

February 2008
Volume 5, Issue 3

HAMPTON ROADS COUNSELORS ASSOCIATION

IMPORTANT DATES

FEBRUARY 27
1:00 p.m.
**HRCA
Professional
Development
Meeting
VIRGINIA
WESLEYAN
COLLEGE**

~2008~

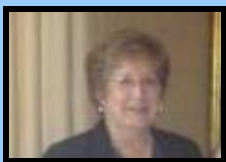
MARCH 12
HRCA Executive
Board Meeting

APRIL 3-4
VSCA Conference –
Marriott Hotel at
Center City
Newport News, VA
www.vasca.org

APRIL 17
1:00 pm
**Professional
Development
Meeting
NORFOLK
STATE
UNIVERSITY**

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- Award Nominations 4



Larri Pat Donaldson
Editor & Publisher
HRCA News
larry-pat@cox.net

The State of the HRCA Message 2007-2008



Marilyn Draughon, President

Since our last newsletter, we have continued to push toward our goals to increase membership, provide quality professional meetings and use technology in communicating with HRCA members. The second PDF edition of the HRCA newsletter has been emailed to our members with fewer individual copies needing to be mailed. This is just one way that we have been able to trim our small budget and focus our resources on quality programs. We are very proud of these four major

undertakings this year.

The HRCA By-Laws have been reworked and revised and will be voted on at our next **Professional and General Meeting on February 27** at Virginia Wesleyan College. Your presence at the February meeting is important as you will get the opportunity to vote and pass the revised By-Laws.

Also our first HRCA website is up and running at

<http://hrcounselors.googlepages.com/>

This site may be small to begin with but it's a place to start. Please visit us and consider sending articles and information that your fellow members may find of interest.

In order to continue growing our group of counselors, please consider becoming 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. If you have an interest or talent that you would like to share, contact anyone on the board for more information. Your HRCA Board truly appreciates all that you do to help us to serve our members.

NEW!

HRCA WEBSITE

<http://hrcounselors.googlepages.com/>

CHECK IT OUT



FEBRUARY 27: Katie Kitchin - Director of the City of Norfolk's Office to End Homelessness

Homelessness is an ever increasing dilemma for the helping community. Today we see and work with greater numbers of people that are either directly or indirectly affected by this social issue. Many counselors want to assist their clients or students and either do not fully understand the scope of the issue, or do not know what services or opportunities are available.

Ms. Katie Kitchin, the Director of the City of Norfolk's Office to End Homelessness will present information, statistics and impart her vast knowledge and experience while assisting counselors on this very important issue. She holds a BS in American Government from UVA and a MS in Public Administration from USC in California. She has held positions that include: the Legislative Director for Tom Ridge, former governor of Penn, an analyst at the US Accounting Office, and served as a

Professional Staff member of the US House Ways and Means Committee with the responsibility for oversight and legislation related to the nation's Temporary Assistance for Needy Families (TANF) and child welfare programs. She was appointed by Norfolk's Mayor Fraim in 2005 and became the city's first Director for the opening of this executive level office. Since leading this department homelessness has decreased 19%, permanent housing for the homeless increased by 65%, and the Mayor received the Mayor's Award from the US Interagency Council on Homelessness in 2007. Please join us in learning more about this issue, opportunities, and assistance available within our immediate communities.

December 2007 HRCA Meeting At Regent University

By Sarah Williams



The second professional development meeting for Hampton Roads Counselor's Association (HRCA) was held 1:00 PM on December 6, 2007. Regent University did a wonderful job of hosting those present. The delicious deserts, the beautiful Christmas decorations and the warm and friendly atmosphere delighted us all and prepared our minds and attitudes to celebrate the wonderful holidays that were to come. Marilyn Draughon, our president, extended greetings on behalf of, HRCA. Dr. Steve Bruce, Director of Admissions greeted us on behalf of the university. Dr. Hughes and Dr. Sells also brought us greetings from Regent University. Janice Bond introduced our guests.

