

GCCA Council Meeting • MGA • April 21, 2017 • 10:00 am

Present: Angela Wheelus, Chris Wheelus, Dorothy Morgan, Gina Barthelemy-Morton, Shubha Chatterjee, Evonne Jones, Erica Madoni, Brendan Dochney, Brittany Bing, Haley Reed, Andre Griggs, Lizy Humphrey, Alicia Dorton, Cheri Mattox-Carroll. Absent: Preditia Howard, Ruth Hagemann, Pat Mooney, Jenease Horstead, Terri Ducker

Call to Order

The meeting was called to order at 10:12 am by President Angela Wheelus. She welcomed the council members and asked each to introduce themselves and tell the council briefly about where each worked, counseling activities, and other information to help all become familiar with one another.

Welcome Council Members

Haley Reed works with counseling and disability services for Middle Georgia State University and is Social Media/Website Chair.

Shubha Chatterjee works as a counselor within the Counseling, Disability and Testing Center at ABAC and serves as an adjunct psychology instructor. She also serves as a hospice volunteer and works with children of inmates outside the college. She also serves as the regional rep for the Southern region.

Brittany Bing, is president-elect. This is her third year with GCCA. She works with the clinical staff at Augusta University within Student Counseling and Psychological Services. In addition to her counseling responsibilities, she works with outreach efforts for the health sciences campus and has recently worked with "Take Back the Night" activity.

Chris Wheelus is Director of Student Support Services at Shorter College and CE chair.

Angela Wheelus is GCCA president and Director of Student Support Services at Georgia Highlands College.

Gina Barthelemy-Morton is Associate Dean of Students for Healthcare Science at Chattahoochee Technical College. She was formerly a counselor for Healthcare Science students and coordinated on a number of workshops for DISC, MBTI as well as other endeavors. She is the Midwest representative.

Dorothy Morgan is a counselor and outreach coordinator for Georgia Highlands College and works with the career center, food pantry, supervises interns, and serves on several community boards, such as Bartow Collaborative. She works with campus and community outreach projects and activities such as Team Maze, QPR, Safe Zone training, and fall in-service endeavors.

Lizy Humphrey works as an outreach coordinator for the Summerville campus and works with suicide prevention activities. She works at Augusta University within the Student Counseling and Psychological Services. She is the regional representative for the Mideast region.

Erica Madoni is with Gordon College and was elected treasurer earlier this year. She reports that she does a lot of everything to include a community program at Morehouse. She works with issues regarding HIV, drug and alcohol dependency.

Brendan Dochney is a counselor at Savannah State University, since December, where he is participating in a number of counseling and outreach activities. Prior to coming to Savannah, he worked with DFCS and inpatient therapy. With expertise in working with social anxiety, he reports that he sees 8-10 clients per day.

Elisha Dorton works at Gordon College as director of Counseling and Accessibility Services. She is a regional representative at large.

Evonne Jones is a counselor and case manager at Piedmont College, which is comprised of multiple campuses. She works one-on-one with students, leads groups, as well as train faculty, staff and student leaders with education activities for mental health such as QPR, mental health first aid, and other resources. She works with communities in the Gainesville, Athens, and Toccoa regions to coordinate a network of care. She is a regional representative for the Northeast region. Prior to coming to Piedmont, she worked with issues of domestic violence and contractor for social work.

Cheri Mattox-Carroll is director of counseling for Chattahoochee Technical College. The college is attempting to establish comprehensive counseling services at the college with multiple campuses. She reported she is conducting one-on-one and group counseling and outreach activities workshops, collaboration with faculty, and mental health awareness events such as "Coffee and Counseling." She is beginning a pilot intern program this summer to host students completing their counseling programs.

Routine Business

Review of minutes was conducted during email correspondence following the GCCA conference in which corrections were made. However, council members had access to minutes during the meeting. Gina Barthelemy-Morton made a motion to accept minutes and Evonne Jones seconded the motion. Ms. Wheelus called for the motion to be carried. Minutes accepted.

Treasurer Report: Erica Madoni reported that all expenses have been paid. She indicated two new memberships were accepted, including one student. She asked that council members consider her use of a Bank of America app due to the distance of Bank of America branch offices from her rural location and lack of quick access to bank business matters. The application for her phone, which would be password protected, would allow Ms. Madoni to capture check images for deposit, check on balances, and monitor account activity from the application. There is no cost to the application. Discussion in regard to use of the app for council business ensued. Former treasure, Ms. Bing, indicated that the app would be efficient for the treasurer and supported its use. Chris Wheelus made a motion to accept the use of the app and Ms. Mattox-Carroll seconded. All council members in favor of use. A balance sheet of recent debits and credits was requested. Ms. Madoni indicated she would provide that electronically in the near future.

Membership report: Andre Griggs reported a new member joining GCCA, bringing total membership to 176 scribed to the listserv.

