Social Work**, Concentration in Community Empowerment and Program Development
University of Georgia
Master's Thesis: *Waste and Want: Assessing the Demand for Emergency Food Assistance and the Presence of Agricultural Surplus in Oconee, Oglethorpe, Madison, Jackson, and Greene Counties*
- 1996-2000 **Bachelor of Science**, Political Science and Sociology (double major)
New College of Florida
Senior Thesis: *The Food Stamp Program and the Legacy of Hunger Policy*
- Professional Experience:**
- Teaching**
- 2016, Spring semester **Field Seminar-** Warren Wilson College
Senior-level course, focusing on processing experiences from 32-hour/week field placement. Students facilitate discussions linking field content with competencies and design and carry-out independent research projects of value to their field agencies.
- 2016, Spring semester **Social Work Practice I-** Warren Wilson College

Junior-level course, focusing on conceptual and applied understandings of the social work change process. Students with in the community with the Veterans Treatment Court.

2016, Fall semester

2015, Fall semester

Social Welfare Policy and Services- Warren Wilson College

Senior-level social policy course, covering major areas of social work practice and the associated policy history and issues. Inclusive of various perspectives on policy analysis. Students design and participate in policy advocacy efforts.

2015, Fall semester

Human Behavior & the Social Environment: The Life Course-
Warren Wilson College

Junior-level course centering on concepts of human development within the Person-in-Environment perspective. Students design and participate in a multi-generational service project.

2016, Fall semester

2015, Fall semester

Field Orientation Seminar- Warren Wilson College

Senior-level pre-field course, focusing on preparedness for entering the senior field placement, including ability to navigate ethical dilemmas; employ supervision; act in accordance with social work knowledge, values, and skills; and demonstrate overall readiness for professional practice.

2015, Spring semester

Social Policy II- BSW course, UWGB

Senior-level policy course, centering on group advocacy project. Key concepts include differentiating advocacy from service, operationalizing projects, and using social work skills to lobby elected officials on key issues.

2014, Fall semester

Instructor of Record

The Profession of Social Work- BSW course, UWGB

Introductory social work course, focusing on content including social work core values, educational competencies, history of the profession, and ethical reasoning.

2015, Summer semester

2014, Summer semester

Instructor of Record

Family Principles and Patterns- undergraduate SW support course

Content delivered entirely on-line. Key concepts include understanding of family lifecourse perspective, historical factors impacting diverse family types, and typical family-level issues encountered by professional social workers.

2015, Spring semester
2014, Spring semester
2013, Spring semester
Instructor of Record

Practice Competence in Diverse Communities- MSW course, UWGB
Diversity course focusing on competent practice. Facilitated student projects, which involved outreach to community agencies and offering in-service trainings related to specific cultural groups and related social service issues.

2013, Spring semester
2013, Fall semester
Instructor of Record

Understanding Diversity, Challenging Oppression- GE course, UWGB
Service-learning course for helping professionals—Food issues were utilized as an entry point for understanding privilege, oppression, and dimensions of difference. Service-learning partnership establishing with the Oneida Community Integrated Food System.

2015, Spring & summer
2014, Summer semester
2013, Spring & summer

Advanced Field Seminar- MSW course, UWGB
Facilitated weekly seminar for MSW students to process experiences from field placements. Conducted field visits and liaised with agency staff to ensure that both the agency needs as well as student learning needs were being met.

2014, Fall semester
2013, Fall semester
2012, Fall semester

Social Work Methods II- BSW course, UWGB
Practice course focusing on social contexts, building relationships, and application of assessment and intervention skills.

2014, Fall semester
2013, Fall semester
2012, Fall semester

Field Practicum I- BSW course, UWGB
Conducted field visits and liaised with agency staff to ensure that both the agency needs as well as student learning needs were being met.

2012, Spring semester
Teaching Assistant

Qualitative Research Methods- Graduate course, UGA
Introduction to a variety of traditions in qualitative inquiry. Assisted with in-class meetings and led data analysis discussions.

2011, Spring semester
Instructor of Record

Integrative Field Seminar II- BSW course, UGA
Weekly seminar classes focusing on integrating academic material with experiences from the senior practicum placement.

