

Spring 2005  
Volume 2, Issue 4

# HAMPTON ROADS COUNSELORS ASSOCIATION

## ***Counselors – Enriching Lives Now and in the Future*** **THE ESSENTIAL PROFESSION**

~ A Message From Our President ~

• APRIL 20 HRCA  
at NORFOLK  
STATE

• April 14-15  
VSCA  
Conference  
Portsmouth

Submit articles to  
larri-pat@cox.net

### **Newsletter Highlights:**

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American Cancer Society

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**APRIL 20  
NORFOLK  
STATE  
UNIVERSITY**

We have just a few more months before we complete our 2004-2005 HRCA year. Wow – time flies! Maybe it is my age. Congratulations to each of you who remembered to renew your HRCA/ VCA membership. Welcome to each of you who have joined HRCA/VCA for the first time. And to those of you who need to do one of the previous, go to your computer right now, type

[www.vcacounselors.org](http://www.vcacounselors.org), or send in the application in this newsletter and join your professional organization. You will find some of the greatest people in the world and your life and your profession will be enriched. Sometimes we are so involved in the details of our lives and profession that we forget there is a bigger picture and there are broader horizons outside of our own situation.

On behalf of HRCA, we express great appreciation to you who have supported our organization this school year. As a

result of your support, HRCA continued to receive the chapter award for the largest increase in membership at the state level. We are very close to being the largest chapter in the state and I am sure with the enthusiasm of our board we will be the largest chapter next year!

The HRCA board this year has been phenomenal. Each board member has given so much in helping this year to be a success. Our board is unanimous in wanting to bring speakers and topics that will really make a difference. They did just that at our February meeting at Virginia Wesleyan College when a team from Chesapeake City Schools shared about Cyber- Bullying and the effects it has on students. This was truly a meeting none of us will forget anytime soon.

We have tried hard this year to get the word out to graduate students who are just beginning in the profession and have been delighted to have

many show interest. We need your ideas and your energy as you are beginning in the essential profession.

Thank you for your support of me your president for the 2004-2005 HRCA year. Next year will be a phenomenal year in HRCA. Make sure you are part of it. We need you to make it the best year yet. In closing, I will restate the theme shared at our first 2004 - 2005 board meeting last summer: Counselors- Enriching Lives Now and in the Future: The Essential Profession. Keep on enriching lives and knowing that your role is essential.

Milinda M. Underwood  
HRCA President 2004 -2005





**HRCA Members attend Professional Development General Membership meeting at VWC in February**



MEMBERSHIP:  
 Don't Leave HRCA Without It!  
**MEMBERSHIP:  
 Don't Leave HRCA Without It!**

Heather Arnett, Membership Chair  
 kfarnett@cox.net

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.

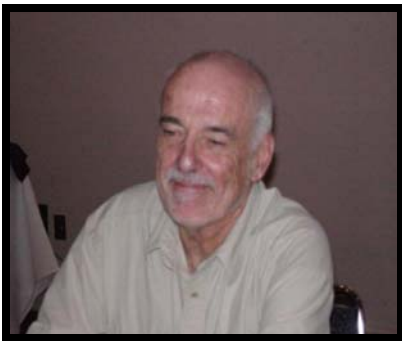
We want to regain our status one as the largest chapter in the state, but we

need your help. First, RENEW your membership. Go to [www.vcacounselors.org](http://www.vcacounselors.org).

Second, INVITE a colleague to ATTEND the Professional Development meetings and join HRCA.

# Ethics Committee

## PERSONAL ETHICAL CHECK LIST



**Skip Earl  
 Ethics Committee Chair**

Six specific ethical guidelines are presented in the literature for counseling practice (Herlihy, Corey, etc).

Grade yourself on these:

1) RESPECT FOR AUTONOMY. Do you find yourself solving problems for your students (clients) rather than helping them discover their own answers? This means being sensitive to various cultural differences in problem solving.

2) DO NO HARM. You must have a high score on being "nonmaleficence."

Unfortunately, most of us know of situations where a counselor's own bias or unresolved personal problems have resulted in harm to their clients (students).

3) PROMOTE GOOD MENTAL HEALTH AND WELLNESS. We are pro-active in the area of identifying needs and encouraging well-being in our institutions as well as individuals.

4) FAIR AND IMPARTIAL. We should score high in being an arbitrator as well as a sensitive listener. And this is true for all of our relationships.

