

April 2008  
Volume 5, Issue 4

# HAMPTON ROADS COUNSELORS ASSOCIATION

IMPORTANT  
DATES  
~ 2008 ~

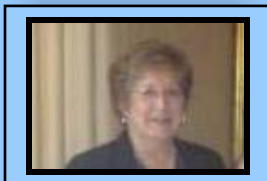
**APRIL 17**  
**1:00 p.m.**  
**HRCA**  
**Professional**  
**Development**  
**Meeting**  
**NORFOLK**  
**STATE**  
**UNIVERSITY**

**Dr. Sylinda**  
**Gilchrist-**  
**Banks**  
**SPEAKER**

**APRIL 3-4**  
**VSCA**  
**Conference**  
**Marriott Hotel at**  
**Center City**  
**Newport News,**  
**VA**  
**[www.vsca.org](http://www.vsca.org)**

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**Larri Pat Donaldson**  
**Editor & Publisher**  
**HRCA News**  
**[larry-pat@cox.net](mailto:larry-pat@cox.net)**



(Marilyn with Grandson Ian Michael)

## Marilyn Draughon, President

As I write this article for the last newsletter as the 2007-2008 President of HRCA, I am excited and thankful for the opportunity that I have had to serve our membership. The current board members are among the most professional and supportive individuals that I have had the pleasure to know. This year's accomplishments were made possible by a team effort and the hard work of each board member doing her/his part well.

### ACCOMPLISHMENTS

- Among this year's accomplishments are:
- Our first HRCA website is up and running at <http://hrcounselor.googlepages.com/>. It's small but growing.
  - The By Laws were passed and amended at the February Membership Meeting with a unanimous vote.
  - Membership is still growing and continues to be large enough to make us the largest VCA chapter in the state.
  - Four newsletters have been mailed

## Dr. Sylinda Gilchrist-Banks "Remaining Rational in Rough Times"

Dr. Sylinda Gilchrist-Banks attended George Mason University, where she received a Bachelor of Science in Psychology and Master of Education in Community/Agency Counseling. Sylinda received her doctoral degree at The George Washington University in Educational Administration.

After graduating with her Bachelor degree, Sylinda became the Program Coordinator of Hope Center Vocational Workshop for adults with disabilities. After a year of service, she became a Mental Health Counselor II for Fairfax County Community Service Board. Sylinda began her teaching career after Fairfax Community Services Board decided to contract with private agencies to provide the residential services for their disabled adults.

## The State of the HRCA Message 2007-2008

electronically, saving money in our small budget while reaching more counselors.

-The membership has enjoyed 3 quality professional development/general membership meetings hosted by 3 wonderful Institutions of Higher Education.

### CAN I HELP?

You may be asking yourself what you can do to make HRCA better:

-Please visit our website and consider sending articles and information that your fellow members may find of interest. We truly have a wealth of talent and knowledge among our group. Send them to me at [MBD3@cox.net](mailto:MBD3@cox.net) or another board member.

-Mark your calendar and remember to update your membership regularly. We need each of you in order to keep HRCA strong.

-Become a more active member of HRCA and VCA by asking a fellow counselor or student counselor to attend a meeting with you and then ask them to join.

Also, consider becoming part of our professional organization as a board member or working on a committee with someone you may already know. Please, feel free to contact any board member to learn more.

There is one more major event

coming up. I hope that many of you will be able to attend our last Professional Development/General Membership Meeting of the year on April 17th at Norfolk State University. This is a time to celebrate together as we present our awards and scholarships. In addition, our program will be presented by Sylinda Gilchrist-Banks, Ed.D, Assistant Professor, Norfolk State University. She has promised to share information about handling angry parents and caring for ourselves while using humor. You owe it to yourself to take a couple of hours to enjoy spending time with your fellow counselors.

### THANK YOU

Again, thank you for the honor and opportunity to serve as your president this year. I will cherish many memories and will treasure the skills and friendships I have developed. I wish each of you have a blessed spring and a restful summer vacation.

Respectfully and sincerely  
submitted by Marilyn Draughon.

Sylinda accepted a position as a special education teacher with Fairfax County Public Schools. She taught at Kilmer Center, Davis Vocational Center, and Edison High School. After several years in the Northern Virginia area, Sylinda decided to relocate to Central Virginia. She worked as a school counselor in Richmond Public Schools and Powhatan County Public Schools. She was a high school guidance director in Henrico County Public Schools, and the School Counseling Specialist for the Virginia Department of Education. Sylinda also served as assistant professor at Virginia State University.

