



VASGW

The Virginia Association
for Specialists in Group Work

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SPRING/SUMMER 2019

Volume 1

President's Message

Dear VASGW Members:

We held our 44th annual Group-A-Rama on April 12, 2019. We had a very well attended conference due in large part to our fabulous keynote speaker Julia Cook. You can read more about the conference below. We are now planning our 2020 conference which will be held on March 27th at the NOVA Annandale campus. Please mark your calendars and plan to attend. We also have our Call for Programs out so please consider presenting.

I hope you have a wonderful and relaxing summer. I find it a great time to read for pleasure, take care of home projects and spend a day or two doing absolutely nothing. If you have ideas or suggestions for the newsletter, website, or conference please don't hesitate to contact me.

*Regards,
Dr. Terri Mason, President*

2019 GROUP-A-RAMA CONFERENCE

The 2018 Group-A-Rama (GAR) Conference was a great success once again this year!

Keynote speaker, **Julia Cook**, award winning author and former school counselor, presented a workshop entitled “**Got Hope? Understanding the Importance of Hopefulness**”. Mrs. Cook believes that “the most tragic thing a person can lose is hope. Without hope, despair takes over. Without hope...a child becomes hopeless. Hopeless children don’t try, have poor relationships with others, and feel helpless. In terms of resilience and well-being, hope is a critically important predictor of success. Research tells us that by the time children are 10 years old, they have maximized the amount of hope instilled in their minds. This poses two unique challenges for parents, teachers, and counselors...How do we help children increase their amount of hope prior to the age of 10, and how do we help them maximize their hope potential after the age of 10.” In this research based, humor infused keynote, Julia Cook explored the components of hope, discussed the results of the Hope Scale for Children, defined the differences between hope, wishful thinking, and optimism, and presented a blueprint for maximizing hope growth and potential in children, teens and adults. “Hope is our children’s window for a better tomorrow!”

The 130 attendees participated in twelve workshops covering a myriad of topics presented by seasoned school counselors, private practitioners, academics, and graduate students: drama, art, and music therapy techniques, restorative justice, Payton’s Peers bullying/cyberbullying prevention program, cybersecurity, stress management, father-daughter engagement, problem solving, emotional regulation, components of groups (interview, implementation, evaluation, analysis, etc.), and cross-curricular groups.

A new component that was added to the Conference this year was a **Community Service Project** to help support the NOVA Community College (NVCC) Annandale student community. VASGW asked all Group-a-Rama participants to bring an item for the food pantry for the students. These items were provided by attendees:

Non-Perishable Canned Protein- tuna, chicken, beans, jarred peanut and almond butter	Plastic/paper plates, bowls, utensils
Non-Perishable Canned Meals- soups, chili, stew, pasta sauce, mac & cheese, fruits & vegetables	Toiletries: toothpaste/toothbrushes, soap, feminine products, shampoo, and conditioner
Dry Goods- granola bars, cereals, crackers, pasta, rice, grab-and-go food (mac and cheese, granola bars, packets of oatmeal)	laundry products, diapers

During the annual membership meeting Halina Banas-Jones, Secretary, summarized 2018-19 Board meetings and Barbara Lavine shared the Treasurer’s report. Dr. Mason acknowledged the numerous vendors (A Little East of Eden, Bahama Breeze, Bobby’s Burger Place, Dick’s Sporting Goods, East Wing Health and Spa, Larisa Perez deGraffenreid, LCSW, LearningRx, MARCO Products, Marymount University, New Ageless Massage and Wellness Center, Starbuck’s Coffee Neighborhood 4, Target, Terri Pinkerton, RLPC, The Egoscue Method, TJ Maxx, Vera Bradley, Walmart Super Store) who donated a variety of gifts such as, folders, pens, professional books, gift baskets, bags, gift cards, etc. for our annual luncheon fundraiser. She also express thanks to attendees for their generous financial support which allowed VASGW to donate \$300 to VCA Foundation Leadership Development Fund.

Conference evaluations indicated that attendees found the conference informative, practical and that they received at least one new idea or technique they could implement in their various settings. The evaluative feedback from the professionals who attended from all over northern Virginia was overwhelmingly positive.