2011, Spring semester <i>Instructor of Record</i>	Practice in Social Work II- BSW course, UGA Conducted field visits and liaised with agency staff to ensure that both the agency needs as well as student learning needs were being met.
2011, Spring semester <i>Teaching Assistant</i>	Environment, Gender, Race, Class- Women’s Studies, UGA Mixed graduate-undergraduate service-learning course focusing on the intersection between systems of oppression. Focused on development and support of service-learning project.
2010, Fall semester <i>Instructor of Record</i>	Integrative Field Seminar I- BSW course, UGA Weekly seminar classes focusing on integrating academic material with experiences from the senior practicum placement.
2010, Fall semester <i>Instructor of Record</i>	Practice in Social Work I- BSW course, UGA Conducted field visits and liaised with agency staff to ensure that both the agency needs as well as student learning needs were being met.
Research 2014- 2015 <i>Primary Investigator</i>	Targeting Writing Skills in the Social Work Classroom Developed a multi-strategy pre-and post-test instrument to build understanding of beginning BSW students’ writing skills and impressions of writing’s role in professional social work. Involved students in a series of weekly “warm-up” exercises targeting specific writing skills.
2012-2014 <i>Primary Investigator</i>	Exploring Charitable and Change Service-Learning Paradigms Connected interest in building understanding around impact of different types of service experiences on student learning outcomes with service-learning course. Placed students in contrasting placements and utilized qualitative techniques to explore differences.
2012-2013 <i>Primary Investigator</i>	Mindfulness Practice and Field Education Working in collaboration with an outside colleague, created a series of mindfulness activities to incorporate into field seminar. Utilized pre-existing mindfulness scale to assess effectiveness of intervention.
2009-2012 <i>Co-Investigator,</i> <i>Research Assistant</i>	Food Insecurity and Grandparent Caregivers Assisted in research project documenting the experiences of grandparent caregivers in meeting the food needs of their families. Co-led focus groups, transcribed and analyzed group interviews.
2009-2012	Mutual Support in Grandfamilies

*Co-Investigator,
Research Assistant*

Assisted in research project aimed at delineation and description of positive consequences for grandparents who are assuming the primary caregiver role.

2009-2012
*Co-Investigator,
Research Assistant*

Service and Self-Care, Helping Professionals Return to Burn Camp
Assisted in research project exploring decade long service-learning course and partnership between the UGA School of Social Work and the Georgia Firefighters Burn Foundation including conducting, transcribing, and coding of individual interviews.

2009
*Co-Investigator,
Research Assistant*

Family Support Systems and the Pediatric Burn Experience
Assisted in research project exploring what supports are extended to families of children with burn injuries and what additional services may be of use.

Practice
2005-2009

Counselor II, Assertive Community Treatment Team
Advantage Behavioral Health Systems
Athens, GA
Provided daily visits to clients with severe and persistent mental illness; facilitated dialectical behavioral therapy (DBT) groups; conducted on-going assessments; provided counseling and case management services; collaborated with clients to formulate goals and plan treatment; intervened in emergent situations; monitored symptoms and adherence to treatment.

2004-2005

Resource Coordinator, Northeast Georgia Homeless Coalition
Athens, GA
Provided intensive outreach and case management services for persons in homeless situations. Focused on assisting the chronically homeless and disabled population with accessing systems of assistance.

2003-2004

Food Rescue Intern, ACTION, Inc. Full Plate Program
Athens, GA
Represented agency to donors; tracked donation data; established Advisory Council; assisted with preparation of grant applications, recruited volunteers. Conducted rescue and redistribution of prepared surplus foods.

2000-2002

Case Manager, Families in Transitional Housing, Salvation Army
Sarasota, FL
Provided case management services for families experiencing homelessness; performed assessments and referrals; developed and implemented children's curriculum; facilitated women's support group.

Managed grants and wrote monthly report to funders; collaborated with other agencies as a part of the county continuum of care.

Community Experience:

2013-2015

Faculty Advisor, Campus Kitchen at UWGB

Student Organization, UWGB, Green Bay, WI

Supported students in organizing events highlighting food waste and other food system justice issues. Assisted in the effort to establish branch of the Campus Kitchens Project at UWGB.

2012- 2015

Member, County Health Improvement Project (CHIP)

Green Bay, WI

Contributed to CHIP subcommittee focusing on improving the nutritional quality of foods donated to food pantries through research and community outreach efforts.

2012- 2015

Vice President, Board of Directors, New Leaf Foods, Inc.

Member, Education and Policy Committee, New Leaf Foods, Inc.

Green Bay, WI

Contributed to education and outreach efforts of New Leaf Foods, focuses on expanding access and affordability of healthy foods.

2012- 2015

Faculty Member, Center for Food and Community and Culture,

University of Wisconsin at Green Bay

Collaborated with members of the UWGB campus and the Green Bay community on food-related projects.

2010-2012

President, The Campus Kitchens Project at the University of Georgia

Organized and provided leadership for an on-campus student group aiming to establish a branch of the Campus Kitchens Project at the University of Georgia.

