Counseling Program Highlights

By Amanda Healey, Ph.D. Student
The 2007-2008 year has started off with many successes and accomplishments, not only for the program itself, but within its faculty and student body as well. To name a few faculty accomplishments, Dr. Teresa Christensen began her highly anticipated Play Therapy workshops. Dr. Danica Hays is the recipient of the Measurement and Evaluation in Counseling and Development Journal/Association for Assessment in Counseling and Education (AAACE) Research Award. Dr. Garrett McAuliffe’s log awaited book, Culturally Alert Counseling: A Comprehensive Introduction was published and is available for distribution, and Dr. Ed Neukrug was chosen by Old Dominion University to be nominated for the 2008 State Council for Higher Education in Virginia (SCHEV) Award. Dr. Alan “Woody” Schweitzer is now the editor for the College Counseling Journal. This prestigious award is given to approximately twelve faculty from around the state for achievement in teaching, scholarship, and service. To see more about faculty accomplishment (an incomplete listing) go to page five of this newsletter.

The Counseling doctoral program continues to grow as Old Dominion welcomed nine more full & part-time doctoral students. These students have already made their presence known along with the continuing doctoral students by representing Old Dominion at recent and upcoming conferences as well as participating in program initiatives such as The Research Team led by Dr. Danica Hays & Dr. Laurie Craigien and the ACA Ethics Competition advised by Dr. Ed Neukrug.

The Omega Delta chapter of the Chi Sigma Iota honor society is also well underway with doctoral student Katie Moore at the helm.

Hopes are high that the Counseling Center project spearheaded by Dr. Suzan Thompson in conjunction with the Norfolk CSB will be open and operating sometime in the Spring of 2008, ready to provide a community site for our master’s and doctoral students to engage in practicum and internship responsibilities as well as to make a lasting positive connection and contribution to the Norfolk community.

The Counseling program continues to grow and change towards a more prosperous and exciting future benefiting faculty, students, alumni, and the community.

Available Student Grants and Scholarships

Compiled by Amanda C. Healey, Ph.D. Student
ACA is pleased to announce the 2008 Ross Trust Scholarship, a competition designed to recognize the importance of quality counseling in the schools of our nation and call attention to the meritorious efforts of students preparing for school counseling careers. The nomination/application process will begin on October 4, 2007.

The ACA 2008 Essay Contest is fast approaching. If you are interested in participating, please contact Dr. Danica Hays.

The ACA Awards Committee announces the start of the nomination process for the 2008 ACA National Awards. The Awards will be presented at the ACA National Conference in Hawaii in March 2008.

An ACA member can submit a nomination of one or more ACA members who have made a noteworthy contribution to the counseling profession at the local or state levels. www.counseling.org

The ACES Executive Council has allocated $10,000 to the Research Grants Committee to support deserving ACES research. The maximum grant given will not exceed $2000; individual grants typically will be in the $750 to $1500 range, depending on research quality and documented need.

The competition is open to both professional and student members of ACES. Submit by January 7, 2008. For more information go to: www.acesonline.net/researchgrants.asp

VACES call for proposals is to provide funding to a student member for research intended to enhance understanding of professional issues in counseling. An electronic copy of the application and proposal must be submitted by January 1, 2007. Grants will be awarded during the VACES Graduate Student Conference. VACES will allocate a maximum of $300.00 to the grant recipient. Find out more at: psychweb.cisat.jmu.edu/VACES/
By Rebekah Byrd, Master’s Student

For some of us, our time here at ODU is coming to a close. We have learned so much; some taught and some gleaned. Our master’s consists of more than just classes and experiences, it has created within us something new. While we value the education and the influences, we take with us much more than a degree. We take with us a new appreciation of self and of others. We all have a choice, and for most of us, our choice is to live as empathically and compassionately as possible; not only in what we feel compelled to do with our academic future and career, but in all areas of our lives.

Choices and influences exist simply from living, but with that comes responsibility. It is not only what we choose to do, but how we choose to conduct our personal lives as well that will influence others in the same ways that we were influenced. It is a cycle. It is about thinking outside of ourselves and not just about what we want or think. There is a whole world for us discover and opening up our hearts to understanding, empathy, and compassion will enable us to do so. May we never forget our voice, may we never forget to use it, and may we always choose to advocate. Congratulations class of 2007!!

By Dr. Danica Hays

Beginning in September 2007, Drs. Danica Hays and Laurie Craigen created a research team to examine gender and trauma issues in counseling. The purpose of this team is to invite graduate students to work collaboratively on various research projects with goals of providing mentorship in academic writing and publication. Currently, the team consists of two faculty members, three master level students (Paige Owen, Jennifer Schuster, and Elizabeth Prosek), and six doctoral students (Kelly Emelianchik, Nicole Kyser, Jasmine Harris, Amanda Healey, April Sikes, and Cynthia Walley). The two main research areas currently addressed are co-morbidity concerns of self-injurious behaviors and eating disorders and domestic violence interventions targeted at adolescent girls. Meetings are held once per month to discuss conceptual and empirical article ideas. If you are interested in becoming a part of the research team, please contact either Dr. Hays (dhays@odu.edu) or Dr. Craigen (lcraigen@odu.edu).

