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HAMPTON ROADS COUNSELORS ASSOCIATION

February 2009
Volume 6 Issue 3

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

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~ IMPORTANT DATES ~

~2009~

FEBRUARY 26
1:00 pm Lunch
HRCA Meeting at
VWC

March 25-27
VSCA Conference
Marriott Hotel at
Center City, Newport
News, VA
www.vsca.org

APRIL 21
1:00 pm Lunch
HRCA Meeting at
NSU

PRESIDENT'S MESSAGE

By Debi Finlay

HRCA ON THE MOVE!!



Hello again and welcome to our third newsletter this year! Much has happened in the region since our last newsletter.

We have had two well attended meetings and have learned much about our clients and up to date topics that we are all working with whether we are school counselors or clinicians. Please remember that we offer CEUs for clinicians and recertification points for school counselors as our meetings always include in-service training.

Our program this month involves the "Culture of Poverty". It will be a most informative program. Many of us work with students or clients who either are in the culture of poverty or who are working their way out of that culture. It is important for us to understand this culture if we are to be successful working with this part of our population.

The other topic that remains on our minds today is the economy and how it is beginning to affect counseling and our clients. Counseling issues are changing due to budget cuts in education and the lowering ability of clients to pay for needed counseling services. Our economic times are beginning to drive our programs and practices. This is the time we need to bond together, support each other and speak out to let our elected officials know of all of the good we do in the schools and in each community. It is time for clinicians and school counselors to work closer together with more understanding and cooperation, so that clients may be shared and needed services be made available. We as counselors tend to remain behind closed doors and fail to share and collaborate with other possible stake holders. This places us all in jeopardy when lower economic trends occur. We are not able to show the full extent of the good and necessary part of the community we represent, and so individually we are either cut or clients no longer seek the help they need.

Counselors need to take the initiative to send letters to their local and state officials explaining the necessary services we render, which improve both our client's wellbeing and in turn our

communities. Without counselors' skills, training and abilities our student's/client's psychological balance is hindered, endangering our schools and communities. By assisting our students and clients to achieve their psychological balance and learn new skills we assist our citizens as they seek to lead productive and more positive lives, and enhances the productivity in our community and our cities.

Please don't sit idle at this crucial time, we need you to voice your concerns. Your officers have been hard at work preparing letters you may send to your officials or you may write one of your own. I, as your president have also sent letters that included my own statistics so that our legislators might see what we do and how necessary we are to the life of the schools and communities we serve.

Be sure to check the web site for the links to the latest information we have for both political issues and usable counseling materials and information. We are trying to increase the numbers of materials on our site that will be of assistance to you as you perform your duties. If you have any ideas for us or have materials to share please let us know. I look forward to seeing you all Feb 26th!

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

DON'T FORGET to make your reservation for the February 26 HRCA Luncheon at Virginia Wesleyan College by Friday, February 20!

Lisa.Randles@vbschools.com

VIRGINIA WESLEYAN COLLEGE HOSTS FEBRUARY 26 HRCA MEETING

Make Your Reservation
TODAY

Feb. 26 Meeting – 1:00pm
Luncheon

Virginia Wesleyan College
BOYD DINING HALL

1. **RSVP** to Lisa Randles
Lisa.Randles@vbschools.com
H: 535-2219 or W: 496-6777
2. **Reservations** by **Weds, NOV. 26**
3. Doors open at 12:30 pm
4. Dessert, coffee, tea
5. Non-Member cost \$5.00
6. Park behind CLASSROOM BUILDING across the street from Administration Building



Lisa Randles, HRCA Secretary

Did You Know?

HRCA meetings qualify for CEUs and recertification points.

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. Turn left at Guard House.

See CAMPUS MAP at <http://www.vwc.edu/about/map/index.php>
BOYD DINING HALL is Building #6 on the map.

Virginia Wesleyan College "The Culture of Poverty" Dr. Jean A. Infantino

Principal, Hickory Middle School, Chesapeake



Dr. Jean A. Infantino, principal at Hickory Middle School, is the featured speaker for the February 26 HRCA Professional Development meeting. Her topic is "The Ingrained Culture of Poverty."

Dr. Infantino has served as a school administrator in Chesapeake schools since 2000 and taught English in Chesapeake and Virginia Beach the previous 8 years. She completed the Dr. Ruby K. Payne Trainer Certification for "A Framework for Understanding Poverty." Her topic will cover (1) key points about poverty, (2) registers of language, (3) hidden rules of economic class, and (4) discipline interventions for students in poverty.

She is active in professional organizations as well as volunteer and community service.

FEBRUARY CHARITY: www.shrhabitat.org

Serving Chesapeake, Isle of Wight, Norfolk, Portsmouth, Suffolk and Virginia Beach, Virginia

This year Habitat SHR is marking 20 years of serving South Hampton Roads. Your continued support helps us build houses and dreams for more hard-working low-income families here in South Hampton Roads.