Currently, Sylinda is an assistant professor at Norfolk State University. In addition to teaching at the university, she also serves as past-president of the Virginia School Counselor Association. Beginning in October, she will serve as the Southern Region Vice-President for the American School Counselor Association beginning.

She resides in Suffolk with her husband, Michael.

**February 2008  
HRCA Meeting  
Virginia Wesleyan College  
By Sarah Williams**



The third Professional Development meeting for the 2007-2008 school year for Hampton Roads Counselors (H.R.C. A.) was held at Virginia Wesleyan College on February 27, 2008. Our 1:00 PM meeting was opened with a welcome by our president, Marilyn Draughon. We had greetings from Virginia Wesleyan College and introduction of our guest by Jenise Bond, of the hospitality committee.

Our Professional Development speaker was **Katie Kitchin, Director of the Office to End Homelessness, the City of Norfolk**. She presented on the topic "Regional Effort to End Homelessness." This program was established 3 years ago with the purpose of ending homelessness in the City of Norfolk within 10 years. This program has received national acclaim. According to Ms. Kitchin, Mayor Fraim of Norfolk was voted National Mayor of the Year, largely due to this creative and innovative program. Due to this program many outstanding things have happened:

1. Homelessness has declined 25%.
2. More tools are available to end homelessness.
3. Sixty units have been developed to house homeless people in Norfolk.
4. Money can be requested if people are behind one month in rent payment or need a security deposit
5. This programs works closely with shelters such as the Dwelling Place to provide permanent homes for clients.

The area community service that H.R.C.A. honored was **Heart Haven**. This organization was founded by the United Methodist Church. It has been opened for 11 years as a home for the mentally challenged. This is a community-based system that is licensed by the state of Virginia. Each home has a family environment with multiple activities, and a person-centered approach. Usually there are about 4-5 clients/home. Our president provided a monetary donation to Heart Haven.

Stan Hoskin presented the revised by-laws and the membership voted to approve those revisions. Door prizes were presented and the meeting was adjourned.



Katie Kitchin, Director of the Office to End Homelessness, City of Norfolk



Jean Dilday  
Registered Director  
Rainbows Hampton Roads  
757.482.3805

Rainbows Hampton Roads was organized in January 2005 for the purpose of developing and operating a local chapter of Rainbows, a nationally recognized and proven grief support program for children. Rainbows International was founded in 1983 and is the largest non-profit charity dedicated solely to helping children manage the difficult grief process associated with death, divorce, separation, incarceration, or many other family crises.

### KIDS AND GRIEF

#### The Facts

- 7 out of 10 youths live in families shaped by loss from death, divorce, separation or abandonment.
- About 1.5 million children experience the divorce of their parents *each year*.
- Over 2 million children in the U.S., more than 3%, experience the death of a parent before the age of 18.
- 25% of children surveyed in one major study had experienced a traumatic event by the age of 16.

The overall goals of Rainbows include the following:  
To develop and strengthen problem-solving and coping skills and appropriate behavior and anger management.  
To improve school attendance and academic performance.  
To alleviate depression and anxiety.  
To reduce emotional pain and suffering of children and youth.  
To help children and youth who have experienced traumatic changes in their families

improve communication in their family and peer relationships. To prevent destructive behaviors such as involvement with gangs, alcohol and drug abuse, and unwanted pregnancies.

Currently, our local Rainbows Board is on a campaign to educate the community about Rainbows and develop support for its programs.



