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President's Message



Andree' M. Sutton,
Ed.S., LPC, NCC
ACEG President

Greetings and welcome to the second edition of the ACEG newsletter!

For those of you that had the opportunity to attend the ACA conference in Cincinnati you know firsthand what a great time was had.

Hearty, and sincere, congratulations to all who participated in the PDI spearheaded by our President - Elect Seth Hayden. Thanks as well to all of who helped man the booth –

your tremendous efforts helped spread the word about the great work ACEG is doing. I'm sure we will see great results regarding new memberships.

Our mixer with NECA was also a great collaboration and a great opportunity to share common goals and objectives and it's always great to see Dr. Kay Brawley.

As most of you may know I am passionate about employment counseling and having the opportunity to connect Veteran and Military clients to employment resources is critical for their successful readjustment. It's also critical to have the right individuals ready and armed with the correct information to help support our Nation's finest.

Many counseling professionals at the ACA conference were unaware of the correct site for posting of VA jobs for LPC, Social Workers and Psychologist

so I will pass it on again, its www.vacareers.va.gov

We are also looking for Peer Support Specialists. This is a new position within the VA. It provides a great opportunity for Veterans successfully managing their PTSD/ readjustment/mental health issues to be able to reach out and help other Veterans still suffering.

Finally we need you! ACEG is a great avenue for individuals to participate in a variety of different forums. Writing one of your passions? We have the newsletter as well as the journal where you can participate in a number of ways. Is social media more your style? We are constantly looking for individuals to update and participate in our Facebook and Twitter feeds. Thanks for all you do every day to support ACEG!

Very best regards,
Andree'

The deadlines for submissions to future issues of the E-Report are: July 2, 2013, October 2, 2013, and January 2, 2014
Send your articles and story ideas to bnoah@acegonline.org

Notable Achievement Award

By: Sharon G. Seesholtz, Awards Chairperson



Dr Grey H. Edwards

Grey H. Edwards, our 2013 Notable Achievement Award recipient, has served in nearly every facet of the U.S. Army adult education program over the last 38 years, including in combat situations. He risked his life as a military educator on a special three member team in Baghdad, Iraq conducting critical educational testing of combat troops, well before civilian educators were allowed in that combat zone. He volunteered and was selected four times to serve "down range." He served with the lead party to set up services and programs in the war theater (Macedonia in 1998), Iraq in Nov/Dec 2003, and Afghanistan and Uzbekistan in

2004. Traveling by helicopter, he met, counseled and tested soldiers in Baghdad, Tikrit, Mosel and Balad, Iraq. He traveled by HUMVEE convoy, to meet with newly arriving Education Services Specialists in Kabul.

Throughout his years as a military educator he has been concerned with raising the profile of military educators within the civilian education community. From 2001-2006, he served as the President of the Commission of Military Education and Training, and in 2007 he was elected as the President of the American Association of Adult and Continuing Education-the only military educator ever to serve

in that capacity. From 2009-2011 he served as a Director on the ACEG Board of Directors, then as President from 2011-2012.

Concurrently he has focused his attention on the activation of the Maneuver Center of Excellence at Fort Benning, GA-one of six war-fighting centers being created with the reorganization of the US Army directed by the Base Closure and Realignment Commission, commonly known as BRAC. Congratulations to Dr Grey Edwards in honor of his lifetime of professional contributions and achievements, with gratitude from ACEG.

Professional of the Year Award

By: Sharon G. Seesholtz, Awards Chairperson



Dr Angie Waliski

Angie Waliski, our recipient of the ACEG 2013 Professional of the Year, is a Department of Veterans Affairs Health Research Scientist at the Central Arkansas Veterans Healthcare System (CAVHS). She is an independent junior investigator who conducts research to develop and implement evidence-based mental health practices. Her primary areas of research and expertise are child and adult trauma, military children and families, and suicide among Veterans and military personnel. She has been appointed by the governor to serve as a mental health professional for the Arkansas Task Force on Abused and Neglected Children and is a past president of the Arkansas Counseling Association (ArCA), and a previous recipient of the American Counseling Association (ACA) Emerging Professional Award. In addition, she serves on the editorial board for the ACEG Journal of

Military and Government Counseling.

