



# HAMPTON ROADS COUNSELORS ASSOCIATION

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## ~ IN THIS ISSUE ~

- President's Message 1
- **DEC 3 RESERVATION INFORMATION** 2
- CHAPTER NEWS 3, 4
- ODU Minutes 5
- Photo Gallery 6

## IMPORTANT DATES

**DECEMBER 3**  
4:30 pm HRCA Meeting  
REGENT UNIVERSITY

~2010~

**FEBRUARY 1-5**  
National School Counseling Week

**FEBRUARY 4**  
4:30 pm HRCA Meeting at Virginia Wesleyan College  
[www.vwc.edu](http://www.vwc.edu)

**MARCH 4**  
60<sup>th</sup> Anniversary Reception!  
Regent University  
5:00-7:00 pm

**March 18-19**  
VSCA Conference  
Holiday Inn-Koger Center  
Richmond, VA  
[www.vasca.org](http://www.vasca.org)

**APRIL 22**  
4:30 pm HRCA Meeting at Norfolk State University  
[www.nsu.edu](http://www.nsu.edu)

## PRESIDENT'S MESSAGE

By Stan Hoskin

*Celebrating 60 Years!*



### HRCA IS VCA'S LARGE CHAPTER OF THE YEAR for the second year in a row!

What a great honor to be a part of such a fantastic team of professionals. The award will be presented to HRCA at the VCA convention's award ceremony. Congratulations to Debi Finlay and her team, for all their hard work in the past year to earn this honor. Debi will also be honored as HRCA's Chapter Member of the Year at the awards ceremony.

**Looking for Past-Presidents** We are still looking for the contact information for ALL of the past-presidents of HRCA. Please sort through your old files and see if you can help fill in the blanks for us. We want to honor ALL of them, but right now, our records are not complete. Your help is GREATLY appreciated! (Please see the roster for the missing years and missing contact information.) Be sure to add this to your calendar...

**60th Anniversary Celebration and Past-President's Reception**  
March 4, 2010  
5:00 PM to 7:00 PM.

**Our first Chapter meeting** for this year at *Old Dominion University* was a great success. ODU made us feel welcome with a spread fit for royalty. Tracy Jackson set the standard for implementing the ASCA model. The information she provided challenged all of us in attendance to work to improve our school counseling programs. Joyce Beamon shared her heart on the passion she feels for helping her students succeed. The Norfolk programs she shared about gave each of us lots of ideas on how we can help our own students in the various cities across Hampton Roads. We are working to post a video and/or audio file of the entire meeting for those that could not attend.

**Our second Chapter meeting** will be held at **Regent University** on **December 3rd**. This meeting is sure to please. **Dr. James Sells** will be talking on, "**Virtual Technologies and Real Ethics: Pluralistic Twitter in the Counseling Profession.**" This seminar will meet the LPC requirement for 2 hours on Ethics. In addition, we will have a **live video feed** (streaming video) available for those that cannot attend, but would still like to hear what is being said. We will also attempt to connect with Richmond using **Skype** to hear from VCA's lobbyist on the latest from Richmond. There will be **NINE** awards presented to deserving graduate students (from Regent, NSU and ODU), we will be honoring Catholic Charities of Eastern Virginia and their work in the area, great food, 2-CEU's, and lots of fellowship...what's not to like???

### Leadership Opportunities

still exist on the HRCA Board. Many thanks to **Dr. Denelle Wallace** for assuming the reins of the Multi-Cultural Committee. We still need leaders for Advocacy, Ethics, and Archives. We also need committee members for most of our committees. Feel free to contact me directly or any of the current board members, if you would like to serve.

### Congratulations to Marilyn Draughon

for being selected from across the entire state as *VCA's Humanitarian and Caring Person of the Year!* We are so proud of her and all the things she does for so many across the Tidewater area.

### Stay engaged and keep pressing on!

There remains a lot to do to improve our profession. All of us must work together to make that happen, especially after the challenges that Norfolk and Virginia Beach gave us at ODU. Applying their processes and ideas will take a lot of work. Stop and think what you can do to make things better for your students and colleagues. Don't give up...take time out for yourself...watch out for each other...and look for ways you can make a difference. This is not easy to do, in these tough times, but if we support each other, come along side, encourage one another, and look for the good in others, we'll make it! All the best to you and yours for this coming Holiday Season...Stan Hoskin, LPC, President, HRCA.

**DON'T FORGET** to make your **reservation** for the **Thursday, Dec. 3 Meeting at Regent University by Monday, Nov. 30** to [dixie.lehman@vbschools.com](mailto:dixie.lehman@vbschools.com)

# Professional Development Meeting

~ HAMPTON ROADS COUNSELORS ASSOCIATION ~

It's an exciting time for HRCA; save the dates and plan to join us!!

