



# Georgia College Counseling Association

Council Meeting Agenda • March 27, 2020 • 10am-12pm • Zoom Meeting

Present: Gina Barthelemy-Morton, Shubha Chatterjee, Amy Laughter, Dorothy Morgan, Chris Wheelus, Sylvia Shortt, Jenease Horstead, Cheri Mattox-Carroll

Absent: Katie Jones, Andre Griggs, Pat Mooney, Lizy Humphrey, Britani King, Brandi Cameron, Amanda Kort, Erica Madoni, Erika Sledge, Nikita Robinson, Traci Westin

- Call to Order: The meeting was called to order at 10:10
- Minutes: The minutes were submitted in regard to conference: Business Luncheon, New Council Meeting, and Awards Presentation. Gina mentioned that there may be a typo in a recipient's name. Due to lack of quorum (half of the council members + 1) the minutes could not be approved.
- Treasurer's Report: Amy Laughter reported receiving a check from CMC Global that allowed payment to the King and d Prince. She reported a \$8,640.76 balance. The only outstanding entry at this point is the Ethics Speaker honorarium check in the amount of \$200.00 to Dan Rose. The check has not been cashed. Due to lack of quorum, the treasure report cannot be approved during this meeting.

### GCCA Treasurer Report - 3/24/2020

Date	X	Ch#	Recipient	Purpose	Amount
01/01/20				<b>Beginning Balance</b>	<b>\$10,692.64</b>
01/22/20	x	1114	Nainyn Designs	Conference T-Shirts	-\$944.46
01/22/20	x	*	Deposit	Membership Fee - Shannon Stephens	\$35.00
01/29/20	x	1115	Dr. Jonathan Orr	Keynote Speaker Honorarium - GCCA Conf.	-\$200.00
01/30/20		1116	Dr. Dan Rose	Ethics Speaker Honorarium - GCCA Conf.	-\$200.00

01/30/20	x	1117	Mark Douglas Taracuk	Presidential Grant Award Winner - GCCA Conf.	-\$250.00
01/30/20	x	1118	Gina Barthelemy-Morton	Display Port Adapters/Reimbursement	-\$23.97
01/30/20	x	1119	Broome's Hall of Fame Trophies	Conference Awards	-\$202.93
01/31/20	x	*	Deposit	Conference Registration Checks	\$2,025.00
01/31/20	x	*	Deposit	King & Prince Raffle Check	\$300.00
01/31/20	x	Draft	Bank of America	Check Imaging Services Fee	-\$3.00
02/28/20	x	Draft	Bank of America	Check Imaging Services Fee	-\$3.00
03/16/20		1120	CMC Global	Clerical & Consulting Fees GCCA Conf.	-\$1,698.90
03/17/20		*	Deposit	CMC Global Revenue	\$11,505.00
03/17/20		1121	King & Pring Beach & Golf Resort	Conference Payment for Hotel Use/Banquets	- \$12,390.62
<b>03/24/20</b>				<b>Current Balance</b>	<b>\$8,640.76</b>

- Membership and Listserv Report (Jenease Horstead & Andre Griggs). No report
- Social Media/Website (Elizabeth Humphrey). No report. Lizy Humphrey not able to join. Ms. Mattox-Carroll noted that the website certificate has expired and is noted that it is unsafe to view. Ms. Humphrey will be notified. A bill for website maintenance is expected in April.
- CE Report (Katie Jones/Chris Wheelus). Chris Wheelus reported on overview and conference wrap up. He shared screen shot for end of conference evaluation. He noted that content-wise, the conference was cited as one of the better conferences in recent years. Evaluations were predominantly positive. He indicated that he would be required to resend certificates received for supervision sessions noting required objectives and provided an overview of psychologist CEUs.

Mr. Wheelus shared an overview of the conference evaluations:

(1=strongly disagree...5=strongly agree)	2020	2019	2018	2017	2016
Number of responses	28	40	22	31	35
The conference facility was adequate.	4.7	4.6	5.0	5.0	4.8
St. Simons Island is a good location for the GCCA conference site.	4.7	4.8	4.9	4.9	4.8
Conference publicity was adequate.	4.1	4.2	4.6	4.4	4.5
Registration was easy.	4.5	4.8	4.7	4.6	4.7
The conference was well-organized.	4.7	4.6	4.7	4.6	4.7
The variety of program topics was adequate.	4.3	4.1	4.4	4.4	4.4
The quality of the programs met my expectations.	4.2	4.4	4.8	4.6	4.5
I had ample time to network with colleagues.	4.2	4.6	4.3	4.6	4.3
The conference met my needs.	4.4	4.5	4.8	4.6	4.7
The cost of the conference was a good value.	4.7	4.7	4.9	4.8	4.7
I am likely to attend another GCCA Annual Conference.	4.7	4.7	4.8	4.9	4.8
Overall conference rating.	4.5	4.5	4.8	4.6	---