Upcoming Conferences

Call For Proposals

Virginia Counseling Association Conference in Portsmouth, Virginia from November 7th through November 9th at the Portsmouth Renaissance. Register by October 22nd at www.vcacounselors.org (not accepting proposals)

Association for Assessment in Counseling and Education Annual Conference in Atlanta, Georgia held November 9th through November 11th at Georgia State University. To register, go to www.theaaceonline.com (not accepting proposals)

The Association for Women in Psychology Annual Conference in San Diego California March 13th through March 16th 2008. To register or find out more information go to www.awpsych.org (still accepting proposals)

American Counseling Association Conference in Honolulu Hawai to be held from March 26th through the 30th 2008. To find out more, go to www.counseling.org/Convention (no longer accepting proposals)

North American Society for Adlerian Psychology Annual Conference in Hershey, PA from June 26th through the 29th 2008. For more information go to www.alfredadler.org (no proposals)

VSCA Annual Conference at the City Center Marriott in Newport News, April 2-4, 2008. Go to www.vsca.org for more information. (still accepting proposals until November 16, 2007)
New Doctoral Students

Joanna Campbell comes to Old Dominion from John Hopkins University in Maryland. A former executive coach, Joanna is currently interested in pursuing research in the area of leadership and professional competency. Joanna currently works as a graduate teaching assistant in the Counseling Program and as a Human Services undergraduate advisor.

Kelly Emelianchik comes to Old Dominion from the state of Florida. She recently completed her M.Ed./Ed.S. at the University of Florida in 2007 with a focus on mental health counseling. Her areas of professional interest include social justice, career development, and mental health diagnosis. After completing her Ph.D. in Counseling, she hopes to work with at-risk adolescents and families in a non-profit organization while pursuing a position as an adjunct faculty member in a university setting. Currently, Kelly is working as a teaching and graduate assistant in the Counseling Program and also works as an advisor for the Human Services department. Kelly is also a member of the Counseling Program Research Team and is on the Chi Sigma Iota Fund Raising Committee.

Ularisi (Risi) Green is now a Ph.D. student here at Old Dominion as part of the Counseling Program. Along with being a student, she is a Graduate Teaching Assistant, advisor for undergraduate students majoring in Human Services, supervisor to master’s level students in the counseling program, and the graduate program recruitment coordinator.

Risi has been greatly blessed to graduate in three years with a Bachelor’s Degree in Psychology from Norfolk State University (2005) and a Master’s Degree in Community Counseling from Regent University (2007). She attends New Hope Church of God in Christ, where she is a part of the Evangelistic Ministry and Hospitality Auxiliary. Risi has worked with youth who have been exposed to domestic violence, has peer counseled at a shelter for pregnant teens, and interned as an in-home counselor. She has several interest areas such as counselor self-care and marriage and family therapy; however, she is endeavoring to complete her dissertation research on adjustment and coping among patients with chronic medial conditions transitioning from the hospital to home.

Jasmine Harris grew up a military child and spent most of her life in Yorktown Virginia. She attended Old Dominion University, where she completed her Bachelor’s of Science in Psychology in 2001. Jasmine returned to Old Dominion to complete her Master’s of Science and Education in 2003, with a concentration in Counseling. She became a Nationally Certified Counselor and began working as an Elementary School Counselor in Newport News, where she continues to enjoy waking up every morning and going to work. Her interests in the field of counseling include: school counseling, relational aggression, and career guidance. When not studying, Jasmine loves going to the beach, reading, and shopping.

“...time is a companion who goes with us on the journey and reminds us to cherish every moment, because it will never come again. What we leave behind is not as important as how we’ve lived.”
-Patrick Stewart as Cpt. Picard, Star Trek Generations Movie
New Doctoral Students

Amanda “Mandy” Healey received her Bachelor’s in Psychology and Biology as well as her Master’s in Marriage and Family/Community Agency Counseling at East Tennessee State University. During her undergraduate and graduate studies, Mandy enjoyed travelling to countries such as England, Malta, and Canada.

Her interests in counseling include multicultural and gender issues and advocacy, therapeutic intervention with adolescents and their families, self injury, and early trauma. Mandy worked in the community as a counselor/therapist for five years before joining the ODU Counseling doctoral program. She currently works as a Graduate Administrative and Teaching assistant and volunteers at the local Planned Parenthood. She is active in Chi Sigma Iota and is a member of the Counseling Program Research Team.

www.healeytherapyconnection.com

Nicole Kyser received her Bachelor’s in Psychology and her Master’s in Rehabilitation Counseling from Northeastern Illinois University in Chicago.

Her interests in the counseling field are numerous, but at the end of the day, she has a passion for Vocational Rehabilitation and research. Her interests and hobbies include reading, listening to music, going for long walks at the beach, in parks, etc., and she especially loves to go jogging.