There is no cost to HRCA members; \$7.00 for nonmembers (it's still a bargain!!). Reservations: contact Dixie Lehman at [dixie.lehman@vbschools.com](mailto:dixie.lehman@vbschools.com)

Interested in membership? Join HRCA/VCA at [www.vcacounselors.org](http://www.vcacounselors.org)



NEW LOCATION on campus

Thursday, December 3, 2009

4:30 - 7:00 p.m.

WHERE: **Robertson Hall, Room 107 (Moot Court Room)**

WHO: HRCA Members and Their Invited Guests

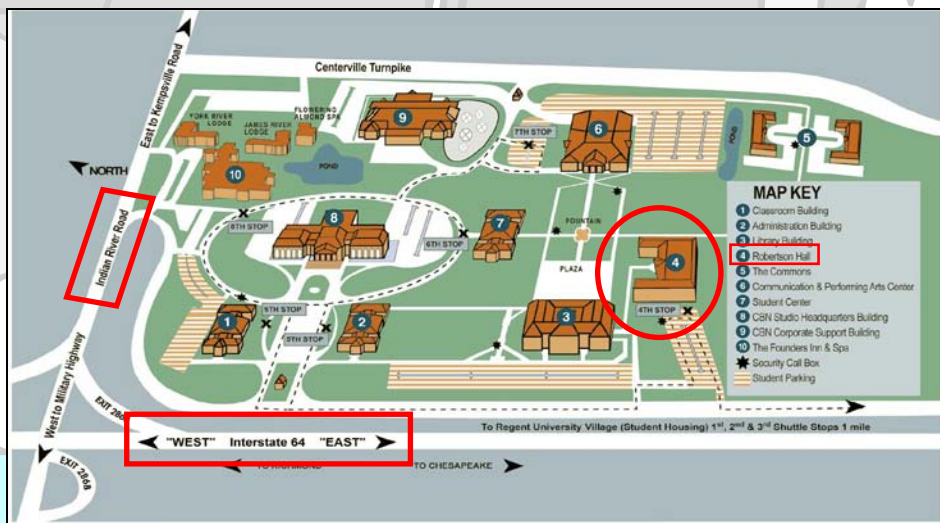
WHAT: Dr. James Sells, Regent University, Professor, School of Psychology & Counseling  
"Virtual Technologies and Real Ethics: Pluralistic Twitter in the Counseling Profession."

### SCHEDULE

4:30 - 5:00 p.m. Registration/Check-In/Food  
5:00 - 7:00 p.m. Program

### Travel Directions to REGENT UNIVERSITY

Take **Exit 286B** from Interstate 64 at Indian River Road. The right-hand lane will immediately merge into Regent University Drive, just before the entrance to The Founders Inn and Spa, which also offers access to the Regent campus. Street address: 1000 Regent University Drive, Virginia Beach, VA 2346. Check website for parking lots. [www.regent.edu](http://www.regent.edu)



# CHAPTER NEWS

## VCA 2009 AWARDS TO HRCA!

Large Chapter of the Year (again!)

And

## Humanitarian & Caring Person of the Year: Marilyn Draughon

The Virginia Counselors Association recognized the Hampton Roads Counselors Association (HRCA) with the **2009 Large Chapter of the Year Award** at the recent VCA state convention held in Williamsburg, VA. This is the second consecutive year that HRCA has received this esteemed status. A BIG "THANK YOU" to Patricia Hayes, Professional School Counselor at [I.C. Norcom High School](#) (Portsmouth) and Archives Committee Chair who compiled information for our application. *Congratulations* to Debi Finlay, past president, and her team, for all their hard work in the past year to earn this honor. Debi was honored as HRCA's Chapter Member of the Year at the awards ceremony.



In addition, Marilyn Draughon received the **2009 VCA Humanitarian & Caring Person Award** for the state of Virginia. Marilyn is a Professional School Counselor at [Red Mill Elementary School \(Virginia Beach\)](#) and is past president of HRCA and web master for <http://hrcounselors.googlepages.com>

### REMINDER!

**What:** HRCA 2nd General Membership Meeting: 2009-2010  
**When:** December 3<sup>rd</sup> from 4:30-7:00 p.m.  
**Who:** HRCA Members and their Invited Guests  
**Topic:** Dr. Sells from Regent University speaking on "Ethics in Counseling"  
**Where:** Regent University, Robertson Hall Room 107  
**Why:** Engage in networking with other counseling colleagues  
 Earn 2.0 CEUs/state license renewal points (satisfies the annual ethics requirements for LPCs!)  
 Obtain professional development education  
 Complimentary appetizers and beverages  
 And much, much more!  
**Reservations:** Dixie Lehman  
[dixie.lehman@vbschools.com](mailto:dixie.lehman@vbschools.com) by Monday, Nov. 30 November.

