

December 2007
Volume 5, Issue 2

HAMPTON ROADS COUNSELORS ASSOCIATION

IMPORTANT DATES

DECEMBER 6
1:00 p.m.
HRCA
Professional
Development
Meeting
REGENT
UNIVERSITY

~2008~

JANUARY 28
Legislative day
Richmond

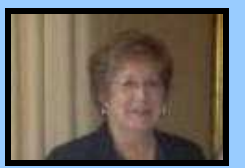
FEBRUARY 4-8
National School
Counseling Week

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

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

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Larri Pat Donaldson
Editor & Publisher
HRCA News
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Marilyn Draughon,
President

I am very proud of your HRCA Board members and of our members and the work they have been doing over the summer and fall. The big focus of our work has been planning and organizing the VCA conference held this past weekend. Overall we were very successful and counselors from around the state enjoyed their time with us and grew professionally from our efforts.

Our membership has been slowly increasing this fall with

The State of the HRCA Message 2007-2008

a growth rate of roughly 10%. As of November 1, HRCA is still the largest chapter in VCA. However, we are not the only large chapter. Two others, Richmond and Northern Virginia are gaining on us. Please remember to renew your membership and to invite your fellow counselors to join.

The HRCA board has also been busy planning 4 quality Professional Development/General membership meetings for this year. This is a great opportunity to ask other counselors, friends, and family to visit with us and discover what HRCA has to offer its membership.

Besides the conference, and the normal day-to-day business of the chapter, we have been busy working diligently as we continue to move ahead. We are very proud of three major accomplishments:

- The first PDF edition of the

HRCA newsletter to our members,

- The reworking and revising the HRCA By-Laws,
- And our first HRCA website.

The board is here to serve you, so please let any one of us know of your concerns, questions, or comments. It is you, the membership, who make HRCA such a wonderful chapter of VCA. We would be delighted to have you join us as a member of the board. Please do not hesitate to let us know of any area of interest where you would enjoy serving.

I hope that each of you has a restful and peaceful Thanksgiving and a Blessed Holiday.

Marilyn

DECEMBER 6, 2007: Dr. Lee Underwood to address HRCA Members

Diversity Part II Strategies for Counselors

Lee A. Underwood, Psy.D.

Licensed Clinical Psychologist
Certified Sex Offender Treatment
Provider

Lee A. Underwood, Psy.D. is Assistant Professor in the School of Psychology and Counseling at Regent University. His presentation to the membership is a follow-up to "African-American Males: Emerging Issues & Critical Responses."

Dr. Underwood continued training at the graduate level in Counseling and Clinical Psychology and focused his research on serious mental health and antisocial behaviors in adolescents; violent and chronic juvenile offenders; sexually aggressive youth; youths presenting psychiatric emergencies; co-occurring

mental health and substance abuse disorders of adolescents; maltreating families; screening and assessment of co-occurring disorders, suicide awareness and crisis response education, program design and evaluation of juvenile justice involved youth, based on the best available research and practice and the development of clinically effective treatments and protocols. He has written extensively on mental health needs of adolescents including residential care, screening and assessment, ethnic minority youth, co-occurring mental health and substance use, sexual aggression, and trauma.



HAMPTON ROADS COUNSELORS ASSOCIATION

A TRIBUTE TO HRCA: Strength through Membership

By Beth Bangle, PhD, Membership Chair



HRCA Members
At Old Dominion University
October 17, 2007

In September of 1945 the Hampton Roads Vocational Guidance Association was organized as a branch of the Virginia Vocational Guidance Association (a division of the Virginia Education Association).

Local individuals like Miss **Virgie Leggett** had participated at the state level from 1930 onward, and as Tidewater grew, its leaders decided to start their own chapter with twenty-one members. It was an organization that embraced school counselors, psychologists, and personnel directors from the business sectors. It served both Southside and the Peninsula until 1963. In 1957 its name changed to the Hampton Roads Personnel and Guidance Association. In 1982 the official name became "**Hampton Roads Counselors Association**" in order to align with changes at the state and local levels.

The thread that is constant in the recounting

of the history of HRCA is the drive and enthusiasm of its membership. Whether its membership was small or large, the service and dedication of its members has always been apparent. Counselors who believed in HRCA's purpose of professional development were ready to join and work together toward that goal. Our history is rich in tradition and service. As recognition of that fact, HRCA has been the recipient of the VCA's LARGE CHAPTER OF THE YEAR AWARD at least five of the past ten years.