CE Report: Chris Wheelus reported on data obtained from CMC Global and Casey Earle in regard to conference evaluations. He indicated that all aspects of the conference received good ratings from 4.17 to 4.97 on a scale of 1-5 with 5 being the best. He reported that some sessions did not get evaluated. The report included suggestions for conference improvement including an introduction to the conference with a breakfast, sessions for advanced practitioners, dividing 3-hour sessions into two parts so CE credit can be given for each half or run two 3-hour sessions parallel, as well as supervision and self-care. A suggestion was made to survey members to find out more about what type of advanced practitioner sessions might be considered as well and other desired session topics. Even though conference goers are required to complete a conference evaluation to receive CEU's, only 31 evaluations were completed versus 68 last year. It was suggested that this may be due to the use electronic evaluations after the conference versus paper copies utilized in the past in which evaluations were submitted at the end of the conference in exchange for a paper CEU session participation overview. Some conference participants also commented on the increased time to receive an official

CEU certificate, with most arriving electronically in late March/early April from CMC Global. In other conference evaluation notes, Mr. Wheelus said that Dr. Sutherland's ethics presentation continued to receive high marks the second year of presentation. The full document of results was distributed to council members. Mr. Wheelus said that he would provide the council with a detailed proposal at the next meeting outlining a method for replacing CMC Global with an in-house process as CMC Global tripled the cost to GCCA with no improvement in services. This new process will be free and better, he explained.

Social Media/Website Chair Report: Haley Reed reported that the "Shout Out" endeavor had no submissions on the website. The proposal was to provide a "shout out" to spotlight the works of counselors, which in turn would generate nominations for awards presented at the next conference. She reported that not many conference material requests have been submitted. It was suggested that materials might be made available before the conference and materials could be available on the website as resources. Facebook and Twitter are still being utilized as well as listserv blasts. She encouraged the use of #GCCAinAction hashtag. This will help stir up excitement for the conference as well as GCCA sponsored activities. Ms. Reed indicated she will post minutes on the website following council approval. She highlighted new regions on the website and asked council to review the website and let her know what elements need reorganization as the website elements can be easily changed.

Listserserv Report: Andre Griggs reported a new member, bringing total membership to 176 subscribed to the listserv. It was agreed in a past council meeting that all past members would remain on the listserv to include those members not currently affiliated with GCCA membership. He noted that it was important to keep email addresses current, to include those persons with name or college changes.

Fundraising Report: No report from Predita Howard, who was absent. Discussion of how to represent vendors equitably during the conference ensued. Due to the increase in vendor representation and lack of room to house all in lobby outside the Retreat Room, three vendors were situated outside the Solarium on the lower level. It was observed that not much traffic led to these vendors in that location and several suggestions were made as how to ensure equal traffic and visibility of all vendors such as hosting the widely-attended Ethics presentation in the Solarium and retain vendors in that location and continue to encourage conference attendees to visit all vendors. Those who had all vendor signatures on their program guidebook or some other measure of visitation would be entered into a special raffle. There is a limit to how many vendors could be upstairs, which necessitated splitting vendors between two locations. It was suggested that hotel coordinators could assist in providing location suggestions in which vendors could have closer proximity to one another.

Grants/Awards/Nominations: No report

Old Business

The 2017 conference reviewed and briefly discussed. A call for additions to old business made by Ms. Wheelus. No additional business to discuss.

New Business

Topics for new business suggested: Changing regions recently amended and agreed upon, extending regions, etc. Mr. Dochney suggested that mental health awareness month was coming up in May and proposed an activity such as the "Ice Bucket Challenge" that was successfully adopted and used for ALS awareness. All were open to ideas and suggestions without expending money or causing danger to individuals. Target some type of challenge for others to engage in and post on social media, he suggested.

Regional Reports

Central Region: Ruth Hagemann absent

Southern Region: Shubha Chatterjee reported that a local psychiatrist who has assisted in past presentations and workshops in conjunction with the local hospital was willing to present again this year in Tifton on September 12 (target date). She made a call for topics to include mood disorder or suicide. The hospital, Tift Regional Hospital, will again provide a meeting site for the community as well as sponsor lunch. Last year, 55 persons attended a workshop in Tifton.

Discussion ensued as to what other groups for which CEUs might be garnered: nurses, social workers, psychologists, etc. It was discussed briefly what paperwork might be needed to offer those CEUs and at what cost. Pat Moony was suggested as consultant as a social work liaison. In the past there was a cost associated with social work and psychologist CEUs. Nurses can use related credits, said Mr. Wheelus. It was noted that guest speakers can be paid through an honorarium of \$200.

Midwest Region. Lizy Humphrey is considering an event that focuses on training addressing sexual assault issues or suicide concerns. She planned to offer CEUs for the event.

Brittany Bing reported that a Title IX October event is being planned.