The current Board is actively planning for a successful **Group-A-Rama, Friday, March 27, 2020** at **Northern Virginia Community College, Annandale Campus, Virginia. SAVE THE DATE!**



GROUP-A-RAMA 2019



SPOTLIGHT



Julia Cook, M.S.

With approximately two million books in print, **Julia Cook** is a former school counselor and teacher who never dreamed she could evolve into a national award-winning children's author, parenting expert and inspirational speaker. She now travels the country and abroad encouraging others to follow in her footsteps. "There are so many ideas out there that need to be shared!" says Julia who takes top research and creatively translates it into "kid language" that is both entertaining and engaging. Julia has the innate ability to enter the world view of a child through storybooks, giving both children the "what to say" and the "how to say it." "Everyone on the planet either is a child, or used to be one, so if you can write a really good children's book, it will apply to ALL who read it!" Several years ago, Julia was searching for an effective story to teach children about the differences between tattling and telling. When she couldn't find the right resource, she decided to write her own book - *A Bad Case of Tattle Tongue*. Fast-forward nine years, and she has published 76 books from the National Center for Youth Issues, Boys Town Press and the CDC. Cook's ultimate goal: make a positive difference in the lives of people both young and old by teaching lifelong problem-solving skills. This modern-day Dr. Seuss has been endorsed by the National Center for Missing and Exploited Children, Safe and Sound Childwatch of North America, the Center for Disease Control Childhelp, Darkness to Light, USA Volleyball, The Alaska Department of Education...and the list goes on. Cook's research-based books have been referenced in such publications as Parent's Magazine, The New Yorker, The Chicago Tribune, Care.com, Military Spouse, Yahoo.com, Dr.laura.com, and babyzone.com. She has also been featured on CNN's HLN News, and numerous metropolitan networks including Atlanta and Chicago. She is the recipient of many book awards including The Association of Educational Publisher's Award.

A sample of Julia Taylor's books includes:



A Flicker of Hope emphasizes for children and adults the different ways to ask for help, and their ability to be a hope builder for others. **Table Talk** teaches children and adults the importance of using good manners at the table. The first book in the Responsible Me! Series, **But It's Not My Fault**, follows the character, Noodle, who learns to accept responsibility for his behavior. Finally, **I Want to Be the Only Dog** reminds us that having siblings helps us practice many siblings such as tolerance, patience, etc.

PERSONAL STATEMENT - A DOCUMENTARY



PERSONAL STATEMENT is a feature-length documentary about three seniors who are working as peer college counselors because their high schools, like so many around the country, don't have enough college counseling support. The film sheds light on the need to close the college guidance gap in order to increase access to college for low-income students. The Center for Postsecondary Readiness and Success at American University and others have established partnerships to report on the issue of The Guidance Gap.

PERSONAL STATEMENT is a powerful vehicle to include in your college and career counseling toolbox to inspire, support and educate you school community!

Studies found:

- Only 9% of people in the lowest income quartile attain a bachelor's degree by the age 24, compared to 77% from the highest income quartile.
- Most public high schools don't have a single staffer dedicated to college and career counseling.
- One-fifth of public high schools don't have school counselors.
- When one counselor was added to staff there was a 10% increase in the number of students who enrolled in four-year colleges.
- Chances of students going to college triples after one-on-one meeting with counselor to discuss financial aid or college and the students are seven times more likely to apply for financial aid.

The film's engagement and impact campaign is using the film to inspire young people to persist to college and to spark a national conversation about the college guidance gap. By bolstering ongoing efforts to close the college counseling gap and eliminate other systemic barriers, the campaign seeks to increase access to college for low-income students.

Target audience:

- Low-income students and first generation-to-college students
- Adults who support and work with low-incomes students (teachers, school counselors, college access professionals and parents)
- National, state and city leaders, education administrators and funders

Screening and Engagement Tools:

- School-based screenings of **PERSONAL STATEMENT** utilize discussion guides and lesson plans that include hands on workshops to amplify the film's potential to inspire student to persist to college.
- Screenings for educators include lesson plans that can be integrated into teachers and school counselors training and professional development.
- Screenings for national, state and city officials, education administrators and funders will raise awareness about the college guidance gap and the need to address other systemic barriers to college.