We can be proud of Hampton Roads Counselors Association because of the achievements it reaches through its leadership and membership! Our leaders know that continued success rests on the growth in membership and participation of counselors from a variety of settings. We are asking that all members encourage other

counselors who do not belong to HRCA to join by going to the VCA website, www.vcacounselors.org. We would like counselors to know the benefits of taking part in this wonderful organization that provides professional training, service to the community and fellowship to each other. A great way to add useful content to this newsletter is to develop and write your own articles, or to include a calendar of upcoming events or a special offer that promotes a new product. You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics, but try to keep your articles short. Much of the content you put in your newsletter can also be used for your Web site. Microsoft Word offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.



Debi Finlay gave a presentation at the "Women's Get-Away Weekend" at Eagle Eyrie, VA. **Finlay**, Guidance Director at Western Branch Middle (Chesapeake), taught from her new book, **What Did All Those Biblical Parents Do with All Those Children?**



~ MEMBER NEWS ~

Dr. Rosemary Thompson was awarded the "Hampton Roads Counselors Association, 2007 Chapter Member of the Year" at the VCA awards breakfast on Friday, November 8, 2007 about a variety of topics, but try to keep your articles short.

Dixie Lehman earned her National Board Certification in Guidance. This makes her the first school counselor in

Virginia Beach City Public Schools to receive this honor.

Stan Hoskin (trombone) and **Larri Pat Donaldson** (bassoon) played in the Kempsville Presbyterian Church orchestra, with the Chancel Choir, under the direction of Dr. Nancy Klein, ODU music professor. This special service was held at the Virginia Beach Convention Center.



HAMPTON ROADS COUNSELORS ASSOCIATION

Make Your Reservation **TODAY** for
 6 Meeting – 1:00pm Dessert
 Regent University
 Classroom Building – Room 107

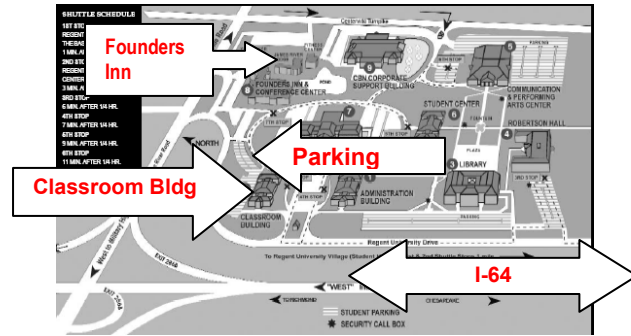


1. RSVP to Lisa Randles
Lisa.Randles@vbschools.com
 H: 535-2219 or W: 496-6777
2. **Reservations** by **Friday, NOV. 30**
3. Doors open at 12:30 pm
4. NO LUNCH: Dessert, coffee, tea
5. Non-Member cost \$5.00
6. Park behind CLASSROOM BUILDING across the street from Administration Building



Travel Directions

To visit Regent University, take **exit 286B** from Interstate 64 at Indian River Road. The right hand lane will immediately offer merging into **Regent University Drive**, just before the entrance to The Founders Inn and Conference Center which also offers access to the Regent campus. **Check website for parking lots.**



ADVOCACY REPORT

Stan Hoskin

EdS, LPC, NCC, HRCA Advocacy Chair

LEGISLATIVE DAY LET YOUR VOICE BE HEARD!

The VCA Legislative Day is scheduled for January 28th, 2008. All HRCA members are invited to attend. Plan to meet Monday morning at the Crowne Plaza Hotel, 555 East Canal Street, Richmond, VA 23219 (804-788-0900). Some highlights:

- 8:30 AM - Registration and Continental Breakfast
- 9:00 AM - Advocacy Issues, Updates & Training
- 10:30 AM - Meet with Legislators

REGISTER no later than **January 25th** by calling 800-225-8103 so VCA can plan for your attendance.

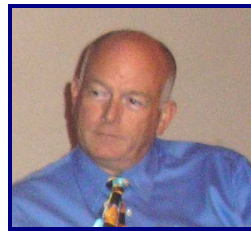
CALL your local state

legislator(s) in advance to arrange an appointment on the 28th of January from 10:30 AM to 4:00 PM, if at all possible. You may find your delegate and state senator at:
<http://legis.state.va.us>

VIRGINIA TECH REPORT

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. Active legislative proposals will be highlighted at the morning meeting on the 28th of January.