### 2009 VCA/HRCA Membership Scholarship WINNERS

HRCA has awarded VCA/HRCA MEMBERSHIP SCHOLARSHIPS to the following students in graduate counseling programs at local universities:

- [Norfolk State University](#), Nominating Professor: Dr. Norma Brumage - Georgette Mickens, Kira Rowe and Laverne Townes.
- [Old Dominion University](#), Nominating Professor: Dr. Ted Remley - Erin Colwell (College Counseling), Lindsay Sanford (Mental Health Counseling) and Kara Snider (School Counseling).
- [Regent University](#), Nominating Professor: Dr. Rosemary Thompson - Kathryn Hosking, Angelique Payne and Darla Timberlake.

Students received their MEMBERSHIPS in time to register for the VCA Convention as student members. HRCA hopes that these outstanding students will remain members as they pursue their careers as professional counselors.

# MORE CHAPTER NEWS

*December 2009*

## CHARITY

### Catholic Charities of Eastern Virginia (Chesapeake)

At each General Membership Meeting, HRCA members are given the opportunity to support a local charitable organization for a \$1.00 contribution. Representatives from these groups (located in Chesapeake, Norfolk, Portsmouth and/or Virginia Beach) give a brief overview to the membership. All donations go directly to the organization.

#### Catholic Charities of Eastern Virginia

#### CCEVA: OUR PURPOSE

Founded to foster the development of wholesome family life in the community, Catholic Charities of Eastern Virginia provides counseling for individuals and families under stress, and offers programs of education and prevention for strengthening family life. The agency advocates improvements in social conditions for individuals, families, the elderly and children. If you need immediate help, click here for emergency assistance. Catholic Charities is a 501(c) (3) non-profit human service agency. Established in 1932, the agency has a long term investment in improving lives in our Hampton Roads community.

With eight offices strategically placed throughout the Tidewater area, we provide caring services to all people of all faiths.

#### CCEVA: OUR VALUES

**Dignity & Sanctity of Life:** Respecting all people and recognizing their needs through all stages of life.

**Integrity:** Providing services based on moral, ethical and honest principles.

**Service:** Serving others requires a giving of self.

**Caring:** Serving others with compassion.

**Quality:** Delivering the best possible service.

**Stewardship:** Managing resources in a conscientious manner.

Dr. Joe New and the Director of Clinical Counseling, Betsy Murdock will be attending and speaking at the meeting.



Dr. Joe New

## DECEMBER 3 REGENT UNIVERSITY

### ~ Featured Speaker ~

Dr. James Sells

Ph.D. Program Director  
School of Psychology & Counseling  
Regent University



ETHICS TOPIC: Virtual Technologies and Real Ethics: Pluralistic Twitter in the Counseling Profession

The *Counselor Code of Ethics* was written in the age of the typewriter. Yet our clients--be they adults or students, or be they in school or clinical settings communicate, conduct business, and even experience relationship in a virtual world of Facebook, Twitter, Skype, email and social networking. Counselors are active participants in creating ethics--which are professional boundaries that define the rights, obligations and privileges of counselors at work. We shall consider novel cases which require us to think through the process of ethical decision making in light of how we live.

Dr. James Sells is Professor and Director of the Ph.D. Program in Counselor Education and Supervision. It is the only CACREP-accredited distance doctoral program in existence. Dr. Sells has been a professor in counselor education for 17 years. His Ph.D. is in Counseling Psychology from the University of Southern California. He has Masters Degrees from Northern Illinois University (counselor ed.) and Wheaton Graduate School (Educational Ministries). Dr. Sells' research includes Marital Conflict, the Use of Technology in Counselor Training, Counseling in International Contexts, and Clinical Supervision.

## ODU SPEAKERS



# HRCA Membership Meeting at ODU by Sarah Williams

The first Professional Development Meeting for [Hampton Roads Counselors Association](#) (HRCA) for the 2009/2010 calendar year was held on Thursday October 15, 2009 from 4:30PM-7:00PM. [Old Dominion University](#) (ODU) hosted our meeting and provided delicious foods for our enjoyment. HRCA President, Stan Hoskin, welcomed those present and introduced the Executive Board members who gave brief updates. **Charity Brown**, the Assistant Director of Admissions at ODU greeted us on behalf of the University. The first order of business was to vote on and approval of some recent organizational changes in our by-laws. Stan stated that this year HRCA is celebrating 60 years of service to Hampton Roads. He requested that we notify any past presidents so that they are aware of this momentous occasion.

