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HAMPTON ROADS COUNSELORS ASSOCIATION

November 2008
Volume 6 Issue 2

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

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IMPORTANT DATES

NOVEMBER 20-22

VCA Convention
Hotel Roanoke &
Conference Center
110 Shenandoah Avenue
Roanoke, VA 24016



DECEMBER 2

1:00 p.m. Dessert
HRCA Meeting
REGENT
UNIVERSITY

~2009~

FEBRUARY 2-6

National School
Counseling Week

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!!



...and it is so good to see so many of you moving with us! Our October meeting at **Old Dominion University** was a wonderfully informative meeting with so many of you present! **If you could not attend please read the article in this newsletter by Sarah Williams, professional development chair.** More details can be found on our web site.

VCA is also on the move, keeping up and informing the membership of bills being introduced in Richmond that directly

affect both clinicians and school counselors. It benefits us all to pay attention to the **E-BLASTS**, as our legislature has a number of upcoming bills that could affect us, our licensures, and practices. Meanwhile VCA is attempting to support its membership with state wide clinics to provide ease in the attempt to meet new regulations. We will continue to place such newly required additions in both our newsletters and website.

We look forward to December and our second general membership meeting/ workshop. We again will offer **recertification points and CEU's** for attendance. Our meeting topic will be "The Changing Pressures of Adolescents in our Culture". While we all work with different age groups of clients and/students this topic affects everyone. Teenagers affect all of society in vastly different and sometimes turbulent ways. They affect small children in their role modeling behaviors, and the senior adults in their

safety and neighborhood issues. We cannot serve our populations well if we are ill prepared to understand and deal with the changes our clients, students, their families or our society will face on a daily basis. The meeting will be held **December 2nd at Regent University.** Please register using the information available in this newsletter.

It is an exciting time to be an active participant in HRCA with this wonderfully informative newsletter and website. Please let us know if you have a topic on which you may need further information or if you have ideas or topics to share with others. Our membership's technology should be used to make our profession more informative and easier to access, as our lives are busy and our professions time consuming. Never forget or slight the fact that we are vital to society in the services we render and the lives we influence.

HRCA AWARDED VCA 2008 CHAPTER OF THE YEAR

"On behalf of the VCA Awards Committee, I am pleased to notify you that Hampton Roads Counselors Association will be receiving the Large Chapter of the Year Award at Convention. Please share our congratulations with your board and membership, for this is quite an accomplishment!

Congratulations and warmest regards,
Stephanie E. Moehlenkamp, M.Ed.
Virginia Counselors Association
Treasurer-Elect"

(The award will be presented at the VCA Convention in Roanoke.)

**Yahoo!!! What terrific news!!
Way to go everyone who served on the
0708 Board under the leadership of
president Marilyn Draughon!!
Thank you, Patricia Hayes (Archives
Chair) for all your hard work on the
scrapbook!
We CONTINUE to be a great bunch of
counselors!!**

Not 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
December 2 Dessert Reception at Regent University
BEFORE Thanksgiving break!

REGENT UNIVERSITY HOSTS DECEMBER 2 HRCA MEETING

Make Your Reservation
TODAY

Dec. 2 Meeting – 1:00pm

Dessert Reception
Regent University
Classroom Building
Room 107

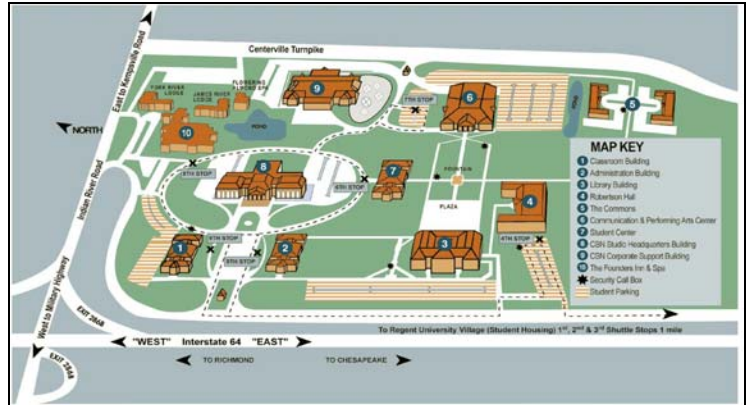
1. **RSVP** to Lisa Randles
Lisa.Randles@vbschools.com
H: 535-2219 or W: 496-6777
2. **Reservations** by **Weds, NOV. 26**
3. Doors open at 12:30 pm
4. Dessert, coffee, tea
5. Non-Member cost \$5.00
6. Park behind CLASSROOM BUILDING across the street from Administration Building