Currently, Nicole is working as a Graduate Administrative and Teaching assistant and is a member of the Counseling Program Research Team.

Sophia Tailor earned her Master’s degree in Urban Education Guidance and Counseling from Norfolk State University with a concentration in Community Counseling. She is currently a Licensed Professional School Counselor. Prior to entering the doctoral program, she was a counselor with the Tidewater Community College Upward Bound program and previously served in the Navy as a Merchant Seaman. Sophia resides in Virginia Beach with her daughter Rebecca and her husband Gary. Sophia currently works as a graduate teaching and administrative assistant in the counseling program.

Sherry M. Todd, LPC, ATR-BC, CTS, CT, CFE, BCETS, BCSCR, earned her MS from Eastern Virginia Medical School in Graduate Art Therapy. Sherry is a Safe Schools Counselor with Norfolk Schools and is a Premier Speaker with the National Center for Crisis Management. She is an instructor for six ICISF Critical Incident Stress Management courses, serves on two advisory boards and a certification committee, volunteers with the Tidewater Emergency Medical Services’ CISM Team and the Virginia Beach Medical Reserves Corp.

Sherry’s passion is critical incident/traumatic/disaster stress. She is a Premier Speaker with the National Center for Crisis Management http://www.nc-cm.org/biosherrytodd.htm. Sherry is employed by Norfolk Schools and is an instructor for six ICISF Critical Incident Stress Management courses. Sherry enjoys the water, art and coffee. Sherry began her doctoral study in counseling here at Old Dominion this Fall.

Sharon Wisinger began her part-time doctoral study in the counseling program this Fall semester. Currently, Sharon lives in Virginia Beach and works in Camden County, N.C. as a full-time secondary school counselor and Cam-Tech High School Counselor. She received her B.S. in Elementary and Kindergarten Education at Pennsylvania State University, her M.S. in Counseling at Old Dominion, as well as her C.A.S. in Counseling at Old Dominion.

Sharon is currently licensed as an Elementary and Middle School Educator and an Elementary, Middle, and Secondary School Counselor. Her professional interests include school counseling, student at-risk, drop-out prevention, depression in children and adolescents, self-injurious behaviors, and counselor education. Sharon spends her free time reading, visiting museums, and traveling.

“Dark and difficult times lie ahead, soon we must all face the choice between what is right and what is easy, but remember this, you have friends here, you are not alone.”

- Dumbledore, The Goblet of Fire

Reflections
Faculty Accolades

Journal Publications


Books and Book Contributions

Brown, N. Children of the self-absorbed II. Manuscript in Preparation.


McAuliffe, G. published a major text in the field of multicultural counseling. Culturally Alert Counseling: A Comprehensive Introduction. Co-writers include Dr. Tim Grothaus, Dr. Tammi Milliken (Human Services), Dr. Lynn Doyle (Educational Leadership), and Dr. Ed Gomez (Recreation and Leisure Studies).


Media

Horton-Parker, R. & Fawcett, R.C. produced an instructional video entitled FACE-SPRIT: A New Model for Integrating Spirituality into Counseling and Psychotherapy, which illustrates practical strategies for the implicit and explicit integration of spirituality into professional helping.

McAuliffe, G. produced a training video entitled Key Practices in Culturally Alert Counseling, which illustrates 25 counseling strategies to be used with culture in mind.

Neukrug, E. produced a DVD that demonstrates twelve different theories of counseling. With the help of a number of colleagues, local therapists, & students, the DVD demonstrates a number of counseling skills related to these theories. The DVD, currently being sold by Brooks/Cole, will likely be distributed with a counseling theories text which he is now writing.

Presentations


Remley, Jr., T.P. (July, 2007) co-presented a pre-conference workshop on “Legal and Ethical Issues in School Counseling” at the American School Counselor Conference in Denver, Colorado. Also, co-presented a session at this conference on “Counseling Children of Divorce.”


Faculty Accolades

Presentations
Grothaus, T., Christensen, T., & Sikes, A. (June, 2007). Advocating and collaborating through culturally competent consultation. Presented at the American School Counselor Association annual conference, Denver, CO.

Grothaus, T., & McAuliffe, G. (October 2007) presented the key counseling practices at the national ACES; McAuliffe, G. (October 2007) presented a program on counseling lesbian and gay youth to the Prime Timers community organization in Norfolk, VA.


Thompson, S. and Weintraub, J. (November, 2007), Compassion Fatigue: A Challenge of Caring at the Virginia Counseling Association Annual Conference, Portsmouth, VA.

Awards

Dr. Danica Hays is the recipient of the Measurement and Evaluation in Counseling and Development Journal/Association for Assessment in Counseling and Education (AACE) Research Award to be presented at the annual American Counseling Association conference in Honolulu, March 2008.


Dr. Ed Neukrug was chosen by Old Dominion University to be nominated for the 2008 State Council for Higher Education in Virginia (SCHEV) Award. This prestigious award is given to approx. twelve faculty state-wide for achievement in teaching, scholarship, and service.

