

The H.P.C.

A Bi-Annual Periodical

Hike for Mental Health

Since December I have been working with a non-profit organization called, Hike for Mental Health. This organization joins together nature and mental health awareness. It raises money for mental health research as well as contributing a portion of their funds towards trail maintenance and preservation. The aim is to raise awareness around mental health, the stigmas, how people are affected and how it has taken many peoples' lives, as well as helping to increase the public's appreciation and responsibility of wilderness trails. I have always been passionate about the outdoors, and from my own time in the wilderness, I can speak to their therapeutic effect. I wanted to find a way to be an advocate in the field of counseling that also incorporated some of my other passions, and being involved with this organization has been that.

I decided I wanted to lead a hike and raise money for this organization, and An Truong and Darcy Wade expressed their interest and passion for the event too. We have been working hard to get the event ready, and we would love to have as many people participate as we can. This day hike is meant as a way to have people in the community come together in nature to talk about mental health. Please come join us for a few hours to enjoy the beauty around Boone and great conversation.

The hike will take place at Elk Knob State Park at 10 am on April 29th. See you there!

-Lexi Gross, First-year CMHC
grossa@appstate.edu.

We now have a Somatic Experiencing® Practitioner in house! Congratulations, Mark!

In January, first year CMHC graduate student Mark Read-Smith completed the last module of a three-year professional training in Somatic Experiencing in Tucson, Arizona. Working with trauma has been a focus for Mark for the past 16 years after seeing the toll trauma places on individuals and families when working for a crisis response team in Portland, Maine, and his work as a Certified Rolfer™ in his bodywork practice in Asheville, North Carolina. Mark brings a unique set of skills to the program in understanding how abnormal nervous system functioning and trauma affects mental health and the physical body. With his completion of the three-year professional training, Mark is honored to join his esteemed colleagues in becoming a Somatic Experiencing Practitioner. In May, Mark will become Assistant Teaching Faculty at the Somatic Experiencing Trauma Institute when he helps lead the next 3 year training that is starting up in Chapel Hill, NC.



North Carolina Counseling Association Conference Presentations

The aim of the study I conducted last fall was to research and present data on the benefits of implementing a comprehensive school counseling program, specifically in rural schools of the southeastern United States. In doing so, I compiled information about rural versus urban mental health needs, particularly in relation to children and schools.

Living in a rural area exposes residents to different stressors than those found in urban areas (Evans, Smokowski, & Cotter, 2014). Poverty is one such stressor: 25% of rural children live in poverty, and one out of five rural U.S. counties has a child poverty rate of more than 33% (USDA). Specifically, 14-15.1% of rural adults are living below the federal poverty line, compared to 11-12.5% of urban adults (Norris, Zajicek, & Murphy- Erby, 2010; Robbins, Dollard, Jordan Armstrong, Kutash, & Vergon, 2008).

Some mental health concerns are more prevalent in rural areas than urban. For example, depression occurs more frequently in rural areas (Robbins et al., 2008) and is the most common rural mental health issue, along with anxiety. Substance use is also particularly prevalent, with studies showing that rural youths are more likely to use alcohol, tobacco, marijuana, cocaine, and other illicit substances (Daly, Jameson, Patterson, McCurdy, Kirk, & Michael, 2015; Evans, Smokowski, & Cotter, 2014). Tragically, suicide amongst young people is also seen more often in rural areas (Bryant Smalley, Theresa Yancey, Warren, Naufel, Ryan, & Pugh, 2010; Robbins et al., 2008). These challenges faced by rural residents are compounded with low availability of mental health services. "More than 85% of Mental Health Professional Shortage Areas (MHPSAs) are in rural areas, and more than one half of all the counties in the United States do not have a psychologist, psychiatrist, or social worker (Bryant et al., 2010)." These findings would indicate an increased need for high quality school counseling programs.

The results of my study reflected a significant lack of assured implementation of comprehensive school counseling programs in the southeastern United States, despite data demonstrating their efficacy. I feel that this reflects a need for professional advocacy.

