



HAMPTON ROADS COUNSELORS ASSOCIATION

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<http://hrcounselors.googlepages.com>



Debi Finlay
2008-2009
HRCA President

Welcome!

By Deborah Finlay

Welcome! My name is Deborah Finlay, and I will serve the members of HRCA as the 2008-2009 President. My current career position is that of the guidance director for Western Branch Middle School in Chesapeake. I have had the privilege of serving the HRCA membership in several other capacities and am excited to follow Marilyn Draughon, the past president and continue the work she began in service provided to all of our members.

As counselors we are bombarded with demands and high expectations. These demands and expectations come at the most unexpected times, and we as professionals do not seem to have the time to research the latest issues surrounding our clients/students. This lack of time and information may hinder some of the best practices that we might be able to utilize if we only had the time.

This year my goal is to continue to stream line information and opportunities that will enhance and enrich our professions and practices. To do this, we will be constantly updating both our web site and our electronic newsletter. We will list all upcoming opportunities for meetings, in-services, clinics, and informational sessions. We will include short articles and informational quips and resources that will pertain directly to our fields. My hope is that you will find our web site and newsletter as valuable resources to your everyday practice.

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OCTOBER 14 Gang Violence And Best Practices

presented by

Sergeant Kevin L. Hammond
Intelligence Unit Coordinator
Chesapeake Police Department

Marie P. Donlan, LMFT, CSAC
Tidewater Psychotherapy Services

Professional Development Meeting-October 14

GANG VIOLENCE AND BEST PRACTICES

The **OCTOBER 14** HRCA Professional Development meeting will take place at **Old Dominion University** at **8:00 a.m.** in the **Hampton/Newport News Room of Webb Center**. Due to the early time, the first 20+ vehicles may park in the **49th Street Webb Center parking lot**.

SPEAKERS for this continental breakfast meeting are **Sergeant Kevin L. Hammond**, Intelligence Unit Coordinator for the Chesapeake Police Department, and **Marie P. Donlan** of Tidewater Psychotherapy Services.

Sergeant Kevin L. Hammond has served the CPD for 19 years. He is a Certified Narcotics Expert (Chesapeake, Portsmouth, Isle of Wight Co.) and a member of the Virginia Gang Investigators Association (VGIA). His assignment have included Patrol Officer - Operations Bureau, Field Training Officer, Detective- Special Investigations Section, Detective- Internal Affairs, Patrol Sergeant- Operations Bureau, Sergeant- Special Incident Response Team (SIRT), Supervisor- Emergency Operations Center and Intelligence Unit Coordinator overseeing the

Please see *October Meeting* on page 3

2008-2009
HRCA Membership
Scholarship
Recipients

Norfolk State University

Deandris Saunders
Laverne Townes
Veronica Yona

Regent University

John Flowers
Amanda Johnson
Sarah Walters

Old Dominion University

Ph.D. Student: Katherine
Moore

School Master's Student:

Matthew Ganderson
Mental Health Master's
Student: Michael Scott



HRCA AWARDS MEMBERSHIP SCHOLARSHIPS TO LOCAL STUDENTS

In a unanimous decision by the HRCA Executive Board last year, it was decided that we would offer VCA/HRCA membership scholarships to outstanding graduate students enrolled in counseling programs at area colleges and universities. Graduate students were selected by deans and faculty in their respective schools for their outstanding contributions in their studies as well as for their potential as leaders in their field of study.

Debi Finlay, HRCA president, summed up the Board's reasons for choosing to recognize these students with a one-year membership in the Virginia Counselors Association and a chapter membership with the Hampton Roads Counselors Association:

We feel it is very important for every counselor to become active members of their professional organizations. Counselors should never work in isolation. Coming together allows us to share ideas, methods, and information that enable us to serve our populations with increased awareness and effectiveness. Counseling is an ever changing field that brings with it both daily challenges and rewards. It is only when we are able to keep current on issues that surround our populations that we can assist our populations to heal, grow, and look towards a positive future.

It is with great pleasure that HRCA welcomes our first Membership Scholarship recipients for 2008-2009.

Congratulations to Norfolk State University students:

Deandris Saunders
Laverne Townes
Veronica Yona

Please see *Scholarships* on page 4

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VCA is planning to initiate mini clinics to assist in dispersing information while enabling clinicians and school counselors the opportunity to gather needed certification or licensure credit. Both VCA and HRCA are working hard to provide for our members the information and resources in usable, timely formats. Please let me know if you have needs or interest in specific topics or resources that we, as an organization, might be able to provide for you. (dbfinlay@cox.net)

I would also like to begin a greater communication avenue between school counselors and clinicians so that together we might better serve our populations and communities.

