

OCTOBER 2007
Vol. 5 Issue 1

HAMPTON ROADS COUNSELORS ASSOCIATION

The State of the HRCA Message 2007-2008

By
Marilyn Draughon, President



I am Marilyn Draughon, your HRCA President for the 2007-2008 school year. I am an elementary school counselor at Red Mill Elementary School in Virginia Beach, located in the Sandbridge area. Like you, I enjoy my work, am challenged by the wide variety of tasks, and am constantly amazed by the privilege of watching human beings grow and change. Yes, everyday is an adventure and an opportunity. Because I am often the only counselor in my work place, I feel compelled to be associated with a group of dedicated professionals who want to continue to grow and to grow their profession. That is why I am a member of HRCA and decided to serve on its Executive Board.

Whereas, I am honored to represent you, I am also

humbled to work for you and to serve the needs of our members and the executive board. Just this week I received our membership quarterly check and a list of our 258 members from VCA. Reading through the list of names, I saw individuals who take seriously their professional responsibilities and keep their membership current. Thank you for taking care of that. We are currently the largest chapter in Virginia and we are proud of that status.

Dr. Rosemary Thompson and I attended the VCA Executive Board meeting and training last June. At that meeting we outlined our **key goals of Membership, Advocacy, and Professional Development.** We returned with a wealth of information to share with you and the board.

As you can see, the Hampton Roads Counselors Association is off to another great year. The Executive Board has met twice this summer to refine our goals and to plan for your association events. Currently, we have 4 Professional Development General

Membership Meetings scheduled and have set new goals for continuing to grow our membership and represent you to the public.

We can dramatically increase our membership if each active member invites one counselor who is not a member to visit one of our general meetings and consider joining our association. This is a very personal way for you to promote your HRCA and VCA. I will be happy to provide you with a sheet titled "Value Summary of VCA Member Programs and Services" which provides a list of excellent reasons to become a member. Yes, membership is important and each member matters.

This article is an overview of what we are doing. Please feel free to e-mail or call me, or any other board member with your ideas, concerns, questions, and/or compliments. You are the association and we are here to serve you. HRCA can only be as strong as its membership.

Thank you. Marilyn Draughon

IMPORTANT DATES

OCTOBER 17

7:00 p.m.

HRCA

General Membership Meeting
Old Dominion University

NOVEMBER 1-3

Virginia Counselors Association Convention
Portsmouth Renaissance Hotel

www.vcacounselors.org

DECEMBER 6

1:00 p.m.

HRCA

General Membership Meeting
Regent University

FEBRUARY 4-8

National School Counseling Week

APRIL 3-4

VSCA Conference

Marriott Hotel at Center City
Newport News, VA
www.vasca.org

Newsletter Highlights

CHAPTER NEWS 2-4

VCA Convention 5

Membership 4

RESERVATIONS & DIRECTIONS FOR

ODU MEETING 6

State News 7

HRCA Board 8

HRCA Chapter News

Advocacy Input

By
Stan Hoskin, Chair

The Advocacy Committee for HRCA informs the membership on legislation which would affect guidance, counseling, or mental health activities in the Southeastern Tidewater area. With that in mind, please note the following items:

- School counselors continue to advocate for a change in the Standards of Quality (SOQs) that would provide for one data manager / test coordinator per 1000 students. This recommendation, along with other personnel recommendations (speech pathologists, math specialists, and staff for disabled students), was included in the SOQ bills before the general assembly's last session. However, the positions were removed from the final versions that were passed, due to the fiscal impacts of the additional personnel. This will likely come up in the next session.

Please add this to your calendar: **Legislative Day in Richmond will be held on January 27-28, 2008.**

- The Governor's office has released the final VA Tech report. You may download the entire report at: <http://www.governor.virginia.gov/TempContent/techPanelReport.cfm>

There will likely be several recommendations for statutory change during January's session that will result from this report. We'll keep you informed as bills develop.

- In anticipation of the need to support such legislation, please contact your local legislators and get on their calendar now to meet with them in January. You may find your delegate and state senator at: <http://legis.state.va.us>

- Plan to attend the Advocacy interest session to be held at the November VCA Convention, focusing on school issues and other community/health issues.

- Please contact Stan Hoskin, LPC, the HRCA Advocacy Committee Chair, at: hoskisth@cps.k12.va.us with your suggestions, questions, or comments.