5) FIDELITY. We have

a reputation for being honest, keeping promises that we make, and being excellent at our jobs even when it is very late in the day.

6) PROFESSIONAL. Let's all score high on keeping up with professional advances (check our JOURNAL) and keeping our attitudes and attentions at a high professional level.

How did you score? What is your least perfect area and which one will you set a goal to expand?

In good ethics and cheers, Dr. Walter Skip Earl

# Making Strides® Against Breast Cancer

You or someone you know.



(From the ACS Web Site)

"If it hasn't already, breast cancer will likely touch you or someone you know. The disease will strike more than 200,000 times this year and claim more than 40,000 lives. Making Strides is a non-competitive walk designed to raise awareness, foster camaraderie, and raise funds for breast cancer research, patient services, education, and advocacy. Since 1993, Making Strides Against Breast Cancer has been the American Cancer Society's premier event to raise awareness and dollars to fight breast cancer. In that time, nearly 2.5 million walkers have raised more than \$160 million through Making Strides. In 2004,

400,000 walkers across the country collected \$30 million. Dollars raised through Making Strides support life-saving American Cancer Society research, education, patient support, and advocacy programs to defeat this disease.

The walks happen throughout the country, throughout the year and are typically five miles in length. This year, there will be more than 100 walks taking place throughout the nation.

The American Cancer Society has awarded approximately \$246 million to breast cancer research grants since 1972. Together, we will make strides toward a cancer-free future for all women and their families!"

HRCRA Charity For April

American Cancer Society

\$1.00 Donation (or more)

goes directly to ACS!

## INTERNET COMMUNICATION

### GET KEYED IN!!!

Time to explore the new VCA web page.

Go to  
[www.vcacounselors.org](http://www.vcacounselors.org)  
Put it on your "favorites" folder.

Log on (first time directions on-line: set your password.)

On the home-page this moment:

~MOVE TO YORKTOWN  
~INFORMATION ON VSCA  
~WELCOME TO VCCA

~LPC LICENSURE RENEWAL INFO

~INVITATION TO PRESENT AT 2005 VCA CONVENTION in Portsmouth (deadline to submit is May 6)

**THE VIRGINIA COUNSELOR**  
(VCA Newsletter)

Now on line at this site.

Go read it on-line.

And many, many other professional sources and information at your finger tips.

INTERNET COMMITTEE  
Dr Walter Skip Earl, Chair





# ARCHIVES

Teri Thomas-Kuhlman - Committee Chair



VCA Cookbooks  
ARE  
STILL  
AVAILABLE  
\$10

## 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? Will you be presenting at the VCA Convention in November or the VSCA in APRIL? 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.

## 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.

Contact Teri Thomas, ARCHIVES Committee Chair, with your information.

## Around HRCA

**Dorothy "Dot" Williams** passed away on March 3, 2005. Dot earned a B.A. in education from St. Paul's College, Lawrenceville, VA., and a master's degree in Guidance and Counseling from Old Dominion University. In June 2004, after 42 years of service in education, she retired as the Guidance Director at Great Bridge Middle School in Chesapeake. She was a wonderful director, and she will be greatly missed.

**Rosemarie Hughes**, Dean, School of Psychology and Counseling at Regent University, Announces that the Community Counseling program at the Northern Virginia Graduate Center has received CACREP accreditation.

**Debi Finlay**, Guidance Director at Western Branch Middle School in Chesapeake, made an excellent presentation at the February General Membership meeting of HRCA at Virginia Wesleyan College. Her topic was "**Cyber Bullying & Internet Safety.**" She is giving 2 presentations in April including one for the Portsmouth counselors.

**Jaime Brinkley** of Olive Branch Elementary School and **Susan Stewart** of Churchland Academy Elementary School (Portsmouth) who will be presenting at the spring Virginia School Counselor Conference in April.

**Virginia Folston**, Guidance Supervisor for Portsmouth Public Schools, reports really great interns with us this school year! It has been a pleasure assisting them in putting their "book learning" into practice. In addition two students from Cambridge College completed a seventy-five hour pre-practicum. Thanks to those supervisors who offered to add one more task to an already full schedule!