Please take a moment to glance at the upcoming events and sessions found in both the newsletter and posted on our web site at

<http://hrcounselors.googlepages.com/>

Again welcome and I look forward to serving, meeting and communicating with you this year.



*HRCA Members attend
Professional Meeting at
Norfolk State University
April 2008*

HRCA Supports October Charity Hampton Roads Survivors of Suicide



Hampton Roads Survivors of Suicide is the local affiliate to the American Foundation for Suicide Prevention (AFSP) and sponsored by Maryview Behavioral Medicine Center. AFSP states that "in the United States a person dies of suicide every 16 minutes, claiming more than 31,000 lives each year. It is estimated that one attempt is made every minute with close to one million people attempting suicide annually. Nearly .85 cents of every dollar raised goes directly to AFSP's programs of research, education and survivor services (our local affiliate). The AFSP believes that, "Ninety percent of all people who die by suicide have a diagnosable psychiatric disorder at the time of their death. We believe scientific research, better treatments and effective education of professionals and the public will best prevent this tragic loss of life."

The national and local organizations sponsor a community walk each year called, Out of the Darkness used to raise awareness and funds. The walk this year was September 13, 2008, yet contributions are accepted anytime, aiding the organizations toward accomplishing their important goals and running local support groups. These associations are not-for profit organizations exclusively dedicated to understanding and preventing suicide through research and education, and to reaching out to people with mood disorders and those impacted by suicide."

*Hampton Roads Survivors of Suicide Support Group founded and facilitated by
Chris Gilchrist LCSW, PC - a member of the American Association of
Suicidology*

<http://www.sos-walk.org/sos/>

October Meeting from page 1

Crime Prevention Unit, Crime Prevention Through Environmental Design and Crime Analysis.

Marie P. Donlan has a MA in Counseling, is a Licensed Marriage and Family Therapist (LMFT) and is certified as a Substance Abuse Counselor (CSAC). She has worked for Tidewater Psychotherapy Services for 3 years and in social services for 20 years. Her specialty areas include marriage/couples (gay and straight), family, trauma, and substance use/abuse/addiction with adolescents and adults.

Make your **RESERVATION** for this breakfast meeting by emailing **Lisa Randles** at Lisa.Randles@vbschools.com OR **Lane Clark** at clarklwi@cps.k12.va.us



RESERVATIONS ARE DUE BY FRIDAY, OCTOBER 10

~ 2008-2009 HRCA MEETING TOPICS ~

October 14 Gang Violence and Best Practices
8:00-10:00 a.m. **Old Dominion University**

December 2 The Changing Pressures of Adolescents in Our Culture
1:00-3:00 p.m. **Regent University**
Dr. Rosemary Thompson, Associate Professor
School of Psychology & Counseling

February 26 The Ingrained Culture of Poverty
1:00-3:00 p.m. **Virginia Wesleyan University**
Dr. Jean A. Infantino, Principal, Hickory Middle School

April 21 The Use of Humor in Counseling
1:00-3:00 p.m. **Norfolk State University**
Burt Segal, LCSW, Riverpoint Psychiatric Services



*Virginia Counselors Association
Convention
November 20-22
Hotel Roanoke & Conference
Center
110 Shenandoah Avenue
Roanoke, VA 24016*



*For more details and registrations.
<http://www.vcacounselors.org/>*

Scholarships from page 2**Congratulations to Regent University students:**

John Flowers
Amanda Johnson
Sarah Walters

Congratulations to Old Dominion University students:

Ph.D. Student: Katherine Moore
School Master's Student: Matthew Ganderson
Mental Health Master's Student: Michael Scott

HRCA anticipates these NEW MEMBERS will become actively involved with our chapter this year and look

forward to their contributions as members of our professional community. At the same time, it will be our responsibility to serve them as they pursue their professional and academic goals for the coming years.

These new members will be officially introduced at the **OCTOBER 14** HRCA meeting on the campus of Old Dominion University.

Congratulations!!

2008-2009 HRCA Executive Board & Committee Chairs

EXECUTIVE BOARD**PRESIDENT**

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NEWSLETTER

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PROFESSIONAL DEVELOPMENT

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SCHOLARSHIP

Dr. Rosemary A. Thompson
Associate Professor
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Don't forget!



HRCA BREAKFAST

MEETING

8:00 a.m.

ODU 10-14-08

REGISTER TODAY!