In April of this year Angie completed her VA polytrauma fellowship, which resulted in five publications, two articles provisionally accepted for publication, and numerous presentations for clinicians and services providers with the VA, ACA, ArCA, ACA and with our organization, ACEG. In addition to her subsequent work as a junior investigator, Angie has also worked with the VA Center of Excellence (CoE) for Suicide Prevention, and became the primary investigator for the implementation of the "Partners in Care" (PIC) program. PIC is conducted by NG State/Joint Forces Chaplains who coordinate support for National Guard (NG) members and their families by building partnerships with local faith-based communities. At the request of a Chaplain of the Virginia Army National Guard (VANG) Angie has also researched the causes of the recent increase

in suicides among VANG soldiers. Through funding from the CoE for Suicide Prevention she established a team that developed a protocol and conducted face-to-face interviews in September with eight family members of soldiers who had committed suicide within the past year. The VA is using the interview guide for the study to develop an instrument that VA clinicians can use to conduct psychological autopsies of Veterans who died by suicide. Although the analysis is not complete, it is anticipated that this preliminary investigation will lead to a full-scale study.

Our professional of the year award goes to Dr. Angie Waliski in honor of these recent contributions and achievements, as well as in recognition of her service to ACEG as a Director on our Board of Directors.

President-Elect's Message



Seth Hayden Ph.D.
ACEG President-Elect

This past March, the Association for Counselors and Educators in Government held our annual professional development institute (PDI) in conjunction with the American Counseling (ACA) Conference in Cincinnati, OH. The theme of the PDI was *Supporting Military Families*. The full-day workshop provided several content sessions around this topic offering a wide array of ways in which counselors and educators can address the needs of this population.

The day began with a local JROTC unit, Diamond Oaks JROTC, presenting the colors. The president, Andréé Sutton, and president-elect, Seth Hayden welcomed the participants highlighting the need for engaging discourse throughout the day. After the welcome, the day of learning ensued.

LTC Judith Mathewson and Claudia Vangstad discussed building resiliency in military couples and families sharing an interesting ac-

tivity to use when working with children of military families. Dr. Angie Waliski followed by discussing building community support for military service members, veterans, and their families sharing interesting statistics related to issues experienced by those within our military population in addition to a faith-based intervention to support service members and their families.

Dr. Lynn Hall, author of *Counseling Military Families* and our featured presenter described in detail the concept of military culture and the degree this intersects with military families. Dr. Hall's engaging presentation had participants processing the connection between the context of the military and the experiences of family members. The day was segmented into morning and afternoon sessions by our ACEG Awards Luncheon.

During the Awards Luncheon, Richard Yep, the executive director of ACA, discussed the advocacy efforts of the national organization to provide counselors more access to our military population and family members. Dr. William J. Davis Jr., an associate professor and veteran, discussed interagency collaboration to support military families highlighting the need to understand the culture of organizations to facilitate effective collaboration.

The afternoon session commenced with Dr. David Fenell presenting on selecting effective approaches when working with military families with a

large focus on the career development needs of family members. Dr. Michael Keim shared his research related to counselors supporting children of military families in K-12 schools highlighting how school counselors in close proximity to military installations tend to consider the impact of the military experience on children's behavior and functioning. Finally, Dr. Leigh Green and Dr. Seth Hayden discussed the needs of family members of student veterans offering interventions universities can provide to address the support this population. The day concluded Dr. Lynna Meadows-Morton, the president-elect elect of ACEG, sharing information on ACEG at the ACA conference as well as priorities for the upcoming year.

The 2013 ACEG PDI provided useful information for both practitioners and researchers interested in this topic. The interaction between participants and presenters created an intellectually engaging environment of knowledge development. The overall sentiment was to continue these discussions and for ACEG to provide ongoing opportunities for similar engagement. The ACEG PDI provided a successful kickoff to the ACA conference as participants began the week having obtained applicable information related to their work.

Lynna Meadows Morton, President-Elect-Elect, is soliciting ideas for the theme of the 2014 PDI in Hawaii on March 27. Please, forward any suggestions for a theme or topics to lynnameadowsmorton@comcast.net.

Past-President's Message



Grey Edwards
Past-President

Departing Words from Past President:

July 1 is fast approaching and it is time to go off the Board of the Association of Counselors and Educators in the Government (ACEG). It has been an honor to serve as a Director, President Elect, President, and Past President the last five years.

I have always wanted to share with the greater counseling and educational arena all the creative, innova-

tive, cutting edge techniques, and technologies that military counselors and educators are involved with.

I continue to be so impressed and inspired by all the new and passionate military counselors and educators that continue to join ACEG. They are our future and will only enable us to get us to greater heights.

It is heart-warming to know that professionals from all fields of counseling are so will-

ing to work with the Military Service Members who have so unselfishly given of themselves in defense of their country.

Once again, thanks to many professionals who have supported me the last five years in ACEG. I look forward to the new leadership taking us to higher levels.