Dr. Suzan Thompson was awarded the Outstanding Program Supervisor Award from the Southern Region of the Association for Counselor Education and Supervision (ACES) for her work with the practicum/internship program and developing the clinic in conjunction with Norfolk’s Community Services Board. The award was announced at (ACES) in Columbus, Ohio.

Grants
Dr. Danica G. Hays was selected as a participant for the Faculty Proposal Presentation Program sponsored by the Office of Research for Spring 2008 to prepare a grant proposal to study bias and diagnostic error across helping professions.

Dr. Garrett McAuliffe and Dr. Tammi Miliken (of the Human Services Program) were given the Southern Association for Counseling and Supervision Research Grant for this year.

Dr. Ed Neukrug received a Faculty Innovator Grant from Old Dominion University to collect oral stories about famous therapists. He is collecting these stories and posting them on a website. If you would like to listen to true stories about such famous therapists as Carl Rogers, Albert Ellis, B.F. Skinner and others, go to: http://www.odu.edu/~enuekrug/therapists/index.shtml


Service and Workshops
Remley, Jr., T.P. Appointed to Program Director Search Committee for the Art Therapy Graduate Program at Eastern Virginia Medical Center.

Dr. Christensen and Dr. Danica Hays are serving as a faculty advisor for the Chi Sigma Iota Honor Society: Omega Delta chapter here at Old Dominion.

Dr. Tim Grothaus is serving as president, Virginia School Counseling Association, June, 2007 to present.

Dr. Tim Grothaus is on the Editorial Review Board, Professional School Counseling from Sept. 2005 to present.

Dr. Danica Hays is a faculty representative for the formation and continuation of the Counseling Research Team with Dr. Laurie Craig.

Dr. Danica Hays is also a faculty supervisor, with Dr. Ed Neukrug, on the development and distribution of the Reflections Counseling Program Newsletter.

Dr. Radha Horton-Parker served as a reviewer to select conference programs for presentation at the 2008 American Counseling Association national convention in Hawaii.

Dr. Radha Horton-Parker is also serving as Chair of the Awards Committee for the Association for Adult Development and Aging, a division of the American Counseling Association. Dr. Alan “Woody” Schwitzer is serving as editor of the Journal of College Counseling, the scholarly journal of the American College Counseling Association (ACCA), a division of the American Counseling Association (ACA).

Dr. Suzan Thompson (October, 2007) organized a site supervision and workshop appreciation day this semester where past, current, and future site supervisors for practicum and internship were invited to participate. This workshop included an orientation to the practicum and internship programs, a training on supervisory models, and a brief workshop on Play Therapy from Dr. Teresa Christensen.
Faculty Announcements and Accomplishments

Dr. Teresa Christensen

Dr. Teresa Christensen will be holding ongoing play therapy workshops through the Fall and Spring for students and those in the community that are interested in becoming certified in play therapy or learning more about it and the techniques involved in its use. Workshop subject matter and dates are as follows:

Workshops will take place in the ODU Darden College of Education Child Study Center. All workshops are held on Fridays, 5 - 9 p.m., Saturdays, 8 a.m. - 7 p.m., and Sundays, 8 a.m. - 7 p.m. with a half hour lunch break; lunch not included.

**FALL 2007**

Workshop #1: Principles of Play Therapy
October 5-7, 2007

Workshop #2: Games, Activities and Expressive Arts in Play Therapy
November 2-4, 2007

Workshop #3: Sand-tray and Narrative Techniques in Play Therapy
November 30-December 2, 2007

**SPRING 2008**

Workshop #4: Systematic Interventions: Group, Filial and Family Play Therapy
January 11-13, 2008

Workshop #5: Play Therapy and Creative Interventions with Pre-Adolescents and Adolescents
February 1-3, 2008

Workshop #6: Play and Therapeutic Interventions with Children and Adolescents Affected by Abuse, Crisis, Death and Divorce
March 7-9, 2008

Italy Announcement

Dr. Ted Remley and Dr. Teresa Christensen will be taking a group of counselors, students, and counseling faculty members to Tuscany May 15-30, 2007 for the 5th annual “A Counselor’s View of Italy” study institute. In addition, a conference supported by the National Board of Certified Counselors International will be held in Florence, Italy May 31 & June 1, 2008. The deposit of $250 for this trip is due on January 15th. Information on these two events can be found at these web sites:
http://education.odu.edu/pc/pcl/italy_conf/
http://www.nbccinternational.org/italyconference

Old Dominion at ACES

By Amanda Healey, Ph.D. Student

Old Dominion made its presence known at the recent ACES Conference in Columbus Ohio. Several faculty and students, such as Dr. Danica Hays and Doctoral Student Bianca Puglia presented in seminars and poster sessions. In total, six faculty members and eight doctoral students were in attendance.

For many of the doctoral students in attendance, this was their first ACES conference, and this was certainly an interesting one to start with. The subject of the conference was social justice and, therefore, many of the presentations addressed the need for community action by counselors. Speakers and presenters in attendance included Dr. Courtland Lee of The University of Maryland and Dr. Jane Myers of The University of North Carolina at Greensboro.