-Karen Ackiss, PSC

I had the privileged opportunity to present alongside an incredibly knowledgeable and compassionate group about the exploration of using Expressive Arts Therapy to reduce relapse with client's suffering from addiction. This group of Appalachian State's own professors and students consisted of Dr. Mark Schwarze, Dr. Melia Snyder, and graduate students Molly Caldwell, Meghan Rock, and me. Our fifty-minute presentation first explored the topic of why counselors need new and creative treatment approaches when working with client's who suffer from addiction and relapse. Our research explained how although relapse rates are high, traditional treatment outcomes are less than stellar. Thus, we explored and introduced the not-so traditional, yet effective approach of Expressive Arts Therapy (EAT). EAT, which is the practice of using all the arts together in an integrated way to foster human growth, development and healing, has been viewed as a promising alternative to help treat addiction. Also, EAT is a salutogenic approach that promotes a sense of meaning, manageability and comprehensibility for those who explore the process.

For addicted populations, those with a strong sense of coherence have higher rates of retention, abstinence, and survival (Abramsohn et al., 2009). We discussed further in depth how Expressive Art Therapy interventions have the ability to strengthen this sense of coherence in addicted populations and thus are valuable and authentic additional resources for counselors to utilize to help reduce relapse. We concluded our presentation with a short group experiential Expressive Arts activity that consisted of a guided meditation followed by a facilitated journaling exercise with a brief group processing discussion afterwards. All of the activities conducted were Expressive Arts-based and provided our audience with a first-hand opportunity to experience the depth and connectedness of Expressive Art Therapy in context. This presentation was quite well received and our group plans to continue exploring and researching this topic to collectively write an empirical article to follow later this year.

-Darcy Wade, First-year CMHC

Student and Faculty Achievements, 2017

Awards:

Dr. Dominique Hammonds - Creativity/ Innovation in Counseling Award, North Carolina Counseling Association, 2017; Elected Treasurer of the NCCA

Scholarships:

Fumie Abe, Sarah Beth Anderson, & Hollie Dinley - Jones Dotson Scholarship for Fall 2017
Beth Anderson - National Board of Certified Counselors Foundation 2017 Rural Scholarship
Juliana Blanton - Minority Scholarship

Recognitions:

Dr. Mark Schwarze - Elected President elect-elect of the NCCA

Intermodal Expressive Arts Facilitation

On March 27th, 2017, graduate students in the Intermodal Expressive Arts class held a facilitation open to the community. This facilitation centered on new intentions for spring and the new moon. It included journaling, gentle yoga, poetry-reading, and community clay molding. Through this experience, the facilitators hoped to have a greater understanding of guiding group art making and to convey the healthfulness of expressive arts therapy in group settings.

-Olivia Sullivan, First-year CMHC



Pictured top: Swathi Prahbu with her supervisors featured in "Professional Spotlight"

Pictured middle: students posing with Dr. Hammonds at the NCCA Conference

Pictured bottom: students presenting research posters to the Board of Visitors



NAMI on Campus

As an advocacy project, Marissa Sander, Jennifer Kline and I decided to restart NAMI on Campus. NAMI is the National Alliance on Mental Illness and is a wonderful organization that raises awareness about mental health all over the country. The goal of NAMI on campus is for students to feel they have a safe space to talk about their mental illnesses and to learn more. We plan to educate the campus with presentations and guest speakers as well as raise awareness with fairs, vigils, and walks. We look forward to seeing how the club unfolds this coming fall!

-Gray Tomalavage, First-year CMHC



Professional Spotlight

Daniels Magnet Middle School Student Services: Katherine Blanton, Chauncey Hatcher, & Christina Rush

Daniels Magnet Middle School in Raleigh, NC currently houses three talented professional school counselors who are passionate about helping their students succeed academically and personally; additionally, this semester these three counselors have worked together to provide a network of support and supervision to Swathi Prabhu, a student in the Professional School Counseling Program within the department.

Katherine Blanton, Christina Rush, and Chauncey Hatcher each bring their own strengths and skills to the student services department and to their roles as supervisors. Though Mrs. Blanton serves as the direct internship supervisor, each collaborate and consult with each other to best serve Daniels' students and to help their graduate intern grow professionally. As a team, these counselors worked together to create a comprehensive, developmental school counseling curriculum, with programmatic goals that help each of their grade levels succeed. Collaborating with all stakeholders in the school setting, these three counselors serve as leaders within their school working to minimize achievement gaps, teach students healthy coping skills, and advocate for students in every way. For example, this team of counselors actively promotes student equity by challenging racial disproportionality in discipline practices and by actively identifying underserved youth to ensure their access to and placement in rigorous coursework. Furthermore, this student advocacy for equity is demonstrated in the counseling groups these counselors have conducted—two of which identify students belonging to racial or ethnic minority populations and focus on helping them explore supports and strategies for personal and academic success. From systemic change to individual counseling, Mrs. Blanton, Mrs. Rush, and Mr. Hatcher work to positively impact the lives of the students they work with as well as the overall culture of their school. Their data-driven, goal-oriented, multilevel impact is evident by the over eight hundred students who have visited these counselors in Student Services the first semester of 2016 alone.

