

“From the Battlefield to the Classroom”

**Washington Community & Technical College Counselors
Association Spring 2010 Conference**

April 26th & 27th at Rainbow Lodge North Bend, WA



WCTCCA Spring Conference 2010

In the beginning of a new decade 2010, we as counselors are still facing the same old challenges of a bad economy, and the threat of budget cuts to our colleges. Sometimes, it seems like we are on a “merry-go-round” that keeps turning, and seemingly stops where it began, in the same old spot and doing the same old things !! This is not only about counseling, but it is about the real world outside our office door.

The prescription is not always simple, but we have learned to adjust to this way of life. However, there may be an antidote or a pathway that we can take. This pathway is sometime called the “*Professional Development*” path. On this path you come to a WCTCCA spring conference where you will meet others like yourself for empowerment, stress reduction, and just plain old fashioned fun. In the bible, there is a passage that reads “as iron sharpens iron,” which has been translated to mean strong members strengthen other members in an organization. Your WCTCCA spring conference 2010 may be the answer for you.

This spring conference will feature Dr. Peter Schmitt who will speak on veteran’s issues for those returning to the classroom and Steven & Lisa Tice who are military/family life therapists will speak on veteran disabilities. On Tuesday morning, our speaker will be Diane T. Young, credentialing manager of Washington State Department of Health, and she will talk about the new professional counselor credentialing requirements. And finally, we will have a fireside chat with Bill Donley, retired counselor and former webmaster for our WCTCCA webpage. He is funny and he will speak on the WCTCCA history from inside- the- tracks.

All of this will take place in a very scenic, beautiful environment at Rainbow Lodge. On the behalf of the steering committee, I am looking forward to seeing you there!!

Theophilus “T” Mungen,
WCTCCA President
Tacoma Community College

Conference Highlights, Details, and Information...

Conference Schedule

(Subject to change)

Monday, April 26, 2010

10:00 – 11:45 Check In

12:00 – 12:45 Lunch/Opening Remarks

1:00 – 3:00 When the Civilian-Warrior Comes Home W/ Peter Schmidt

3:00 – 3:15 Break

3:15 – 5:15 Veterans with Disability Issues w/ Steve and Lisa Tice

5:15 – 6:00 Social

6:00 – 6:45 Dinner

7:30 – 9:00 Fireside chat w/ Bill Donley

Tuesday, April 27, 2010

7:15 – 7:45 Breakfast/Check-Out

8:00 – 9:00 Washington's New Counseling Credentialing Laws and Regulation w/ Diane Young and Tracy Hansen

9:00 – 9:15 Break

9:15 – 10:15 Standards of Practice w/ Earl Martin and Neera Mehta

10:15 – 11:30 Business Meeting

Conference Fees

- Yearly Dues** **\$10**
(09/10)
- Conference Fee** **\$30**
- Room/Meals**
 - Double** **\$80**
 - Single** **\$85**

Overnight lodging includes meals.

Do's and Don'ts...

- Bring own towels and personal items.** Bedding is provided.
- Alcohol policy: beer and wine only.
- Room linens to be removed from each room by guests during check out or you will be back charged.**
- Park at the front of the lodge only while unloading your car -- then move it to the parking area.**
- No smoking or candle/incense burning permitted inside lodge. Outside covered areas provided for smoking.
- No pets.



Social hour

"Get ready to play"

Do you have an ugly shirt hanging in your closet...well bring it out for the ugliest shirt contest. The winner is the one with the ugliest shirt and the best story to go with it.

Next, we will play Salad Bowl Charades...more details on April 26th

Lodging Information/Directions...

Rainbow Lodge Retreat Center

46820 SE Mount Si Road
North Bend, WA 98045
(425) 888-4181

Rainbow Lodge is a few minutes from Exit #32 off Interstate 90.

