

President's Message

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Exciting News to Share!

Let me give all of you a brief update about our recent ACA Conference in Orlando. It could not have been more successful for ACEG, soon to be MGCA! Our requests for the name change to the Military and Government Counseling Association, and our new Bylaws were passed on Wednesday before the Conference began on Friday. The Governing Council's vote was unanimous! The name change will take place on July 1, 2015, along with our new Bylaws taking effect.

First I want to thank Ben Noah for all his hard work in putting together the Professional Development Institute, which we had in conjunction with the National Employment Counseling Association (NECA). Ben also organized and manned our booth where we gathered over 200 names of ACA members who are interested in ACEG/MGCA membership.

Jennifer Sztalkoper did an outstanding job helping meet and greet at our booth... a big thank you goes out to her! Our new 8' x 4' banner with our new name was in place which drew much attention.

But the big hit of the Convention Hall was the Military Rubber Duckies, which Judith Mathewson provided! Thank you Judy. . . please plan on many more for next year! Our Luncheon was a huge success, well attended, with Danny Roby from APUS/ American Military University, as a special speaker. He bought many souvenirs from AMU which we gave out during our Reception, which AMU sponsored. Our Reception was held in a beautiful room overlooking the upper pool area, and the live music, provided by NECA, was outstanding and drew many attendees into our party!

During the Conference all our Board members there were able to make so many important and useful contacts for the coming year. I have plans with Tamara Knapp-Grosz, President of American College Counseling Association, ACCA, to produce and provide Webinars for our Membership beginning in May. APUS/AMU has voiced approval to sponsor our Reception again next year in Montreal, Canada. From the American Mental Health Counselors Association, AMHCA, Stephen Giunta provided four Military Webinars with CUs, free of charge to all ACEG/MGCA Members (I hope some of you were able to take advantage of this, and there are three more available). And from a meeting I had with Ted Hagert, ASVAB has offered full sponsorship of our PDI and Luncheon for next year in Montreal. I would call that a very successful Conference!

A special "thank you" goes to David Fenell for being the saving grace on two counts for ACEG/MGCA. He filled in for us twice, on short notice, during the Conference. Once for a PDI presentation, and the other for our 90 minute ACEG Sponsored Presentation. We are so very grateful for his continued dedication and support of our organization!



Lynna Meadows Morton,
MS, SLPC, NCC
President, 2014-2015

President-Elect's Message



Ben Noah, PhD
President-Elect
2014-2015

Well, the Orlando PDI is over – it was exciting – introducing the new name of the division, good presentations, and networking. (The new name and bylaws will go into effect July 1, 2015.) Now – it is time to prepare for Montreal! Our new President-Elect in waiting, Judy Mathewson (judith.mathewson@ang.af.mil), has the task of chairing the Conference Committee for 2016. So, if you are a planner, or just want to be involved in “building” the PDI – contact Judy. Upcoming tasks are putting out a call for presentations, selecting the presentations, reception planning, and all the “little things” that go into the PDI.

In my column in the Winter E-Letter, I called for volunteers for four other committees. To date, I have not received a firm “I’ll do it” from the membership. I had a couple of grad students step up, but they can’t do it on their own. This association will only be what the members make of it. Leadership has some input, but we can’t carry the whole load. When I ask people to join leadership, I often hear something like “I’m afraid I will screw things up.” Let me fall back on one of Patton’s principles of leadership – “Never fear failure.” He expanded this thought – “when there is fear of failure, there will be failure.” Many of our members have military experience – put that training to work for the association! If you have never been in leadership, start small – volunteer for a committee.

If you look across the spectrum of associations under the ACA umbrella, you will find many that are struggling due to a lack of people stepping into leadership. Some of these associations have ceased to exist because of the leadership crisis. So, I urge everyone – get involved – even if it is to take on one of the many smaller tasks need to keep the Association of Counselors and Educators in Government moving toward our future as the Military and Government Counseling Association.

NAME CHANGE!!

Military and Government Counseling Association
(MGCA) name change will take effect July 1, 2015

Governing Council Report

American Counseling Association Governing Council Meeting March 10-12, 2015 Orlando, Florida

During the March, 2015 Governing Council Meeting prior to the American Counseling Association's annual Convention in Orlando, Florida, our President, Robert Smith, set out his goals for the coming year. They included:

- Collaboration within ACA including Divisions, Branches, Regions, Committees and other groups
- Strengthening ACA by increasing membership and viability of Divisions, Branches, and ACA
- Examining efficient Governance Models
- Visioning our Future by examining of what ACA might look like in 10-15 years
- Expanding ACA's Global Presence by a co-sponsorship of the first ACA International Conference
- Producing and Disseminating Research – a future ACA Research Center

Strategic Initiatives that have been in committee for the past year were discussed in committees then presented to the Governing Council for discussion and possible vote. The following is a synopsis of motions put before the Governing Council and approved.