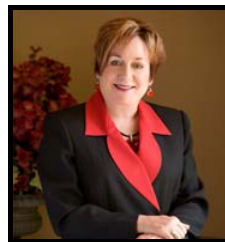
Lisa Randles, HRCA Secretary

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.**



REGENT SPEAKER-Dr. Rosemary Thompson
The Changing Pressures of Adolescents in Our Culture



Rosemary A. Thompson, Ed.D, LPC, NCC, NCSC
Associate Professor
[Regent University](http://www.regent.edu)
School of Psychology and Counseling
Coordinator, Online M.A. in Clinical Mental Health Counseling
Chair, Continuing Education
Chair, M.A. Admissions Committee

was concurrently teaching counselor education and human services education with Old Dominion University for the past twenty years, and have published eight books focusing on school counseling, counseling techniques, crisis intervention and crisis management and promoting resiliency in multi-stressed youth. However, I was drawn to Regent University because I knew I could make a significant difference both locally and globally.

“I have come to Regent University from a rich and rewarding career with Chesapeake Public Schools, Chesapeake, Virginia under the leadership of two outstanding superintendents C. Fred Bateman and W. Randolph Nichols.”
Dr. Rosemary Thompson

In the last six years, I was fortunate to be selected for my “dream job” as supervisor of guidance and counseling. This was the perfect match, because I

Did You Know?
HRCA meetings qualify for CEUs and recertification points.

DECEMBER CHARITY: www.HomesForKids.org

Since 1988, ForKids has led the fight to end homelessness for families and their children in Hampton Roads. Our comprehensive services and residential programs help families overcome the barriers they face to self-sufficiency, and build a foundation of stability.

Through an [award-winning](#) network of shelters, housing, counseling, education and other comprehensive programs, we help our client families make the very challenging transition from homelessness to home. We start by giving them a safe place to live and over the ensuing weeks and months, help them work through the

often-complex and difficult circumstances that brought them here in the first place. They earn their room, board, supplies and other daily necessities by performing household chores and office tasks. And with a steady stream of help and hope, they develop the true keys to a stable, successful home life: family responsibility and self-sufficiency.

Click on the links below to read more about [Our Mission, Vision & Values](#) and [Our History](#)

TO LEARN MORE, WATCH THE DOCUMENTARY VIDEO at
<http://www.homesforkids.org/content/forkids.html>



Pricilla Monti
Community Relations Coordinator



CHAPTER NEWS

ADVOCACY COMMITTEE REPORT

Stan Hoskin EdS, LPC, NCC



VCA will be hosting the VCA Legislative Day in late January. We usually have a training session Sunday afternoon, with the visits to the state legislators on Monday. The tentative dates are January 24-25th, 2009. Training will be provided by our VCA Legislative Consultant, Rebecca Bowers-Lanier.

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>

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 President-Elect at: hoskith@cps.k12.va.us

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? Will you be presenting at the VCA Convention in November or the 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 **December 2 HRCA General Membership Meeting at Regent 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!

Sarah Williams
Professional Development



OCTOBER MEETING AT ODU by Sarah Williams MA

The first Professional Development Meeting for Hampton Roads Counselor's Association (HRCA) was held on Wednesday October 14, 2008 at 8:00 AM. Old Dominion University (ODU) hosted the meeting. HRCA President Deborah B. Finlay opened the meeting. We enjoyed a continental breakfast while listening to Chris Gilchrist LCSW, PC, and founder of Hampton Roads Survivors of Suicide. (S.O.S.) HRCA supports a local charity at each of our meetings and provides an opportunity for that charity to share how they improve our community. Ms. Gilchrist presented a wealth of information about SOS, the oldest organization of its kind in Virginia (1988) and continues to be facilitated by Ms. Gilchrist. This charity is a support group designed to help families and friends of suicide victims cope with the sorrow of their tragedy and pain of survival. The service is offered at no charge, meetings are held every third Wednesday from 7:00-9:00 PM at St. Andrews Lutheran Church 4811 High Street, Portsmouth Virginia 23707. The organization is affiliated with the American Foundation for Suicide Prevention (AFSP). Each year the local chapter of AFSP sponsors an "OUT OF THE DARKNESS Community Walk" at Mount Trashmore in Virginia Beach: 825 people participated this year. Visit www.afsp.org for more information.