Northwest Region: Dorothy Morgan suggested partnering with Gina Barthelemy-Morton for a future workshop or presentation since both colleges are in close proximity. Ms. Morgan spoke about a recent event with guest presenter Lisa Williams, who works to remove young women caught in the life of sex trafficking. Several students attended the event and four students shared that they, too, had been a victim. She reported that many students might be impacted by this that we are not even aware of. She noted she also partnered with NW Center in Rome with displays and resources. GA Highlands has been coordinating such events as "Sandwiches and Stigma" and "Mental Health and Muffins" and "Consent and Cupcakes" to facilitate awareness of current social concerns and to reduce the stigma of mental illness. In regard to reducing the stigma, it was proposed that every Monday twitter "Mental Health Mondays."

Mr. Griggs reported on KSU's Mental Health Madness week of events with such activities as stuffing argyle socks with rice and herbal scents. This has been a big hit he reported, with activities every day Monday through Thursday. This prompted a discussion of best practices and resources to be placed on the listserv or website to garner and share ideas for events and activities.

Midwest Region: Gina Barthelemy-Morton described her vision as learning her role and connecting with partners to include calling in other experts to present. All ideas were welcome as well as collaborative partners, such as Georgia Highlands. There are a lot of great schools in the region said Ms. Barthelemy-Morton. She welcomed the opportunity to join together for new connections and collaboration.

Northeast Region: There is a need to understand and be familiar with my role as regional rep, commented Evonne Jones. She spoke of an upcoming 2-day workshop at UGA in regard to Embark. She indicated that she would help spread the word on this upcoming conference.

Coastal Region: Brendan Dochney indicated he took over for Pat Mooney and has collaborated with him to gain ideas for events. He indicated he needed to generate topics of interest and work on getting CEUs for upcoming events. He reported that he would create an email listserv of groups in his region to get ideas and connect with others. Mr. Wheelus indicated that these events do not have to be larger, nor the guest presenters well known. In fact, he said, each of you could be presenter he advised council members. He noted that a presenter, to allow for CEUs, must have a graduate degree and level of

training to fit NBCC categories. It is not necessary to be licensed, but one must have a master's degree in some aspect of mental health. CEUs for psychologist are more complicated, he stated, though there are shared criterion for LPC and social workers. He noted that GCCA could also piggyback on other events such as social work groups as GCCA is equipped to also provide CEUs. GCCA can contribute to snacks or the honorarium for a speaker. Generally, \$200 is allotted for an event, which can pay for a speaker or provide snacks to market GCCA. It might be helpful to post a poll or survey to generate topic ideas suggested Ms. Reed. Mr. Griggs indicated there were many "go-to" topics such as ethics, telemental health, multiculturalism, and pharmacology. He suggested such speakers as Ronee Griffin who will draw in audiences. Mr. Wheelus indicated he spoke to a graduation class to emphasize the importance of joining a professional group such as ACCA and GCCA but also to consider these groups for networking, position announcements, and as a means to create a community.

Mr. Wheelus spoke of funding required for CEUs and the \$200 honorarium. He suggested regional reps bring proposals for funding before the council to get approval for funds. He suggested that a small charge could also be incorporated into the events for snacks, honorarium, etc. He suggested coordination with others to share resources. While the basic allocation is \$200, a rep could negotiate for more, said Mr. Griggs.

At-large reps may jump into any region that needs help with resources, assistance, promotion, etc. Ms. Dorton said she had been listening and thinking about different areas to connect into. In regard to topics, all this room can present said Mr. Wheelus, and the draw (of participants) will be the topic and not necessarily the presenter. He suggested keeping it simple. Ms. Wheelus challenged regional reps to offer 4-10 events over the course of the next year.

New Business

President-elect Brittany Bing spoke on ideas for the 2018 conference. Ms. Bing reported that the next conference would mark the 25th anniversary of GCCA. She indicated that there would be a "meet and greet" event honoring the past presidents. It was suggested that a "Founders Day" luncheon could be considered. She has been generating ideas for the conference to include a possible theme and T-shirt slogan: "Honoring the Past, Empowering the Future: 25 years of GCCA" which met with acceptance from the council. The intent of the conference, among other things, is to increase grad student participation and professionals. The conference has been set for January 24-26, 2018. A "Save the Date" blast has been proposed. In May Ms. Reed will begin promoting the 25th anniversary conference. Proposals for t-shirt might list the slogan/theme in front with the names of past presidents in the back. Silver is the color for a 25th anniversary it was remarked. Other ideas for design were discussed. Ms. Bing indicated she will bring in a t-shirt design at the next meeting.

In other new business, Mr. Wheelus spoke of coordinating a motorcycle ride to raise awareness for mental health envisioning a mental health ride to be sponsored in part by GCCA. It was also noted that Ridgeview was presenting a workshop on "The ethical use of 1013 in Georgia" that may be of interest.

Ms. Wheelus made a call for any additional new business. No other new business to report. The next meeting will take place from 10 am -12 noon on July 21, 2017 at Middle Georgia State University.

Ms. Dorton make a motion to adjourn and Ms. Morgan seconded it. Meeting adjourned at 11:45 am.

Respectfully submitted, Cheri Mattox-Carroll, secretary