For more information, go to: www.PersonalStatementFilm.com

To collaborate on the impact campaign, contact Juliane Dressner, jdressner@gmail.com

You can also follow and tag us on social media:

[Facebook.com/personalstatementthefilm/](https://www.facebook.com/personalstatementthefilm/)

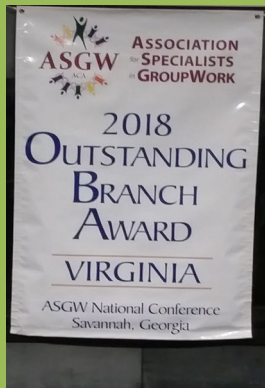
twitter.com/PersonalStatement

<https://www.instagram.com/personalstatementfilm/>

History Notes



VASGW received the VCA Division Award at the 2018 VCA Convention.



VASGW was awarded the 2018 Outstanding Branch Award at the ASGW biennial conference.



Dr. Terry Mason (center)
2018 VCA Counselor of the Year



Ellen Bowditch and Irene Ward
2018 VCA Outstanding Members Award

CALL FOR PROGRAMS

Group-A-Rama 2020 - If you have run a group that you feel was a success and would like to share your model, please submit a proposal for Group-A-Rama. Group-A-Rama will be held on **Friday, March 27, 2020** at the Northern Virginia Community College Annandale Campus. Please use the following link to submit your proposal no later than October 15, 2019, programs submitted early will be given priority. <https://forms.gle/FpGBMBNXbHUBCD6A9>

We are looking for all levels K - 12 on any topic. Groups can be for students or parents. Conference attendees are mainly school counselors looking for activities and take-aways that they can implement immediately. If you have more questions, please contact Dr. Terri Mason at tamason@fcps.edu

2019 VASGW Board Members



Front Row: Mary Armstrong, Halina Banas-Jones, Barbara Lavine, Irene Ward
Back Row: Ellissia Price-Fagin, Dr. Terri Mason, Anita Bruck, Mary Durgala
Not Pictured: Ellen Bowditch, Margarita Martinez and Marsha Evans

At the final Board meeting June 4, 2019 at Alta Strada Restaurant, VASGW welcomed new Board members, professional school counselors, Mary Armstrong and Anita Bruck. Mary counsels 7th graders at J. Michael Lumsford Middle School in Chantilly and Anita works at Pine Spring and Cardinal Forest Elementary Schools. Two other new board members not present were Margarita Martinez, College Counselor at NVCC Annandale and Marsha Evans, LPC in private practice.

MEMBERSHIP

Join the VASGW Group family! We are looking for new board members who are committed to enhancing group counseling skills among counseling professionals in public and private settings. All Board members must be current members of VCA and VASGW and have an interest in groups and group dynamics. For more information, contact Halina Banas-Jones, Secretary, banasjonesh@earthlink.net

Special Events

VCA Leadership Academy	Glen Allen, VA	July 26-27, 2019
VCA Convention	The Homestead, Hot Springs, VA	November 7-9, 2019
Call for Group-a-Rama Programs	-----	October 15, 2019
SAVE the DATE	Group-a-Rama	April 27, 2020



We are on the web!

Visit us at:

www.facebook.com/vasgw

www.vasgw.org

VIRGINIA COUNSELORS ASSOCIATION FOUNDATION

What does the Foundation do for Virginia counselors?

The VCA Foundation recognizes and supports counselors and counseling organizations in Virginia.

Why should you donate to the Foundation?

The VCA Foundation:

- Honors a counselor for lifelong contributions
- Sponsors publication of the journal and convention speaker
- Provides technology support for VCA convention and websites
- Honors graduate students at accredited counselor education programs for their achievement and potential for leadership
- Supports counseling initiatives in the Commonwealth through grants
- Designates funds targeted for leadership development initiatives and support of emerging leaders

Donate to the VCAF and Help Us Grow Outreach Programs

Your 100% tax deductible donation to the VCA Foundation is an investment in the future of counseling in Virginia.

Donate online, go to: www.vcafoundation.org

By Mail or with VCA membership Renewal:

VCA Foundation, PO Box 721, Monroe, VA 24574