

Spring 2004
Volume 1, Issue 3

HAMPTON ROADS COUNSELORS ASSOCIATION

Counseling at the Crossroads: Pathway to the Future

~ A Message From Our President ~

- President's Message
- JUNE 3-5
School Counseling
Summer Academy
- MAY 6
Norfolk State
University

Submit articles to
larri-pat@cox.net



Newsletter Highlights:

MAY CHARITY:

"RELAY FOR LIFE"

EXECUTIVE BOARD 6

MAY MEETING

"Health & Wellness:

Perspectives for
Counselors & Their
Clients"

**NORFOLK
STATE
12:30-2:30**

Hampton Roads Counselor's Association is concluding another year of successful professional development activities supporting counselors throughout the four cities of Chesapeake, Norfolk, Portsmouth and Virginia Beach.

As the result of being one of the co-hosts for this year's fantastic VCA convention, HRCA received a substantial financial boost to its treasury. This will ensure continued financial health for our organization. We are especially proud of **Delna Antaki**, an HRCA member, who was one of the VCA Convention Coordinators and who has given a tremendous amount of her time and energy over the years to organizing and planning VCA conventions.

The Executive Board is pleased to announce its financial support for the **Hampton Roads School Counseling Leadership Team**, a collaborative effort between school districts and our higher education institutions. The "HRSCLT" connects into a number of forums to advocate for school counselors and impact counselor training and preparation. It is an excellent way to promote professional development.

With the advent of spring and its cycle of renewal, it is especially appropriate to consider how to renew our commitment to counseling. In order to remain vibrant as a group, we need additional support from our

members. HRCA needs greater member participation in its meetings, and volunteers who are willing to serve in leadership roles. Please consider volunteering to serve on the Executive Board of HRCA, either as an officer or as a committee chair. As I approach the end of my term as your President, I thank the Executive Board for their support. I applaud our counselors for the countless acts of kindness and assistance they render to others every day. Counselors, like each any every one of you, make a difference in the lives of those they serve.

Beth B. Bangley,
President HRCA

**HRCA MEETING at NSU
Reservations due by 4/29!
FAX: 455-0833 or
newjp@drs.state.va.us**

MEMBERSHIP: Don't Leave HRCA Without It!



Do you know a counselor, therapist, or intern who is not a member of HRCA? Do you know why not?

What makes any organization stand out over others is its members and the gifts, talents, character, experiences, and expertise they bring to the group.

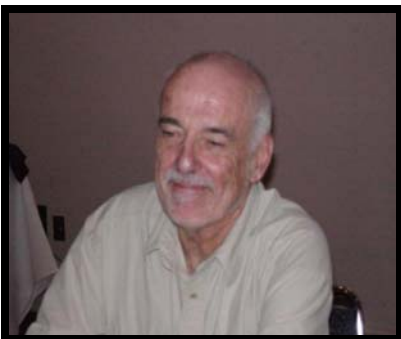
The Hampton Roads Counselors Association membership has historically set a standard known

statewide.

We want to regain our status one the largest chapters in the state, but we need your help.

First, RENEW your membership. Second, INVITE a colleague to ATTEND the Professional Development meetings and join HRCA.

We stand at the Crossroads!



YOUR NET WORTH

A parent (client, friend or colleague) is talking to you about his concern about some "confusion" by his 85-year old widowed mother living alone in her home of 50 years. "She resists talking about moving to an assisted living apartment! Can you get me a counselor that will talk her into moving?" Of course this presents some ethical issues for you but how could/should a counselor help her?" The Internet to the rescue!!!

You go to your computer search engine. You type in "www.vcacounselors.org". **CLICK!** Up comes the home page for the Virginia Counselors Association.

But first, put the address in your Bookmark file so you do not have to search for it

Internet Communications Skip Earl, Chair

AGAIN. To do this, hit "FAVORITES" (or "Bookmark"). Hit "save". It will ask you for a category. What about creating one called "Counseling"? Save the address there. After this you can find this page by going thru START to FAVORITES to category named COUNSELING and go directly to VCA page without using a search engine.

Interesting information on VCA counselors but their RESOURCES is under construction. How about going nationally?. You don't have the national address so you go to your search engine (GOGGLE or whatever) and type in "American Counseling Association". (By using the quotes you control from getting one million cites on American and 1 million more cites on Association.)

With "American Counseling Association" listing you will probably get 27,900

references BUT the first one is AMERICAN COUNSELING ASSOCIATION homepage. BINGO! At this point, be sure to add ACA to your "FAVORITES"

On ACA home page is a "search engine." It is a blank block with the word "SEARCH" at the end. You type in some key words, e.g. "Older Adult" and click the word "search." You may get 361 references to professional articles on counselors working with older adults.

The authors, Schwiebert, et al, present detailed guidelines for working with older adults in three areas: 1) cognitive impairment, 2) victims of abuse and 3) terminal illness. You find some helpful guidance under "cognitive impairment" for counselors working this elder like your questioner's 85-year old mom.

You may have learned some helpful information or can continue to search for other related articles.

