

From the President. .

Letter from The President: Welcome CSI Members!

Welcome to all of our new master's and doctoral counseling students, and welcome back to all of our returning students and CSI Alpha Chapter members.

I am excited to serve as your president this year. Together, I believe we can elevate the Alpha Chapter to new heights! Several exciting events and activities are in the works and with your help, 2011-12 can and will be a successful and productive year. We will continue with the tradition of our annual service events, including The Walk for the Homeless, Friday Night Supper at Goodworks, and The Sue Apple 5K Run/Walk. We also have some great new professional development opportunities including Pizza and Proposals, which will provide all students in our program with the opportunity to collaborate on research and scholarly work, including presentations and publications. We will also apply for grants, fellowships, and other awards from CSI International. We have invited Dr. Tom Sweeney, Professor Emeritus in Counselor Education at OU and Executive Director of CSI, as our Annual Initiation Banquet Speaker this year.

These are just a few of the opportunities available to you through CSI. We hope that you will join us as we provide service to the community and to the profession, host professional development, fundraising, and social events. Your continued support is integral to our success as a chapter. Thank you to everyone who has given of their time this quarter; your dedication is appreciated. I am amazed at the strides we have made in just ten short weeks and I am excited to see what the rest of the year has in store for us!

Sincerely,

Natalie Williams

President – Chi Sigma Iota, *Alpha Chapter*

In This Issue:

- Welcome ALPHA members to CSI Fall 2011.....1
- Winner of RWJ Fellowship.....2
- Counseling Conferences.....3-4
- That's so Gay.....4
- Alpha Spotlight on Mental Health Organizations:
 - Gathering Place.....5
 - Tri-County MH.....6
 - Athens Photo Project....6
- Interview with Dr. Leinbaugh..7
- Dr. Leinbaugh's Advice.....8
- Letter from Dr. Bhat.....9
- New CSI Events.....10
- CSI Fall Photos.....11

I have learned that people will forget what you said; people will forget what you did, but people will never forget how you made them feel.

Maya Angelou



Chi Sigma Iota is an international honor society for professional counselors, counselor educators, and students in the counseling field. Established in 1985 at Ohio University, CSI strives to promote scholarship, research, professionalism, leadership, and excellence in counseling, while also recognizing high attainment in the pursuit of academic and clinical counseling excellence. Members of Ohio University's Chapter (Alpha) are part of a 372 chapter, 77,000 initiated active member organization. Additional information about these chapters and CSI as a whole can be found at <http://www.csi-net.org>.

RWJ Fellowship Winner: One of Our Own!

By Amber Casey

Sherry Shamblin, a doctoral student here at Ohio University, has recently been awarded The Robert Wood Johnson Retooling Community Professionals Evaluation Fellowship (or RWJ fellowship), which “targets mid-career, non-profit professionals who are undeserved in the evaluation field, is to increase the capacity of an organization to conduct program evaluation and to become better consumers of information for decision-making.” What this means, is that this fellowship awards people like Sherry the necessary funds and assistance to evaluate and establish better ways to help others in her field and the organization she is with.



Sherry is currently the Director of Early Childhood at Tri-County Mental Health. She is also a founding board member for Integrating Professionals for Appalachian Children (IPAC), a rural health network in Southeastern Ohio, which works on better identification, assessment, and treatment for young children.

Sherry, through working with another initiative called HeadStart, found that early screening, assessment, and treatment outside the mental health clinic and in the community where youth live and learn, are very effective in helping young children. From working with these young children, she realized more mental health initiatives are needed for children in this age category, thus she created the Early Childhood Mental Health Initiative at Tri-County. Her vision is to increase the reach of ECMHI, and serve more children in the Athens County and far-reaching areas.

This RWJ Fellowship will help Sherry, and Tri-County Mental Health, with finding better ways to implement early childhood assessment and treatment, as well as help increase their reach throughout the area.

If you would like to know more, you can contact Sherry at [sshamblyn@tcmhcs.org](mailto:sshamblin@tcmhcs.org) or (740) 541-1256

Conferences and OHIO's Presentations!

By: Marcia Gase

Faculty and students at Ohio University are active participants in many of the mental health conferences throughout Ohio. Speakers from OU have taken the stage at the OCA conference, the ORA conference as well as ACES.