*Stan Hoskin
Advocacy Chair*



PROFESSIONAL DEVELOPMENT OPPORTUNITIES Abound!

General meetings are important and informational for all of our membership.

Understanding it is difficult to leave work in the middle of the day, your Executive Board members have designed meaningful and useful in-service programs that will assist you when working with the many clients/students we all serve on a daily basis. Successful counseling strategies can only be formulated when knowledge is secured on the client/student's presented topic. We, your board, have arranged for a variety of up to date and useful topics to explore during this year's general meetings. Together, we can make our area a safer and more positive place for our clients and students to live and work. Won't you make arrangements, come and learn with us this year?

October 17, 2007-1:00 p.m.

Old Dominion University: "Play Therapy"
Dr. Teresa Christensen, PhD, NCC, LPC, RPY-S Assistant Professor of Counseling, Old Dominion University

December 6, 2007-1:00 p.m.

Regent University:
"Diversity Part II-Strategies for Counselors"
Dr. Lee Underwood, Assistant Professor of Counseling, Regent University

February 27, 2007-1:00 p.m.

Virginia Wesleyan College:
"Homelessness and Local/Regional Efforts to End Homelessness"
Katie Kitchin, Director of the Office to End Homelessness, City of Norfolk.

April 17, 2007-1:00 p.m.

Norfolk State University: "Gangs and Gang Behaviors in Hampton Roads"
Dr. Gabrielle Peltier, Assistant Professor of Secondary Education and School Leadership, Norfolk State University.

PROFESSIONAL MEETING REPORT

April 2007

By
Sarah Williams
Professional Development Chair

HOSTED BY NSU

Hampton Roads Counselor's Association (HRCOA) held its final Professional Development meeting for the 2006-2007 school year on April 4, 2007. The meeting was held at Norfolk State University (NSU). The meeting was well attended and very informative. There was a warm welcome from Ms Michelle Marable, NSU's Director of Admissions. Ms Joanne Jones, Assistant Director for Transfer Students talked to us about the April 14th Open House for new students. She also shared with us about the NSU Round-Up that was scheduled for May, 12, 2007. During the Round-Up students interested in attending the University could bring their transcripts and their letters of recommendation and apply on site for entrance to NSU. Students participating in that creative and time saving event would not be charged an application fee.

SUPPORTING LOCAL CHARITIES

At each Professional Development Meeting, our organization contributes to a local charity; a representative of that charity provides information as to how that charity serves the community. Our president, Dr. Rosemary Thompson, introduced Elena Berry from Hope House Foundation. Ms Berry, the Development Director, gave an overview of the history and services that this organization provides. In 1964, a group of adults with children with disabilities were seeking alternative to institutionalization. A donated home on Granby Street became the first community-based group home for adults with developmental disabilities in Virginia. In 1988 Hope House began to close its group homes to support persons with these

disabilities in their own homes. By 1995, all persons supported by Hope House lived in their own apartments and homes. They have been able to do this through fundraising in the community to supplement public funding for adults with developmental disabilities. Today, 125 Hope House participants live independently in 13 different neighborhoods locations. Hope remains the only organization that exclusively supports persons with developmental disabilities living in their own homes and the only agency which conducts community fundraising activities to supplement their publicly funded services

CYBERBULLYING UPDATE



Deborah B. Finlay was our Professional Development Speaker. She delivered an excellent presentation. The title of the presentation was "Cyberbullying Update Spring 2007." We were privileged to the rich experiences of Debi who has presented extensively on this topic and has a real zeal for getting the information out there for students and parents. She gave us a quick review which included the definition of Cyberbullying. It is being cruel to others by sending or posting harmful material using the internet, cell phone or other electronic technological devices. She reminded us of critical facts that were useful as we serve our clients. Some of those facts include but are not limited to the following:

1. Seventy-five percent of school-shooting incidents, including the fatal shooting at Columbine and Santana high schools have been linked to harassment and bullying.
2. The number of teens online will reach 22 million in 2007.
3. Nearly 60% percent of middle school male bullies were convicted of at one crime by age of 24.

4. Anything placed on a website belongs to the website, not the person placing it on the site and it is there forever even if it is erased.
5. Virginia Hazing Law 18.2-152.7:1 does provide some protection; victims must save each email or blog.