What makes these three counselors stand out in their field is their leadership both in the school setting and within Wake County. Each serves as the leader for their grade level's Professional Leadership Team, helping to coordinate monthly professional development opportunities for school counselor networking and consultation. As professional counselors and as supervisors their dedication to the field of counseling is recognizable in the work they've done each day this year and in the combined 37 years they've served as educators and counselors. *—Swathi Prabhu, PSC*

CSI: Boone

This March, CSI inducted a handful of bright new members. Among these were the new set of officers: Cierra Flanders, An Truong, Hollie Dinley, Blake Crooks, Marissa Sander, and Hayley Teague, pictured below.



NCCA
President
Angela
Brooks-
Livingston
and
Andrew
Burdette
chatting at
the
conference

Come Join Us This Summer!!

Expressive Arts Institute: May 15-19

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Expressive Arts

Interested in Research? Get involved!

Bryant Smalley, K., Thresa Yancey, C., Warren, J.C., Naufel, K., Ryan, R., & Pugh, J.L. (2010). Rural mental health and psychological treatment: A review for practitioners. *Journal of Clinical Psychology: In Session*, 66(5), 479-489. doi:10.1002/jclp.20688

Daly, B.P., Jameson, J.P., Patterson, F., McCurdy, M., Kirk, A., & Michael, K.D. (2015). Sleep duration, mental health, and substance abuse among rural adolescents: Developmental correlates. *Journal of Rural Mental Health*, 39(2), 108-122. doi:10.1037/rmh0000033

Evans, C.B.R., Smokowski, P.R., & Cotter, K.L. (2014). Cumulative bullying victimization: An investigation of the dose-response relationship between victimization and the associated mental health outcomes, social supports, and school experiences of rural adolescents. *Children and Youth Services Review*, 44, 256-264. doi: 10.1016/j.childyouth.2014.06.021

Hammonds, D.S. (2017, February). Dramatized Experiential Supervision: Action-based clinical feedback. NCCA: North Carolina Counseling Association, Annual State Conference. Durham, NC.

Hammonds, D.S. (2017, February). The Group-Guided Case Conceptualization Role-Play Model: Translating theory into practice. NCCA: North Carolina Counseling Association, Annual State Conference. Durham, NC.

Hammonds, D.S. (2017). Theoretical conceptualization for a new generation of trainees: The TCAD-CM. In *Ideas and research you can use: VISTAS 2017*. Retrieved from <http://www.counseling.org/knowledge-center/vistas>

Mehta, S. & Rosen, CM, (in-progress). Liminality and counselor identity.

Norris, A.N., Zajicek, A., Murphy-Erby, Y. 2010. Intersectional perspective of rural poverty research: Benefits, challenges and policy implications. *Journal of Poverty*, 14, 55-75. doi: 10.1080/10875540903489413

Prabhu, S. & Van Horne, J.W. (February, 2017) Best Practices for Working with LGBT Students in School in Our Current Climate. NCCA. North Carolina Counseling Association Annual State Conference. Durham, NC.

Robbins, V., Dollard, N., Jordan Armstrong, B., Kutash, K., & Vergon, K.S. (2008). Mental health needs of poor suburban and rural children and their families. *Journal of Loss and Trauma*, 13, 94-122. doi: 10.1080/15325020701769170

Rosen, CM, Brooks-Livingston, A, & Beeker, S (in progress). Now what? I am stuck: Supervisors assisting group counselors through impasses.

Williams, S.L. & Polaha, J. (2014). Rural parents' perceived stigma of seeking mental health services for their children: Development and evaluation of a new instrument. *Psychological Assessment*, 26(3), 763-773. doi: 10.1037/a0036571

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