While at the conference, Old Dominion students and faculty were invited to spend some time with the students and faculty at The University of New Orleans at their welcoming reception where many of us got to know some of our fellow colleagues. On the whole, the conference seemed to be very informative for all in attendance and was an experience worth having.
"Be the change that you want to see in the world."
- Mohandas Gandhi

Student Accomplishments

Congratulations to the following students who will be presenting at the Association for Assessment in Counseling and Education Annual Conference in Atlanta, Georgia in November 2007:
Rebekah Byrd & Amanda Healey: Understanding Self Harm: Assessment and Treatment Recommendations
Stephanie Crockett & Elizabeth Prosek: College Senior’s Transition into the Workforce: An educator’s program to post-graduate success.
Dr. Danica Hays and Elizabeth Prosek with H.E. Moore: A mixed methodological study of diagnostic variance and culture in the clinical decision-making process.
Risi Green
April Sikes
Matthew Ganderson
Brenda Smith
Joanna Campbell
Bianca Puglia
Cynthia Walley
Sarah Deaver
Katie Moore

Congratulations to the following students who will present at the upcoming VCA conference in November 2007:
Kelly Emelianchik
Amanda Healey

The following students will be participating as a team under the advisement of faculty member Dr. Ed Neukrug for the 5th Annual ACA Ethics Competition. We’re wishing them luck!
Mike Hauser
Amanda Healey
Katie Moore
Cynthia Walley

Narrative Summary of Program Evaluation

By Dr. Edward Neukrug and Mike Hauser, Ph.D. Student

Over the past year, students in the ODU Counseling Program, on average, rated the program as “very good” on a 5-point rating scale that ranges from 1 = unsatisfactory to 5 = excellent. When broken down by core curriculum areas, community counseling curriculum, and school counseling curriculum, scores also hover around “very good.” The bottom 15 items in this instrument ranged from 2.25 to 3.79 and should become a major focus for efforts to improve the program. Many of these items were in the section labeled “other” and faculty should examine each item and address them as necessary. Since many of these items were the same as the previous year, particular effort should be made to address them.

A combined General Evaluation score of 6.76 (SD 0.47) on a 7-point rating scale was found for supervisor ratings of all of our internship students. The 10 lowest ranked items in this instrument ranged from 5.35 to 6.42 and should be reviewed by the program. Items rated with a score less than 5 should be examined in detail and attended to by the program, but for this year there were no items in that category. Items specific to community counseling (items 52-58) had a range of 3.14 to 7.00, while items for our school counseling students (items 52-87) ranged from 3.47 to 7.00. The last item, which asked the supervisors to rate the overall ability of ODU students produced a mean of 6.67 (SD 0.48) for our community counseling students and 6.79 (SD 0.41) for our school counseling students.

On both the NCE exam and on the comprehensive exams our students had a tendency to outscore national norm groups by a significant margin. Our students should be commended for their mastery of core content areas. The faculty should be recognized for consistently producing students who achieve superior results.

Student mean rating on a 6-point evaluation of their supervisor was 5.42, which seems to indicate that overall, our students think highly of their supervisors, and the working alliance.

Except for a relatively few items, as noted above, the Counseling Program seems to be meeting most of the needs of its students and developing students with excellent skills. The faculty should be commended for their development of professional counselors with superior skills.
Program Information and Upcoming Events

A reminder to students that the deadline for spring comprehensive exams for Master’s level is on Tuesday, February 19, 2008.

The deadline for May 2008 intent to graduate is November 30th. Exit Exams for Master’s Counseling students intending to graduate are scheduled for Friday, March 21, 2008.

NCE Examination for the Spring is scheduled for March 2008. Chi Sigma Iota will be offering preparatory courses to address the topics covered by the NCE and program comprehensive exams. Prep classes will run every weekend beginning in January 2008 through to test time in March.

The Deadline to apply for the Summer Institute in Italy with a $250 deposit is January 15th. Please contact Katrina Vinson in ED Room 122 for application and deposit.

Registration for Spring 2008 classes will begin on November 12th with open registration on November 17th. Thanksgiving holiday will be from November 21st until the 25th. Classes for the Fall semester will end on December 7th and will resume January 12th. Fall graduation commencement will be held on December 15th.

Student Announcements

April Sikes is instructing a Dance Exercise class in the annex gym on 45th Street every Sunday from 3pm until 4pm, FREE TO STUDENTS.

CSI Omega Delta Chapter Wellness Committee in conjunction with the Fund Raising Committee will be holding a Wellness Weight-loss Challenge in the Spring of 2008. This will consist of faculty and student participants who would like to donate to the Omega Delta chapter while working towards their weight loss goals. Weekly motivation and wellness information meetings will be held to help educate and inspire participants and non-participants towards a healthy lifestyle. If you are interested in participating, please contact Wellness Committee Chair April Sikes at askes@odu.edu or Fund Raising Committee Chair Amanda Healey at ahealey@odu.edu!