The area community service that we honored was ACCESS (Formerly FULL Circle/ CADDII). This organization provides services for people with HIV and AIDS. Ms. Stacie Walls-Beegles, Executive Director of ACCESS, presented valuable data about this organization and invited us to go to the website to learn more. They do HIV testing in the community and focus on fund raising and grant writing and much, more. Eighty –eight percent of all funds raised will go towards the programs. ACCESS volunteers provided 17,670 hours of volunteer service last year.

Dr. Rosemary Thompson, introduced our professional development speaker, Lee A. Underwood, Psy.D He is Assistant Professor of Psychology and Counseling at Regent University. The title of his presentation was African –American males; Emerging Issues & Critical Responses. This was Dr. Underwood's second presentation to HRCA. He states the following purpose: To identify practical steps involved in getting counselors better informed in culturally sensitive and human relations-specific interventions to assist in improving cross cultural communication Dr. Underwood who has studied and written extensively on this topic full filled the purpose as stated. His expertise and humor were just what we needed as he guided us through the various Modules of his discussion. The following Modules were discussed:

1. Module – Adaptive Beliefs, Traditions and Practices
2. Module—What is Cultural Competency?
3. Module-- Culturally Competent Interventions
4. Module—Communication &Engagement Strategies
5. Module—Steps to Becoming Culturally Competent

Our meeting was adjourned after a presentation of a donation to ACCESS and door prizes.



KATIE KITCHIN

Director, Office to End Homelessness

Guest Speaker at Virginia Wesleyan

Ms. Kitchin is the Director of the City of Norfolk's Office to End Homelessness. Her appointment in March, 2005 marked the official opening of the City's executive level office, the first of its kind in Hampton Roads. Ms. Kitchin is tasked with developing and implementing the City's ten year plan to end homelessness, as well as coordinating and overseeing various initiatives in the City to prevent or reduce homelessness. Less than two years after implementing the City's ten year plan, homelessness in the City decreased by nearly 19%, permanent supportive housing for the homeless increased by 65% and Norfolk Mayor Paul Fream received the 2007 Mayor's Award from the US Interagency Council on Homelessness for his outstanding leadership on the issue. Prior to taking on this position, Ms. Kitchin served as Special Assistant to the Director of the Norfolk Department of Human Services where she led a variety of projects related to workforce development programs for families leaving welfare and organizational improvements in the 500+ person City Department. A Norfolk native, Ms. Kitchin returned to the area from Washington, DC where she served as a Professional Staff

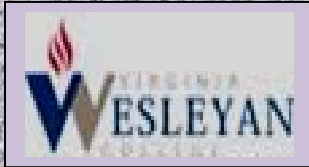
member of the U.S. House Ways and Means Committee, with responsibility for oversight and legislation related to the nation's Temporary Assistance for Needy Families (TANF) and child welfare programs. Ms. Kitchin has also served as an Analyst at the U.S. General Accounting Office, and as Legislative Director for Pennsylvania Governor Tom Ridge. Prior to moving to Washington, DC in 1996, Ms. Kitchin lived in Los Angeles, California where she worked for the accounting firm of Ernst and Young and was a speech writer and policy staff for Mayor Richard Riordan. Ms. Kitchin holds a Master's degree in Public Administration from the University of Southern California and a Bachelor's degree in American Government from the University of Virginia.

**Make Your
HRCA
Reservation
TODAY for
Wednesday,
FEBRUARY
27**



HAMPTON ROADS COUNSELORS ASSOCIATION

Make Your Reservation TODAY for



Wednesday, Feb. 27 Meeting - 1:00pm Lunch
Virginia Wesleyan College



Boyd Dining Hall

Directions to Virginia Wesleyan College:

VWC is located on Wesleyan Drive off Northampton Boulevard. From 64 East take exit 282 (Northampton Blvd. /Route 13). Go through one light and turn right at the next onto Wesleyan Drive. From 64 West take exit 282, staying to the right and turn right onto Wesleyan Drive. Proceed past Norfolk Academy and turn right into VWC. Request additional directs at Guard House.

