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# HAMPTON ROADS COUNSELORS ASSOCIATION

April 2009

Volume 6 Issue 4

Larri Pat Donaldson, Newsletter Editor, [donallpa@cps.k12.va.us](mailto:donallpa@cps.k12.va.us)  
Marilyn Draughon, Web Master, <http://hrcounselors.googlepages.com>

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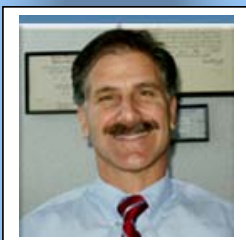
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## IMPORTANT DATES

~2009~

**APRIL 21  
1:00 pm Lunch  
HRCA Meeting  
at NSU  
SPEAKER**



Burt Segal, LCSW,  
Riverpoint Psychiatric  
Services

*The Use of  
Humor  
In  
Counseling*

## PRESIDENT'S MESSAGE

By Debi Finlay

### HRCA ON THE MOVE!!



#### Information & Opportunities

This is the last newsletter of the current year which began in July '08. The year has passed by so rapidly, yet together we have accomplished quite a lot. I hope you have enjoyed this wonderful and news-filled newsletter. This has been Larri Pat Donaldson's endeavor to bring to you a professional newsletter, filled with information and opportunities to enrich and inform each of you. I also hope you have taken the time to visit our web site, set up and manned by Marilyn Draughon. This web site is a wonderful way to keep you connected and add to your drawers of counseling "tools" and information! Many of us are so very busy that it becomes difficult to attend all of the opportunities offered, to learn and grow on needed and current topics that allow us to stay informed and continue to give up to date and excellent service on a daily basis. **Your HRCA board**

is attempting to give you the needed information and tools to assist you in your professional life. These endeavors take time, and yet many are willing to give the time to enrich all of our lives and practices. We are looking for additional members willing to give a bit of time in exchange for service in order to continue enriching our profession. Should you wish to give back a bit of time or skills to our profession please contact any board member, as seen on the contact information observed at end of this newsletter.

#### A LOUD Voice!

In addition to the movement of making available current and needed information and opportunities, we have had to respond to the same economic pressures and results as every other organization and business over this on-going year. I have been very pleased that so many of you chose to stand up and voice your opinion on topics that directly affect our profession. Unfortunately the loudest or most informed voice tends to be heard, and we need to be sure they hear accurate information and not just sounds. Please continue to voice those accurate and informative opinions whenever possible. Agencies and school systems are cutting cost whenever they can to stay afloat financially and we must encourage them that it will hurt their goals and the goals of our families to

cut, across the board, in counseling areas. Our families are hurting, and in great need of the services and stability we can all bring to the table. This is a time for more services not less in our area of expertise. Please continue to join with your board at any given opportunity to let others know and understand the need for our services. They do listen. I have received several phone calls and responses, from some of our state and federal politicians, responding to some of the personal letters I have written and, based on their response, feel they will listen.

#### Thank you

Thank you for your encouragement, and dedication to this wonderful profession and to HRCA this year. Please continue to stay involved and current as we continue our work together. **Join us in our last meeting for this year as we learn how to effectively use humor in our counseling and in our lives.** We need to remember that humor can enrich our social fiber and bring us closer when used in a healthy environment.

Thank you once again for allowing me to lead and be a part of your lives this year.

Debi Finlay

*Hampton Roads Counselors Association*

*VCA 2008 CHAPTER OF THE YEAR*

Not yet a member of HRCA? We would like to have you join our award-winning team. It's the membership who makes us great!

JOIN TODAY at

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

DON'T FORGET to make your reservation for the **April 21** HRCA Luncheon at **Norfolk State University** by

**Friday, April 17!**

[Lisa.Randles@vbschools.com](mailto:Lisa.Randles@vbschools.com)

# Norfolk State University Hosts HRCA April 21, 2009

**WHERE: Scott/Dozier Dining Hall**

**WHO:** HRCA Members, Potential Members and Their Invited Guests

**TOPIC: THE USE OF HUMOR IN COUNSELING**

**Burt Segal, LCSW, President of Riverpoint Psychiatric Associates**

Please join us at NORFOLK STATE UNIVERSITY for the 4<sup>th</sup> and last professional development meeting of HRCA on **TUESDAY, APRIL 21, 2009**. 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 - AWARDS
1:30 - 2:30 p.m.	Speaker

To make your reservation you may e-mail, **LISA RANGLES**, no later than **FRIDAY, April 17, 2009**.  
 E-mail LISA at [Lisa.Randles@vbschools.com](mailto:Lisa.Randles@vbschools.com)  
**RESERVATIONS ARE REQUIRED or HRCA 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**.

