

HAMPTON ROADS COUNSELORS ASSOCIATION

IMPORTANT DATES

MARCH 14-16
Virginia School
Counselors
Association
(VSCA)
Richmond
www.vsca.org

March 21
HRCA
Executive
Board at
Regent 4:30pm

APRIL 4
Wednesday
1:00pm
HRCA
General
Membership
Meeting
NORFOLK
STATE
UNIVERSITY

Newsletter Highlights

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~ A Message from Our President ~ Resolution-Makers or Resolution-Breakers: A Second Chance



Compassion Fatigue: The Professional Liability for Caring Too Much

As we approach spring, many of us as clinicians and school counselors have had a winter full of clients and counselees that may not have met our expectations in terms of their academic progress or their treatment goals. We might have become frustrated with managed care, the constraints of testing, and the overwhelming needs of clients, children and families today. At this juncture, we may become less energetic, cynical, angry and lonely. We may also become annoyed with clients or counselees for their increasingly demanding natures. Yet, our passion for our career requires that we remain compassionate, understanding, available, and resilient.

However, sometimes we experience a form of burnout called *compassion fatigue*, a deep physical, emotional and spiritual exhaustion accompanied by acute emotional pain. Compassion fatigue is an evolving concept known in the field of traumatology as secondary traumatic stress associated with the cost of caring, because sometimes we absorb the traumatic stress of those that we help. *Compassion fatigue* affects us in seven domains: cognitively, emotional, behaviorally, spiritually, somatically, and in our personal relationships as well as our work

performance. Helping professionals in all therapeutic settings are especially vulnerable to *compassion fatigue* and include emergency workers, school counselors, teachers, school administrators, mental health professionals, medical professionals, clergy, advocate volunteers, and human service workers.

Although symptoms may vary, the following red flags may indicate that you may have compassion fatigue: Abusing drugs, alcohol or food; Anger at yourself or others; Blaming yourself, the system, or others for current circumstance; Chronic lateness or increased absenteeism; Depression, such as not wanting to get out of bed in the morning; sleeping too much, or early morning awakening; Diminished sense of personal accomplishment; Exhaustion (physical, emotional, or spiritual); Frequent headaches; Gastrointestinal complaints; High self-expectations; Hopelessness or helplessness; Hypertension, heart palpitations or anxiety; Inability to maintain balance of empathy and objectivity; Increased irritability and isolation; Less ability to feel joy; Low self-esteem; Sleep disturbance; and or Workaholism.

To prevent or recover from *compassion fatigue*, take time for self-reflection: identify what is important and live in a way that reflects it. To sustain yourself at work it is imperative to develop some "principles of practice" that reflect personal integrity, i.e., that articulate the parameters of your personal values and boundaries. Commit to live and work within these principles. For example:

1. If you are experiencing self blame and guilt?

Distinguish between what can be controlled and not controlled.

2. If you are feeling helpless and hopeless? Write down your current thoughts or share your experiences with others.
3. If you are losing interest in your job and feeling down? Plan a positive experience each day.
4. If you are losing or gaining weight? Make mealtime a pleasant occasion, light a candle and turn off the daily news.
5. If you are having sleep difficulties? Do relaxing and calming activities one hour before bedtime.
6. If you are feeling scared, anxious or fearful? Plan activities with friends or family; keep active and busy.

To create your "principles of practice," ask yourself, "what gives my life joy and meaning?" This will help you identify your values and define your priorities. Commit to live and practice within these principles and use them to guide your decision-making. Before making decisions, pause and ask yourself, "How well will this align with my values and priorities?" You can also rely on your "principles of practice" as a compass that can help you become more centered if you find that everyday stressors are steering you off a healthy course that does not fulfill your overall well-being.

VIRGINIA WESLEYAN COLLEGE

General Membership Meeting Highlights

February 14, 2007

The February meeting of H.R.C.A. was held at Virginia Wesleyan College. Sarah Gasler from Admissions extended a warm welcome to our members. After a delicious lunch, Dr. Rosemary Thompson, HRCA president, introduced the professional development speaker, Dr. Lee Underwood from Regent University.

Dr. Underwood's topic was "African American Males: Emerging Issues & Critical Responses". Dr. Underwood delivered an excellent presentation that began with this thought provoking statement to each counselor: "I have come to a frightening conclusion. I am the decisive element in the treatment of (African –American youth). It is my personal approach that creates the climate. It is my daily mood that makes the weather. As a provider, I possess tremendous power to make a youth's life miserable or joyous. I can humiliate or humor, hurt or heal. In all situations, it is my response that decides whether a crisis will be escalated or deescalated, and the resident humanized or de-humanized."— (Haim Ginnott, 1977).

Dr. Underwood's presentation was full of statistical and practical information. He discussed topics such as the Legacy of Oppression, Consequences of Oppression, Commonly Held Premises, Cultural Competency and much more. He provided an excellent, in-depth analysis of the psychological and sociological struggles of African Americans as they pursue personal achievement. He examined various obstacles such as judicial, mental health and substance use issues confronting and impacting African Americans. Two statistics that were eye- openers was that the U.S. represents 2% of the world population and 25% of the world's prisoners. Approximately 20 million people are incarcerated; nearly 70% are African American and Hispanic.

Dr Underwood encouraged Cultural Competency which includes knowledge of one's own culture and heritage, a respect and sensitivity to the cultural heritage of others and an openness to continue to learn the various aspects of different cultures. Cultural Competency also includes skills in recognizing racism, prejudice, stereotyping and discrimination when it occurs as well as anticipating and evaluating one's own action in regards to these issues. Dr. Underwood offered the membership his 170 slide presentation by emailing him at Regent University.