**Rosemary Thompson**, Guidance Supervisor for Chesapeake Public Schools, presented the following workshops or seminars:

1. **Counseling Techniques: Improving Relationships with Others, Ourselves, Our Families and Our Environment**, Big Times in the Big Easy, Counseling Seminars, University of New Orleans, October 16, 2004
2. **Crisis Management: Strategies That Work in Schools and Communities**, Newport News Public Schools, November 5, 2004
3. **Compassion Fatigue: The Professional Liability for Caring Too Much**, 8th World Congress on Stress, Trauma & Coping, Crisis Intervention:

Best Practices in Prevention, Preparation & Response, Baltimore, MD, February 19, 2005

4. **Compassion Fatigue: The Professional Liability for Caring Too Much** Virginia School Counselors Conferences: Reflect, Refocus, Renew, April 14-15, 2005, Renaissance Portsmouth Hotel, Portsmouth, VA

5. **Helping Youth Think Better, Feel Better, Relate Better**, Southern Organization for Human Service Education, March 31, 2005, Renaissance Portsmouth Hotel and Conference Center

**PORTSMOUTH COUNSELORS** had professional development on Suicide Assessment and Referrals on March 22, 2005. Portsmouth's School Social Workers and School Psychologists presented the staff development.



**Holly Morgan**  
Chesapeake Public  
Schools  
SECONDARY TEACHER  
OF THE YEAR

**Holly Morgan**, Guidance Director at Great Bridge High School, has been named the "**Secondary Teacher of the Year**" for the **Chesapeake Public Schools**. She taught English and Humanities at Great Bridge High before becoming a guidance counselor. She has been the director there since 1991. As you know, she is a member of HRCA, presently serving on our board.

~ HAMPTON ROADS COUNSELORS ASSOCIATION ~  
PROFESSIONAL DEVELOPMENT MEETING

APRIL 20, 2005

WHERE: **Scott/Dozier Dining Hall**, NORFOLK STATE UNIVERSITY

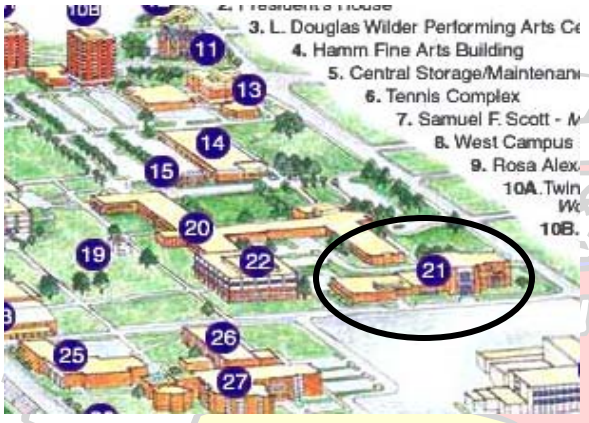
WHO: HRCA Members and Their Invited Guests

TOPIC: **“STRESS MANAGEMENT”**  
Debbie Mayes, School Psychologist, Portsmouth Public Schools

Please join us at NORFOLK STATE UNIVERSITY for the 4<sup>th</sup> and last professional development meeting of HRCA on **WEDNESDAY, APRIL 20, 2005**. NSU provides lunch.

SCHEDULE	
12:30 - 12:45 p.m.	Registration/Check-In
12:45 - 1:00 p.m.	Greetings/Info from Hosts
1:00 p.m.	Lunch
1:30 - 2:30 p.m.	Speaker

To make your reservation you may **e-mail**, **mail** or **fax** this form to **Joe New**, no later than **FRIDAY, April 18, 2005**. Fax: (757) 455-0833, or **E-mail** Joe at [Joe.New@drs.virginia.gov](mailto:Joe.New@drs.virginia.gov). **RESERVATIONS ARE REQUIRED or HRCA pays.**



**DIRECTIONS TO CAMPUS**

**I-64 Westbound**

Take Interstate 64 West. Follow the signs onto Interstate 264 West to Norfolk. Leave I-264 at EXIT 11B -- BRAMBLETON AVENUE/VA-166/VA-168. Turn **RIGHT** onto **PARK AVENUE**.

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 \_\_\_\_\_

NOTES FROM Jenise Bond  
President-Elect and Awards Chair

It's Time To Spring Clean!! Now that the weather is beginning to show signs of spring, most of us are ready to spring clean. An article in one of my favorite magazines suggests that instead of scrubbing your house from top to bottom and inside out, instead we should welcome the balmy weather by doing a little internal housekeeping. The following *Woman's Day* solutions offer tips that may help us all feel more organized, refreshed and in control.