~ **Scott/Dozier Dining Hall** ~

DETAILS AT <http://www.nsu.edu>

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Guest Name \_\_\_\_\_ (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 \_\_\_\_\_

# CHAPTER NEWS

## ADVOCACY REPORT

Stan Hoskin EdS, LPC, NCC



The Advocacy Committee's efforts, along with the HRCA membership, have impacted the funding levels across the state! Our efforts have impacted student learning, as the local and state leadership had the information provided in the position papers during the deliberations concerning the budget issues. The deliberations lead to the funding remaining at the previous levels! Congratulations to all for your help with this critical effort.

Be ready and on the lookout for more "VCA E-Blasts" (or "VSCA E-Blasts" as well), that may require your quick response in these next few weeks.

Please contact **Stan Hoskin**, EdS, LPC, NCC, HRCA President Elect and the HRCA Advocacy Committee Chair, at: [hoskith@cps.k12.va.us](mailto:hoskith@cps.k12.va.us) with your suggestions, questions, or comments. You may also send emails to the new site: [HRCAContact@Gmail.com](mailto:HRCAContact@Gmail.com)

## ARCHIVES

Patricia Hayes MA



### 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? Did you present at the VCA Convention in November or will you present at 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 21 HRCA General Membership 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 encouraged**). Include name, work place (school & city), brief description of activity, and date(s). If other HRCA members participated, include these names and work place.

FEATURING...YOU!

[Patricia.Hayes@pps.k12.va.us](mailto:Patricia.Hayes@pps.k12.va.us)

### Developmental Assets Highlighted at recent VSCA Conference

**Stan Hoskin**, HRCA President - Elect, provided an outstanding presentation for the VSCA attendees on March 27th, the last day of the conference in Newport News, VA, on the **40 Developmental Assets**. Promoting thriving and resilience in youth provides the best insurance against self-destructive behaviors. The Search Institute developed 40 "developmental assets" that youth must have, ensuring a well-balanced entry into adulthood. The program introduced the concepts around promoting these developmental assets and where to begin to implement these concepts in the attendee's school and community. More information about the framework can be seen at their website at:

<http://www.search-institute.org>



**2009 CONVENTION SAVE-THE-DATE**

**November 11-14, 2009 ~ Williamsburg**

**CALL FOR PROGRAMS**

**INVITE TO EXHIBIT & SPONSOR**

**[www.vcacounselors.org](http://www.vcacounselors.org)**



# MORE CHAPTER NEWS

## April 2009 MEETING AT Virginia Wesleyan

The third Professional Development Meeting for [Hampton Roads Counselor's Association](#) (HRCA) occurred on Thursday, February 26, 2009 at 1:00PM. Virginia Wesleyan College hosted our meeting. Deborah Finlay, our President, provided a warm welcome for everyone present. Sarah Gastler, Director of Admissions and Dr. Rick Handshaw, Dean of Admission brought us greeting from Wesleyan and an Appreciation Award was given to the college. We enjoyed our delicious lunch; guests were introduced, followed by an introduction of our Guest Speaker by Stan Hoskin, HRCA's President Elect. Dr. Jean A Infantino, our speaker, has served as a school administrator in Chesapeake since 2000; she taught English in Chesapeake and Virginia Beach in the previous 8 years. She completed the Dr. Ruby K. Payne Trainer Certification for "A Framework for Understanding Poverty." Currently she is principal at Hickory Middle School in Chesapeake. Dr. Infantino's topic, **The Culture of Poverty**, was a condensed version of a 12 hour class taught in Chesapeake. The information provided in the course comes from, *A Framework for Understanding Poverty*, by Ruby K. Paine Ph.D. Dr. Infantino gave an excellent presentation. Some of the areas discussed were, key topics on poverty, registers of language, hidden rules of economic class and discipline interventions for students in poverty. Hand-outs which contained a large portion of the information that was being discussed were distributed to participants. Please visit our website at [www.hrcounselors.googlepages.com](http://www.hrcounselors.googlepages.com) and download this valuable information.