2007- 2010

Secretary, Board of Directors, The Bigger Vision of Athens

Athens, GA

Collaborated with other board members in strategic planning necessary to restructuring of emergency shelter; improved community education materials and raised funds through individual solicitation and presentations to a variety of groups; completed overnight stays at shelter.

2006-2009

Member, Board of Directors, Economic Justice Coalition

2004-2006

Secretary, Board of Directors

Athens, GA

Participated in strategic planning; created community education literature; contributed to fundraising efforts; led organizational committee for annual Labor Day Celebration of Workers' Rights.

2002-2011

Organizing member, Food Not Bombs

Athens, GA

Collaborated in management of shared facility; communicated with food donors and solicited donations; created educational materials promoting the idea of food as a right of humanity; organized record keeping.

Collected and prepared food that would be otherwise wasted and served meals weekly in a public location.

2002-2012

Volunteer Counselor, Georgia Firefighters Burn Foundation

Atlanta, GA

Contributed to training curriculum and led training session; organized camp activities; supervised campers who have sustained burn injuries during annual week-long camp experience.

Publications:

Himmelheber, S. A. (2016). Relationship depth in community food security: Lessons from a case study of the Campus Kitchens Project. *Journal of Public Scholarship in Higher Education*, 6, 4-19.

Lee, J. & Himmelheber, S. A. (2016). Cultivating presence: Evaluating a 14-week pedagogical model to increase mindfulness among BSW and MSW field students. *Journal of Social Work Education*, 52 (4).

Kaiser, M., Himmelheber, S. A., Miller, S.E., & Haywood, A. (2015). Cultivators of change: Food justice in social work education. *Social Work Education: The International Journal* (August) 1-15

Himmelheber, S.A. (2014). Examining the Underlying Values in Food Assistance Programming: Implications for the Social Work Profession. *Journal of Progressive Human Services*, 25 (2) 116-132.

Himmelheber, S.A. (2013). [Review of the book *American Wasteland: How America Throws Away Nearly Half Its Food (and What We Can Do About It)*]. *Journal of Progressive Human Services*.

Kolomer, S., Himmelheber, S. A., & Murray, C. (2012). Mutual exchange within skipped generation households: How grandfamilies support one another, in Hayslip, B. & Smith, G., *Resilient Grandparent Caregivers: A Strengths Based Perspective*. New York: Routledge.

Himmelheber, S. A. (2010). [Review of the book *Lost in Space: The Criminalization, Globalization, and Urban Ecology of Homelessness*]. *Human Geography*, 3 (3).

Peer Reviewed Presentations:

Himmelheber, S.A. & Lawrence, L. (November, 2016). *Using Service to Bridge HBSE and Practice Content: Lessons from a Pilot Project*. Paper presented at the Annual Program Meeting of the Council on Social Work Education.

Himmelheber, S. A. (October, 2015). *Framing Writing as a Social Work Skill: A Pilot Intervention*. Poster presented at the Annual Program Meeting of the Council on Social Work Education.

Himmelheber, S.A., Zhu, L. & Early, K. (March, 2015). *Creating Healthier Food Pantries: First Steps in a Community-Advocacy Effort*. Paper presented at the Annual Conference of Social Work Baccalaureate Program Directors (BPD).

Zhu, L., Himmelheber, S.A., & Early, K. (October, 2014). *Understanding Public Food Donations: A First Step in Improving Healthy Food Pantry Options*. Poster presented at the Annual Conference of the Academy of Nutrition and Dietetics.

Himmelheber, S. A. (March, 2014). *Building Understanding of Charitable and Change Paradigms in Service Learning*. Paper presented at the Annual Conference of Social Work Baccalaureate Program Directors (BPD).

Lee, J. & Himmelheber, S.A. (October, 2013). *The Power of Presence in the 21st Century Classroom: Integrating Mindfulness Pedagogy to Cultivate Attention, Curiosity, Compassion, and Intention Among Students and Educators*. Poster presented at the International Society for the Scholarship of Teaching and Learning.

Kaiser, M., Himmelheber, S. A., Miller, S. E., & Hayward, A. (November, 2013). *Cultivators of Change: Food Justice in Social Work Education*. Panel presented at the Annual Program Meeting of the Council on Social Work Education.

Lee, J. & Himmelheber, S.A. (November, 2013). *Field Education in the Present Moment: Evaluating a Pilot Mindfulness-Based Pedagogical Model*. Poster presented at the Annual Program Meeting of the Council on Social Work Education.

Himmelheber, S. A. & Reeves, P. L. (January, 2013). *Using Ethnographic Methods to Understand the Campus Kitchens Project*. Paper presented at the Annual Conference of the Society for Social Work and Research.

Himmelheber, S. A. (October, 2012). *Ethnographic Case Study of the Campus Kitchens Project*. Paper presented at the 2nd Annual International Food Studies Conference.