Respectfully,

Grey

Editor's Note



Ben Noah, PhD

This issue highlights (in pictures) the 2013 PDI—plans are already being made for the 2014 PDI in Honolulu. I want to encourage our grad student members to submit to the *Meet the Next Generation*. This column is intended to feature one of our graduate student members. If you have a student you would like to highlight, or if a stu-

dent wants to highlight him/herself, send me an article and headshot.

There were not as many articles submitted and I want to encourage everyone to consider submitting an article on any topic related to the ACEG mission and population—our military and veterans. I received one article concerning the ACA Veterans Interest Network. This is a new

group within ACA with a purpose very similar to ACEG's.

In the last issue I asked for help with the newsletter and had two of our student members respond—so, welcome to Shannon Ng and Jennifer Sztalkoper coming on as assistant editors. I'm still looking for some help with the webmaster position—if you are interested, let me know.

Meet the Next Generation



**Angela Hubbard,
MS, NCC
Capella University**

Even before I embarked on my graduate school journey I have been passionate about serving the military community. That's because eight years ago I became a proud member of that community when I married a US Airman. Our story is the classic military tale – boy meets girl over internet (but turns out we knew each other from our home town!), boy and girl establish a long distance relationship (he was stationed in Texas and I was living in Mary-

land), boy gets word he is deploying to Iraq and at the airport on his way to Baghdad boy proposed to girl! We spent 7 months apart and 3 short months after he returned home we were married. Immediately after our wedding we moved halfway across the country to a land that was, in almost every way, different than I had ever known. Two weeks after moving into our first apartment together, my husband was sent on a short tour of duty (TDY) to the Middle East. He was gone for six weeks and there I was alone in what felt like the middle of nowhere. In my loneliness I reflected and realized that during this first year of our relationship, we had spent a total of 2 months together.

What I have learned in my 8 year career as military spouse is that my story is not unique. My story is echoed by many others who married, moved away from family, and jumped into a world for which they were incredibly unprepared. So what happens when you are young, newly married, and your husband is halfway across the country in a dangerous situation with little communication? You cannot help but experience symp-

toms of depression and anxiety.

This is why I believe it is crucial for military mental health professionals to understand the cultural issues affecting this population. For a young military spouse, my symptoms of depression and anxiety were normal considering the events I was facing. I know I would have benefited from a caring mental health professional that normalized my feelings and helped me to integrate into the unique culture of the military.

Those early lonely days as a military spouse are what propelled me to return to school and pursue a degree in Mental Health Counseling. My goal is to work with military families to help them with their mental health, career, marital, and parenting needs that they may face. Sure the stigma is strong and there is reluctance to reach out for help, but underneath there is also a hunger and a yearning to be heard and to be told it's normal!

The bravest are surely those who have the clearest vision of what is before them, glory and danger alike, and yet notwithstanding, go out to meet it. **Thucydides**

What is the ACA Governing Council? What does our Representative do?

By Sharon G. Seesholtz, ACEG Governing Council Representative



Each year ACEG members vote for our Division Officers. Every three years we elect a Governing Council Representative. Until I considered running for the honor of representing ACEG on the Council, I was only vaguely aware of how and why it functions. My knowledge was limited to what I learned by reading the Governing Council Reports in our ACEG Newsletter. Since this is my First Report, starting with information about the Council seemed appropriate.

I was appointed by the ACEG Executive Board to take office early as our current Council Member, A. Robert Iverson, who has served in this position for the last two years was unable to attend the meeting in Cincinnati, March 19-20. To assist in your knowledge base, taken from the ACA Manual of Policies and Procedures is an explanation of the Council, the Role it plays in the organization as well as information on the Role your Member plays.

The role of the Governing Council of the American Counseling Association is to establish policies that govern the affairs of the Association and to oversee the Association. The Governing Council functions to further the mission of ACA by enhancing the quality of life in society; by promoting the development of professional counselors, advancing the counseling profession, and by using the profession and practice of counseling to promote respect for human dignity and diversity. Es-

entially, the Governing Council acts similar to a legislative body in conducting the major business of ACA and in establishing the future direction of the Association. (For a full description of the Governing Council see ACA Bylaws References: Article X; Section 3. Meetings of Governing Council. a-d.)

The role of the Governing Council Member is to participate in the functioning of the Governing Council of the American Counseling Association. The functions of the Governing Council Member include such activities as support and enforce the Bylaws and Ethical Standards of the Association; to attend all scheduled meetings of the Governing Council and its committees as assigned, keep informed of the activities of the Association, and be informed concerning the issues to be considered at meetings of the Governing Council; participate fully in discussion and make sound policy decisions which are based on independent judgment, good faith toward ACA, and available information and facts; and so forth. (Reference the ACA Bylaws for a full description of the Governing Council Member.)