The local **Charity** honored by our organization was **Habitat for Humanity**. Deborah Finlay introduced Helen Summers, the representative for this charity. This charity is present in more than 90 countries in the world, builds houses, builds dignity and builds hope. Habitat is a nonprofit ecumenical Christian housing ministry that helps to alleviate the worldwide housing crisis. They do this by building simple, affordable houses in partnership with those in need of decent housing. Families purchase the homes through no profit loans. Habitat builds community by fostering reconciliation as people join together to build houses. For example, in Northern Ireland Catholics and Protestants work side by side to build homes and in Jordan and Egypt Muslims and Christians are building bridges of hope. This outstanding Charity is a beacon of light in our local and worldwide community as it provides new homes and helps maintain decent homes through "A Brush with Kindness program." Volunteers and contributions are always needed; call 757-640-0590. Visit habitat for Humanity at [www.habitat.org](http://www.habitat.org) for further information.

Our president presented Helen Summers with a Certificate of Appreciation and a check from HRCA to Habitat for Humanity. Upcoming meetings were discussed, followed by a raffle and adjournment.

Have you visited the  
**HRCA Web Site** yet?

It's **THE BEST!**

**Marilyn Draughon** has gotten  
us off to a great start!

Thanks Marilyn!

<http://hrcounselors.googlepages.com>

Don't forget to make your  
reservation for  
April 21 at Norfolk State  
University!



[Lisa.Randles@vbschools.com](mailto:Lisa.Randles@vbschools.com)

Sarah Williams MA  
Professional Development



~ February 2009 VWC Meeting Photos ~



# News You Need!



## Confront Teens about Sexting

May of last year, [we] first brought you [news](#) of an emerging trend among young people—the sharing of sexual images and texts through cell phones, commonly known as SEXTING. Due to the widespread availability of mobile technology, the sky-high hormone levels of young people, and the difficulty that they can have understanding the consequences of their decisions, not-so-innocent text messages are being sent from cell phones all over America.

It's particularly distressing when the consequences of sexting get so out of hand that a teenager feels the only solution is suicide. When Jesse Logan pressed 'send' from her cell phone, she did not imagine that an audience beyond her boyfriend would receive her nude pictures. As trusted adults with a mission to protect children online, engage your communities on the issue of sexting. Share these tips with young people so that they are better informed. To read more about the tragic story of Jesse Logan, visit the [NetSmartz blog](#).

### [Tips to Prevent Sexting](#)

- THINK ABOUT THE CONSEQUENCES** of taking, sending, or forwarding a sexual picture of someone underage, even if it's of you. You could get kicked off of sports teams, face humiliation, lose educational opportunities, and even get in trouble with the law.
- NEVER TAKE** images of yourself that you wouldn't want everyone—your classmates, your teachers, your family, or your employers—to see.
- BEFORE HITTING SEND**, remember that you can't control where this image may travel. What you send to a boyfriend or girlfriend could easily end up with their friends, and their friends, and their friends.
- IF YOU FORWARD** a sexual picture of someone underage, you are as responsible for this image as the original sender. You could face child pornography charges, go to jail, and have to register as a sex offender.
- REPORT** any nude pictures you receive on your cell phone to an adult you trust. Do not delete the message. Instead, get your parents or guardians, teachers, and school counselors involved immediately.

For more information about "sexting" or other Internet safety issues, please contact Laurie Nathan at [lnathan@ncmec.org](mailto:lnathan@ncmec.org) or 703-838-8194.

This article was provided to HRCA by Debi Finlay, HRCA President.

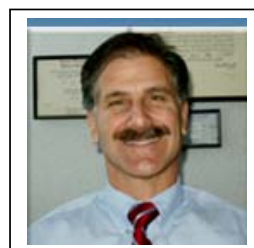
## 🔔 THE USE OF HUMOR IN COUNSELING 🔔

**Burt Segal** is a Licensed Clinical Social Worker with over 20 years of experience helping families with emotional & behavioral difficulties. He is President of Riverpoint Psychiatric Associates in Norfolk, VA where he conducts individual and family therapy. Mr. Segal has presented hundreds of seminars to parents, teachers and professionals on various topics.

He has written a book about Attention Deficit/Hyperactivity Disorder entitled "**Why Can't You Pay Attention?**" Mr. Segal was formerly a contributing writer to "Military Spouse Magazine." His most recent book is entitled "**Why Did You Do That? Solving the Mysteries of Parenting**".