These facts along with the topics "Law, Schools and the Internet and What's Next? Children and Teens in their Virtual World" were discussed.

ANNUAL CHAPTER AWARDS

Awards were presented to various HRCOA members. **Doristine Earl** received The Career Service Award, **Angela Roberts** received the Humanitarian Award, **Amy Spangler** received the Counselor of the Year Award and **Dr. Rosemary Thompson** received the Chapter Member of the Year Award.



Internet Safety News

From Chesapeake Technology Integration Specialist Cindy Foster: "The below link may be of interest to some of you, especially if you who have children in sports or the performing arts."
<http://www.washingtonpost.com/wp-dyn/content/article/2007/05/28/AR2007052801370.html?nav=hcmodule>

From the Kim Komando web site
www.komando.com

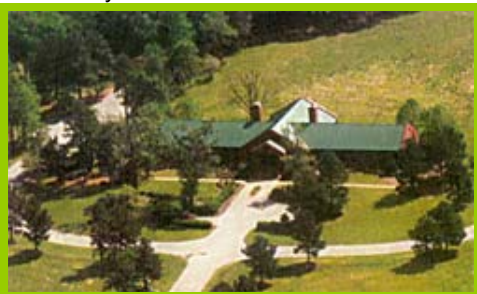
FREE TIP FOR KEEPING OUR CHILDREN SAFE

The Internet is a dangerous place for our children. With the kids back in school, I wanted to point out a few ways that you can protect your kids online. I have easy-to-digest tips that make parenting easier in today's digital lifestyle.

- ~ [Safe e-mail accounts for kids](#)
- ~ [How to find your kid's blog or profile](#)
- ~ [Set up parental controls in Vista](#)
- ~ [MySpace dangers](#)
- ~ [Use your router to limit internet access](#)

Charity Support

At each HRCA Professional Development meeting, members and guests make a donation to a charitable organization in the community.



HRCA welcomes a representative from the organization who shares information with the membership about their services.

Join us at ODU **OCTOBER 17** to hear about the **Hampton Roads Youth Center**. It is a private, non-profit residential program committed to providing a resource for troubled youth and their families in Hampton Roads.

ARCHIVES

HRCA Ex-Officio Board Member Makes News

Regent Psychology Dean Participates in Cultural Program with China

When Regent School of Psychology & Counseling Dean Rosemarie Hughes and colleague Sharon Piper saw tears in the eyes of a professor in Mongolia during a counseling demonstration, they really understood how much their counterparts in the East valued the sharing of Western counseling methods. Dean Hughes and Piper, the school's associate dean for administration, recently returned from a trip to China and Mongolia with the People to People Ambassador Program, founded by President Dwight Eisenhower. The program provides professional and cultural exchanges among countries.



ARCHIVES

Please let us know what you have been doing both professionally and in your community. It's not bragging when you are making a difference!

HEAR YE! HEAR YE!

DATES FOR YOUR CALENDAR:

OCT. 17 FIRST MEETING:

The 1st Hampton Roads Counselors Association (HRCA) General Membership meeting will be **Weds. Oct. 17 at Old Dominion University at 1:00 p.m.**

Make **RESERVATIONS** with LISA RANDES at Lisa.Randles@Vbschools.com

NOV. 7-9 VCA CONVENTION - VOLUNTEERS NEEDED:

HRCA is a host chapter for this year's convention to be held in PORTSMOUTH. LOTS of VOLUNTEERS needed. See attached. More info from Convention Co-Chair Debi Finlay at dbfinlay@cox.net or finladbe@cps.k12.va.us

Please forward THIS EMAIL to **ALL** counselors, counselor educators, interns, practicum students and private practice/agency counselors. This should give folks time to PLAN to attend events. Not a member? We'll help with that when they attend come to ODU or they can RENEW or JOIN at www.vcacounselors.org

Welcome! Welcome back! If you are a **new member**, we are elated that you have **joined** HRCA. We also commend the members who have **renewed** their membership in HRCA. Members can help to make any organization unique by sharing their talents, experiences, and expertise. Become an active member and help us to keep our status among the chapters. Please take advantage of the opportunities that are being planned to enhance your professional development. If you know other counselors, therapists, or interns who are not members of HRCA, encourage them to become members of HRCA. They can go to the VCA website www.vcacounselors.org to join online.

