



HAMPTON ROADS COUNSELORS ASSOCIATION

April 2010
Volume 7 Issue 4

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IMPORTANT
DATES

~2010~

APRIL 22
Professional
Development
Meeting

~ 4:00 pm ~

Dinner
HRCA Meeting
at NSU

~SPEAKER~

MOLLY BROWN
CHKD Parent
Educator
"Helping
Parents Parent"



CHARITY:



PRESIDENT'S MESSAGE

By Stan Hoskin

*The Incredible
60th Year!*



*It is amazing to me when I look
back at all of the things we
have accomplished this year...*

HRCA Board Activities

The HRCA Board has met five times (June, August, November, January, and March), planning all of the aspects of the organization: the Chapter professional development meetings, the 60th Anniversary Celebration and Past-President's Reception, recognition awards, scholarships, newsletters, communication processes, budget, and our work with VCA. The HRCA Board will have one more meeting this year, on June 22nd, to pass the gavel to the new leadership and plan for the next year's programs.

VCA Board Activities

As your President, I have been honored to work closely with the VCA Board, meeting with them in Richmond, Charlottesville, and Williamsburg, on five occasions. The VCA Board will have a final meeting in June to farewell the outgoing Chapter Presidents and welcome the new Chapter Presidents for the following year. I represented HRCA at the VCA Convention in Williamsburg, VA, Nov 11-14, 2009. On November 11th, I represented HRCA at the annual VCA Board Dinner. On November 12th, I attended the VCA Awards Ceremony, where we received the VCA Large Chapter of the Year

Award, Marilyn Draughon was honored as the VCA Humanitarian and Caring Person of the Year, and Debi Finlay was honored as HRCA's Chapter Member of the Year.

Professional Development Meetings

We have also had three exciting professional development meetings so far, plus, the reunion of several past presidents at the 60th Anniversary and Past-President's Reception. We have learned: 1) How to align our school counseling program with the ASCA counseling standards (Tracy Jackson); 2) The advantages of working in urban schools and how to provide interventions for academic and career success (Joyce Beamon); 3) The ethical implications of the current and new technologies for the counseling profession (Jim Sells); 4) The sobering methods predators use to find and contact victims using the internet and how to keep our kids safe from such predators (Tommy Johnstone). We have awarded nine membership scholarships to deserving graduate students from Regent, Old Dominion, and Norfolk State. We have supported and honored three local charities including EQUI-KIDS (therapeutic riding program), Catholic Charities of Eastern Virginia (counseling and interventions for individuals and families), and Edmarc Hospice for Children (easing the trauma of a child's illness or death).

Use of Technology

Our Chapter meeting in December included a live advocacy update from Richmond Virginia by Becky Bowers-Lanier, via the web using Skype software. With the support of Regent University's audio-visual team, two of our meetings this year were made available using streaming-video on the web! The entire professional development meeting on Ethics was on-line...several folks from across the state watched the training. During the 60th Anniversary Celebration, we actually had a soldier watching on-line from Iraq. He sent a text to his wife in our meeting asking her to tell his Mom to sit up straighter, since he could see her in the streaming video! Powerful!!!

Final HRCA Chapter Meeting in April

Our last meeting for the year will be held at Norfolk State University, on April 22nd, from 4:00 to 7:00 PM. Molly Brown, a CHKD Parent Educator, will be teaching us, "How to Help Parents Parent." Molly is a very experienced trainer, so this should be a GREAT session with her. We will be honoring the UP Center as our charity for this meeting. We will also be announcing our awardees for the HRCA Counselor of the Year, HRCA Humanitarian and Caring Person of the Year, and the HRCA Career Service Award. All of these awardees will compete at the state level for the VCA awards in November of 2010. Don't miss this final meeting for this year...it promises to be a great event!

Final Thoughts

It has been a great honor to have served HRCA for this past year as your President. There have been many trying times with budget cuts and advocacy issues for school counselors. We all continue to be over-worked and stressed. As I consider what the future holds, I remain confident that we will continue to be resourceful, sensitive, understanding, and helpful with our clients and colleagues, regardless of what the stressors create for us in our own lives. Stay alert to advocacy issues and respond quickly to support them; take care of yourself; get involved; find ways to give of your talents for the Chapter as well; we need active, caring members to continue to keep our organization working and growing. Please let me know how I may help you in the future...many thanks to all for allowing me to serve as your President...God Bless,
Stan Hoskin, EdS, NBCT, LPC,
NCC
HRCA President

Norfolk State University Hosts HRCA April 22, 2010

WHERE: Scott/Dozier Dining Hall

WHO: HRCA Members, Potential Members and Their Invited Guests

TOPIC:

“HELPING PARENTS PARENT”

Molly Brown, Parent Educator

CHILDREN’S HOSPITAL OF THE KING’S DAUGHTERS

Please join us at NORFOLK STATE UNIVERSITY for the 4th and last professional development meeting of HRCA on THURSDAY, APRIL 22, 2010. NSU provides dinner.