### **Services/specialties:**

- Individual Therapy
- Family Therapy
- Depression
- Separation/Divorce
- Attention Deficit/Hyperactivity Disorder
- Parenting
- Behavior Problems
- School Difficulties
- Self-Esteem Issues
- Military Families
- Stress Management



**Burt Segal, LSCW**

~ TRAINING OPPORTUNITIES ~

HAMPTON ROADS COUNSELORS ASSOCIATION  
2008-2009 Executive Board

PRESIDENT  
Deborah Finlay  
[finladbe@cps.k12.va.us](mailto:finladbe@cps.k12.va.us)

PRESIDENT-ELECT/  
ADVOCACY  
Stan Hoskin  
[hoskisth@cps.k12.va.us](mailto:hoskisth@cps.k12.va.us)

PAST PRESIDENT/WEB SITE  
Marilyn Draughon  
[Marilyn.Draughon@VBSchools.com](mailto:Marilyn.Draughon@VBSchools.com)

SECRETARY  
Lisa Randles  
[Lisa.Randles@vbschools.com](mailto:Lisa.Randles@vbschools.com)

SECRETARY-ELECT  
Lane Clark  
[clarklwi@cps.k12.va.us](mailto:clarklwi@cps.k12.va.us)

TREASURER  
Delna Antaki  
[Delna.Antaki@vbschools.com](mailto:Delna.Antaki@vbschools.com)

TREASURER-ELECT  
Carolyn Boocks  
[Carolyn.Boocks@vbschools.com](mailto:Carolyn.Boocks@vbschools.com)

ARCHIVES  
Patricia Hayes  
[Patricia.Hayes@pps.k12.va.us](mailto:Patricia.Hayes@pps.k12.va.us)

NEWSLETTER  
Larri Pat Donaldson  
[donallpa@cps.k12.va.us](mailto:donallpa@cps.k12.va.us)

**HRCA is on the Web!**

<http://hrcounselors.googlepages.com>

**Upcoming Professional Development Opportunities from Virginia Counselors Association and its chapters & divisions:**

**CLINICAL SUPERVISION IN VIRGINIA**

*A training developed by Drs. Gerard Lawson & Laura Welfare in cooperation with the Virginia Counselors Association (VCA) and its divisions Virginia Association for Counselor Education and Supervision (VACES) and Virginia Clinical Counselors Alliance (VCCA).*

**APRIL 24-25, 2009 ~ 8:45am-5:00pm  
Southwest Virginia Higher Education Center  
ABINGDON**

Additional Professional Development Opportunities (NOT VCA SPONSORED) are posted at  
<http://www.vcacounselors.org/calendarshowevents.cfm>.

**VIRGINIA CAREER VIEW**

Workshop Schedules

<http://www.vacareerview.org/educators/workshops/index.cfm>

This year, **Kuder** will be conducting workshops in the afternoons from 1:00PM-3:00PM. Those who are interested in attending the Kuder sessions need to contact John Michael, by email: [michaelj@kuder.com](mailto:michaelj@kuder.com) or phone 515-240-6966 to register. **Registration for Kuder is separate this year from Virginia Career VIEW registration.**

If you have any questions please feel free to contact us at VA Career VIEW at 1-800-542-5870 or email us at [info@vaview.org](mailto:info@vaview.org).

**APRIL CHARITY: Faith Works Coalition**

Faith Works Coalition is an alliance of local faith-based organizations and individuals founded to assemble and responsibly steward financial, material, and human resources sufficient to address substandard housing in Virginia Beach.

Faith Works Coalition repairs and improves homes for elderly, low income and working families; helps eliminate substandard housing in our community; and, collaborates with and assists other community organizations to achieve these goals.

**Objectives of Faith Works Coalition:**

- Improve housing for low income, working families and the elderly.
- Improve quality of life in low income neighborhoods.
- Build community spirit in Virginia Beach and enhance the joy of fellowship inherent in faith based, volunteer community projects.
- Provide emergency relief through repair and reconstruction of homes in communities suffering the effects of natural disasters.

FOR MORE INFORMATION ABOUT FAITH WORKS COALITION, read <http://hamptonroads.com/2009/01/faith-works-coalition-makes-quick-work-home-repairs>

**Make your reservation TODAY For TUESDAY, APRIL 21 at Norfolk State University!**

**Click here...**



[Lisa.Randles@vbschools.com](mailto:Lisa.Randles@vbschools.com)