For further information about ACA and further information about the Council you may click on this website: http://www.counseling.org/AboutUs/PDF/Manual_of_Policies_and_Procedures.pdf

The Governing Council considers motions that involve simple accepting of last meeting minutes to changes in By-Laws or any other policies that affects the organization. Here is a listing of actions taken, although not exhaustive, for your information: A new Division was approved to be part of ACA: *The Association for Child and Adolescent Counselors*. A list of appoints was submitted by President-Elect-Elect Robert Smith.

New Interest Networks: Sexual Wellness in Counseling, ACA Interest Network for Integrated Care. ACA Policies and Procedures Manual (March 2013). The Financial Affairs Committee recommendation that the Management Services Fees that each Division pays ACA is raised \$.50 per member in FY2014 (\$11.45) and \$.50 per member in FY2015 (\$11.95).

The Financial Affairs Committee recommendation that dues be increased for Professionals and Regular Members by \$2 and increase Student, New Professional, and Retirees by \$1. The FY2014 Budget reflecting \$11,584,820 in Operating Revenues, \$11,572,808 in Operating Expenses, an excess Operating Revenue over Operating Expenses of \$12,012.

Bylaws Change: There shall be five classes of voting membership: Professional, Regular, Student, New Professional, and Retired.

(Con't p. 9)

ACA Governing Council (continued)

Retired members are: a) Individuals must be fully retired and not working; b) Individuals who have retired but continue working part time, 10 hours or more a week, consulting, teaching or working as a contractor are NOT considered retired; c) Volunteering does not count as “working in the profession” – individuals can volunteer and qualify for retired status, however, ACA members are encouraged to maintain the active Professional/Regular status if the nature of the volunteer work require professional liability insurance.

Governing Council shall meet at least once per year. A meeting will be held immediately prior to or following the annual conference.

ACA establish a Disaster Mental Health Essential Skills and Competencies Certificate available to those who complete the ACA Disaster Mental Health Essential Skills and Competencies Learning Institute. The ACA Executive Committee of the ACA Governing Council is expanded from one ACA regional representative to include two ACA region representatives. Establish a new Standing Committee call the Compensation Committee.

ACA Executive Committee shall meet at least twice per year in addition to the Governing Council meeting.

Bylaws Change: A Student ACA member who is in good standing in a counseling program that is regionally accredited shall be elected by the ACA membership as a voting member of the Governing Council

into a two-year, non-renewable term. Only Student Members of ACA can vote for the Position. Such Representative must remain in good standing with ACA and either remain in good standing with their program or successfully complete their studies in order to retain their eligibility to serve as the ACA Student Representative. Each Region and Division may nominate a Student Representative to Governing Council and the election will be for an At-Large Position to Governing Council. **(ACEG student members note this!)**

The Executive Committee of ACA/ Governing Council shall consist of the President, President-Elect, immediate Past President, Treasurer, Executive Director, two Governing Council members, and one Member-at-Large to represent underrepresented groups in ACA. The Treasurer and Executive Director shall serve ex officio, without vote. At the last Governing Council meeting of the Association year, two Division members and one Region member for the next year will be elected for one-year terms by the voting members of the present Governing Council from among Governing Council members who will be serving on the Governing Council the next year.

The member to represent underrepresented groups shall be elected for the next year for a one-year term by

the voting member of the present Governing Council from among Governing Council members who will be serving on the Governing Council the next year. Region, division and the member to represent underrepresented groups may serve a maximum of two consecutive one-year terms.

ACA Task Force on Crisis Response Planning: Staff make available time at the national convention beginning in 2014, for ACA to present a day-long preconference learning institute (LI), designed to provide essential skills to counselors who plan to provide disaster mental health services. This LI would be entitled Disaster Mental Health Essential Skills and Competencies. This offering should be at a time when it does not compete with the American Red Cross Foundations of Disaster Mental Health. The curriculum and presenters for the LI will be developed by the taskforce in consultation with the Trauma Interest Network leadership. ACA may periodically review the demand for and benefit from the LI, in determining whether to continue offering it, modify it, or discontinue it.

President-Elect Cirecie A. West-Olatunji announced her appointments to the various ACA Governing Council Committees. I was appointed to the Ethics Appeal Panel.

Summary of the General Meeting

The ACEG General Business meeting was held on March 21, 2013 in Cincinnati. Andree’ Sutton called the meeting to order and extended her thanks to board and membership for their work for ACEG. Special thanks was extended to Col. (Ret) Frances E. Stitt USAF for her work throughout the years as a volunteer with ACEG and specifically her work behind the scene at the ACA Conference. Andree’ also acknowledged the Junior ROTC for their work at the PDI Conference.