OCA conference November 2nd-4th

Title: How do we know our students have learned the concepts taught in our programs? Assessing and Documenting Student Learning Outcomes in CACREP Accredited Programs

Speakers: Cornelia Patterson (Adjunct Professor and Assessment Director); Christine Suniti Bhat (Assistant Professor)

Title: The magic of Bibliotherapy: using stories to help children cope with loss and build resiliency

Speakers: Sanda L Gibson, (Doctoral Student) & Brad A Imhoff (Doctoral Student)

Title: Beyond the School Yard: Innovative and Creative Ways to Expand Your Reach as a School Counselor

Speaker: Caroline J. Lopez (Doctoral Student)

Title: Prepared to Lead in the Counseling Profession: Traits and Behaviors linked to Effective Leadership

Speakers: Thomas E. Davis (Professor); Nikol V. Bowen (Assistant Professor) ; Matthre L. Lyons (Doctoral Student)

Title: Being Proactive NOT Reactive About Cyberbullying: A Prevention Group

Speakers: Christine Suniti Bhat (Assistant Professor); Caroline Lopez (Doctoral Student) & Jamie Linscott (Doctoral Student)

Title: The Counselors Job Market 2020 Where Will we be Working and How will we be Training Counselors in the Future

Speakers: Tom Davis (Professor); Cynthia Osborn (Professor KENT)

Title: The Impact of Racial Identity Development on the Supervisory Relationships

Speakers: Yegan Pillay (Assistant Professor); Caroline Lopez (Doctoral Student); Natalie F. Williams (Doctoral Student); Bethany L Fulton (Doctoral Student)

Title: Office based Treatment for Opioid Addiction: Physicians and Counselors Working Collaboratively

Speakers: Brad A Imhoff (Doctoral Student/ Addictions Counselor); David M Yost (Doctoral Student/ Addictions Counselor); Christine Suniti Bhat (Assistant Professor); Thomas E. Davis (Professor)

Title: Enhancing Diversity Related Scholarly Publications: Where are We?

Speaker: Yegan Pillay (President OAMCD)

Title: The Ins and Outs of College Advising: How School Counselors Can Help LGBTQ Students Explore Post-Secondary Options

Speakers: Caroline J. Lopez (Doctoral Student); Jonathan Procter (Doctoral Student); Danielle Giegle (Doctoral Student)

Title: Illicit Drugs and High School Students: What are We Missing and What Can We Do?

Speakers: David Yost (Substance Abuse Counselor/Doctoral Student); Brad Imhoff (Doctoral Student/Addictions Counselor); William Soto (Doctoral Student); Christine Bhat (Assistant Professor)

Conferences and Ohio's Presentations

Faculty and students at Ohio University are active participants in many of the mental health conferences throughout Ohio. Speakers from OU have taken the stage at the OCA conference, the ORA conference as well as ACES.

Association For Counselor Education and Supervision

Listed below are individuals from Ohio University taking part in the ACES conference held in Nashville TN.

- Eric Beeson
- Dori Glance
- Amber Schoepke
- Will Soto
- Michael Williams
- Danielle Geigle
- Brad Imhoff
- Caroline Lopez
- Sanda Gibson
- Sherry Shamblin
- Tomiah Notestine
- Golden Fanning

ORA Conference: November 1st-4th

Thursday

Title: Lesson Learned: Sex Education for adults with Intellectual Disabilities

Presenters: Natalie Williams (Doctoral Student)
Jonathon Procter (Doctoral Student)
Mona Robinson (PhD and Professor)

Also at the OCA Conference, Mehri Davis and Nancy Baur presented a poster titled
Wait...Kids are Gay?

As well as Ahmet Can presented his poster entitled: **Counseling American Muslim Students in the U.S.A**

That's So Gay. By Mehri Davis

As counselors, there are a lot of things we must know about lesbian, gay, bisexual, and transgender clients in order to effectively work with them. We have all read statistics, and hopefully as we enter professional practice, will educate ourselves on the many issues that this population faces in our society today. In the midst of trying to familiarize ourselves with this population, sometimes we miss the small things that make big differences. We try to tell ourselves that phrases like 'that's so gay' are ones that only come from the mouths of youth, but if we open our ears, we will soon realize that 'that's so gay' and the like are things that people of all ages say. As a member of this marginalized culture in our society, phrases like this hurt me each time they are muttered. As professionals, we must look at our place in society as not just one of helping those in need, but one of advocating for those in need. Young people hear derogatory phrases like these in school numerous times a day as they walk the halls. Professionals hear these phrases in the workplace, and we all hear them in the grocery store and on the street. Is this a big battle to fight? Yes. Does it sometimes feel that one little correction of one person will make such small difference that it is not worth it? Yes. So what do we do? If I was to see a child being beaten by a mother in a grocery store, would I stand by and watch? If someone yelled the 'N word' to an African American on the street, would I walk the other way? To these scenarios, some may say yes, but I challenge you to realize that each time 'that's so gay' goes uncorrected, not only does a person feel it is okay to say, but LGBT people are made to feel less and less like whole people, and more like what they identify as has been reduced to no more than a way to make fun of people. Small gestures make big waves, standing up for people is second nature to many people in our field. LGBT youth bullying has become an epidemic in this country, as well as LGBT youth suicide as a result. Think there is nothing you can do? Think again. 'That' is not so gay, I am, and I need your help.