#### Session Ratings:

	Replies	Rating
Rivers: Untangling the Relationship Between Good Hair, Bad Hair and AA Women's Racial Identity & Self-Esteem	13	4.9
Humphrey, Westin: Addressing College Counseling Center's Multicultural Competence to Best Serve Diverse Students	4	4.8
South: Healing from Codependency: The Journey Home to the Self	9	4.8
South: Mind, Body, Spirit Psychotherapy: How to move your clients from trauma (and drama) to healing and lasting joy	28	4.8
Taracuk: A Clinician's Guide to Transgender and Gender Diverse Mental Health	9	4.8
Tremblay: Integrative Approach to Anxiety and Depression	25	4.8
Anderson: Using technology to improve mental health: What's out there, what works, and why isn't it used more?	10	4.7
Hinton: Campus Culture: Creative Programming to Promote Wellness	9	4.7
Orr: Building Resilience in Clinical Practice: Caring for Ourselves and Others	44	4.7
A&C Wheelus: Using Clinical Supervision Models in Practice	13	4.6
Taracuk: Supporting Students on the Spectrum: Working with Clients with ASD in Higher Education	16	4.6
Taracuk: Utilizing and Incorporating Pop Culture into Strategic Education and Prevention Events	7	4.6
Barthelemy-Morton: The use of Reality Therapy with rise of Anxiety in Health Sciences Students	13	4.5
C&A Wheelus: Clinical Supervision: What have we learned and where do we go next?	13	4.5
Chatterjee: Mindfulness and Creativity: Enhancing Practitioners Wellness and Self-Care	16	4.4
Jackson: Instituting Joy and Gratefulness in Individual Therapy	16	4.2
Rose: Ethics, Shmethics or the Real Reasons Why You Shouldn't Sleep with Your Patients	33	4.2
Brockington: Experiences of AA Lesbian/Gay Who Left a Nonaccepting Black Church for a Perceived Accepting Church	17	4.2

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- February is a difficult time to be away from campus.
  - This was my first time at the conference as a practicing counselor. When I was in grad school, I remember my superiors bragging about the conference, so I was excited about coming this year. Unfortunately, it was not what I expected. The attendance appeared to be low and the quality of some of the sessions was just okay. Nonetheless, I took away a few things that inspired me and that's what matters.
  - Well done Conference team. You all make it look to easy!
  - The ethics presenter was horrific; I should not be questioning the ethical decision making process of the person presenting on ethics.
  - I was disappointed that no one came to the networking/casual hang out time on Wednesday evening.
  - I wish there was a wider variety of presentation topics; some of them seemed to have common or similar messages. There were some programs that were simply sub par while there were others that were stellar and outstanding; I wish there was a higher number of the stellar quality ones.
  - St. Simons is a good location for a conference but the food can be pricey. However, I had a stellar time and really enjoyed the conference. Am definitely going to attend again."
  - Wonderful conference
  - My fav conference to attend
  - Thanks for all you work.
  - Good conference all in all
  - It was a good conference. Keep up the good work.
  - Thanks for everything you did to put on a very successful conference.
  - Thank you! Great to see and visit with everyone and meet new people.
  - Favorite conference I attend each year. Already looking forward to 2021!
  - Overall the conference experience flowed smoothly and the new links for the CE evals were very helpful. Also it was great to see more CEs available for psychologists.
  - I had many take-aways and information that I can and will readily used in my practice.
  - Great job! All of the leadership was very friendly and helpful. The hotel is still a great location so don't change. Thanks for a great time!
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**GCCA hosts free (or low-cost) CE workshops throughout Georgia during the year. What topics would you like to attend or lead?**

Pharmacology; substance misuse; Integration of counseling and spirituality

Self-Care, Becoming a CPCS Supervisor

Training in DBT or ACT

Supervision, modalities,

Those related to clinicians and treatment

Not at present time.



anything about helping clients with trauma

Working with transitioning students

Suicide Prevention Assessment CEU

I would lead a low-cost CE workshop on how the Microbiome influences Anxiety and Depression

Virtually any topic, if it is relevant to our profession and with enough notice to adjust schedule for attendance

International Cultural competencies

Multicultural competence, self-care/overall wellness, eating disorders treatment, specific theory-based treatments

**Post-Conference Follow-up:**

- CE certificates (453 of them) were emailed on 2/6/2020
- Presenters were emailed their session evaluation results on 2/7/2020
- I gave Pat Mooney all that he needs for Social Worker CE certificates to be issued
- We will still need to pay ACCA for the PSY CEs (awaiting invoice) and Savannah State (Pat Mooney has asked for an invoice) for SW CEs.