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



RESERVATIONS DUE
 FRIDAY,
 NOV 30
 For
 Dec. 6
 HRCA
 Meeting
 REGENT
 UNIVERSITY

POSITION OPEN

Clinical Counselor

Couples & Kids, Central Virginia's counseling center for families, is seeking full-time LPC to work in our office serving our clients through individual, couple, and family counseling. Candidates should have extensive counseling experience, training in play therapy, computer skills, and good organizational and written skills. Competitive salary and benefit package.

Reply to norma.white@coupleandkids.com with cover letter, curriculum vitae, and three professional references or PO Box 1338, Forest, VA 24551. www.coupleandkids.com

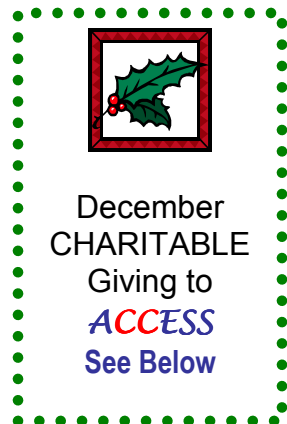


Award Winners Among Us Doristine Earl, Awards Chair

Are there any deserving award winners among us? Yes, there are outstanding professional school counselors who have made significant contributions to the lives of children, families, schools, communities, and to the school counseling profession.

Where exactly are they? They are among the HRCA membership, in your school district, in your school, in your guidance department, on your staff. I know that you agree. So, why not take the opportunity to nominate a professional school counselor for the following VSCA award categories: **Elementary School Counselor of the Year, Middle School Counselor of the Year, Secondary School Counselor of the Year, School Counseling Supervisor of the Year, and Counselor Educator of the Year?** One person who has excelled in each of the award categories will be honored by

VSCA at the April 3-4, 2008 VSCA Conference. The nominee must be a VSCA member and must be nominated by a VSCA member. Do not wait to nominate. **The deadline for submitting nominations is January 14, 2008.** To get information on the nomination procedures and the nomination form go to www.vsca.org. If you have any questions, please contact Doristine Earl, Awards Chair DORISTINE.EARL@pps.k12.va.us



Are there any deserving award winners among us?

State level recognition was given to the recipients of the **Chapter Member of the Year Award** during the Virginia Counselors Association Annual Awards and Recognition Breakfast held on Friday, November 9, 2007. The Chapter Member of the Year Award is given annually to one member of each chapter who renders outstanding service in keeping with the purpose of the Association. We are proud to announce that **Dr. Rosemary A. Thompson** is the current HRCA Chapter Member of the Year.



ACCESS AIDS Care Center for Education & Support
AIDS Care Center for Education & Support Services is an AIDS service organization that promotes the dignity and wellness for persons impacted by HIV through comprehensive education and support services. We are the product of a merger between CANDII (Children's AIDS Network Designed for Interfaith Involvement) and Full Circle AIDS Hospice Support. We have been in existence since 1988. We provide case management services to individuals infected with HIV; transportation, housing, support groups, meals/food pantry, children's programs...whatever is needed to improve quality of life. Stacie Walls-Beegle, Executive Director, will be speaking on our agency's behalf.

OLD DOMINION UNIVERSITY – October 17, 2007 Sarah Williams, Professional Development

The first professional development meeting for Hampton Roads Counselor's Association (HRCA) was held on October 17, 2007 at Old Dominion University (ODU). Our 1:00 PM meeting was opened with a welcome by our president, Marilyn Draughon. Bobby Glisson, Director of Undergraduate Admissions, brought us greeting from the university.

A community service organization is honored at each of our professional development meetings and HRCA donates funds to that organization. **Hampton Road Youth Center** was the agency that was honored. Andy Young, HRYC Board Member, introduced the presenters: Keicia Gwaltney, Social Worker and Ann Nadig, Director of Education.

The mission of HRYC is to positively affect the lives of children between the ages of 12 and 17. This residential treatment center for troubled teens was established in 2003 as the region's out-of-home placement option for at-risk youth with emotional,

social educational and family problems. The center can house up to ten boys and ten girls on this 55 acre facility. The normal stay is 9-18 months with a limited number of scholarships available. A real plus for those students attending is the rate of advancement. Some students advance twice as fast as they do in regular school.

HRCA President-elect Debi Finlay introduced the guest speaker, Teresa Chistensen, PhD, NCC, LPC, RPY-S. She is an Assistant Professor of Counseling at ODU. Her professional development topic was "Orientation to Play Therapy." Her presentation was rich with helpful information. Such as: Why use play? What is play therapy? How does it work? What are the types? These topics and others were discussed with a high level of

expertise. HRCA members came away with great motivation to use play as we interact with clients.