Winter Graduation Party to be held December 15th from 11am to 1pm in the Dean’s Conference Room. Contact Elizabeth Prosek for more information and to purchase tickets.

STUDENT CONGRAT’S
April Sikes began her work with the RALLY program in the Norfolk schools this semester. See her article for more information about the program.

Amanda Healey and Katie Moore have been selected as a book reviewer for The Family Journal.

Breyan Williams-Hazlip will soon be adding another female addition to her family in early November. Students and Faculty wish her family all the best during this joyous occasion.

Bianca Puglia completed and passed her oral comprehensive exam on November 2nd! She is now one step closer to graduation!!

The RALLY Program

By April Sikes, Ph.D. Student

RALLY stands for Responsive Advocacy for Life and Learning in Youth. The RALLY Program is an innovative, school-based, inclusive model of intervention and prevention that (1) combines developmental theory, research, and practice to provide young people with integrated academic and emotional support (2) helps build students’ competence and resilience through relationships with positive adult figures (3) has created the role of the “Prevention Practitioner” who actively works to support at-risk young adolescents by bridging together their experiences at school, at home, and in the community (4) pulls supports into the classroom rather than pulling students out for specialized services, reducing the stigma that often follows such specialized attention and (5) works in collaboration with families, teachers, school administrators, community programs, mental health professionals, and others to support students’ success. My role consists of supervising and training the prevention practitioners; five undergraduate Human Services and Psychology students of Old Dominion University. I collaborate with the RALLY Program Coordinator at Blair Middle School, the RALLY after-school program assistant, and professionals in the community and in Norfolk Public Schools. I am responsible for planning and facilitating weekly meetings with practitioners. I also serve as a liaison between Old Dominion University and Norfolk Public Schools. I also assist in the research component of the program. I think the program is important because it will provide the 6th grade students with additional assistance in and outside the classrooms. It will provide the students with different needs different kinds of personal attention. Overall, the program is designed to build resiliency, prevent high risk behaviors, contribute to academic success, and enhance relationship building. I think the program will make a real and lasting difference in the lives of the 6th grade students at Blair Middle School.
ANNOUNCEMENTS:
If you are interested in serving on an of the CSI committees, please contact one of the faculty advisors for information:

Dr. Danica Hays: dhays@odu.edu
Dr. Teresa Christensen: tchriste@odu.edu

Several Community Service initiatives are being planned by Rebekah Byrd, the Community Service Committee Chair. If you are interested in donating your time to help those in our community, please contact her for further information at rbyrd010@odu.edu

Committees still looking for members include the Fund Raising Committee, Public Relations Committee, Wellness Committee, Community Service Committee, and the Events Planning Committee. If you are interested in participating, please contact the respective committee chair.

AWARDS:
Omega Delta chapter will be nominated by faculty for the Outstanding Chapter Award.
Several Chi Sigma Iota honor society members have been nominated for the outstanding doctoral and master’s student awards.
Omega Delta is continuously raising funds to help support our student body with scholarships. If you would like to donate to our organization, please contact Fund Raising chair Amanda Healey at ahealey@odu.edu

Meet the Executive Board

Current Board Members and Committee Chairs include:
President Katie Moore
Treasurer Mike Hauser
Secretary Lindsey Meyers
President-Elect Out for Voting
Membership Committee Chair(s) Bianca Puglia and Veronica Pope
Fund Raising Chair Amanda Healey

Meet the Executive Board

Awards/Recognition Chair Sarah Joyce
Public Relations Krystal Freeman
Community Service Chair Rebekah Byrd
Professional Development Chair Katie Moore
Wellness Chair April Sikes
Event Planning Chair(s) Cynthia Walley and Elizabeth Proseck

Executive Board positions will come up for election in the Spring of 2008. If you are interested in serving, please contact Membership at bpuglia@odu.edu or vpope001@odu.edu.

Events

A Karaoke Fund Raising Event took place on November 1st at The Music Box. The event went well and we were able to raise a lot of money due to the generosity and support of the staff at The Music Box. We hope to have another even there soon! Thanks to everyone who helped out!

The Community Service Event at Harbour Point was held on November the 3rd. It was a huge success and we hope to go back in the future!

The “Next Steps” workshop is scheduled for November 6th from 7-9pm.

Recognizing and Reporting Child Sexual Abuse Workshop is scheduled for December 7th from 2-4pm.

A Graduation Event is currently being scheduled through Events Planning. If you would like to donate money specifically for this event, please contact the Event Planning Chairs.

NCE and Comps Workshops are scheduled to begin January 19th.

Winter Graduation Event will be held on Saturday December 15th from 11am until 1pm in the Dean’s Conference Room and in the Atrium across from room 122 by the Dean’s Conference Room. Look for an e-mail from Event’s Co-Chair Elizabeth Prosek or contact her for more information on cost and registration.
Meet and Greet: Welcome Party

Omega Delta Chapter is proud to announce that the first Meet and Greet was a wonderful success.