HRCA supports a local charity at each of our Professional Development meetings. Lisa Lee, President-Elect and Programs Chair, introduced **Barbara Ford**, Executive Director of [Equi-Kids](#), a Therapeutic Riding Program founded in 1989 with one pony and six students. Equi-Kids now have an array of horses including a miniature horse that assists them in providing services to students. This organization is a 501(c)(3) non-profit organization, accredited by the North American Riding for the Handicapped Association (NARHA) and a member of the Therapeutic Riding Association of Virginia (TRAV). This therapeutic riding accomplishes several benefits for the students including

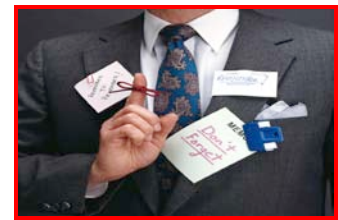


Schools, introduced our Speaker, **Joyce Beamon**. Ms Beamon, Senior Norfolk Public Schools, spoke on "The Urban Advantage: Interventions for Academic and Career Success." She mentioned several things that contributed to the urban advantage such as: the city is our classroom, diversity is our strength, success is our focus, urban students are resilient, diversity enriches the academic experience, and the pursuit of honorable goals such as social justice, democracy and citizenship. Ms Beamon emphasized the need for counselor competency and the need to care enough to make a difference. She talked about the many successful programs that are currently in place in Norfolk, such as: The Parent University, Homeless Services, Junior University, and LABELLA to mention a few. After this excellent presentation and a raffle drawing the meeting was adjourned.

increased muscle tone, balance coordination, improved self worth and self-confidence and improved socialization skills. This wonderful organization needs volunteers to support them in providing this service to our community. They may be reached at 2626 Heritage Park Drive, Virginia Beach, 23456; the phone number is 757-721-7350.

Lisa Lee introduced **Tracy Jackson**, Instructional Specialist for [Virginia Beach Public Schools](#). Ms. Jackson spoke to those present on "Aligning VBCPS with the ASCA National Model." Virginia Beach Public Schools recently implemented this six-pillar program that is compared to the ASCA Model. Strategies that are components of this outstanding program include: central office support, guidance program committee, guidance action plan, professional development, guidance advisory council and accountability. Ms Jackson did an excellent job of explaining this program allowing time for questions and comments. This presentation and the one that followed provided a wealth of information that spoke to the realization of the excellent Guidance Programs in Hampton Roads.

The presentation that followed was an overview of [Norfolk Public School's](#) Guidance Program. **April Harmon**, Co-Chair of Programs at Norfolk Public



**Have you made your reservation for Thursday, December 3 at Regent University?  
Do it NOW!  
[dixie.lehman@vbschools.com](mailto:dixie.lehman@vbschools.com)**

## ODU Professional Meeting October 15, 2009



Barbara Ford  
Equi-Kids Executive Director



*"If we could get each school counselor to call one or two parents who understand the importance of counselors being allowed to spend their time with kids, and ask them to come to one of the public hearings, we might be able to start a wave."*

*Dr. Gerard Lawson  
VCA President*

# HAMPTON ROADS COUNSELORS ASSOCIATION

## ~ PHOTO GALLERY ~

### SOME HRCA BOARD MEMBERS



Amy Spangler



Debi Finlay



Stan Hoskin



Delna Antaki



Mark Bragg



Dixie Lehman



Lane Clark



Lisa Lee

### 2009-2010 HRCA EXECUTIVE BOARD

#### PRESIDENT

Stan Hoskin

[HRCAContact@gmail.com](mailto:HRCAContact@gmail.com)

#### PAST PRESIDENT

Debi Finlay

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

#### PRESIDENT-ELECT

Lisa Lee

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

#### SECRETARY

Lane Clark

[clarklwi@cps.k12.va.us](mailto:clarklwi@cps.k12.va.us)

#### SECRETARY-ELECT

Amy Spangler

[spangajo@cps.k12.va.us](mailto:spangajo@cps.k12.va.us)

#### TREASURER

Carolyn Boocks

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

#### TREASURER-ELECT

Dixie Lehman

[Dixie.Lehman@vbschools.com](mailto:Dixie.Lehman@vbschools.com)

### Benefits of HRCA Membership

#### Why should I join HRCA in the 2009-10 year?

- Join us and be a part of the celebration for HRCA's **60th Anniversary** in 2010
- Be invited to the Past-President's Tea, planned for 2010, a members-only event
- Enjoy the free food
- Engage in networking with other counseling colleagues
- Earn state license renewal points
- Obtain professional development
- Serve colleagues in various positions of leadership
- Advocate for the counseling profession at local and state level
- Participate in the largest chapter in the Commonwealth
- Receive HRCA e-blasts with current information of interest to the profession
- Stay in touch with the latest developments in the counseling field
- Join to serve others
- Work together to provide solutions that will benefit all counselors...regardless of the counseling setting
- Many more to be discovered...

**Do YOU  
need to  
RENEW?  
CLICK HERE**

Click on this link to our web site!

We're on the Web!

<http://hrcounselors.googlepages.com>