- Fundraising Report (Erika Sledge): No report
- Grants/Awards/Nominations (Erica Madoni): No report
- Old Business: No old business in regard to 2020 Conference
- New Business: In 2021 Conference news, Mr. Wheelus, president-elect, commented on possible conference themes such as: Spirit of Counseling or The Spirit of College Counseling. He noted he is in the process of seeking presenters for ethics and keynote speakers. A possible keynote address might focus on Spirituality in College Counseling and seeks a keynote addressing this theme. Asked council members for possible suggestions. Will ask for input into a counselor evaluation for personal interest; for example, what words come to mind when you think of GCCA? Word Cloud design suggested on the t-shirt comprised of 3-4 colors.

In other announcements, he noted that next year dates are shifted from the normal Wednesday to Friday format; instead, in 2021, the format will shift to T-W-TH beginning January 25. The Council will meet Monday evening with the conference beginning Tuesday and ending half day on Thursday. Moving forward to 2022, the format will return to Wednesday to Friday. It has been proposed to book two years in advance to get dates that retain the familiar format. Gina Barthelemy-Morton will follow up on 2022. An updated contract has been preliminary drafted but not yet received for 2021. A request will be made to secure dates for February and preferred pattern conference format Wednesday-Friday.

Ms. Shortt suggested cancellation insurance for upcoming conference in the event the conference must be unexpectedly cancelled. She reported that ACCA does have such cancellation insurance but was not sure of the cost and if this type of insurance is affordable. Ms. Shortt volunteered to look into the cost. Ms. Barthelemy-Morton will also review the current agreement with cancellation clause that cites payment for liquated damages and room revenues. Cancellations 270 days in advance requires 25% and 0-269 days in advance requires 90% room and beverage costs to be paid. Ms. Shortt also mentioned possible need for attrition insurance if all rooms reserved in block are not taken.

- Call for new business: No new business

- Regional Reports

- \* Central (Brandi Cameron). No report

- \* Southern (Shubha Chatterjee): We have started talking to people about fall workshops but looking at the way things are now as we are not sure what will happen in regard to COVID. Many travel budgets are gone for the rest of the year. Ms. Chatterjee suggested adding undergrads for the poster session to inspire them to enter counseling. Instead of or in addition to graduates, include undergraduates to encourage entering into the profession. This would be particularly appealing especially in rural Georgia, she noted. She indicated that her annual partnership with Tift Regional was in jeopardy and the hospital is reportedly suffering due to increasing number cases of COVID-19. I am not sure if they can support a workshop as they did in the past, she reported. She proposed that a Zoom workshop might be substituted and would look into it.

Mr. Wheelus indicated Zoom is fine for CEs. New ruling: No limit on online workshops due to the pandemic. This offers a lot of freedom for synchronous or asynchronous offerings, he noted. Recordings can work too. He mentioned it would be a boost to GCCA

to present on what each is passionate about and we are able to offer that CE. Now we can impact more persons, he suggested. It was proposed and affirmed by Mr. Wheelus that recorded webinars could be uploaded to the GCCA page. A quiz following participant view would require an 80% score that would generate a certificate. To garner more GCCA members, a non-member could be invited to join to save money on the proffered webinars. New members could pay \$35, which is less expensive than paying for CEs offered by other entities. Not only would such webinars generate opportunities for members to receive CEs for participation, it has the added feature of possibly adding more members to GCCA. If possible, Ms. Chatterjee will continue to request \$25 for attendance to collect revenues for face to face presentations.

For payment options for such offerings, PayPal and Zelle were discussed. Zelle could work as Zelle is accepted at most banks such as GCCA's Bank of America. No charge to use Zelle and payment is deposited straight into the GCCA account. Lizy will be consulted to put on website.

Ms. Shortt reported that "to use Zelle with your business account, your bank or credit union must currently offer Zelle for your business account type. Please note that not all banks and credit unions offering Zelle to consumers offer Zelle for small businesses. So, contact your bank directly to confirm."

- \* Midwest (Brittney King). No report

- \* Northwest (Dorothy Morgan). Ms. Morgan has given thought to workshops but will consider other formats in case participants could not meet face to face. Many are learning about Telemental health but managing Telemental health when focusing on a crisis situation is a work in progress. She will consider a presentation via Zoom or similar platform. She called for contributions from known presenters

- \* Mideast (Traci Westin). No report

- \* Northeast (Sylvia Shortt). Will begin consider workshop topics. She indicated a need for a list of current members and delete those persons who have not paid for membership. Zoom presentation is a good idea and would be cost effective.

- \* Coastal (Amanda Kort). No report

- \* At Large (Nikita Robinson and Shawntell Phoenix-Martin) No report

- Final thoughts: Gina was thanked for the work she provided for the conference. Council members were reminded "to be cognizant of your mental wellbeing and that between family, friends, students. Teachers should be acknowledged as well as counselors. Take

one day at time. It is time for all of us to practice this. Plans are to be broken. So different but connections that we take for granted. Take a moment for a gratitude list. We will come out stronger.”

- The next meeting will take place on Friday, July 10. Ms. Barthelemy-Morton will ask if Middle Georgia State University is available to meet on a Friday during their summer term. The meeting was adjourned at 11:02 am. An email noting the next meeting location will be sent.