We were happy to see many faculty members in attendance, as well as the Dean and Program Chair. Many committee and executive board members were also in attendance and helped with the set up and clean up of the event. As an organization, we were extremely pleased to see so much student and faculty interest. Katie Moore, chapter president, gave a rousing speech to motivate the organization forward and elicit student involvement. Many of our committee chairs also spoke to help provide a clear view of Omega Delta Chapter’s vision for the future of the honor society and its place within the counseling program, the university, and the broader community.

If this event was any indication, CSI will definitely become a beacon of motivation and success within the Counseling Program. Thank you to everyone who helped make this day a success!

STUDENT IDEAS AND EXPERIENCES NEEDED FOR PUBLICATION!

(Columns Editors: Liz Mellin and Richard Hazler) We are looking for CSI student member ideas and experiences to be published in the fall edition of EXEMPLAR. Submissions should speak to the “Student Insights” question listed below.

The new question is:
If you could improve counselor education training in one way, what would that be?

Submission deadline is November 15th.

Submissions of no more than 400 words should be made to Richard Hazler and Elizabeth Mellin by email at hazler@psu.edu or mail to: 331 CEDAR Building, Penn State University, University Park, PA 16823.

Notes from the President

The Omega Delta Chapter of Chi Sigma Iota is off to an amazing start! I’m so proud of our Executive Committee. Rather than taking it slow and easing into our first year, we’ve hit the ground running, planning two major fundraising events, two social events, two service projects, and no less than seven developmental events for the 2007/2008 academic year! Our goal from the start has been to focus on two of CSI’s core values: service and academic/professional development, and we’re on our way to meeting that goal with flying colors.

As President, my personal goal is to demonstrate to our members (and to potential members) the great value of CSI membership. Membership in CSI is much more than a line item on your resume or vita – it’s an opportunity to serve your community, to network and learn more about professional development, and to become more engaged in the Counseling program here at ODU. If you haven’t joined yet, I hope you will soon!

Membership Information

To become a member of CSI-Omega Delta Chapter here at ODU, you must be a graduate level counseling student with a GPA above 3.5 following at least nine credit hours. You can join at www.csi-net.org and make sure to include that you will be a member of the Omega Delta Chapter. Annual membership is $35 and chapter membership dues are $15 and should be given to faculty advisor Dr. Danica Hays.

STUDENT IDEAS AND EXPERIENCES NEEDED FOR PUBLICATION!

(Columns Editors: Liz Mellin and Richard Hazler) We are looking for CSI student member ideas and experiences to be published in the fall edition of EXEMPLAR. Submissions should speak to the “Student Insights” question listed below.

The new question is:
If you could improve counselor education training in one way, what would that be?

Submission deadline is November 15th.

Submissions of no more than 400 words should be made to Richard Hazler and Elizabeth Mellin by email at hazler@psu.edu or mail to: 331 CEDAR Building, Penn State University, University Park, PA 16823.
By April Sikes

The Wellness Committee goal is to promote professional and personal wellness in all aspects of life, be it mental or physical.

The Santa Claus Shuffle is a charity fund raising event to benefit Children’s Resources-Hampton Roads. On Saturday, December 08, 2007

Check in begins at 7:30 am and continues until 15 minutes before the start of each event. The 1 Mile Fun Run/Walk starts at 9:00am. The 5K Race starts at 9:45am. $5.00 entry fee to Norfolk Botanical Garden is included with participant registration fee. For more information go to: www.ChildrensResourcesHR.org

Saturday, October 27, 2007 The Beacon of Hope 5K is a run/walk to benefit I Need a Lighthouse, Inc., which is a non-profit organization that raises awareness on depression and suicide. For more information go to: www.ineedalighthouse.com

Saturday, November 03, 2007 The 4th Annual Race for Breath is a 5K Run/Walk, 1 Mile Run/Walk, and Kid’s Fun Run event planned for November 3, 2007 to benefit Lung Cancer awareness and research. www.raceforbreath.active.com

On Saturday, October 27, 2007 come join St. Mary’s Home for Disabled Children and celebrate the 19th Annual Children’s Run. Registration begins at 8 a.m. for this fun event designed for children and adults of all abilities, both runners and walkers. Run in the beautiful First Landing, Seashore State Park at the Narrows. www.kalerunning.com

Thursday, November 22, 2007 at The Mariners’ Museum there is a family oriented holiday morning event for all ages and athletic abilities. On the scenic grounds of The Mariners’ Museum Park, the out and back run stretches along a paved road lined with crepe myrtles, across Lion’s Bridge and onto the main Museum Drive. This race is the kickoff event for the local Marine Corps Toys for Tots campaign. http://www.therunnerssource.com

Wellness

Register!

NCE and Comprehensive Exam Review Sessions will be running from January 19th, 2008 until March 1, 2008.