- Take I-90 east from Seattle, west from Ellensburg to exit #32 (436th Ave.).
- From Seattle, take a left on 436th, back over freeway to stop sign. From east of mountains, take a right on 436th. Follow 436th until you come to a "T".
- Turn left onto North Bend Way.
- Take the first right - SE Mount Si Road.
- Drive three miles (on a very windy road) - Rainbow Lodge is on the left.

Conference Topics and Presenters

“When the Civilian-Warrior Comes Home...And Back to School: Academic Reintegration Creating a Culture of Understanding, Education, Support, and when necessary, Referral”

(1:00 – 3:00 Monday)

Presenter: Peter Schmidt

Objectives

- 1) Describe the psychosocial and environmental stressors experienced by veterans in a combat zone.
- 2) Explain how military training and BATTLEMIND influence behavior in the academic setting.
- 3) List common issues of readjustment from military to civilian life.
- 4) Observe the impact of invisible wounds, particularly PTSD, on the life of the veteran.
- 5) Compile a list of veteran best practices for your campus.

The journey from boots to books, military to student life can be an adjustment for our student veterans. Two million troops have served in Iraq and Afghanistan with almost half deploying twice. It is estimated that one in five of our OIF/OEF veterans experience a combination of depression, Post-traumatic Stress Disorder, and mild Traumatic Brain Injury. The purpose of this session will be to explore combat stressors, BATTLEMIND, readjustment issues, barriers to mental health, and be more deeply aware of the experience of PTSD. Campus best practices will be highlighted. The participant can expect to begin the journey toward veteran cultural competence.

Biography

Peter Schmidt, Psy. D. is a contractor for the Washington Department of Veterans Affairs and provides outreach and consultation to higher education institutions and their counseling centers in Washington state. He has offered a variety of workshops on Veteran-related topics at community and technical colleges and universities. Collectively Peter has assessed, diagnosed and treated veterans as a counseling subcontractor and practicum student in Aberdeen and Everett for over six years. He also had the opportunity to facilitate a restorative retelling support group for inmates (military veterans) at McNeil Island Corrections Center. Peter has an extensive background in student services as a tenured counselor/instructor at Grays Harbor and Everett Community Colleges, as director of counseling, and in instruction teaching full-time in the psychology department for five years. Currently Peter serves as senior associate dean of student success and retention, and is chair of the Veterans Resource Team and advisor of Club Vet at Edmonds Community College.

“Disability issues of combat veterans on campus and in the classroom”

(3:15 – 5:15 Monday)

Presenters: Steven and Lisa Tice

After they return home, the impact of war continues for many our soldiers with too many of them returning with PTSD, Traumatic Brain Injury or other war related disabilities. Steven and Lisa will focus on the impact these disabilities have on our veterans and ways to better support them as they pursue their academic goals.

Biographies

Steven Tice is a certified trauma specialist with nearly 30 years experience in the field of post traumatic stress disorder (PTSD) treatment. He spent 19 years in the Department of Veterans Affairs as a PTSD therapist, outpatient program director, associate regional manager for counseling services as well as the director of the nationally recognized inpatient PTSD treatment program at the American Lake VA Medical Center. He has published both journal articles and book chapters on topics associated with the treatment of PTSD. He has also been featured in both the national written and electronic media to include television news programs such as ABC's 20/20 and Nightline. Since his retirement from the VA in 1999, Steven has served as a consultant and a presenter at PTSD conferences often presenting with his wife, Lisa, both locally and nationally. Steven is a Vietnam combat veteran serving in the war zone in 1968 – 69 as an infantryman with 101st Airborne Division. He was catastrophically wounded in 1969 when hit by a rocket propelled grenade during the Battle for Hamburger Hill. He has utilized his personal knowledge as to the horrors of war to assist other soldiers and their families in making a personal peace with their memories of war. In response to the current wars in Iraq and Afghanistan, Steven has returned to a part time practice treating the men and women who have struggled in their post war adjustment to their homeland.