1. RSVP to Lisa Randles: **Lisa.Randles@vbschools.com**
H: 535-2219 or W: 496-6777
2. Reservations required by **Thursday, Feb.21**
3. Doors open at 12:30 pm
4. Non-Member cost \$5.00



Lisa Randles

ADVOCACY REPORT

Stan Hoskin

EdS, LPC, NCC, HRCA Advocacy Chair

The VCA Legislative Day was a great success, held in Richmond, January 27-28th, 2008. We met for training on Sunday afternoon, then attended the reception sponsored by the VCA President that evening. It was a good time discussing concerns from around the state. Yes, we stuffed envelopes after the formal reception was over (what VCA event is complete without stuffing something?). Then, the following morning, a large group met for breakfast and reviewed the current VCA issues facing the legislature. We all felt well prepared to visit with our legislators after the training provided by Rebecca Bowers-Lanier, our VCA Legislative Consultant. I personally visited my Senator and Delegate and left packages with about a dozen other legislators in the Capitol Building. The day was crowned by visiting the House and Senate in session that afternoon. The Capitol is incredible, with the recent work they have done to renovate. It is worth the trip to see the sessions in action and to visit the beautiful grounds of the Capitol.

Please call your local state legislator(s) in advance, to arrange an appointment, if you plan to

visit during this session. They are all busy, but always glad to hear from their constituents. You may find your delegate and state senator at: <http://legis.state.va.us>

Just a reminder, that the Governor's office has released the final VA Tech report. You may download the entire report at: <http://www.governor.virginia.gov/TempContent/techPanel/Report.cfm>. There are several recommendations for statutory change being worked during this legislative session that are a result of this report. **Be prepared to respond to "VCA E-Blasts" that may be sent out these next few weeks.**

Suggestions, questions, or comments?
Contact Stan Hoskin, EdS, LPC, NCC, and the HRCA Advocacy Committee Chair at: hoskith@cps.k12.va.us

VCA
LEGISLATIVE DAY
HELD
JANUARY 27-28
HELD IN RICHMOND

A GREAT SUCCESS!



Stan Hoskin

CHECK OUT THE HRCA WEBSITE AT
<http://hrcounselors.googlepages.com/>

HAMPTON ROADS COUNSELORS ASSOCIATION

*Award Winners Among Us
Doristine Earl, Awards Chair*



**Don't Hesitate or
Procrastinate,
Nominate**

Nominate who for what?
Nominate a deserving professional counselor for an HRCA award. The three award categories are HRCA Counselor of the Year, HRCA Career Service Award, and HRCA Humanitarian and Caring Person Award. Use the nomination form included in this newsletter to submit a nominee. Nomination forms should

be completed and submitted to Doristine Earl no later than
**Friday, March
14, 2008.**

Award winners will be recognized at the HRCA Professional Development Meeting on Thursday, April 17, 2008 at Norfolk State University. There are winners among us.

If you have any questions, please contact Doristine Earl, Awards Chair
DORISTINE.EARL@pps.k12.va.us

**SEE
NOMINATION
FORM
IN THIS
NEWSLETTER**

Chi Sigma Iota International Honor Society of Counselors forms New Chapter at ODU

Did you know that the Counseling program at Old Dominion University launched a new chapter of Chi Sigma Iota, the International Honor Society of Counselors, in 2007? Off to a strong start, the Omega Delta chapter has nearly 30 student members, and successfully conducted a number of service and professional development programs this past fall. With the start of the New Year, CSI-OD is turning its attention to projects that will benefit not only its student members, but also local professionals in the Hampton Roads counseling community.

The first event is a series of workshops designed to help students and new professionals prepare for the National Counselor Examination (NCE). These workshops, taught by ODU doctoral students, will take place over seven consecutive Saturdays and will cover the eight topic areas included on the NCE. Sessions may be purchased a la carte for \$10 per session, or discounted packages are available for two, four, or eight sessions. The first session begins on January 19, 2008 and the final session will take place on Saturday, March 1, 2008. Registration forms and a schedule of topics can be emailed to any interested parties.