PACKAGE DEALS AVAILABLE

CSI Omega Delta Chapter Members:
- 2 Sessions ... $12
- 4 Sessions ... $20
- 8 Sessions ... $30

Student Non-Members:
- 2 Sessions ... $15
- 4 Sessions ... $25
- 8 Sessions ... $35

Sign-up for CSI NCE and Comps Review Sessions

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<th>Time</th>
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Method of Payment: [ ] Check: CSI Omega Delta
[ ] MONEY ORDER: CSI Omega Delta
[ ] CASH

Bring photo ID on day of workshop for check-in

Contact Katie Moore for more Information: ksmoore@odu.edu

Turn in or mail payment form to
ATTN: Katie Moore, Old Dominion, Room 110 of the Education Building
It is a great time to get involved as the CSI Community Service Committee sets up its inaugural year of service here at ODU. This semester we are working hard to get service projects up and running and in place for the years to come. On Oct. 21st we will be representing CSI at The Dwelling Place Annual Walk-a-Thon held on ODU’s campus. We would love for anyone and everyone to come help raise money for the Dwelling Place and support this worthy cause. Our main service opportunity is going to be held on November 3rd at Harbour Pointe Medical and Rehabilitation Facility. We have organized a volunteer day that consists of spending time with the residents and leading them in a day of activities and appreciation. We hope that CSI can adopt this facility right in our neighborhood and continue to provide supportive community service in the years to come. If you are interested in these service opportunities, please contact Rebekah Byrd at rbyrd010@odu.edu for more information. Thanks for helping us make this a great year!

The Fund Raising Committee has several initiatives in the works for Spring 2008 to help raise money for students. As for this semester, we held a Karaoke and Costume Party at The Music Box on Hampton Blvd and W. Little Creek Road behind the Popeye’s. This event officially ran from 8pm until 10pm with prizes being raffled off towards the end of the evening from Checkered Flag Toyota and Entertainment Coupons. Students paid a cover of $2 of which the proceeds will go directly to our chapter. One free raffle ticket will be given at the door, with additional tickets costing $1.00. We hope that in the future we have an enthusiastic turn out to events such as this one. Spookyaoke was definitely a fund raising success and we hope to have many more!! Thanks to everyone who helped out and attended and thanks to the friendly staff and patrons of the Music Box! In the Spring, we plan to hold a silent auction, selling student services and donations. If you have any services (such as babysitting or an evening of gourmet cooking) or items you would like to donate, please contact Amanda Healey at ahealey@odu.edu.

**Schedule of Events**

- **11/1/07** — Karaoke Fund Raising Event at The Music Box on Hampton 8:00pm until 10pm.
- **11/3/07** — Community Service Day at Harbour Point
- **11/3/07** — Play Therapy Workshop with Dr. Christensen: Fund Raising and Professional Service
- **11/6/07** — Next Steps Workshops for Professional Development from 7-9 p.m.
- **12/1/07** — Play Therapy Workshop with Dr. Christensen: Fund Raising and Professional Development
- **12/2/07** — Reminder to turn in sign up form for NCE and Comp Review Courses beginning January 19th, 2008.
- **12/7/07** — Recognizing and Reporting Child Sexual Abuse Workshop from 2-4 p.m. for Professional Development.
- **12/15/07** — Winter Graduation Party in Dean’s Conference Room from 11am until 1pm.

**November 2007**

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OLD DOMINION UNIVERSITY is located in Norfolk, the hub of historic Eastern Virginia. A member of Virginia’s prestigious public college and university systems, Old Dominion is one of the oldest and most rapidly growing institutions on the Atlantic seaboard. The 200-acre campus borders historical, recreational, cultural and military facilities. Nearby are Williamsburg and Yorktown, the Chesapeake Bay and the Atlantic Ocean beaches, the Chrysler Museum, and NASA-Langley, the birthplace of our space program. Old Dominion University has a student body of nearly 19,000, and offers baccalaureate degrees in 65 areas, master’s degrees in 64 areas, two certificates of advanced study, and doctoral degrees in 21 areas. The University is composed of six colleges: Arts and Letters, Business and Public Administration, Education, Engineering and Technology, Health Sciences, and Sciences. Old Dominion’s primary mission is to meet the educational and professional needs of Hampton Roads and the students who come to the University.

The Darden College of Education prepares students for work in the dynamic and challenging fields of professional education and counseling. The college trains general and special education teachers, administrators, librarians and counselors, and prepares students for work in such areas as career management, family life education, and clinical speech-language pathology. The Darden College of Education is accredited by the National Council for Accreditation of Teacher Education (NCATE) and the Virginia Department of Education. The master’s program in counseling is also accredited by the Council for the Accreditation of Counseling and Related Educational Programs (CACREP). The University has initiated interstate certification contracts with 39 other states so Old Dominion graduates certified to teach in Virginia might gain reciprocal certification in such states as New York, New Jersey, Delaware, Pennsylvania, Connecticut, Maryland and North Carolina.

For More Information about the Counseling Program, please contact Admissions assistant Cynthia Walley at 757-683-6132 or by e-mail at cwalley@odu.edu. You can also get information in Room 110 of the Education Building.