Spotlight: Athens Mental Health Facilities and Organizations

Athens has many organizations and places in this area, and surrounding areas that provide services and help to individuals and families who are affected by a mental illness. Among these facilities are some unknown but very valuable places for counseling professionals to know.

The Gathering Place by: Kayla Thompson

Upon entering The Gathering Place, located at **7 North Congress Street**, I could feel the home-like atmosphere. There were several men sitting in the living room playing guitars, a typical Thursday. **The Gathering Place** is located in an actual house in Athens. They are open every day from 10:00 A.M to 8:00 P.M. They are also open on Thanksgiving and Christmas Days from 10:00 A.M to 6:00 P.M.

Open since 1976, The Gathering Place is a community-based organization that helps and encourages people with a mental illness. They help members with daily living skills, making appointments for doctors etc., and linking members to other available services. In addition, they provide a peer-support center where members can socialize and network, and receive help with interpersonal conflict and confrontation. The Gathering Place does not offer formal counseling. On Thursdays, they have music therapy.

Last year The Gathering Place had a total of approximately 178 members. To become a member, people simply pay \$5 per year. There is a sign-in/sign-out sheet at the entrance where members sign in by first name. There are approximately 15-30 members coming in on an average day. Members have a wide spectrum of mental illnesses; the most common being anxiety, depression and bipolar disorder.

There currently are three full-time faculty, two part-time faculty, two interns, two work-study students and many volunteers. They look for staff with a background in psychology, social work, and/or counseling background but do not require licensures. Mary, is the director and she has a social work license. Funding for The Gathering Place comes from Athens, Hocking, and Vinton 317 Board, the United Appeal of Athens County, membership dues and community gifts. The Gathering Place also relies on support from churches and student groups. Seventy percent of their funding comes from the levy (Issue 16) so they encourage people to vote yes to renew the levy. The Ohio Department of Mental Health purchased and owns the property.

Students from OU typically volunteer to come spend time with the members. To volunteer you must call to schedule an orientation. The phone numbers are (740)592-2690 or (740)594-2690 or (740)594-7337. Cleaning and organizing is done by volunteers from the courts as well as members. Members see The Gathering Place as their second home and are proud to help take care of the facility.

Donations of food, hygiene items, clothing, blankets, and pots and pans etc. are always welcome. The Gathering Place serves three meals a week as well as holiday meals. Generally there are about thirty members who come to the holiday meals and activities. The Gathering Place also always has food on hand.

Talking with a few members, I asked them what their favorite part of The Gathering Place was. Many people said the sense of family and closeness was their favorite. The relaxed atmosphere and the fact that recovery can take place in a non-clinical setting is the favorite part of Mary's experiences. Members also said they particularly liked being with friends, the food on Tuesdays, talking and playing cards. They liked being treated with respect and as a person versus a client or a diagnosis.

For more information, check out the website <http://www.seorf.ohiou.edu/~xx175/>. Mary said it is a little outdated on some things but still helpful. You can also email them at athensgatheringplace@yahoo.com

Athens Mental Health Facilities and Organizations

[Tri-County Mental Health and Counseling: By Amber Casey](#)

Tri-County Mental Health and Counseling Services, Inc. is a non-profit licensed community mental health center serving 5 counties in rural, Appalachian, southeastern Ohio. Their reach is across 1600 square miles in an area stretching from the Ohio River Valley to the Hocking Hills region. Demographically, the area far surpasses state averages with 30% of the population living in poverty, 30% on food stamps, 11 % unemployed; 60% of children receiving Medicaid/CHIP and 40% on free/reduced lunch.

- TCMHS Athens clinic is broken into 2 groups: One that serves adults and one that serves both families and children. The outlying clinics serve both adults and children as well.
- TCMHS is observing its **60th** Anniversary this year.

Tri-County has many services:

- Developmental Disabilities services
- Addictions
- Treatment and Support for Mental Illness
- Trauma of Abuse and Violence
- Crisis Intervention
- Housing and Community Support
- Outpatient Counseling

Many of the therapists at Tri-County just completed training on providing trauma informed care, an evidenced based practice. Also, they just named a Coordinator of Trauma Informed Care, Micki Lamb.