Beth Bangley, Membership Chair

Around the State

TAKE HOLD OF THE



CHALLENGE

2007 Annual Convention
November 7 – 9, 2007
 Portsmouth Renaissance
 Hotel

ON-LINE REGISTRATION Register
 by October 22 and save \$\$\$

VCA CONVENTION NEWS
Debi Finlay
Co-Chair VCA Convention

A call for all HRCA, Peninsula
 Chapter, and Western Tidewater
 members!!!

It is now time to help get the word out-I am calling on you all to assist with the VCA convention. We want to be able to show the rest of the state how united and hospitable we can be. This is such a wonderful and exciting area, what a privilege it is to "show off" this area to the rest of the state! To do this I will need a lot of help. Please consider a time slot and pass this chart along to others in your chapter-we need to fill the slots and send this back to me by October 1st or at least communicate with me before the first of October.


We are in this together, for the fun, the fellowship, the information and the growth that can occur from these events. Each of our chapters stands to benefit financially from this convention as well. Come, let us grow in all ways together!
 I look forward to hearing from each of you very soon!

It's Coming !

That's right the 2007 VCA convention is almost here! The theme for this fall is "Take Hold of the Challenge". Our counselors are bombarded with so many issues that we quickly become overwhelmed and behind in information needed to assist our students or clients. We strive to "Take Hold" of these issues as they attempt to Take Hold of their lives and strive toward a healthier and more successful future. Our chapter, the HRCA, is co-chairing this year's convention being held at the Portsmouth Renaissance Nov 7-9, 2007. We will be holding several meetings to "wrap up" the details and could still use volunteers from our chapter to assist as hostesses and "stuffing the bags" with items donated. We are still accepting donated items for these bags, for our attendees, from any business who would like to advertise or assist in this project. We are also still accepting anyone who would like to become a sponsor for this convention. We are strongly encouraging all of our members to try to attend some or all of this year's convention. We would love to see as many of you as possible, learning and growing together. There is so much for us to learn to assist our students or clients and so little opportunity to learn from those people who work within the specific issues that we as counselors are faced with on a regular basis. Come *Take Hold of the Challenge* and plan to meet with us Nov 7-9th at the Portsmouth Renaissance!



Portsmouth Renaissance Hotel
 425 Water Street

Portsmouth, VA 23704 
 VCA/HRCA Membership
 information is available on the
 VCA website
 (<http://www.vcacounselors.org>)
 or from Vicki Pelchy, Director of
 Membership
 Services (vcaoffice@cox.net).
 Check your renewal date
 information and encourage
 others to join!



VSCA 2008 Call for Proposals

The Virginia School Counselor Association announces its 2008 CALL FOR PROPOSALS. You are invited to submit a presentation proposal for the 2008 VSCA Conference, Touching Tomorrow Today, scheduled for April 2-4, 2008 at the Marriott Hotel at City Center in Newport News, VA. The theme of the conference focuses on how school counselors touch students today while preparing them for their tomorrow.

ALL proposals this year must be submitted online by the November 16, 2007 deadline. Visit www.vsca.org for further information and click on "Call for Proposals" link found on both the homepage and under Annual Conference.



VSCA Conference 2008

APRIL 3 – 4,
2008

**MARRIOTT HOTEL AT
 CITY CENTER
 NEWPORT NEWS, VA**

Professional Development Meeting

~ HAMPTON ROADS COUNSELORS ASSOCIATION ~

It's an exciting time for HRCA; save the dates and plan to join us!!

There is no cost to HRCA members; \$5.00 for nonmembers (it's still a bargain!!). To make meeting reservations, contact Lisa Randles, Treasurer at Lisa.Randles@vbschools.com
 Interested in membership? Join HRCA/VCA at www.vcacounselors.org.



Wednesday, October 17, 2007

NEW LOCATION on campus

WHERE: **Webb Center, Hampton-Newport News Room** Old Dominion University

WHO: HRCA Members and Their Invited Guests

WHAT: **"PLAY THERAPY"**

Dr. Teresa Christensen, Assistant Professor of Counseling, ODU

Please join us at Old Dominion University for our first professional development meeting on Wednesday, October 17, 2007.

SCHEDULE

12:30 - 1:00 p.m. Registration/Check-In
 1:00 - 1:45 p.m. Lunch Served
 1:45 - 2:45 p.m. Speaker

Make your reservation either by e-mail to Lisa Randles at Lisa.Randles@vbschools.com no later than Monday, October 8, 2007. You may mail this form to Lisa at 2334 Cornick Drive, Virginia Beach, VA 23454 .