Dues for Professionals, Regular Members, Student, New Professional 1st year and Retirees will increase by \$1. New Profession 2nd year will increase by \$3

The budget and all financial statements were approved.

The Consent Agenda was passed unanimously. It included the following items of interest:

- Branch Bylaw Changes for Idaho and Ohio
- Name change – ACEG to MGCA
- MGCA Bylaws Changes
- Application acceptance of Association for Counseling and Technology Interest Network (ACT) Neurocounseling Interest Network
- ACA as an organization will uphold our ethical responsibilities to do no harm to clients, etc. by ensuring that we do not engage in any form of torture or the creation of programs of torture in our professional roles
- Adoption of the Competencies for Counseling the Multiracial Population
- PRIME Task Force Recommendations on Licensure for Independent Practice was approved into ACA's advocacy agenda

Cont. on pg.4

President's Message (cont)

A most deserved thank you to all our Board members there: Ben Noah, Judith Mathewson, Jennifer Stalkoper, Seth Hayden, Eric Price, Grey Edwards, Miles Sakaguchi (all the way from Hawaii!), and myself. We met so many of our Members and we missed all of you who could not attend and are hoping to see you in Montreal!

One last note.... Our new Membership Chairman is Jennifer Sztalkoper, who has been working diligently over the past few months on this Committee. We are very honored to have someone with such desire and expertise in this area. She was appointed during the Conference and has been working hard since then to send out emails to all those who signed up at our booth with interest in membership. Please welcome her to this position, and offer any help she may need from you. There are always openings on the Membership Committee for your assistance!

I am looking forward to exceptional months ahead with ACEG/MGCA!

Lynna Meadows Morton, MS, SLPC

President, Association of Counselors and Educators in Government (ACEG)

Governing Council Report (cont)

Professional Identity and Membership Employment Task Force

Licensure for Independent Practice approval means that ACA will support advocacy efforts to update and amend applicable sections of the relevant state statutes and/or regulations for Licensed Professional Counselors to include the following:

- Licensure Title will be Licensed Professional Counselor
- Practice of Professional Counseling shall mean the application of mental health, psychological, and human development principles using such inventions that are specifically implemented in the context of a professional counseling relationship
- Educational requirements will include a graduate degree (masters level or higher) consisting of 60 semester hours or 90 quarter hours in a program accredited by a counseling accreditation body, which is recognized by the Council for Higher Education Accreditation (CHEA). The program must include study in a set approved program (ACA Model Legislation for LPCs), and supervised practicum/internship experiences in a clinical setting
- A complete copy of the PIME Task Force motion and explanation can be obtained by contacting ACA

I want to thank our Governing Council Representative, Sharon Guild-Stitt, for allowing me to fill in for her during this important two day session. It was educational and informative and gave me much insight into how ACA actually works. It works very well for the good of its entire membership!

Lynna Meadows Morton, MS, SLPC

President, Association of Educators and Counselors (ACEG)

Past President's Message

The Season of Spring and Its Connection to Research

Where I am located, it seems that spring has sprung after the cold of winter. I personally enjoy this season of renewal in which the old becomes new again and vibrant colors of spring unveil their majesty. With renewal comes the opportunity to continue to improve on previous states of being. ACEG seems to be in somewhat of a figurative spring with a renewed sense of vigor and focus on providing quality resources to support members in their work. With this in mind, quality research to inform practice seems worthy of mention.

ACEG (soon to be Military and Government Counseling Association) has focused efforts on providing resources for its members. The *Journal of Military and Government Counseling* is a tangible example of the association venturing into the world of publishing peer-reviewed articles on empirical outcomes, theoretical considerations, and effective strategies to assist those we serve. We strongly encourage our members to consider publication in this resource. Information on the journal as well as guidelines for submission can be found at <http://acegonline.org/journal/jmgc-guidelines-for-authors>. The ACEG newsletter is another area in which empirically supported interventions and trainings are highlighted. Finally, the recent offering of webinars in conjunction with the American Mental Health Counseling Association is another example of research related resources provided to our members.

Outside of ACEG, there are other venues in which this research-related supports can be acquired. Organizations such as Army One Source (<http://www.myarmyonesource.com/About/Training/default.aspx>) and the Institute for Veterans and Military Families (<http://vets.syr.edu/>) provide information on recent research and free trainings to enhance knowledge of the needs of this population. The Center for Deployment Psychology is another venue in which relevant research and training is offered related to the experience of military service members, and their families, which can be found here: <http://deploymentpsych.org/>. These resources as well as others are means in which to obtain quality research to inform practice.