Clinic Director: Terry Hayes

Office Manager: Celia Zeigler

(740)592-3091

(740)594-5045 (administration)

(740)594-5642 (fax)



Check Them Out: www.tcmhcs.org

Athens Photographic Project By: Mehri Davis

Athens is full of beautiful little things that many people do not know about, but make enormous difference in the lives of those they touch. The Athens Photographic Project is one of these little gems! The project was started by NAMI member Elise Sanford, who began teaching photography classes to people with severe mental illness several years ago. The project did not take long to attract attention from donors and clients. It is now run by Nate Thompson. Thompson and the artists that make up the Athens Photographic Project have opened an art gallery in The Market on State Street and provide photography class and opportunities to participate in exhibitions to individuals with mental illness in Athens, Vinton, and Logan County. This is a form of art therapy that is making fantastic difference in the lives of all who are involved. For more information, contact Nate at athensphoto@earthlink.net

Faculty Spotlight: Dr. Leinbaugh

By: Sharon Musial

I recently had the opportunity to sit down with Dr. Tracy Leinbaugh, the Department of Counseling and Higher Education Chair, and Professor.

Although Dr. Leinbaugh's journey to Ohio University reflects numerous roles, including Developmental Specialist, School Psychologist, Counselor and Professor, her intent has been clear from her Undergraduate days in Minnesota. Evident in the book collection displayed in her office that has been a work in progress since early in her college career, this self-identified planner had a goal, to become a Counselor. Here is a summary of our conversation:

Q: What brought you to Ohio University?

A: Dr. Leinbaugh states she needed a break from counseling. She had been in Idaho for 23 years and loved it. After considering multiple opportunities and the need to find a campus as beautiful as Idaho, Ohio University fit the bill.

Q: How did you decide on Counseling as your chosen profession?

A: Dr. Leinbaugh realized very early in her life that she possessed a passion for counseling. She recalls feeling frustrated by Dr. Spock speaking and advising on mental health issues. She felt people should be receiving advice from someone with mental health training as opposed to Dr. Spock's profession as a pediatrician.

Q: What was the biggest surprise as you started your career?

A: Dr. Leinbaugh was convinced that she wanted to work in a Psychiatric hospital, but discovered once she was there, that it wasn't for her. It was a wonderful experience, but very intense. "It quickly becomes your life. I tend to stay extremely cool in a crisis, which is good, but it is easy to minimize danger that way. What is abnormal and dangerous and the reason the patient is an inpatient becomes the norm after a while. I was ready for a less intense, all-consuming work."

Q: Do you consider your first year in Graduate School for Counseling as the commencement of your identity as a counselor?

A: Dr. Leinbaugh believes this transition started long before Graduate School. Being involved in various advocacy roles had begun this process and Graduate School was a relief. She was finally able to focus only on the subjects that were important to her and focused on her counseling goals.



Dr. Leinbaugh's Advice for 1st Year Students

Dr. Leinbaugh's Advice for 1st year Counseling Students Sharon Musial

Q: Speaking of advocacy, how would you advise someone new to Athens in becoming active in the community and National Organizations?

A: Pick something you are truly interested in and be willing to do some work. Dr. Leinbaugh stresses that this is your first step in developing leadership qualities and you should focus on filling in holes in your community. Try to avoid selecting organizations that you "think" you should be doing, people will see right through you. Although National organizations are important, it's locally that "you get your hands dirty" and because you live in the community, are held accountable for your words. National organizations are not as intense.

Q: What is the most common mistake made by a first year student?

A: Dr. Leinbaugh emphatically informed me that being unorganized, by far is the overwhelming area in need of improvement. "The older I get, the less tolerance I have" she apologetically explained, "it's not just the lack of organization; it's the inability to be organized that is puzzling".

Q: Do you have any student "pet peeves"?

A: Dr. Leinbaugh states that there is a tendency for some people to just "get by" and barely graduate. This is particularly disturbing because of the potential to harm future clients by working beyond their competencies. Once someone is in the program they may be too embarrassed to quit despite perhaps their skills potential for use in other areas.

Q: You have mentioned in class that one may observe you on one of your daily walks with your dogs, often conversing with them. What advice do you have for new students to have this "me" time?

A: Dr. Leinbaugh walks 4-7 miles every day and emphasizes the importance of taking care of yourself, physically and mentally. She has always built this into her schedule and it is a "de-stresser." Not only does she depend on this time, her dogs expect it as well. Yet another testimony to developing that organizational skill!