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 _____

Directions to Old Dominion University

From the north:

Take I-95 south toward Richmond. Take the left exit #84A onto 295 S, following signs for "Norfolk/Virginia Beach." Remain on 295 for approximately 12 miles, and then exit at #28A (I-64 E), again following signs to "Norfolk/Virginia Beach." Stay on I-64 E for approximately 75 miles until you reach exit 276, VA-406/NAVAL BASE/TERMINAL BLVD. This exit is about nine miles away once you emerge from the Hampton Roads Bridge-Tunnel. Once on the exit ramp, stay right as it splits into a "Y". Once on 564, stay right again, following the first exit for "Terminal Blvd." Continue straight through two traffic lights, and at the third light, turn left onto Hampton Blvd. Follow Hampton Blvd. to 49th Street (approximately 3 miles)

From the south:

Take I-85 north to Route 58 east. Follow 58 east to 264 east toward Portsmouth/Norfolk. Go through Downtown Tunnel and follow signs to St. Paul's Boulevard. Make a right onto St. Paul's Boulevard. At the third light, make a left onto Brambleton Ave. Follow Brambleton until you see signs for Hampton Blvd./ODU. Bear right onto Hampton Blvd. Follow Hampton Blvd. to 43rd Street (approximately 3 miles) Turn left on 43rd Street.

HRCA Meeting PARKING: 49th Street Webb Parking Plaza

MORE from *Around the State*

VIRGINIA COUNSELOR SUPERVISORS MEET

JOYCE BEAMON, HRCA Ex-Officio Board member, VSCA VP for the Supervisors of School Counseling and the outgoing VSCA VP for Supervisors of School Counseling, **Dr. Anita Young** (Fairfax Public School District) coordinated a statewide meeting for the VA Supervisors of School Counseling in Henrico County on August 11, 2007. Approximately fifty directors/supervisors from school districts throughout Virginia attended the meeting.

PRESENTERS

Presenters included **Dr. Vivian Lee**, Higher Education School Counselor Specialist, from the National Office for School Counselor Advocacy – NOSCA (A component of College Board's Advocacy, Government Relations, and Development Group); **Joseph Wharff**, School Counseling Specialist, and Virginia Department of Education; and **Dr. Tim Grothaus**, president of the Virginia School Counselors Association.

Dr. Lee made a brief presentation short describing NOSCA whose main objective is to provide advocacy, tools and materials for school counselors to better assist their students.

In addition to supplying tools and materials for counselors, NOSCA seeks to provide advocacy by asking, "What do we think needs to happen to support school counselors so that they can do the job that they need to do for students?" For example, they want to assist counseling directors to make sure that all counselors working in a school setting be Masters Trained Counselor. Counselors who work in a school setting should be trained in school counseling.

School Counselors should also be evaluated using a counselor evaluation, not a *teacher evaluation*. Evaluators should have a clear understanding of what school counselors do.

Joseph Wharff shared that Transition is very big in Richmond with the governor and Dr. Cannaday. He stated that there is a movement in Virginia right now to intensify our efforts to ensure efforts to improve transition from elementary to middle school, middle to high school and high school to further education.

Joe's presentation, *Changing Roles of the School Counselor*, provided data about such things a drop out rate by ethnic category, the graduation rates in Virginia, numbers of students returning for a second year of college and degree completion. This information was compiled from the report to the governor by the VA P16 Council, an organization that is also promoting the concept of transition throughout the entire 16 years of school (k – college or further education). School counselors MUST be available to counsel students about their options and to help them understand what obstacles are preventing them from being successful. He shared that "the more extensive the transition program, the lower the drop out rate and retention rate.

Joe advocated for counselors working with principals to develop comprehensive school counseling programs modeled after the ASCA model. He hopes to provide an ASCA and a VA model to all principals this year. A well-defined program will address issues and obstacles for students such as; assisting with drop out prevention plans and activities, knowing and encouraging good attendance and helping those students who are most affected by discipline issues.

Dr. Tim Grothaus gave a brief overview of the Virginia Manual for School Counseling. He continues to encourage active participation as members of VCA and VSCA and to participate in Legislative Day on Monday, January 28.