Seth Hayden provided an overview of the PDI on March 20 stating that the PDI provided high quality presentations and was consistent with the Military Family theme. The Treasurer’s Report indicated a

current balance of \$15,854. Current membership stands at 220. Seth reviewed the By-Laws and recommendations from the By-Laws Committee. He discussed the need to consider making some changes to time frames and language.

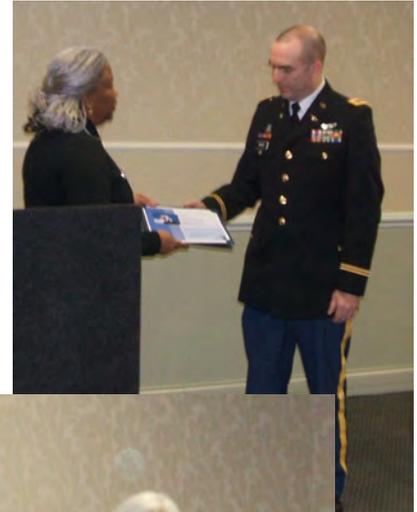
Seth made a call for Committee Volunteers (i.e., Membership, Publication). He also promoted the development of a Program Committee for the PDI. Laura Reed Goodson recommended that a small committee of veterans or veteran family members be included in each committee to act as advisors. Sharon Seescholtz discussed the evolution of ACEG

and the need to develop PDI to meet the needs of all members. Historically, ACEG membership was made up of government educators and counselors. However, as time has evolved ACEG has grown to include educators in universities and counselors in private practice.

Monica Reider discussed the issues regarding the hiring of counselors within the VA and the lack of a grandfathering clause for Licensed Professional Counselors who are older and completed their program before CACREP was the standard. She also discussed problems regarding the lack of financial support for conferences which may impact ACEG and ACA attendance. Leah Green reviewed the ACEG Booth and discussed times that still remain uncovered and asked for volunteers to provide coverage.

Cincinnati 2013 PDI

The PDI in Cincinnati was wonderful—learning sessions to challenge us, traditions, and dedicated people. Become part of the fun. Hawaii in 2014!



Unless otherwise noted, all photos by Ben Noah



This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

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Veteran's Interest Group by Natosha Monroe

The ACA Veterans Interest Network (VIN) is a newly-chartered group who welcomes any ACA member with an interest in counseling-related issues of service members and/or their families. We are comprised of non-military members, veterans, military families, and current/previous/retired troops from all military branches. Our veterans function as advisors and educators on military-specific matters, and all members are offered opportunities to get involved through education, outreach, advocacy, and liaison efforts to advance mental health care services for troops and families.

Specifically, Veteran ACA members formed the Veterans Interest Network as a means of organizing support and efforts to address the following:

Advocacy: This group wishes to assist ACA in efforts to advance our profession both in the VA system *and within military branches (Department of Defense)*. While ACA aggressively engages challenges in the civilian VA system, there is currently no effort to simultaneously address our professional exclusion within all military branches. *This issue must be addressed immediately* (not later, as has been indicated) for the sake of Troops in uniform as well as their families.

Representation and Voice: Unfortunately, military mental health care decisions are sometimes made without our input. Since we have served or are currently serving in the military ourselves, we have a unique and accurate perspective that is impossible to obtain or possess otherwise. We will be available to ACA for the utilization of our experience, resources, contacts, subject matter expertise, or to even just ask our opinion on military-related matters. We will also serve as a representative voice for counselors who work with service members and their families.

Removing Barriers to Care and Improving Military Behavioral Health Care:

Currently there is a heavy emphasis on clinical diagnoses and psychopharmaceutical medications within the military mental health care systems. This group wishes to increase service and family members' access to actual counseling/psychotherapy. To do this, we must ensure our profession is available to Troops and their families "on-post/on-base," meaning on military installations and not just at VA facilities. (currently held by psychiatrists, psychiatric nurses, PhD counseling and clinical psychologists, and masters level social workers) to us.

Education and Battling Stigma/Stereotypes of the Military Culture: We hope to increase cultural considerations and competency (of the distinct military culture) and to decrease stereotypes both within our profession and the general public. We wish to provide more accurate information about Veterans and military-related mental health. For example, it is often implied that military suicide rates are caused by multiple deployments or that most service members do not want to be deployed—these are inaccuracies. For more information, contact

Natosha Monroe
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That [state] which separates its scholars from its warriors will have its thinking done by cowards, and its fighting by fools. **Thucydides, The Peloponnesian Wars**