

# HAMPTON ROADS COUNSELORS ASSOCIATION

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## IMPORTANT DATES

**OCTOBER 15**  
4:30 HRCA Meeting  
Old Dominion  
University

**NOVEMBER 11-14**  
VCA Convention  
[Williamsburg Marriott](#)

**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

**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.vscsa.org](http://www.vscsa.org)

**APRIL 22**  
4:30 pm HRCA Meeting at  
Norfolk State University

## PRESIDENT'S MESSAGE

By Stan Hoskin

### *Celebrating 60 Years!*



### HRCA Celebrates 60 years of Service

to the Tidewater area! Next year, in 2010, we will be celebrating our 60th Anniversary, supporting the counselors and students of the Tidewater area. That is a great accomplishment that should make us all proud to be a member of this long-standing people-helping organization. In honor of this year's 60th Anniversary, we are planning a **member's only** event that will likely be the talk of the town. We will have special guest speakers, a delicious hot meal and great fellowship with as many of the **Past -Presidents of HRCA** that we can find! **Your help is needed to name them all and find the correct contact information to make sure that we honor each and every one of them.** Make sure you block out time on your calendar for the **"60th Anniversary Celebration and Past-President's Reception"** to be held at [Regent University's Library Atrium](#), March 4th, 2010, from 5:00 PM

to 7:00 PM...More details to follow.

**Our first General Membership Meeting<sup>1</sup>** for this year at [Old Dominion University](#) will include the guidance and counseling leaders from Virginia Beach and Norfolk discussing how to apply the **ASCA National Model** to your school and how to provide interventions for students in poverty. Both presentations are sure to provide excellent ideas on how to reach your students. Our second meeting (in December) will focus on applying ethics when counseling our students. This training will be provided during the meeting at Regent University and will meet the annual ethics requirement of two CEU hours for LPCs. We will also be hearing from the VCA lobbyist to give us an update on the latest developments in Richmond.

**Leadership Opportunities** still exist on the HRCA Board. We need committee members and leaders to keep all of the activities working well in support of you all. Feel free to contact me or any of the current board members if you would like to serve.

**Learning to Develop Healthy Youth** was my focus over the summer. I attended a two-day "Train the Trainer" session in Minneapolis, called, "Building Developmental Assets in School Communities." While there, I learned about the research developed by the Search Institute on Prevention, Risk, Resiliency, and Positive Youth Development. The "40 Developmental Assets" the Search Institute developed reduce young people's risks, promote their thriving, or help them be resilient in

the face of adversity. I hope to apply these principles in my school and in my community in support of developing healthy youth. To find out more, check out their website: <http://www.search-institute.org>

### *I look forward to a great year as your President!*

My focus this year will be to promote **Servant Leadership<sup>2</sup>** across the organization and for our profession, enhancing the growth of individuals in the organization and increasing teamwork and personal involvement for all. Please let me know how HRCA can help you do your job better or make your life easier, as a professional counselor in the Tidewater area. We are here to serve you! All the best for a GREAT year!!!

Stan Hoskin, LPC.

<sup>1</sup>Note: We have increased our non-member fee to \$7.00 this year...non-members may pay at the door to attend the meetings.

<sup>2</sup>**Servant Leadership** emphasizes collaboration, trust, empathy, and the ethical use of power. At heart, the individual is a servant first, making the conscious decision to lead in order to better serve others, not to increase their own power. The objective is to enhance the growth of individuals in the organization and increase teamwork and personal involvement – See Robert Greenleaf

**DON'T FORGET to make your reservation for the Thursday, Oct 15 Meeting at Old Dominion University by Oct 10 to [clarklwi@cps.k12.va.us](mailto:clarklwi@cps.k12.va.us)**

# 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!!). To make meeting reservations, contact Lane Clark, secretary at [clarklwi@cps.k12.va.us](mailto:clarklwi@cps.k12.va.us)  
Interested in membership? Join HRCA/VCA at [www.vcacounselors.org](http://www.vcacounselors.org).



Thursday, October 15, 2009

4:30 -7:00 p.m.

WHERE: [Webb Center, Hampton-Newport News Room](#)

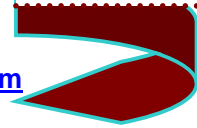
WHO: HRCA Members and Their Invited Guests

WHAT: Tracy Jackson, Instructional Specialist from Virginia Beach City Public Schools' Office of Guidance Services speaking on "Aligning VBCPS with the ASCA National Model" from 5:00-6:00 p.m.

AND

Joyce Beamon, Norfolk Public Schools Senior Coordinator, speaking on "The Urban Advantage: Interventions for Academic and Career Success" from 6:00 p.m. to 7:00 p.m.