Dr. Leinbaugh encourages students to find an escape. "Do not spend all your time studying; be intentional with your time". Her escape, right now she is reading World War Z and admits to a fascination with zombies however, does not underestimate the power of 'America's Funniest Videos' as an outlet for a more humorous form of escapism.

A Word From Our Faculty Advisor: Dr. Bhat



A Letter From Dr. Bhat, Faculty Advisor of Chi Sigma Iota

As faculty advisor, it is my pleasure to welcome you to another exciting year with the Alpha Chapter of Chi Sigma Iota (CSI)!

Our chapter is very active and we accomplish much as we strive for excellence in the counseling profession. Whether you are a member or not, we welcome you and encourage you to become involved and stay involved in our initiatives. CSI is an international organization with 372 chapters in the USA, Europe, and the Philippines, with approximately 77,000 initiated members. And I am proud to say CSI began right here at OU in 1985, thanks to the vision and leadership of Dr. Tom Sweeney, Faculty Emeritus, Ohio University.

Each spring, we initiate new members into Chi Sigma Iota...there will be more to come on this initiation later in the year. Full time students will be invited to apply for membership after completion of two quarters in the program.

What can you expect from the Alpha chapter of CSI?

We have a dynamic leadership team, led by Natalie Williams. Every quarter, we focus on three areas: **professional development, advocacy and service, and social gatherings**. This quarter, we have already had a welcome back social, a CSI lunch at Brennen's, and a Halloween costume party (*See current and past events!*). With these types of activities, we strive to build an inclusive community and have fun together. On the service and advocacy side, we sponsored and participated in the annual "Walk the Walk for Mental Illness", an event organized by the National Alliance on Mental Illness (NAMI) and the Gathering Place.

On the professional development front, this quarter we have encouraged our members to attend a free **Safe Zone training** offered by OU's LGBT center. Also we are getting an initiative off the ground called **Pizza and Proposals**, where students who are interested in professional presentations and publications will come together to brainstorm and work on developing proposals for submission.

CSI has hosted many different events over the years. Last year, the Alpha chapter of CSI co-sponsored the annual Diversity Lecture at the Patton College, and we were pleased to welcome Erin Gruwell of the Freedom Writers foundation to visit with us. Also, for the second year in a row, our chapter has been selected to participate in the national showcase of CSI chapters at the American Counseling Association conference in San Francisco in March 2012! This is an exciting opportunity for us.

So join us, make friends, and work together to further the profession of counseling!

Dr. Christine Suniti Bhat, Ph.D., P.C
Assistant Professor, Counselor Education

CSI Events

Pizza and Proposals!

Have you ever wanted to get published? Present at a conference? Had a research interest, but couldn't find anyone else to collaborate with? Miss the call for proposals deadline? If you answered yes to any of these questions, then *Pizza and Proposals* is the place for you!

Brought to you by the Professional Development committee of the Alpha Chapter of Chi Sigma Iota, *Pizza and Proposals* is an informal meeting time that will take place once per month in McCracken Hall. During this time, masters and doctoral students will meet to discuss their research interests, find support, develop relationships, provide mentorship, find out about upcoming conferences, and add those precious lines to your curriculum vitae.

Pizza will be provided by CSI and the only thing you need to bring is a willingness to learn about research publications and presentations, a vital piece to obtaining your desired position after graduation! Our first CSI Pizza and Proposals event was Monday, November 7, 2011! We have high hopes for the future of *Pizza and Proposals*, to establish Ohio University as a force in Counselor Education. I can't wait to see you all make it happen!

Eric T. Beeson

The Last CSI MEETING is
Wednesday November 9
at 3PM
McCracken 214A

**VOTE
YES**

Vote YES on Issue 16!

A "yes" vote will ensure funds are available through the Athens Hocking Vinton 317 Board Levy. The 317 Board also funds the opioid addiction program at University Medical Associates, where students from our program provide services to clients from the community, as part of their graduate assistantships. Dr. Bhat and Dr. Davis received a grant from the 317 Board, which funds the GA positions, and ensures that substance abuse services are available to residents of the tri-county area.

CSI EVENT PHOTOS



Halloween CSI Social!



CSI TABLE AT The Patton College's 125th Anniversary
9.9.2011

CSI ALPHA CHAPTER

Faculty Advisor: Dr. Christine Suniti Bhat

President: Natalie Williams

Vice President: Maggie Selander

Treasurer: Tori Wood

Secretary: Carrie Luce

Committee Chair

Social Justice/Advocacy: Maggie Selander

Fundraising: Beth Schiller

Advertising/Newsletter: Amber Casey, Mehri Davis, & Chrissy Ward

Professional Development: Eric Beeson & Tori Wood

Social Chair: Mehri Davis