What are your favorite counseling web sites? Please send them on to me.

Stay tuned (or should I say stay keyed in) for further ideas. Help me out for your ideas and addresses.



Cheers, Dr. Walter Skip Earl
skipearl1@cox.net

~ Hospitality Committee ~

Nancy Rosenberg, Chair

The HRCA Charity support for May is the American Cancer Society's RELAY FOR LIFE event. Everyone who attends the May meeting at Norfolk State University will be encouraged to donate one dollar per raffle ticket for some lovely door prizes. All proceeds will go to the ACS.



2004 Transforming School Counseling Annual Summer Academy June 3-5, Norfolk, Virginia

Registration information is available on The Education Trust website:

www.edtrust.org

Every year the National Center for Transforming School Counseling at The Education Trust convenes a Summer Academy to provide a forum for school counselors, counselor educators, counseling supervisors and state supervisors to share ideas and data about newly transformed school counseling programs. The summer academy will be held Norfolk Waterside Marriott in Norfolk, Virginia. The theme will be School Counselors Count I Accountability. The academy will showcase examples of school counselors taking action to promote the bottom line – access, equity and academic success for all students.

What The Academy Can Offer You...The Fifth School Counseling Summer Academy

This Academy is designed and offered by the National Center for Transforming School Counseling at The Education Trust. The sessions will offer the opportunity to learn directly from school counselor educators, school counselors, school district supervisors, and state

department supervisors how to use data to advocate for systemic change. It intends to address the question of how school counselors are working to increase student access to a rigorous curriculum and increased student achievement.

National Center for Transforming School Counseling

In June 2003, The Education Trust and MetLife Foundation established the National Center for Transforming School Counseling (NCTSC). This new Center continues the work supported by the Wallace-Reader's Digest Fund and MetLife Foundation to ensure that school counselors across the country are trained and ready to help ALL groups of students reach high academic standards. The formation of this Center comes at a critical time as states, districts, and schools are raising standards and implementing accountability systems.

The NCTSC is a nationwide network of organizations, state departments of education, school counselor professional

associations, institutions of higher education and school districts currently involved in the transforming school counseling initiative. Through the Center, the network sites form a community of influence to transform the field of school counseling into a force for promoting standards-based education reform. The National Center for Transforming School Counseling will place practicing school counselors at the heart of the new mission of schools – to educate ALL students to high levels.

Who Should Attend

School Counselors, Counselor Educators, School District Supervisors of Counseling, and State Department Supervisors of Counseling who want to:

Learn the new role of school counselor's in the era of accountability,

Learn how using data is critical to the new mission of schools,

Learn how using data is integral to being a leader and advocate in schools.

Come to the Academy as a member of a school leadership team that includes School Counselors, School District Supervisors of Counseling, and State Department Supervisors of Counseling – the people who when

working together, can drive a system to improve the academic success for all students.

Or come alone; ready to absorb the information shared. Be prepared to take what you have learned back to the people in your school's leadership team who are dedicated to the mission to educate all students to high standards.

The Education Trust

The Education Trust was created to promote high academic achievement for all students at all levels – kindergarten through college. While we know that all school and colleges could better serve their students, our work focuses on the schools and colleges most often left behind in education improvement efforts: those serving Latinos, African American and low-income students. The Education Trust works side-by-side with policy makers, parents, education professional, community and business leaders – in cities and towns across the country – who are trying to transform their schools and colleges into institutions that genuinely serve all students. We also share lessons learned in these schools, colleges and communities with policy makers.

-Dr. Vivian Lee



ARCHIVES

Teri Thomas, Chair



**Thank you,
Delna, for
your example
of leadership
and
commitment
to counseling
and HRCA!**

YOU ARE IMPORTANT!

We invite all Hampton Roads Counselors Association members to inform the Archives Committee of any professional or community activity you have been involved in this year. Did you present a workshop for parents or faculty? Did you present at the VCA Convention in November or the VSCA in March? Are you a community Thespian? Do you serve at the local soup kitchen as a volunteer? Have you been recognized by your faculty or office for bringing a uniqueness to your job?

TELL US ABOUT IT!

Please do not hesitate to share your experiences with HRCA. By letting us know of your accomplishments and activities, the other chapters around the state will see how special the members of Hampton

Roads Counselors Association are and how you contribute to your community.

Contact Teri Thomas, ARCHIVES Committee Chair, with your information at any **HRCA General Membership Meeting or you may email the information to the newsletter editor.**

WHAT WE'D LIKE TO KNOW

You may write a brief paragraph and submit it to the newsletter editor (photos optional). Include name, work place (school & city), brief description of activity, and date(s). If other HRCA members participated, include their names and work place.



Teri Thomas
Archives Chair

HRCA Charity Raffle for May

2004

Relay For Life is a unique, challenging, and fun way to raise money for the American Cancer Society in a community, large or small-and to raise awareness of cancer and the work of the American Cancer Society.

YOU are needed for the 2004-05 HRCA Leadership TEAM!