NEW LOCATION on campus



## SCHEDULE

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

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Guest(s) Name(s) \_\_\_\_\_ (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 \_\_\_\_\_

Directions to Old Dominion University: <http://www.odu.edu/af/parking/directions>

PARKING FOR HRCA MEETING <http://www.odu.edu/af/parking/ODU%20PARKING%20MAP%202009-2010.pdf>

**HRCA Meeting PARKING:**

**Garage E (see ODU map) on the corner of 49<sup>th</sup> & Bluestone**

# CHAPTER NEWS



## *"Where's Waldo?" and Other Past Presidents?*

We need your help! We are trying to find the names and contact information of **ALL HRC A Past-Presidents**. Please look in your old files and records and let us know who these presidents were and how to get in touch with them. Our objective is to have made contact with all of them and to invite them to the **dinner celebration in their honor** at our **60th Anniversary Celebration and Past-President's Reception, March 4, 2010 at Regent University Library Atrium**. Please pass the word to all your friends and send all updates and info to: [HRCAContact@gmail.com](mailto:HRCAContact@gmail.com)

Pres#	Service Year	HRC A President Name
60	2009 - 2010	Stan Hoskin
59	2008 -2009	Debi Finlay
58	2007 - 2008	Marilyn Draughon
57	2006 -2007	Rosemary Thompson
56	2005 - 2006	Jenise Bond
55	2004 - 2005	Melinda Underwood
54	2003 - 2004	Beth Bangley
53	2002 - 2003	Nancy Wagner
52	2001 - 2002	Beth Bangley
51	2000 - 2001	Marilyn Yochum
50	1999 -2000	Jenise Bond
49	1998 - 1999	Sandra Howe
48	1997 - 1998	Suzanne Dukes
47	1996 - 1997	Marvin Hensley
39	1988 - 1989	Dale Lane

## *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? 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 HRC A. 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.

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

### **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 HRC A members participated, include these names and work place.

**FEATURING...YOU!**

# MORE CHAPTER NEWS

## October 2009 CHARITY

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.



### About EQUI-KIDS

EQUI-KIDS Therapeutic Riding Program was established in 1989 to offer horseback riding lessons to individuals with mental and physical disabling conditions such as Down syndrome, Cerebral Palsy and Learning Disabilities. Barbara S. Ford founded the program with only one pony and six riders. Ms. Ford recognized that through equine activities, the challenged rider could develop self-awareness, self-confidence and improve their concentration. Therapeutic riding also offers physical benefits such as muscle strengthening and stretching and increases fine motor skills. The horse provides the challenged rider with a feeling of freedom and independence that may be limited in their everyday life.

Today EQUI-KIDS is a Premier Accredited Center through the North American Riding for the Handicapped Association that accredits nearly 600 programs in the country that offer services to over 27,000 individuals.

2626 Heritage Park Drive, Virginia Beach, VA, 23456, 757.721.7350



## Norfolk State University General Membership Meeting – April 2009





# Tidbits from Divisions

## VCA CONVENTION



**VCA Convention 2009  
Williamsburg Marriott  
November 11-14  
ATTENDING CONVENTION OR  
THINKING ABOUT COMING???**

The 35-page [Pre-Convention Program](#) for the [2009 VCA Annual Convention](#), November 11-14 in Williamsburg, is on now on-line and REGISTRATION IS OPEN! [www.VCACOUNSELORS.ORG](http://www.VCACOUNSELORS.ORG) Visit these quick links for more information or view/download the [entire program](#) now.  
**EARLY REGISTRATION UNTIL OCTOBER 19, 2009.**

## VCA FALL 2009 NEWSLETTER LINK

Your Fall 2008 VCA newsletter is now on-line. Go to [www.vcacounselors.org](http://www.vcacounselors.org) and click on the Fall 2009 Newsletter link or to view all issues visit <http://www.vcacounselors.org/associations/1500/files/Fall2009.pdf>



VIRGINIA SCHOOL COUNSELOR ASSOCIATION invites **program proposals** for the **2010 VSCA Conference** March 18-19, 2009 Holiday Inn-Koger Center Richmond, Virginia

The Virginia School Counselor Association invites you to submit a program proposal to be presented at the 2010 VSCA Conference: "21st Century School Counseling: Access, Accountability, ACTION." Proposals are sought that address one of the following three conference themes:  
ACCESS -- Counseling Practices/Programs: Innovative ideas to access and assist students learn

21st Century Skills through counseling, classroom guidance or small groups.

**ACCCOUNTABILITY:** Using results-based data to show the impact of school counseling programs and services that are aligned with 21st Century Skills.

**ACTION:** How School Counselors are school leaders and advocates for students and the profession. Also examples of working with key stakeholders in the school community.

The deadline for the 2010 CALL FOR PROGRAMS is November 16, 2009. The on-line submission link can be found at [WWW.VSCA.ORG](http://WWW.VSCA.ORG) -- Click on "2010 Call for Programs".

The direct URL is <http://www.vcacounselors.org/displayemailforms.cfm?emailformnbr=119851>.