Lisa Tice is a Military & Family Life Consultant (MFLC) with the Joint Family Support Assistance Program. She is mobile and available throughout Washington State to provide free, confidential (no record-keeping) short-term problem solving counseling to military personnel and their family members. She also provides educational presentations on self and family care strategies and helps connect military families with resources and referrals to other service providers when needed.

Lisa received her master's degree in social work from the University of Washington in 1996. She has been a Licensed Independent Clinical Social Worker since 2002. Her clinical training included a year at the American Lake VA Medical Center in Tacoma, Washington. Last year Lisa concluded a 12-year career with the University of Washington, Tacoma (UWT) where she worked as Manager of Disability Support Services advocating for students with a full variety of emotional, psychological, physical and sensory disabilities. She also served intermittently as acting lead counselor and on the counseling staff in the UWT Student Counseling Center. Many students with whom Lisa worked were veterans, active service members and military family members.

“A Fireside in the Round – History of WCTCC”

Presenter: Bill Donley

(7:30 – 9:00 p.m., Monday)

Bill is enjoying retirement now but we were lucky to snag him to come share with us the history of WCTCCA. Bill was a community college counselor for many, many years. He was the former webmaster of our WCTCCA webpage and also served as treasurer for WCTCCA. So come join us for this fireside chat.

“Washington’s New Counseling Credentialing Laws and Regulations”

(8:00 – 9:00 am) Tuesday

Presenters: Diane Young & Tracy Hansen

Diane and Tracy with the Washington State Department of Health will provide an overview of the laws and rules related to the new counselor professions and an overview of the application requirements and process for these professions :Agency Affiliated Counselor, Certified Adviser, Certified Counselor, Chemical Dependency Professional Trainee, Marriage and Family Therapist Associate, Mental Health Counselor Associate, Social Worker Associate Advanced, Social Worker Associate Independent Clinical

Biographies

Tracy Hansen, Health Service Consultant with Health Systems Quality Assurance, Office of Customer Service will be assisting me with the presentation. Tracy is very knowledgeable and experienced; as she has been involved in health professional licensing with the State of Washington for over 25 years. During the time of the counselor legislation that eliminated the counselor registration and created the new counselor credentials, Tracy was the program manager. As program manager for the counselor professions she was actively involved in review of the legislation and development and writing of the rules for the eight new counselor professions. Tracy developed the application forms and instructions for the new counselor professions and was significantly involved in development of the credentialing processes.

Diane Young has been with the Department of Health, working in various licensing and regulatory capacities since 1993. In May 2008, She was assigned to the position of Credentialing Manager for Health Systems Quality Assurance, Office of Customer Service. As Credentialing Manager, She is responsible for managing five teams (48 employees) who are tasked with initial receipt and intake, background checks (criminal and professional), review of profession specific requirements, approval or denial of new applications for over 150 different credential types. The credential types we work with include: various health professions, emergency services and professionals, pharmacies, drug firms, and pharmacy professionals, and various health care related facilities. Our Credentialing Section issues more than 45,000 new credentials each year. Our Credentialing Section is committed to assuring qualified professionals and services to care for our friends and family here in Washington State, as we balance the need for ‘access to care’ and ‘public health and safety’.

“Roles of the Washington Community and Technical College Counselor”

(9:15 – 10:15 am) Tuesday

Presenters: Earl Martin and Neera Mehta

Earl Martin and Neera Mehta will present the culmination of many years of work around creating more clearly defined counselor roles and standards of practice for community and technical college counselors in our state. They were charged with this task at our last Spring meeting, and are eager to share their work with you and hear your feedback.

Biographies

Dr. Earl Martin has been a counselor at Everett Community College since 1990. Since 1999 he has been the Director of the Counseling, Advising and Career Center. He has been an active member of WCTCCA and has served two terms as President.