All the best to you this spring as you continue on in your efforts. Take care.

Seth Hayden



Seth Hayden, PhD
Past President 2014-2015

**"Honor to the soldier and sailor
everywhere, who bravely bears his
country's cause. Honor, also, to the
citizen who cares for his brother in the
field and serves, as he best can, the same
cause."**



Jennifer Sztalkoper—A CEG-sponsored Poster Presentation

Professional Development



DixieLynn Johnson— ACEG-Sponsored Presenter

*ACEG @ ACA
March 2015*



Tami Frye presenting at ACA



Jennifer Sztalkoper and Capt. Barry Morton (USN Ret.) represent
ACEG at a conference booth

Professionals committed to learning more to help military/govt populations



Did You Know...

Tricare has a new program called “THAT GUY”. A new tool for your toolbox!

www.thatguy.com

That Guy is a multi-media campaign that uses online and offline communication with the goal of reducing excessive drinking among young service members. The campaign encourages young enlisted personnel to reject binge drinking because it detracts from the things they care about: family, friends, dating, sex, money, and reputation. The campaign uses humor to deliver a serious message and provides viral tools so you can be part of the effort to eradicate That Guy. The campaign is a reminder to everyone: Don't Be That Guy!

That Guy is funded by the Department of Defense.

The following is an excerpt from the Website:

Each night he's on display somewhere, but makes his most frequent appearances on the weekends. He's a regular guy, but when he's had a few too many drinks, it shows. That Guy loses control, and he may not remember it in the morning. That Guy applies to anyone who, because of excessive drinking, behaves in a manner that others do not want to emulate or be around. In fact, women can be That Guy too.

Society sends mixed signals to That Guy. He's just letting off some steam after a hard day or week, right? Sometimes his friends and strangers encourage his behavior. Maybe, in the moment, he feels like he's funny or popular. Sometimes he's the life of the party.

But is the crowd at the party, in the bar, or on the town laughing with him or at him? Are people cutting their eyes to the floor when he rambles on? Are they finding excuses to move elsewhere in the room? Is he embarrassing himself and others?

When we see him in action, or see the consequences he faces, he's a reminder to all of us: “Don't let me be That Guy.” The day after, when everyone's talking about his antics, we're so glad we weren't That Guy. If we become That Guy on occasion, we regret it. If we're That Guy all the time, we need help. But the truth is, no one wants to be That Guy.

Check out the entire interactive Website at www.thatguy.com

Opportunities/Resources !!!

Certificate Programs

<http://deploymentpsych.org/training/certificate-program>

Offers strictly online certificate program and a live program in conjunction with Widener University

Helpful Resources

<https://www.ebenefits.va.gov/ebenefits/nrd>

National Resource Directory– online database that provides access to more than 14,000 medical and non-medical services and resources for wounded, ill and injured service members, veterans, families and caregivers

ACEG Newsletter Summer Edition Deadline

July 2

Desired articles:

Spotlights on training opportunities, key organizations, new professional/graduate students, short research articles.

Please contribute to your newsletter!

Email articles to Cheyenne Carter

carterc@wfu.edu



Meet the Next Generation...

“True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost.” – Arthur Ash

I started off my career with a degree in social work from Temple University. Like many young people, I was not quite sure what I wanted to do, but I knew I wanted to help people in some capacity. Being the wife of an infantryman over the past several years introduced me to a culture that I very quickly became proud to be a part of. From the “arch of swords” at my wedding, to pinning my husband whenever he picked up rank, patriotism flies high in my home, down to our puppy named Semper Fido.

Along with all of these good times also has an unfortunate downside. Several long deployments where every day is filled with anxiety waiting for the next phone call. Trying to help young children understand where their father is and what he is doing. The feeling of a racing heart every time the doorbell rings while he is away. The stress of maintaining the children and the household as essentially a single parent. When he finally comes home but yet he is not the same person he was when he left.

I quickly became passionate about issues that not only affect the service members, but also the spouses and the children. When my husband received orders to Washington, D.C. I began volunteering with Marine Moms Bethesda; catering luncheons on the combat unit at Walter Reed National Military Medical Center. My husband was assigned to Wounded Warrior Battalion at WRNMMC, and through this duty station I became inspired by several people he introduced me to, including recent Medal of Honor recipient Kyle Carpenter. Through Marine Moms Bethesda, I was also honored to be asked to do Christmas shopping for a wife and children of a service member who was injured in combat and spending the holidays in the hospital. I also became involved with organizations such as Luke’s Wings which raises money to provide flights to service members and their families.