OFFICERS AND COMMITTEE CHAIRS are needed *immediately*. If you are interested in serving in any capacity, contact Beth Bangley by FAX (Great Bridge HS) 482-5559 or email her at bbangley@odu.edu. Refer to page 6 of this newsletter for positions needed. Remember, your professional association needs YOU! Just do it.



~ HAMPTON ROADS COUNSELORS ASSOCIATION ~
PROFESSIONAL DEVELOPMENT MEETING

Thursday, May 6, 2004
12:30-2:45

WHERE: Scott Dozier Dining Hall, Norfolk State University

WHO: HRCA Members and Their Invited Guests

This is the final HRCA professional development meeting of the year. Our featured program is a panel discussion entitled ***“Health and Wellness: Perspectives for Counselors and Their Clients.”*** Our panel participants will be individuals who have survived serious health concerns. They will share their experience and offer ideas on how to work with students, parents, and clients dealing with health issues.

SCHEDULE	
12:30 - 12:45 p.m.	Registration/Check-In
12:45 - 1:00 p.m.	Greetings from NSU
1:00 p.m.	Lunch Served
1:30 - 2:30 p.m.	Program

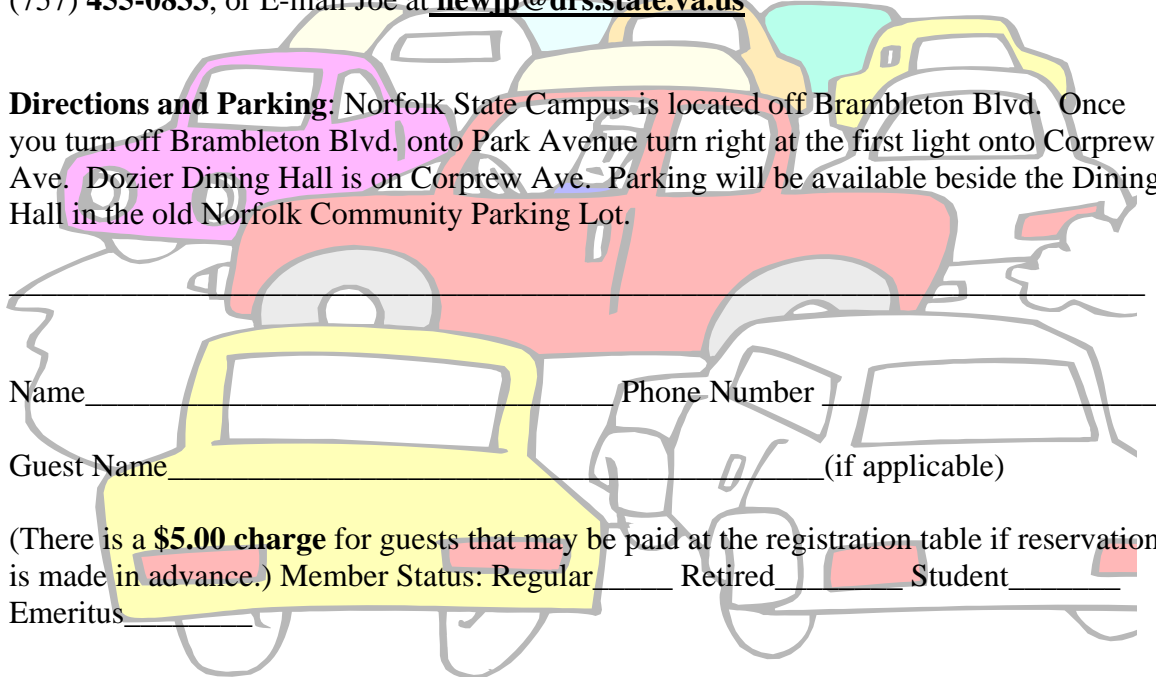
To make your reservation you must **e-mail, mail** or **fax** the bottom portion of this form to Mr. Joe New, HRCA Treasurer-Elect, no later than **Thursday, April 29, 2004**. Fax: (757) **455-0833**, or E-mail Joe at newjp@drs.state.va.us

Directions and Parking: Norfolk State Campus is located off Brambleton Blvd. Once you turn off Brambleton Blvd. onto Park Avenue turn right at the first light onto Corprew Ave. Dozier Dining Hall is on Corprew Ave. Parking will be available beside the Dining Hall in the old Norfolk Community Parking Lot.

Name _____ Phone Number _____

Guest Name _____ (if applicable)

(There is a **\$5.00 charge** for guests that may be paid at the registration table if reservation is made in advance.) Member Status: Regular _____ Retired _____ Student _____
Emeritus _____



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2003-2004**

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**Now, go
make that
reservation
for MAY 6
while you
have this
newsletter in
your hand!
Do it before
you forget
or misplace
this!**

**RESERVATIONS
for MAY 6 are
due 4/29!**

Joe New

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**HAMPTON ROADS
COUNSELORS ASSOCIATION**

~ MAY 6 ~
**NORFOLK STATE UNIVERSITY
PROFESSIONAL DEVELOPMENT
MEETING**

MEMBER STICKER