Just who is Habitat for Humanity of South Hampton Roads?

Habitat for Humanity of South Hampton Roads, Inc. is a local affiliate of Habitat for Humanity International. Local affiliates throughout the world carry out the Habitat

mission to eliminate poverty housing and make decent shelter a matter of conscience and action. Habitat invites people from all walks of life to work together in partnership to help build houses for low-income families throughout the 7 cities of South Hampton Roads.

Read what the media has to say about South Hampton Roads Habitat for Humanity

The Virginian Pilot routinely publishes articles about the activities of South Hampton Roads Habitat for Humanity and our building partners. Click the image below

to open a new window for the Virginian Pilot Web Site and search for "South Hampton Roads Habitat".



<http://www.shrhabitat.org/about05.htm>



CHAPTER NEWS

ADVOCACY REPORT Stan Hoskin EdS, LPC, NCC



Prompt, professional action required! - PLEASE SEE THE HRCA POSITION LETTERS AT <http://hrcounselors.googlepages.com>

As most of you know by now, the Advocacy Committee has been providing the HRCA position letters to our local and state leaders on the need for full funding to school counselors. Your individual voices are needed. Copy the letters and send them to your local and state leaders to let your voice be heard. The students need our support and assistance now more than ever. Even for those schools that have good support now, we still need to keep up the message of what we do for the student's success. Be your own best advocate, stand up, and be counted!

Be watching for further emails from the HRCA Executive Board...there will be lots to do

this spring to stay on top of developments as they happen. Especially, as the state legislature is still in session and they are deliberating about **where to cut and how much**. Watch for "VCA E-Blasts" or "VSCA E-Blasts" as well, that may be sent out these next few weeks.

Please contact Stan Hoskin, EdS, LPC, NCC, HRCA President Elect and the HRCA Advocacy Committee Chair, at: hoskisth@cps.k12.va.us with your suggestions, questions, or comments. You may also send emails to the new site: 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 **February 26 HRCA General Membership Meeting at Virginia Wesleyan College**.

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

VCA WINTER 2008 NEWSLETTER LINK

Your Winter 2008 VCA newsletter is now on-line. Go to www.vcacounselors.org and click on the Winter 2008 Newsletter link or to view all issues visit: <http://www.vcacounselors.org/associations/1500/files/VCAwinter08-09newsletter.pdf>



VIRGINIA SCHOOL COUNSELOR ASSOCIATION 2009

VSCA Conference

March 25-27, 2009

Marriott Hotel at City Center in Newport News, Virginia.

Celebrating Culture, Community & Competence.

Additional information and registration at <http://www.vcacounselors.org/displayconvention.cfm?conventionnbr=6266>

MORE CHAPTER NEWS

DECEMBER 2008 MEETING AT REGENT

The second Professional Development Meeting for Hampton Roads Counselor's Association (HRCA) was held on Tuesday December 2, 2008 at 1:00PM. The meeting was held at Regent University who provided our members with scrumptious desserts to feast upon while we were welcomed by our president, **Deborah Finlay**. Steve Bruce brought us greetings from Regent University. He informed the membership of Regent's Doctoral Program in Counseling Education and Supervision. This online program is CACREP accredited through 2016. An Appreciation Award from HRCA was given to Regent University

Lane Clark, HRCA's hospitality member, welcomed special guests and first time visitors. Deborah Finlay stated that HRCA received several awards at the Virginia Counselor Association Convention (VCA) in November. They were as follows: The Large Chapter of the Year Award to HRCA, The Chapter Member of the Year Award to **Marilyn Draughon**, and **Patricia Hayes** was applauded for all of her hard work thereby causing HRCA to receive the Winning Scrap Book Award at the Convention again this year.

In keeping with HRCA's policy to honor a local charity at each professional development meeting, we honored **ForKids**, a local charity that moves families from homelessness to home ownership. Larri Pat Donaldson introduced **Pricilla Monti**, Community Relations Coordinator. Pricilla, a former TV news reporter, informed our members of the services provided by this charity that started in 1988. Currently there are two emergency Shelters in our area. Families can stay in these shelters for 4 months; they are Haven House in Ocean View and Suffolk House in Suffolk. Families are required to earn their needed services by being awarded vouchers as they perform necessary duties to keep the facility running smoothly. Children must be enrolled in school within 48 hours of the family's arrival to ForKids. Parents are required to begin to compile a résumé that is to be used to locate a job within three weeks of their arrival to the shelter. The goal is to teach the family how to be successful and remain stable once they achieve family stability. This charity serves approximately 80 families with about 200 children and currently needs community support to help them to raise funds so that the needs of homeless families can continue to be met. They also welcome volunteers for this valuable work. For more information visit www.HomesForKids.org or www.ForKids.org Our President presented Pricilla Monte with a Certificate of Appreciation and a check from HRCA to ForKids.