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My journey has led me to my second year in the Master's of Mental Health Counseling program at Capella University. My two passions are PTSD and suicide prevention and I have spent a great deal of time conducting research on both. I am very active in the American Foundation for Suicide Prevention and annually participate in the 18 mile overnight Out of the Darkness walk. As the newly appointed graduate student representative of the ACEG Board of Directors, I hope to enhance my knowledge further of working with this admirable population. Semper Fi.

-Andrea Sloan-



Andrea Sloan, AGECE Board Member, graduate student in counseling, community volunteer, and proud Marine spouse.

ACEG Awards

The 2015 ACEG Professional of the Year Award was presented to **Lynna Meadows Morton**. Lynna is a Supervisory Licensed Professional Counselor (SLPC) in private practice in Huntsville, Alabama. She is the owner/counselor for Comprehensive Counseling Associates, LLC. Lynna serves as an independent contractor with the US Department of Defense as the Behavioral Health Specialist for the triage team for the State of Alabama, where she screens all military attendees returning from battle zone deployment for their Post Deployment Assessments. She is an active member of “Give an Hour” counseling service offered to all active US Military service members free of charge. She is available 24/7 for all Service Members in crisis and need. She has been a member ACEG since 2008, and held an office on the ACEG board of Directors Director since 2009. She is currently serving as the President of ACEG. Her efforts on behalf of the association have included:

- ◆ Worked with ACA to increase collaboration for our PDI which included advertising through several ACA venues to increase visibility of the ACEG PDI and name.
- ◆ Appointed the first person to the new ACEG Board position of Graduate Student Board Member.
- ◆ Attended ACA Leadership Conference in Washington, DC, working in compliance with ACA to corroborate with other Divisions.
- ◆ ACEG’s first ever Open Reception during the ACA Convention in Orlando, allowing all membership in ACA to attend and get to know ACEG as it moves into MGCA. Worked in conjunction with NECA, who provided live entertainment.
- ◆ Reinstatement of ACEG into membership in National Board of Certified Counselors (NBCC).

Congratulations, Lynna! We appreciate your service to ACEG and our military families!



The 2015 Notable Achievement Award was presented **Lt Col Judith Mathewson** has served in the Air Force for 10 years and is presently Mission Support Group Deputy Commander in the Arkansas Air National Guard. Her background as a school counselor/vocational rehabilitation specialist, special education teacher, Sexual Assault Response Coordinator, Victim Advocate, equal employment opportunity director, and Licensed Mental Health Intern has been beneficial to ACEG over the past three years. She has written grants for two non-profit organizations (Welcome Home Vets, Inc. and Camp Hope for Heroes), providing services for deployed and returning veterans, homeless veterans in FL, and has advocated for veterans' services at the Vet Center and V.A. in both Florida and Fayetteville, Arkansas. She has done a poster presentation at ACA entitled Community Support for Returning Veterans and Their Families, three presentations during the Professional Development Institute, and a Pre-Conference Learning Institute. Judith has recruited members for ACEG and has contacted all State Branches and Divisions for collaborative projects with ACEG. Her areas of interest are military families, couples, and bereavement support for families of military members who have died while in service to our country. She has created the Tragedy Assistance Program for Survivors (TAPS), Good Grief Camp, and has served as a volunteer for 20 years as a small group grief facilitator, mental health support, mentored other group leaders and introduced many innovative grief and loss activities for pre-school children through high school age. She has been a member of the Critical Incident Stress Management team in Alaska for the Anchorage School District, National Guard, and Anchorage Police Department as well as Patrick AFB, and NASA, Cape Canaveral, Florida. She is completing her Ph.D. in Marriage and Family Therapy from Barry University and currently serves as a Director on the ACEG Board and is the ACEG President-Elect-Elect.



**Thank you, Judith,
for your example of
leadership!**

The purpose of ACEG is to encourage and deliver meaningful guidance, counseling, and educational programs to all members of the Armed Services, their family members, and civilian employees of State and Federal Governmental Agencies. Encourage development of professional monographs and convention/conference presentations by any of these agencies. Develop and promote the highest standards of professional conduct among counselors and educators working with Armed Services personnel and veterans. Establish, promote, and maintain improved communication with the nonmilitary community; and conduct and foster programs to enhance individual human development and increase recognition of humanistic values and goals within State and Federal Agencies.

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*Visit us on the web at
www.acegonline.org*

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