Recipients of HRCA **Membership Scholarship for 2008-2009** were presented awards by Debi Finlay and our President-Elect Stan Hoskin. These outstanding graduate students were selected by deans and faculty in their respective schools. These students show great leadership skills and they are making outstanding contributions in their field of study. **Norfolk State University** students were Deandris Saunders, Laverne Townes and Veronica Yona. **Regent University** students were John Flowers, Amanda Johnson and Sarah Walters. **Old Dominion University** students were Katherine Moore (PhD student), Matthew Ganderson and Michael Scott. Also in attendance was **local Counseling Supervisors Virginia Folston** of Portsmouth Public Schools, **Joyce Beamon** of Norfolk Public Schools and **Janet Domazos** of Chesapeake Public Schools. **Dr. Rosemary Thompson** from Regent University and **Dr. Ted Windley**, Chair of Counseling Program at Old Dominion University represented graduate counseling programs.

"**Gang Violence and Best Practices**" was the title of our Professional Development Presentation. **Sergeant Kevin L. Hammond**, Intelligence Unit Coordinator for Chesapeake Police Department and Marie P. Donlan, LMFT, CSAC of Tidewater Psychotherapy Services addressed our group. Sergeant Hammond's presentation reminded those present that gang violence is a tough and serious issue in our community however, there is hope. Historically, gangs were first noted in the early 1800's. Irish Immigrants formed gangs to protect themselves from oppression and to gain pride in their community. Today gang members see everything in relationship to money, power and respect. Individuals join gangs for a series of reasons which include belonging, direction, purpose, pride, respect, power, glamour, protection, recognition, etc. Membership in these gangs begins early. **Middle school is the prime time that recruitment begins; however, even elementary age students are often recruited.** It has been shown that the number one reason why students join gangs is low self esteem. These students also may demonstrate signs of poor school performance, parental abuse/neglect, truancy and family history of gang membership. Initiation into gang membership can occur through four common techniques. Members can be jumped in, sexed in, blessed in or put in work. This initiation process can be deadly for the gang member, the random victim he/she selects to earn their membership into the gang and any innocent by-stander. Youngsters seek membership for the reasons mentioned above but instead they most often end up incarcerated, disfigured, and disabled or dead. Counselors play a vital role in prevention and reclaiming our youth so that they can be productive citizens and avoid the dangerous pitfall of gang membership.

Marie Donlan, LMFT, CSAC, continued this excellent discussion by sharing her expertise on the topic. She sees a lot of gang "wannabees" and invited counselors to begin by making an assessment to separate wannabees from true gang members. Wannabees are easier to steer away from gang behavior and tend to change group allegiance easily. True gang members tend to maintain allegiance to a particular gang, are proud of their membership, do not want to get out of the gang, are fearful of reprisals for themselves and their families if they choose to leave the gang. Some true gang members believe they are helping their community by providing money, support and structure within the community.

After this informative presentation HRCA membership was warmly greeted by Ms. Anderson, Assistant Director of Admissions.

MORE CHAPTER NEWS

Membership Scholarship Awards

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.google.com>

Check out these links:

[NEW!! Current Newsletter](#)

[Highlights from the ODU Meeting](#)

[Charity Article for October 2008](#)

[Gang Violence and Best Practice October 2008](#)

[HRCA Board Members 2008-2009](#)

[NEW!! Informational Article](#)

Past HRCA Newsletters:
[April 2008 HRCA Newsletter](#)

[February 2008 HRCA Newsletter](#)

Don't forget to make your reservation for December 2 at Regent U.



Deandris Saunders-NSU



Laverne Townes-NSU



Matthew Ganderson-ODU



Katherine Moore-ODU



Michael Scott-ODU

October ODU Meeting Photos



2008-2009 HRCA Executive Board

Tidbits from Divisions

VCA CONVENTION



VCA Convention 2008 at the Hotel Roanoke -- November 20-22 ATTENDING CONVENTION OR THINKING ABOUT COMING???

While we know you are attending convention for the learning and networking opportunities, we hope that you will plan to stay for the weekend and take some time to enjoy all the Roanoke has to offer. We have changed to a Thursday through Saturday format so that our members have a chance to enjoy their valuable time off.

VCA FALL 2008

NEWSLETTER LINK

Your Fall 2008 VCA newsletter is now on-line. Go to www.vcacounselors.org and click on the Fall 2008 Newsletter link or to view all issues visit <http://www.vcacounselors.org/displaycommon.cfm?an=1&subarticlenbr=21>.



The VIRGINIA SCHOOL COUNSELOR ASSOCIATION invites **program proposals** for the **2009 VSCA Conference** March 25-27, 2009 at the Marriott Hotel at City Center in Newport News, Virginia.

Don't delay. Submit your ONE HOUR program proposal that focuses on the theme, **Celebrating Culture, Community & Competence.**

SUBMIT YOUR PROGRAM PROPOSAL NOW!!

It's EASY and available 24/7! Visit WWW.VSCA.ORG and click on "Call for Programs"

DEADLINE: December 1, 2008

This message is brought to you by the Virginia School Counselor Association (www.vsca.org), a division of VCA, in cooperation with Virginia Counselors Association (www.vcacounselors.org).