His educational background includes an Ed.D. in Educational Leadership and Policy Studies (2004, UW); M.S. in Counseling Psychology (1990, CWU); B.S. in Pedagogical Studies (1991, CWU); B.A. in Psychology (1986, CWU). He is also a proud graduate of our system with an A.A. degree from Highline CC in 1984.

Dr. Martin wrote his doctoral dissertation on "An Analysis of Staffing Issues Related to Counselors and Advisors in the Washington State Community and Technical College System."

Neera Mehta is a Licensed Mental Health Counselor (LMHC) in the State of Washington. She has a B.S. in Psychology from University of California, Davis and an M.S. in Counseling Psychology from California State University, Stanislaus. She has worked in the Counseling and Resource Center at Edmonds Community College prior to joining Lake Washington Technical College, where she works currently as a counselor.

She has worked in the non-profit community mental health arena in King County for about 5 years. Neera has worked with children of all ages and their families, as well as adults, addressing issues such as depression, anxiety, academic issues, and relationship issues.

Neera's approach to counseling is primarily Cognitive-Behavioral. She is directive, solution-focused and emphasizes self-responsibility in her work.

Conference Steering Committee

Theophilus Mungen – Tacoma Community College
Annemarie Solbrack Clover Park Technical College
Dale Zeretzke – Seattle Central Community College
Margaret Vlahos – Whatcom Community College
Brian Shook – Grays Harbor College
Elizabeth McKinney – Green River Community College

For conference information contact

Margaret Vlahos, mvlahos@whatcom.ctc.edu 360.383.3564

Dale Zeretzke, Dzeretzke@sscd.ctc.edu 206.587.3830

Extra Things To Consider and Plan for . . .

5.0 NBCC Continuing Education Credits (CEUs) are available for professional activities at this meeting, very inexpensively. We encourage you to support your credentials by taking this option.

The registration fee for these CEUs is \$ 30 preferably paid with your pre-registration although this can be paid at check-in.

Due to statewide travel and budget restrictions, we encourage you to plan now and creatively. This is one of the most low cost professionally impactful meetings you will find available. We want to see you there and think this is one you won't want to miss.

Rainbow Lodge is a very comfortable and peaceful conference venue however please be reminded that there are a couple house rules we need to be aware of:

- You must bring your own bath towel, washcloth and related personal items
- You must strip the sheets from your bed and place them in the hall, upon checkout. Oversight of this causes a back charge to you of \$10.
- Please be sure to note any nutritional (or other) needs or restrictions on your pre-registration

WCTCCA 2010 CONFERENCE REGISTRATION

Please Print Clearly

Name _____

College _____

Mailing Address _____

City _____ State _____ Zip _____

Work Phone (____) _____ Email _____

ADA Accommodations _____

Food Restrictions/Allergies/Dietary Needs _____

Fees

*[If you are only attending for one day please include the Rainbow Lodge's "Day Use Fee" and any meals you plan on being able to join us for, as well as your Annual Dues and Conference Fee. **If you are staying overnight, meals and Day Use Fee are included and you need not itemize them**]*

Conference Fees - \$30.00

WCTCCA Annual Dues - \$10

5.0 CEUs - \$30

Double Room (includes all meals and day use fees) - \$80.00

Prefer to Room With _____

Single Room (limited availability / includes all meals and day use fees) - \$85.00

If not staying over night:

\$10/day Day Use Fee Required for single day attendance / each day

\$11 Lunch 4/26

\$12 Dinner 4/26

\$10 Breakfast 4/27

Payment Method/Information

Please make checks payable to "WCTCCA." **We are not able to accept credit card payments.**

Deadline ***for pre-registration with payment must be received by Wednesday, April 14, 2010.***

Total Amount Enclosed: \$ _____ Check College Purchase Order # _____

Mail Registration Form and Payment To:

WCTCCA
Margaret Vlahos, counseling
Whatcom Community College
237 Kellogg Road
Bellingham, WA 98226