Don't forget to make your Reservation for October 17 at ODU!



Hampton Roads Counselors Association
2007-2008 Board of Directors

PRESIDENT

Marilyn Draughon
Red Mill ES
1860 Sandbridge Road
Virginia Beach, VA 23456
H: 366-0051
W: 426-7396
Marilyn.Draughon@VBSchools.com

PAST PRESIDENT

Dr. Rosemary A. Thompson
Associate Professor
Regent University
1000 Regent University Dr
Virginia Beach, VA 23464
H: 721-6115
W: 226-4700
C: 619-2984
roseth1@regent.edu

PRESIDENT-ELECT

Deborah Finlay
4236 Valencia Road
Chesapeake, VA 23321
Western Branch MS
H: 465-0585
W: 638-7920
dbfinlay@cox.net

PROFESSIONAL DEVELOPMENT

Sarah Williams
5333 Balfor Drive
Virginia Beach, VA 23464
Churchland MS
H: 424-3855
W: 686-2512
SWWilliams1@cox.net



SECRETARY

Dr. Suzanne Waterstruss Salisbury
5585 Cabin John Drive
Va. Beach, Virginia 23464
Greenbrier Intermediate
H: 238-0845
W: 578-7080
suziehoo@cox.net



SECRETARY-ELECT

Lisa Randles
Lisa.Randles@vbschools.com

TREASURER

Delna Antaki
Salem HS
Virginia Beach, VA 23451
Delna.Antaki@vbschools.com

TREASURER-ELECT
(To Be Filled)

ADVOCACY/ PUBLICITY

Stan Hoskin
Deep Creek ES
stan.hoskin@us.army.mil

ARCHIVES

Patricia Hayes
2216 Locks Landing Crescent
Chesapeake, VA 23323
Norcom HS
H: 485-8933
W: 393-5477
phayes2@cox.net

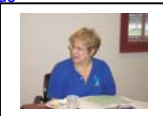
**AWARDS/
HOSPITALITY**

Erica Tolbert
Deep Creek Central ES
2448 Shipyard Road
Chesapeake, VA 23323
H: 623-1626
W: 558-5354
tolbeejo@cps.k12.va.us

Jenise B. Bond
1228 Dewberry Dr.
Chesapeake, VA 23320
Great Bridge HS
H: 548-0016
W: 547-0134
F: 482-5559
jbbcounselor@aol.com

MEMBERSHIP

Beth Bangley-Hughes
Great Bridge HS
301 West Hanbury Road
Chesapeake, VA 23322
H: 491-5725
W: 482-4450
C: 286-8617
banglbb@cps.k12.va.us
bbangley@cox.net



NEWSLETTER

Larri Pat Donaldson
4948 Cliffony Drive
Virginia Beach, VA 23464
Sparrow Road Intermediate
H: 495-3729
W: 578-7050
F: 578-7054
donallpa@cps.k12.va.us

SCHOLARSHIP

Dr. Agatha Parks-Savage
Assistant Professor
Regent University
1000 Regent University Dr
Virginia Beach, VA. 23464
H: 482-2253
W: 226-4838
aparkssavage@regent.edu

EX-OFFICIO MEMBERS

Chesapeake Public Schools
Janet Domazos
304 Cedar Road
Chesapeake, VA 23322
W: 547-0153 (ext. 186)
domazise@cps.k12.va.us

Norfolk Public Schools
Joyce Beamon
18 Eleanor Street
Portsmouth, VA 23701
W: 441-0264
jbeamon@nps.k12.va.us

Norfolk State University
Dr. Norma Brumage
809 Gable Way
Virginia Beach, VA. 23455
nwbrumage@nsu.edu

Old Dominion University
Dr. Alice McAduory
108 Rollins Hall
Norfolk, VA 23529
W: 683-3000
amcadory@odu.edu

Portsmouth Public Schools
Virginia Folston
3651 Hartford Street
Portsmouth, VA 23707
W: 393-8885
Virginia.Folston@pps.k12.va.us

Regent University
Dr. Rosemarie Scotti-Hughes
1097 Treefern Drive
Virginia Beach, VA 23451
rosehug@regent.edu

Virginia Beach Public Schools
Dr. Alveta Green Sutton
Office of Guidance Services
520 S. Independence Blvd.
Virginia Beach, VA 23452
W: 493-5429
alveta.sutton@vbschools.com