SCHEDULE

4:00 - 4:30 p.m. Registration/Check-In

4:30 - 5:00 p.m. Greetings/Dinner

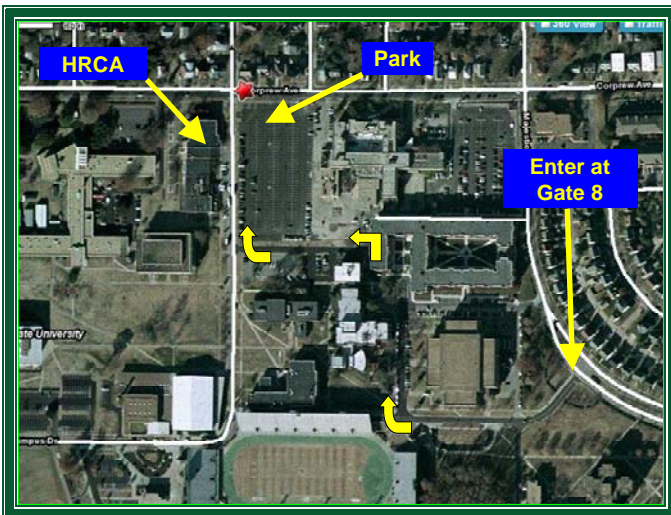
5:00 – 7:00 p.m. PROGRAM: SPEAKER / AWARDS

Please use this site to register:

<http://events.constantcontact.com/register/event?oeidk=a07e2t7pa844d1eb7b8&oseg> . If you have trouble with the registration, please **e-mail, DIXIE LEHMAN**, no later than **MONDAY, April 19, 2010**.

E-mail DIXIE at dixie.lehman@vbschools.com

RESERVATIONS ARE REQUIRED or HRCA pays.



DIRECTIONS TO CAMPUS

I-64 Eastbound

Take Interstate 64 East. Travel through the Hampton Roads Bridge Tunnel to Norfolk. 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**, then **RIGHT** onto **CORPREW**. See MAP to left.

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**, then **RIGHT** onto **CORPREW**. See MAP to left.

~ **Scott/Dozier Dining Hall** ~

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

SNAIL MAIL RESERVATION?

Name _____ Phone Number _____

Guest Name _____ (if applicable)

There is a **\$7.00 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

HRCA Activities and Honors

HRCA has been involved with and represented in several exciting activities and honors this past year. The HRCA President **Stan Hoskin** addressed the Department of Education during their public hearings on Standards of Quality, September 30, 2009, at Jolliff Middle School in Chesapeake, advocating for keeping the budget cuts temporary. At Hampton University, three HRCA Presidents were honored on November 18th, 2009, as School Counselors that are Exemplary Educators: **Jenise Bond, Deborah Finlay, and Stan Hoskin** (all from Chesapeake Public Schools). On February 5th, 2010, two HRCA Presidents (**Marilyn Draughon and Stan Hoskin**) were recognized at Virginia Wesleyan College by the Southeastern Virginia NBCT Regional Network (SEVA) for their achievement as a National Board Certified Teacher (NBCT) in School Counseling/Early Childhood through Young Adulthood (SC/ECYA). The Virginia Senate commended HRCA on the occasion of its 60th Anniversary by approving *Joint Resolution #165* on February 19th, 2010. [Editor's Note: Read about the Resolution at <http://leg6.state.va.us/cgi-bin/legp604.exe?ses=101&typ=bil&val=sj165>] The HRCA President was recognized in the Virginia Senate Chamber, on February 24th, in honor of HRCA's 60 years of service to the Hampton Roads community. On February 28th, 2010, WAVY-TV10's Don Roberts interviewed Stan Hoskin on "The Bottom Line," a local news show, about the 60th Anniversary Celebration for HRCA and about how school counselors can help students succeed in school.

60th Anniversary and Past-President's Reception

This event was the highlight of the year! We had 50 people in attendance, with 18 past-presidents getting caught up on "old times." We even had one past-president drive up from Florida for the event (she got the award for driving the longest distance for the meeting). The meal was delicious. The fellowship was warm, fulfilling, and touching. Several friends were reunited after many years of separation. Music was provided by two Grassfield High School Orchestra students, Marissa Chyzik and Lara Lee Allen (thanks to GFHS Orchestra Director Steve Vutsinas). The Christian invocation was offered by Roger Cheeks, Director of Community Life at Regent University. Dr. James Sells greeted the group, telling us about Regent's current counseling programs. Dr. Gerard Lawson brought greetings from VCA as its current president. He then presented the HRCA President with the official copy of the *Virginia Senate Joint Resolution* that commended HRCA for its 60 years of service to the Hampton Roads area. Our keynote speaker, **Arlene Ingram** (Past-President, 1987-88) entertained everyone with her many past experiences and remembrances of leadership activities of the past. Awards were given for the earliest presidency (**Dr. Evelyn S. Peevy**, 1973-74), and the second earliest presidency (**Jean Thompson**, 1983-84). Many hugs were given, hands were shaken, and fond remembrances shared...it was a night to remember for a long time...many thanks to all for making this night happen. Also, many thanks to ALL of the Past-Presidents who have gone before us to lead the way in helping others around the Hampton Roads area!