H.R.C.A. recognizes a charity at each of their staff developing meeting. Oasis Social Ministry was recognized. Ms. Jo'Ann Roisen, director discussed their organization's 36 years of service to our community. Oasis is a private, not for profit, charitable organization whose mission is to provide comprehensive services to the homeless and less fortunate in Portsmouth and Western Chesapeake. Their services include a full kitchen to provide a hot breakfast and lunch, a food pantry, a thrift shop, a children's book program and more. The Organization is located at 1020 High Street, Portsmouth Virginia. Their phone number is 397-6060; they are open 10:00am-2:30pm Monday through Friday.

Oasis was presented with a check from H.R.C.A. Board members were introduced, announcements were made and our meeting was adjourned.





~ HAMPTON ROADS COUNSELORS ASSOCIATION ~
PROFESSIONAL DEVELOPMENT MEETING
APRIL 4, 2007

WHERE: Scott/Dozier Dining Hall, NORFOLK STATE UNIVERSITY

WHO: HRC&A Members and Their Invited Guests

**TOPIC: The Internet, Technology and the Law
What Are Kids Doing, and What Can We Do About It?**

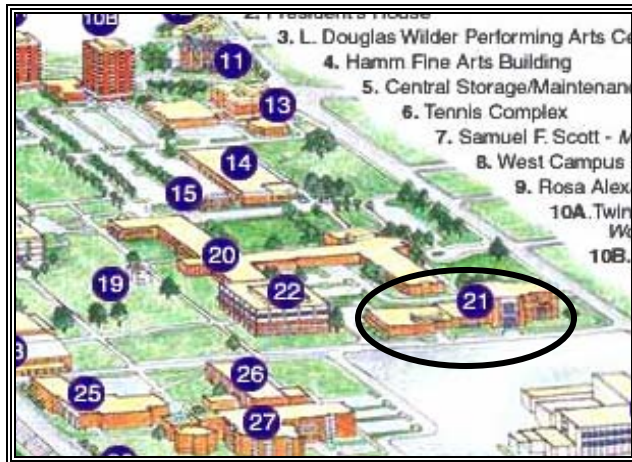
Deborah Finlay, Director of Counseling, Western Branch Middle School
Chesapeake, Virginia

Please join us at NORFOLK STATE UNIVERSITY for the 4th and last professional development meeting of HRC&A on **WEDNESDAY, APRIL 4, 2007**. 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** or **call** this form to **EITHER Joe New** (H: 622-4890 or jnew@cceva.org) **OR Suzanne Waterstruss** (H: 233-0845 suziehoo@cox.net) **NO LATER** than **FRIDAY, March 30, 2007**.

RESERVATIONS ARE REQUIRED or HRC&A 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(s) Name(s) _____ (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 _____

Norfolk State University
HRCA Meeting
APRIL 4 SPEAKER

"The Internet, Technology
and the Law
What Are Kids Doing, and
What can we do about it?"



Deborah Finlay
Director of Counseling
Western Branch Middle
School
Chesapeake, VA

How are students abusing the newest technology? Legally, what can or should Counselors do about it? This information will begin the first of April out of MySpace for parents that counselors can pass along.

MySpace will soon be releasing free software designed to let parents know if their kids have profiles on the site. Code-named "Zephyr," its parental-notification software, not monitoring software, which makes sense because MySpace says it's designed to promote parent-child communication (NFN 1-07).

Portsmouth Counselors Play a Vital Role In City-Wide Career Fair

School counselors from Portsmouth's middle and high schools came out in full force to help host Portsmouth's City-Wide Career Fair. Portsmouth counselors were involved in the early planning stages including advertising and participating on advisory committees.

The career fair held at the Portsmouth Sports Hall of Fame was February 22nd. There were over 25 businesses involved along with career and technical schools and Tidewater Community College. Counselors served as registration hosts, career and academic advisors, giving information on financial aid, scholarships and course requirements. Over 800 parents and students participated in this event. Door prizes were donated and raffled off the next day at the various schools.

Supervisors, sponsors, parents and students recognized the counselors for a job well and done in making the career fair a success.



Hampton Roads Counselors Association
OUR YEAR IN PICTURES
Photos by Patricia Hayes, Jenise Bond & Larri Pat Donaldson

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MARCH 2007

Old Dominion University
October 2006



Virginia Counselors Association Convention
November 2006



Regent University
December 2006



Virginia Wesleyan College February 2007



HRC A Executive Board



ARCHIVES ARCHIVES

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 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 Patricia Hayes, ARCHIVES Committee Chair, with your information at the APRIL 4 HRCA Meeting at Norfolk State University.

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 these names and work place.

HRCA NOTABLE...

Debi Finlay, Western Branch Middle (Chesapeake) is a published author. Look for her new book, **What Did All Those Biblical Parents Do with All Those Children?** In bookstores SOON!



HRCA NEEDS YOU to serve on the **Executive Board** this next year! We are putting our team together NOW and need YOUR experience and enthusiasm to help HRCA continue its tradition of excellence in counseling as Virginia's largest & best Chapter in the state! If you're interested, we'll help you find your place to serve.

2006-2007 Executive Board



**HAMPTON ROADS COUNSELORS ASSOCIATION
2006-2007 Board of Directors**

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MARCH 2007**

**Don't forget to
make your
Reservation
for April 4
HRCA Meeting at
Norfolk State
University**



**RESERVE
YOUR SPOT
TODAY!
DO IT NOW!**

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**Join HRCA
TODAY
Or
Renew Your
Membership**

**HAMPTON ROADS
COUNSELORS ASSOCIATION
Wednesday, April 4
Norfolk State University
1:00p.m.**

Address Label