Herles, C. & Himmelheber, S. (2012, March). *The Politics of Justice: Food Activism in a Women's Studies Service Learning Course*. Paper presented at the Southeastern Women's Studies Association Conference.

Kolmer, S., Himmelheber, S. A., McKinney, S., & Elward, C. (2011, November). *Addressing Food Insecurity in Grandparent-Headed Households*. Paper presented at the Annual Meeting of the Gerontological Society of America.

Himmelheber, S. A. (2011, October). *Food Security, Service-Learning, and the Natural Environment: Ideas for Social Work Education*. Paper presented at the Annual Program Meeting of the Council on Social Work Education.

Himmelheber, S. A. (2011, March). *Exploring the Campus Kitchens Project*. Paper presented at the Gulf South Summit Annual Conference for Service Learning in Higher Education.

Kolomer, S., Williams, N.R., Himmelheber, S.A., & Dillard, D.R. (2010, October). *Service as Self-Care: Social Workers Return to Burn Camp*. Poster presented at the Annual Program Meeting of the Council on Social Work Education.

Himmelheber, S. A. (2010, June). *Community Gardening and Cultural Creativity: A Social Work Opportunity*. Paper presented at the "Food In Bloom" joint Annual Meeting of Agriculture, Food, and Human Values Society and the Association for the Study of Food and Society.

Invited Presentations:

March-June 2012 Mindfulness and Practical Skills Training (four-part training over four months)
Advantage Behavioral Health Systems

Community Presentation: *Building Understanding Around Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance*

September 2011 Social Work and Health
University of Georgia School of Social Work
Presentation to Students: *Food Security and Health: Exploring Community-Level Interventions*

August 2011 Specialty Seminar
University of Georgia School of Social Work
Presentation to Students: *Preparing for an Internship in the Mental Health Field: Group Work, Challenges, and the Student Role*

July 2011 Masters in Marketing Research

University of Georgia

Presentation to Students: *Introduction to Atlas.ti and Computer Assisted Qualitative Data Analysis Software*

March 2011

Life of the Mind Enrichment Series

Augusta State University

Presentation to Students: *The Food Rescue and Redistribution Movement: Radical Activism and the Non-Profit Sector*

February 2011

Bringing It Back to Campus:

Southeast Youth Food Activism Summit

Presentation to Students: *Student Contributions in Food Activism*

August 2010

Specialty Seminar

University of Georgia School of Social Work

Presentation to Students: *Group Work with People with Severe and Persistent Mental Illness*

July 2010

Building Communities that Grow Local Economies

Area Committee to Improve Opportunities Now, Inc.

Community Presentation: *Case Management Strategies and Techniques*

November 2009

Social Work with Diverse Populations

BSW course, University of Georgia

Presentation to Students: *Working with People with Severe and Persistent Mental Illness*

Institutional Service:

2015-current

Social Work Advisory Board

Warren Wilson College

2012-2015

Field Education Committee

Social Work Professional Programs, University of Wisconsin Green Bay

2013-2015

BSW Admissions Committee

Social Work Professional Programs, University of Wisconsin Green Bay

2013-2015

BSW Student Advisor

Social Work Professional Programs, University of Wisconsin Green Bay

2013-2015

MSW Program Committee

Social Work Professional Programs, University of Wisconsin Green Bay

2014-2015 **MSW Curriculum Development Committee**
Social Work Professional Programs, University of Wisconsin Green Bay

2014-2015 **University Sustainability Committee**
University of Wisconsin Green Bay

2014-2015 **Student Misconduct Committee**
University of Wisconsin Green Bay

Honors and Certifications:

2016 **Service Learning Fellow**
Warren Wilson College

2014 **ServSafe Exam Instructor and Proctor**
National Restaurant Association

2012 **Teaching Scholar**
University of Wisconsin at Green Bay

2012 **Library Research Fellow**
University of Wisconsin at Green Bay

2012 **Qualitative Research Certificate**
University of Georgia

2011-2012 **Dissertation Completion Award**
University of Georgia Graduate School

2010 **Diversity Engagement Award**
University of Georgia Graduate School

2010-2011 **PhD Student of the Year**
University of Georgia School of Social Work

2010 **Blue Key Honor Society Member**
University of Georgia

2008 **Licensed Clinical Social Worker** (active, renewed through 6/30/2018)
North Carolina State license # C010257
Georgia State license # CSW004034

- 2007 **Mental Health Professional of the Year**
Mental Health America of Northeast Georgia
- 2004 **Non-Profit Management Certificate**
University of Georgia
- 2003-2004 **MSW Student of the Year**
University of Georgia