**PAST PRESIDENTS
HRCA 60TH ANNIVERSARY
REGENT UNIVERSITY**



2010 CONVENTION SAVE-THE-DATE
November 10-13, 2010 ~ Williamsburg
CALL FOR PROGRAMS
INVITE TO EXHIBIT & SPONSOR
www.vcacounselors.org

MORE CHAPTER NEWS

ARCHIVES

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?

Deborah B. Finlay, MA, Guidance Director at Western Branch Middle School in Chesapeake, published a book, What Did All Those Biblical Characters Do With All Those Children? She has been a counselor/educator 28 years.

Amy Spangler, MA, Professional School Counselor at Greenbrier Middle School in Chesapeake. Amy established a scholarship at her undergraduate alma mater (California University of PA) for a Graduate School counseling major. She is looking forward to hearing about the first recipient and seeing them graduate from the program. She attended the first presentation a year ago in December 2008. This is her way of "paying it forward."

Dr. Rosemary A. Thompson, Associate Professor, College of Psychology & Counseling at Regent University informed us that *Chi Sigma Iota, Alpha Omega Lambda* Chapter had their first professional development workshop in October 2009 at Regent University. The speaker was Dr. Mark Yarhouse who spoke on "Counseling Sexually Minority Clients: Sexual Identity Therapy as an Innovative Paradigm." *Chi Sigma Iota* is also involved in a service project with Fairfield Elementary School (Virginia Beach) as lunch buddies on the second Wednesday of each month. In addition, Regent University hosted the Annual *Virginia Play Therapy Conference* in February.

Dr. Denelle L. Wallace, Assistant Professor, Secondary Education and School Leadership at Norfolk State University, will have an *ASCA Resource Guide* coming out this year entitled "Strategies to Manage the 3Cs: Culture, Class, and Conflict." She recently presented at the 2009 VCA Convention in Williamsburg and the 2010 VSCA Conference in Richmond reflecting on how to conduct the lessons reflected in the resource guide. In addition, she was recently elected the **VSCA Counselor Educator VP- Elect 2010-2011** and looks forward to serving in this capacity.

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.

PHOTO GALLERY Virginia Wesleyan College



Thomas K. Johnstone, IV
Assistant Attorney General for the Computer Crime Section of
Virginia's Office of the Attorney General
"KEEPING KIDS SAFE ONLINE"

News You Need!

HAMPTON ROADS COUNSELORS ASSOCIATION
2009-2010 Executive Board

PRESIDENT
Stan Hoskin

HRCAContact@gmail.com

PAST PRESIDENT
Debi Finlay

finladbe@cps.k12.va.us

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TREASURER-ELECT
Dixie Lehman

Dixie.Lehman@vbschools.com

HRCOA is on the Web!

<http://hrcounselors.googlepages.com>

NORFOLK SCHOOL COUNSELING PROFESSIONALS ADVOCATE TO NORFOLK SCHOOL BOARD

Joyce G. Beamon, Senior Coordinator of School Counseling for Norfolk Public Schools, and Bianca M. Gregory, School Counselor at Campostella and Tanners Creek Elementary Schools, provided the following information showing the powerful advocacy role that NPS counselors demonstrated recently to the Norfolk School Board. **Please go to the NPS website and listen and watch NPS School Counselors and Dr. Tim Grothaus as they made their case for Board members to reconsider school counseling budget cuts.** They were powerful advocates for our school counseling profession. Click on the following link, then to the statement that reads View Video.

http://www.nps.k12.va.us/index.php?option=com_content&view=category&layout=blog&id=209&Itemid=41

The complete list of NPS Counselors and Dr. Grothaus times on the video are listed below showing their advocating for our profession with passion, purpose, and data!

- 29:32 Merlyn Blackwood (Elementary)
- 34:57 Shannon Walsh (Elementary)
- 51:56 Marsha Queman (Secondary)
- 1:02:28 Dr. Tim Grothaus, Old Dominion University
- 1:05:57 Claudia Sweeney (Secondary)
- 1:13:17 April Harmon (Secondary)
- 1:16:30 Debra Guest (Elementary)
- 1:38:50 Danielle Rosso (Elementary)
- 1:54:15 NPS Student advocating for his school counselor as he echoes the sentiment of students across Hampton Roads and the state.

APRIL CHARITY:



The UP CENTER
Unabashedly Proactive

For 125 years, The Up Center has identified and responded to the ever-changing needs of our community's most vulnerable individuals. From infancy to the senior years, we provide innovative and effective programs and services including: Foster Care and Adoption, Parent Education, Family Strengthening Programs, Youth Mentoring, Financial and Housing Counseling, Services for People with Disabilities, Veterans Counseling, Support for Seniors, Violence Prevention ...and so much more.

Simply stated, our mission is to help people live better lives.

**Make your reservation
TODAY**

**For THURSDAY, APRIL 22 at
Norfolk State University!**

Click here...



Please use this site to register:

<http://events.constantcontact.com/register/event?oeidk=a07e2t7pa844d1eb7b8&oseq>