**Make Your  
HRCA  
Reservation  
TODAY for  
Thursday,  
APRIL 17**



## HAMPTON ROADS COUNSELORS ASSOCIATION

**Make Your Reservation TODAY for**

THURSDAY, APRIL 17 - 1:00pm Lunch

**NORFOLK STATE UNIVERSITY**

**DOZIER DINING HALL**



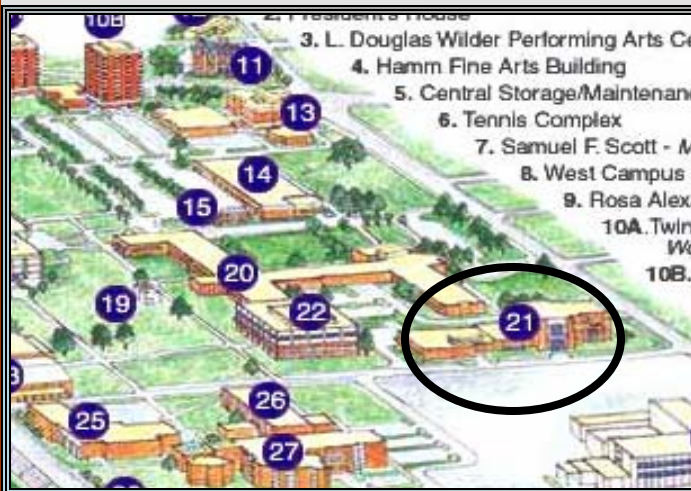
**SPEAKER: Dr. Sylinda Gilchrist-Banks, Assistant Professor, NSU**  
**TOPIC: "Remaining Rational in Rough Times"**

RSVP to Lisa Randles: [Lisa.Randles@vbschools.com](mailto:Lisa.Randles@vbschools.com) or call  
H: 535-2219 or W: 496-6777. **Reservations required by**  
**Friday, April 11.** Doors open at 12:30 pm. Non-Member cost \$5.00.

Please join us at NORFOLK STATE UNIVERSITY for the 4<sup>th</sup> and last professional  
development meeting of HRCA on **WEDNESDAY, APRIL 4, 2007.** NSU provides lunch.



Lisa Randles



### DIRECTIONS TO NSU 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.**

Go to [www.nsu.edu](http://www.nsu.edu) for detailed directions.

### *Winners Among Us!*

Nominations are in!

**The categories are:** **Chapter Member of the Year Award** (member of HRCA; has rendered outstanding service in keeping with the purpose of the Association), **Career Service Award** (member in good standing of VCA; has rendered significant contributions to the advancement of our professional goals through his/her achievements, service, research, accomplishments, etc.), **Counselor of the Year Award** (member in good standing of VCA; has rendered significant contributions to the organization he/she serves and has exhibited leadership in the community and organizations of affiliation), and **Humanitarian and Caring Person Award** (member in good standing of VCA; has made a great impact on the lives of others through caring acts, and has been involved in causes or situations which benefit others).

**"The winners are ..."** They will be announced and presented their awards on April 17, 2008 at the professional development meeting at NSU. Don't miss this occasion.



Doristine Earl  
Awards Chair

## HAMPTON ROADS COUNSELORS ASSOCIATION



SPONSORED BY  
THE SURVIVORS OF SUICIDE SUPPORT GROUP OF HAMPTON ROADS

September 13, 2008  
At Mt. Trashmore, Virginia  
Beach

Join thousands across the  
country in recognizing  
THE NATIONAL SUICIDE  
PREVENTION WEEK!

Come in the name of raising  
awareness  
of depression and suicide  
and/or . . .

Come in the name of  
remembering a  
loved one lost to suicide  
Together we can save lives!

For additional information, see  
<http://www.sos-walk.org/sos/index.htm>



VSCA Conference 2008

**APRIL 3 – 4, 2008**

**MARRIOTT HOTEL AT CITY  
CENTER**

**NEWPORT NEWS, VA**

The theme of the conference focuses  
on how school counselors touch  
students today while preparing them  
for their tomorrow.



For REGISTRATION Information

[www.vsca.org](http://www.vsca.org)

ODU Chapter of Chi  
Sigma Iota  
(International Honor  
Society of Counselors)  
To host 1<sup>st</sup> National  
Speaker,  
Dr. Mark Young  
A leading Specialist in  
Couples Counseling  
and author of  
Counseling and  
Therapy for Couples.

Workshop at ODU  
**Friday, April 18  
9am-Noon**

For additional  
information contact  
Katie Moore, president,  
at [ksmoore@odu.edu](mailto:ksmoore@odu.edu).

*Make your Reservation  
for the  
April 17 HRCA  
Professional  
Development Meeting  
at  
Norfolk State  
University*  
[Lisa.Randles@vbschools.com](mailto:Lisa.Randles@vbschools.com)

Virginia Wesleyan photos



# HAMPTON ROADS COUNSELORS ASSOCIATION

## Hampton Roads Counselors Association 2007-2008 Board of Directors

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