Attention VIRGINIA LPCs!

As you may be aware, the Virginia Board of Counseling has approved recently enacted changes to the regulations governing professional counselors, including the requirements for those who provide clinical supervision towards licensure for Masters level clinicians. These changes require that supervisors receive training in supervision consisting of a three-credit-hour course in supervision or a 4.0-quarter-hour course in supervision, or at least 20 hours of continuing education in supervision by an approved provider... If you have provided supervision prior to September 3, 2008 when these changes went into effect, you have until September 3, 2010 to meet those requirements to continue to provide clinical supervision.

VCA would like to offer you the opportunity to obtain those 20 hours of continuing education in a timely and cost-effective manner by inviting you to attend the following professional development events: November 20-22, 2008 at VCA's Annual Convention in Roanoke, VA Attending the convention in its entirety will provide you the opportunity to earn 17 of the required 20 hours of general continuing education. On Sat, Nov. 22, 8-12pm, we will offer four hours of approved continuing education in clinical supervision. December 5-6, 2008 at the Roanoke Higher Education Center This is the first in a series* of two-day (16 CE hrs) trainings sponsored by VCA/VACES/VCCA and Virginia

Tech across the state of Virginia to provide training in supervision to meet the continuing education requirement for supervisors. Both events combined will allow you to obtain 20 hours of continuing education to meet the requirement for becoming or remaining a clinical supervisor if needed. Attached, please find more information about these opportunities. If you are unable to open the attachment, visit <http://www.vcacounselors.org/associations/1500/files/LPCletterflyer.pdf>. * Additional workshops are being planned around Virginia for 2009, including the areas of Northern Virginia, Richmond, and Hampton Roads.

"As you may be aware, the Virginia Board of Counseling has approved recently enacted changes to the regulations governing professional counselors, including the requirements for those who provide clinical supervision towards licensure for Masters level clinicians."

~ TRAINING OPPORTUNITIES ~



VSCA is pleased to offer a RED CROSS Disaster Mental Health Training! This workshop will provide school counselors with the training needed to become Disaster Mental Health Volunteers for the Red Cross.

When? Friday, January 9, 2009, 8:30 am - 5:30 pm

Where? Bruton Heights Education Center, Williamsburg, VA

Who? Certified School Counselors Only

Cost? \$60 for VSCA members & \$70 for VSCA non-members (includes lunch and materials)

Registration Deadline: January 1, 2009

Register Early. Space limited to 40 participants

For a flyer and registration form, visit

www.vsca.org or go to <http://www.vccounselors.org/cde.cfm?event=236422>.

PRESIDENT

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finladbe@cps.k12.va.us

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Marilyn.Draughon@VBSchools.com

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NEWSLETTER

Larri Pat Donaldson

donallpa@cps.k12.va.us

We're on the Web!

<http://hrcounselors.googlepages.com>



Regent University announces training in trauma offered to the public. Thank you in advance and please call if you have any questions. I have attached the schedule along with a registration form.

SPC Students, Faculty, Staff, Alumni, and Site Supervisors:

Regent University has established the Center for Trauma Studies (CTS), which is about to start certification training courses for the Green Cross in the area of Trauma and PTSD through our affiliation with the Figley Institute. Our hope is to develop a First Response Trauma Team who will have responsibilities to deploy both nationally and internationally in times of natural or man-made disasters.

Friday, November 21, 2008 and Saturday, November 22, 2008 – CRB 228
8:30 a.m. – 5:00 p.m.

Disaster Stress and Trauma

(Fulfills partial training requirement for the Green Cross as a Field and Certified Traumatologist)

Friday, December 5th, 2008 – CRB 228

1:00 p.m. – 5:00 p.m.

Trauma Training: Orientation to Global Aid Network and Orientation to Operation Blessing

(Training needed for those who will be part of Regent's first Response Trauma Team)

Saturday, December 6th, 2008 – CRB 228

8:30 a.m. – 5:00 p.m.

Assessment and Treatment of PTSD

(Fulfills one of the training requirements for the Green Cross Certification as a Certified Traumatologist)

The cost of each full training day is:

\$60	registered students
\$75	alumni, faculty, and site supervisors
\$90	general public

Please note that there is no charge for the organizing meeting, September 20, 2008. Register for training by filling out the attached information sheet and mailing it with your check or money order for the appropriate amount(s). Mail to:

Dr. Benjamin Keyes
Regent University
1000 Regent University Dr. – CRB 221
Virginia Beach, VA 23464

Click on this link to watch Photo Story of
Highlights from the ODU Meeting