Erica Tolbert, HRCA Hospitality Chair, presented a donation to Hampton Roads Youth Center and issued door prizes.



HAMPTON ROADS COUNSELORS ASSOCIATION

A Report of the 2007 VCA Convention to HRCA Membership

Deborah B. Finlay
Convention Chair, HRCA President-Elect

Thank you, thank you, thank you! Being responsible for such a large convention was an enormous undertaking, yet with so many of you standing beside me, assisting wherever you were needed, you made this convention a success and a bright light for HRCA!

It was an honor and privilege to serve VCA representing HRCA as the 2007 convention chair. The convention took place at the Renaissance Hotel in downtown Portsmouth. The convention theme, "Take Hold of the Challenge" captured the essence of the convention, break out and keynote sessions.

We had eighty four break-out concurrent sessions on a variety of topics that would assist every counselor whether your career is agency or school. In addition to the concurrent sessions, we offered 10 poster presentations, where experts shared information with participants in a more informal setting. Our two keynote speakers

included, Barent Walsh, on new treatment for the Self-Harm client, and Kevin Wantzer who shared with the participants the power of laughter.

We had the privileged to share some of our local student's leadership and talent with counselors from around the state which included students from the Governor's School of the Arts, the Hickory High School string ensemble, and the Deep Creek High School ROTC.

The number of actual registrations for this year's convention rose steadily adding many at the on-site registration. There were forty-five exhibitors ready to share and sell to our convention participants. These exhibitors added to the profit we will share with PCA and Western Tidewater as all three chapters sponsored this convention.

We added the Awards Breakfast as a part of the general convention packet. The breakfast

was a huge success! Over four hundred members were able to participate in the awarding of honors to members across the state, while meeting and gaining a deeper understanding of what being a member of the state convention is all about.

I want to encourage each of you to consider taking advantage of the next opportunity to participate in your state and locally sponsored activities. Both VCA and HRCA activities are designed to assist their members in professional growth and skills as well as providing opportunities to network and serve together to enhance our clients' overall mental health.

HRCA really did heed the call of the convention and "Took Hold of the Challenge" Humbly and Graciously I thank all participating members!

Debi



Multicultural and Ethical Responsibilities Dr. Rosemary Thompson

The United States has a long history of ethnic and racial diversity. That diversity has accelerated in recent decades, a trend which is expected to continue into the future. Race and ethnicity are important for many reasons including their relation to culture, identity, and well-being. Children of different races and ethnicities often show large differences in areas of well-being including health, mortality, school performance and attainment, and access to family and community resources. These and similar disparities are also evident in adulthood (Blank, 2001). It is critical that counselors

recognize this trend and become more culturally competent. Holcomb-McCoy (2004) identified 51 competencies that are necessary for working with culturally diverse students in nine areas of competence multicultural counseling, multicultural consultation, understanding racism and student resistance, multicultural assessment, understanding racial identity development, multicultural family counseling, social advocacy, developing school-family-community partnerships, and understanding cross-cultural interpersonal interactions. multicultural competence.

NINE AREAS OF MULTICULTURAL COMPETENCE

- I. Multicultural Counseling Self Assessment: As a Counselor How Many of These Competencies Can You Meet?
- II. Multicultural Consultation
- III. Understanding Racism and Student Resistance
- IV. Understanding Racial and/or Ethnic Identity Development
- V. Multicultural Assessment
- VI. Multicultural Family Counseling
- VII. Social Advocacy
- VIII. Developing School-Family-Community Partnerships
- IX. Understanding Cross-Cultural Interpersonal Interactions

References
Blank, R. (2001). An Overview of Trends in Social and Economic Well-Being, by Race. In N. J. Smelser, W.J. Wilson, & F. Mitchell, (Eds). Commission on Behavioral and Social Sciences and Education. Washington, D.C.: National Academy Press. Available online at

"Race and ethnicity are important for many reasons including their relation to culture, identity, and well-being."

<http://www.nap.edu/catalog/9599.html>

Holcomb-McCoy, C. (2004). Assessing the multicultural competencies of school counselors: A checklist. *Professional School Counseling*, Vol. 7, No. 3, p. 178.

Email Reservation
By Friday, Nov.
30
Lisa.Randles@vbschools.com
Regent University
December 6
1:00 pm

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