Spring-clean your attitude by turning goal-setting into goal-getting by creating short-term goals in a few key areas of your life, such as physical fitness, mental growth, social life, family, fun, business development, money and spirit, says Nicki Joy, author of *What Winners Do to Win*. If you're going to boot any bad habit from your life this spring, make it **procrastination**. Our remarkable ability to put off until tomorrow what needs to be done today can undermine any chance for change.

**Debbie Mayes, School Psychologist, Portsmouth Public Schools** will be our presenter on the topic "Stress Management" at our last Hampton Roads Counselors Association professional meeting this spring. What a timely topic!

Join us on the beautiful campus of Norfolk State University on Wednesday, April 20<sup>th</sup> for an opportunity for professional development. We will also acknowledge this year's special HRCA awards recipients.

It's spring time; take time to nurture a happier, healthier you. Hope to see you soon!

**Virginia School Counselors Association's annual conference will be held April 14-15, 2005 in Portsmouth.**

**Ethical and Legal Issues in Virginia is April 22 in Spotsylvania.**

**VACES Graduate Student Conference is April 22 in Williamsburg (rescheduled from 2/25).**

**ROAAC's 3rd Annual Clinical Forum featuring a keynote on Informed Consent (Ethics education) will be held April 22 in Roanoke.**

**Spring 2005 newsletter, The Virginia Counselor, will contain information and ballots for VCA Elections for 2005-06 slate (Elects -- President, Secretary & Treasurer)**

**JUST A REMINDER...The Virginia Counselors Association Office has moved to Yorktown effective immediately. Our new contact information is: VCA Office, 307 Blacksmith Arch, Yorktown, VA 23693. Toll-free 800-225-8103; office 757-766-5466; fax 757-766-5467; e-mail [vcaoffice@cox.net](mailto:vcaoffice@cox.net). Your friends at the VCA office.**



### **PORTSMOUTH THANKS PRINCIPALS**

Thanks to our principals who host the counselors' meetings throughout the school year. Our meetings are rotated from one building to another each month so that we all can be familiar with each other's location and student and building dynamics. At most of the meetings, the principal comes in and introduces him/herself and welcomes us. We are also provided ambiance and food. This system of meeting has worked well for us. For our final meeting of each school year, the guidance supervisor treats the counselors to breakfast or lunch at a local restaurant. The guidance clerks of Portsmouth meet with the guidance supervisor four times a year – October, December, February, and April.

### **LEGISLATIVE NEWS – Frank Scaringello, Chair**

1. There were no bills of direct interest to school counselors pending although next year there may be a proposal to have schools create a position for a testing coordinator.

2. Here is a summary of some bills of interest to educators:

a. **HB-1592/2602/2685 & SB-1136:** Directs VDOE to seek waivers from NCLB that are lacking in cost-effectiveness or already complied with.

b. **SB-1243:** Child abuse complaints against a staff member can only be founded if it constitutes "willful misconduct or gross negligence."

**The above bills are expected to pass.**

**HB-2075:** Would tie teacher salaries to the national average. It had a \$600 million dollar price and died in the Appropriations Committee.

**Ms. Meghan Brown** (a teacher) and I visited 14 legislators or their aides to thank them for their support of education.

**HAMPTON ROADS COUNSELORS ASSOCIATION  
2004-2005 EXECUTIVE BOARD**

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**JOIN THE HRCA  
BOARD FOR 2005-  
2006 AND MAKE A  
DIFFERENCE IN  
YOUR  
PROFESSIONAL  
ORGANIZATION!!**

**Call a member  
today.**



“Candids” from February 3, 2005 HRCA Meeting at Virginia Wesleyan College



The topic was riveting!



Debi Finlay  
“Cyber Bullying & Internet Safety”



Sharon Didio  
Computer Assistance Teacher



A time to visit with colleagues.



The lunch was superb!

**JOIN US AT NSU  
Weds. April 20**

**RESERVATIONS by  
APRIL 18**

**Joe New**

[Joe.New@drs.virginia.gov](mailto:Joe.New@drs.virginia.gov)



HAMPTON ROADS  
COUNSELORS ASSOCIATION  
  
~ APRIL 20 ~  
NORFOLK STATE UNIVERSITY  
PROFESSIONAL DEVELOPMENT MEETING



MEMBER STICKER