## SUBMIT YOUR PROGRAM PROPOSAL NOW!!

**It's EASY and available 24/7!**

Visit [WWW.VSCA.ORG](http://WWW.VSCA.ORG) and click on "Call for Programs"

**PROPOSAL DEADLINE: November 16, 2009**

**Do You Need to renew Your VCA/HRCA MEMBERSHIP?**

## Virginia Board of Education - Public Hearings

**Public Hearings** on the SOQs and support position ratio caps will be held across the state on funding for K12 education. Right now there is a cap on the ratio of support positions to SOQ-funded positions, and both the Governor and the House of Delegates have proposed to make that cap permanent. This would in effect decrease state funding of support positions this coming biennium by \$350 million. It would also mean that support positions would be cut, to perhaps severe levels, to support other state spending for K12 education. For our concerns, The Board has been asked to recommend how the state should fund the support positions of: **guidance administration, guidance technical, and guidance clerical.** We need **counselors, students, and parents** to talk about the role that school

counselors play in the lives of students and in the daily operation of public schools, and the impact of cutting this clerical support staff on the counselor's ability to do their jobs. **For our area, the public feedback session will be at Jolliff Middle School, 1021 Jolliff Rd, Chesapeake on September 30 at 7:00 PM. That's less than two weeks away!**

**What should you say at the meeting?** Dr. Gerard Lawson, VCA President, suggests: I know you often bring letters from kids or parents to Advocacy Day, and I think something similar would be useful. This seems like another time when it may work best to come through the school counselors, with VCA/VSCA support. 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. We could give the counselors VERY brief talking

points for the parents:

We are concerned about the caps because it will mean we might lose support like (Insert name of friendly staff person). One of the unintended outcomes that the board may not recognize is a loss like that will mean I will have less time to spend with kids on things like (WHATEVER IS MOST IMPORTANT TO THIS PARENT'S CHILD - college prep, dealing with losses, academic struggles). It may seem like a quick fix to a really awful economic problem, but this problem is temporary and this solution could have permanent repercussions. I wonder if you would be willing to. Gerard Lawson, Ph.D., LPC, NCC, ACS Associate Professor - Virginia Tech President - Virginia Counselors Association 310 East Eggleston Hall (0302) Blacksburg, VA 24061 540-231-9703

**MORE INFORMATION:** The VA BOE website listing is found at: <http://townhall.virginia.gov/ViewMeeting.cfm?MeetingID=13426>

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*"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*

~ LOCAL JOB BOARD ~

**Part-Time Clinicians**

Seeking part-time clinicians for busy outpatient behavioral health clinic. Must be licensed to provide therapy in Virginia (LPC, LCSW). Day and evening hours available. Seeking expertise in evidence-based practices utilizing recovery-based, culturally competent, trauma informed care models. Substantive experience with group therapy for depression, mood disorders etc., a plus. Competency in computer applications a must. Apply for #182 to Norfolk CSB, 225 W. Olney Road, Norfolk, VA 23510 or call 823-1600 for assistance. EOE, M/F/D/V, Background Check Required. Fax: 441-1152. **Required application** online at [www.norfolkcsb.org](http://www.norfolkcsb.org). Positions are open until filled.

**Casual Part-Time for Day and/or Evening Sessions**

**JOB TITLE:** Clinician, Outpatient Services, Clinical Services  
**GENERAL STATEMENT OF DUTIES:** Provides individual and group therapy for adults, children and families with mental illness and co-occurring disorders in an outpatient setting utilizing evidence-based, recovery focused and culturally competency models of care.

**EDUCATION AND EXPERIENCE:** Requires a VA licensed professional (LPC, LCSW) plus progressive, related experience in group and individual therapy. Must possess knowledge and skills in working with adults with co-occurring mental illness and substance

abuse issues. Progressive experience with evidence-based practices utilizing recovery-based, culturally competent, trauma informed care models. Experience with group therapy for depression and mood disorders a plus.

**STARTING SALARY:** Commensurate with experience and education/credentials and within compensation guidelines.

**CLOSING DATE:** Open until filled

**APPLY FOR POSITION:** #184 via on-line application at [www.norfolkcsb.org](http://www.norfolkcsb.org) to Norfolk Community Services Board, 225 W. Olney Road, Norfolk, VA 23510 or call 823-1600 if you require special assistance.

**EOE/M/F/D/V**

**Position is subject to pre-employment drug testing  
Background Check Required**

Latisha Russell  
HR Coordinator  
Norfolk Community Services Board  
225 W. Olney Road  
Norfolk, Virginia 23510  
(757)823-1600  
(757)441-1152 (Fax)  
[www.norfolkcsb.org](http://www.norfolkcsb.org)

**2009-2010 HRC A 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 HRC A Membership*

*Why should I join HRC A in the 2009-10 year?*

- Join us and be a part of the celebration for HRC A'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 HRC A 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 on this link to our web site!

We're on the Web!

<http://hrcounselors.googlepages.com>