Stan Hoskin, HRCA's President Elect, introduced our Guest Speaker, **Rosemary A. Thompson** EdD, LPC, NCC, and NCSC. She has published eight books, is Associate Professor at Regent University School of Psychology and Counseling, and Coordinator of Online M.A. in Clinical Mental Health Counseling. She is also Chair of Continuing Education and Chair of the M.A. Admission Committee. The title of Dr. Thompson's presentation was: **The Changing Pressures of Adolescents in our Culture** She shared a wealth of information with us which included the following topic or ideas: Red flags and stressors, the need to teach children empathy and responsibility, the need to be aware of the impact of drugs, alcohol and other substances that alter behavior, suicide, self-injury, binge eating and bullying were also discussed. Dr. Thompson invited all of us to email her at roseth1@regent.edu for more information on this topic. Upcoming meetings were discussed by **Larri Pat Donaldson**, our Newsletter Editor, 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
February 26 at Virginia
Wesleyan College!



Lisa.Randles@vbschools.com

Sarah Williams MA
Professional Development



~ December 2008 Regent Meeting Photos ~

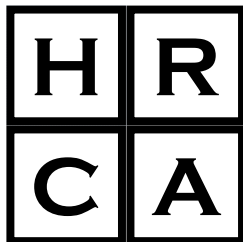


2009 AWARDS NOMINATIONS FORM

HAMPTON ROADS COUNSELORS ASSOCIATION/ VIRGINIA COUNSELORS ASSOCIATION

AWARDS NOMINATIONS

Each year the Hampton Roads Counselors Association bestows several awards to members in recognition of their outstanding accomplishments to the organization and the profession. The recipients of these awards compete at the state level with nominees from other chapters. Please note the categories for recognition and send the names of your nominees to the following email.



Stan Hoskin – HRCA President-Elect
HRCAContact@gmail.com

Nomination Deadline: MARCH 9, 2009

Awards will be presented at the April 21 HRCA Professional Development meeting at Norfolk State University.

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 HRCA member:

PHONE Numbers (H)

(W)

Email Address:

Include statements supporting your nominations.

~ TRAINING OPPORTUNITIES ~

HAMPTON ROADS COUNSELORS ASSOCIATION 2008-2009 Executive Board

PRESIDENT

Deborah Finlay
finladbe@cps.k12.va.us

PRESIDENT-ELECT/ ADVOCACY

Stan Hoskin
hoskisth@cps.k12.va.us

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Marilyn.Draughon@VBSchools.com

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Lisa.Randles@vbschools.com

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Patricia Hayes
Patricia.Hayes@pps.k12.va.us

NEWSLETTER

Larri Pat Donaldson
donallpa@cps.k12.va.us

HRCA is on the Web!

<http://hrcounselors.googlepages.com>

“..CACREP
accreditation which
was conferred upon
the program in
February 2008.”

James N. Sells, PhD

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

- [VACES Graduate Student Conference](#), February 21
- [VASGW Group-A-Rama 2009](#), March 9
- [VCDA Conference 2009](#), March 10
- [ROACA Disaster Mental Health Training](#), March 13
- [VSCA Conference 2009](#), March 25-27

In the works...

- **Clinical Supervision Training in Virginia** (Richmond, Abingdon, Hampton Roads & Roanoke). *As trainings are scheduled they will be posted at www.vcacounselors.org.*

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

REGENT UNIVERSITY OFFERS DOCTORAL PROGRAM (PHD) IN COUNSELOR EDUCATION & SUPERVISION: THE FIRST C.A.C.R.E.P ONLINE PROGRAM IN THE NATION!

Distance education is becoming an integral part of our fast-paced society. Integrity of programs is an essential part of educating aspiring professionals. Our aim is to maintain the integrity of our psychology and counseling programs while giving students the flexibility they need to work and grow as professionals.

“There are three outstanding characteristics of our Doctoral Program in Counselor Education & Supervision (Ph.D. - CES). First, there is a core faculty, consisting of four fulltime professors who work exclusively with doctoral students. A second characteristic is that the on-line format permits a diversity of students not otherwise possible in a traditional "brick and mortar" program. Finally, the Christian faith is the cornerstone of the Regent CES program. Students who study at Regent are seeking to become Ph.D. scholars in counseling. We teach the values of healing and human restoration in the mental health profession, and the values of healing and human restoration found in the Christian tradition.”

“It is certainly worth mentioning the significance of the CACREP accreditation which was conferred upon the program in February 2008. This marked a milestone in the counseling profession as our program became the first and only online doctoral program in counselor education to receive such accreditation.”

For further information about the program, please call the office of admissions at 800.681.5906 or email psycoun@regent.edu.

James N. Sells, Ph.D.
Program Director and Associate Professor,
Doctoral Program in Counselor Education & Supervision
Classroom Building (CRB) 215
Phone: 757.352.4368
Email: jsells@regent.edu