In April CSI-OD will welcome its first national speaker. Dr. Mark Young, a leading specialist in Couples Counseling and

author of *Counseling and Therapy for Couples*, will lead a workshop at ODU on Friday, April 18, 2008 from 9:00 a.m. – 12:00 p.m. The theme of his workshop will be Creative Couples Counseling.

Dr. Young is a leader in our field. He, along with Dr. Andrew Daire, is leading a new \$4.1 million federally funded program at the University of Central Florida in which low-income couples will learn about communication, empathy, conflict resolution and other skills that can help them sustain healthy relationships. "The Together Project," which could serve 400 couples over five years, is part of a U.S. Department of Health and Human Services initiative to evaluate how different types of relationship education programs fare in helping couples experience healthy marriages.

ODU's chapter of Chi Sigma Iota will also launch its "Big Splash" workshop series beginning in the fall of 2008. The "Big Splash" will feature workshops with national leading experts in a variety of special topics. Look for two to three workshops between September and November!

Think you might like to join ODU's Omega Delta chapter of Chi Sigma Iota? ODU alumni

**HRCA MEMBERS TO
SUPPORT LOCAL
CHARITY AT
FEB. 27 MEETING**


*Heart
Havens*



Mission Statement

Heart Havens, Inc. is an independent, non-profit corporation which was given birth by the Virginia Annual Conference United Methodist Church in 1996. In April 2003, Heart Havens, Inc. received a 501(c)3 status from the Internal Revenue Service. We provide for the residential needs of adult individuals with cognitive and intellectual disabilities, regardless of their age, race, gender, or religious preference, through the development and management of group homes throughout the Commonwealth of Virginia.

who graduated with at least a 3.5 grade point average are welcome to join. Chi Sigma Iota, Omega Delta chapter members receive discounted rates for all CSI-OD sponsored workshops and programs.

For more information on any of these programs and/or information on joining Chi Sigma Iota, contact Katie Moore, Chapter President, via email at ksmoore@odu.edu

**Email Reservation
By THURSDAY,
Feb. 21**

Lisa.Randles@vbschools.com

**Virginia Wesleyan
February 27
1:00 pm**

HAMPTON ROADS COUNSELORS ASSOCIATION

Out of the DARKNESS

COMMUNITY WALKS
AMERICAN FOUNDATION FOR SUICIDE PREVENTION

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>

HRCA MEMBERS TO VOTE ON CHAPTER BYLAWS AT FEBRUARY 27 MEETING AT VIRGINIA WESLEYAN

The HRCA BYLAWS have been revised
and published for viewing on the website
at

<http://hrcounselors.googlepages.com/>

Also, the following change will be
considered:

*"Please note edit in Article VI:
(I) Scholarship. The Scholarship
Committee shall advertise, solicit and
adjudicate scholarship applications from
individuals in graduate programs, to award
an annual scholarship in an amount to be
approved by the board."*

~ POSITION VACANCY ~
Governor's School for the
Arts - Assistant Director
www.qsarts.net

VSCA

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

HRCA at Regent University December 6, 2007



DEBI FINLAY gave a presentation
to the Peninsula Counselors
Association on December 4, 2007
entitled "Cyberbully/Technology;
What Are Children Doing?"





Hampton Roads Counselors Association/
Virginia Counselors Association

AWARDS NOMINATIONS

Each year Hampton Roads Counselors Association bestows several awards to members in recognition of their outstanding accomplishments.

The recipients of these awards compete at the state level with nominees from other chapters. Please note the categories for recognition, and **MAIL** the names of your nominees to:

Doristine Earl, Chairperson, HRCA Awards Committee
4728 Barn Swallow Drive, Chesapeake, VA 23321

DEADLINE: MARCH 14

OR

Cradock Middle School

21 Alden Avenue, Portsmouth, VA 23702

CAREER SERVICE AWARD

(Competing for the William H. VanHoose 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.

_____ (Nominee)

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.

_____ (Nominee)

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.

_____ (Nominee)

Name of NOMINATING member: _____