



ACACI WINTER NEWSLETTER

FEBURARY 2020

Helping Children and Adolescents Thrive!

Greetings ACACI Members! We continue to serve our members with our quarterly newsletter and quarterly networking events. In addition, we are in the process of matching our first set of mentors and protégés in our pilot mentor program. You can read all about what we are up to and ways you can join us in this newsletter.

We continue to have exciting and collaborative opportunities for members who would like to become more involved. We have an amazing board and encourage you to reach out if you see a committee you want to be a part of:

<https://www.acacillinois.com/working-committees>

Thank you to all of our members for the important work you do with children and adolescents in Illinois. You make a difference. The Association for Child & Adolescent Counseling in Illinois (ACACI) is proud to support you. Visit our website or FB group to connect with us.

Warmly,

Your ACACI Board

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Helping Children & Adolescents Thrive!

Website: <https://www.acacillinois.com>

Twitter: @Children Thrive

FB Group: <https://www.facebook.com/groups/ACACinIllinois>

FB Page: <https://www.facebook.com/ACACinIllinois/>

2019-2021 ACACI Board



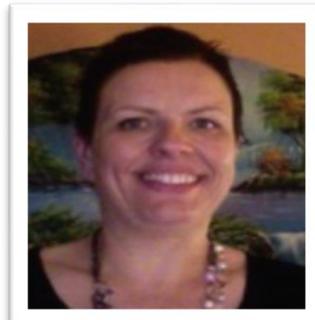
Leslie Contos, President

Leslie Contos, LCPC, NCC, CCMHC is counselor and counselor educator who looks forward to providing service to ACACI members and support for her amazing fellow board members.



Greta Nielsen, President-Elect

Greta Nielsen, LCPC, NCC, MBSR, is clinical director at Clinical Care Consultants in Inverness, with over 25 years' experience working with youth in a variety of settings.



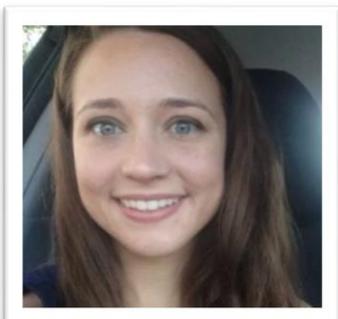
Karolina Hoguissou, President Elect-elect

Karolina Hoguissou, LCPC, NCC, CCATP, has over 15 years of experience providing services from Early Interventions to Correctional Facilities and is now in private practice.



Marcia James, Social Media Committee Chair

Marcia James, LPC, NCC has over a decade of experience as a school counselor in District 215 and a doctoral candidate in counselor education at Governors State University.



Melissa Paluck, Treasurer

Melissa Paluck, LCPC, NCC is a bilingual (Spanish) therapist at Dynamic Direction Counseling where she works with children and adolescents and their families.



Sarah Silva, Literature Committee Chair

Sarah Silva, LCPC, NCC owns is founder and CEO of a group practice in Chicago where she works collaboratively with clients, and she is also a PhD candidate at Walden University.



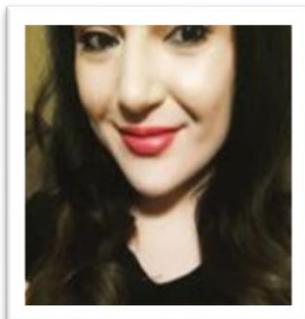
Christine Vinci, Secretary, Newsletter Editor

Christine Vinci, LCPC, NCC, CCTP, a therapist at Pillars Community Health, has experience working with children, adolescents, adults, families, couples, and groups in a variety of settings.



Christine Brown, Social Justice Committee Chair

Christine Brown, LCPC, NCC, EdD, is an assistant professor at National Louis University who brings over a decade of experience counseling and supervising at Metropolitan Family Services into her classrooms.



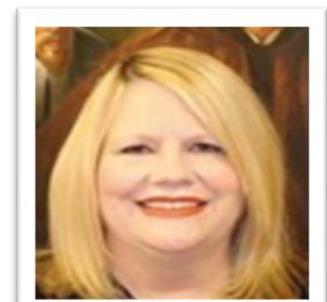
Karina Breezer, Grad Student Committee Chair

Karina Breezer is a graduate student in Clinical Mental Health Counseling at Concordia University who expects to work with children and adolescents in her career and hopes to seek a PhD.



Elizabeth House, Membership Committee Chair

Elizabeth House is a Master of Science in Counseling student at National Louis University. Her experiences as an English Language Learning teacher led her to want to work with refugee and immigrant families.



Peggy Mayfield, Past President 2017-2019

Peggy Mayfield, PHD, LCPC, NCC, CCMHC, DCMHS, works with at-risk youth and families. As ACACI president she created the Emerging Leaders program and the first ACACI conference.

ACACI Working Committees 2019-2021

We would love you to join us!

Read the committee descriptions and sign up here: <https://tinyurl.com/acaci-committees>

Newsletter Committee: Gather newsletter articles and photos and edit newsletter
Chair: Christine Vinci christine.vinci2@gmail.com
Leslie Contos lesliecontos@gmail.com
Ammarah Hussain Ammarahhussain12@gmail.com

Emerging Leaders Committee: cultivate leadership in students & new counselors
Chair: Peggy Mayfield mayfield.peggyc@gmail.com
Leslie Contos lesliecontos@gmail.com
Christine Brown cbrown87@nl.edu

Networking/Outreach Committee: Create networking events for counselors working with youth and provide online resources for counselors working with youth
Chair: Greta Nielsen:
GretaN@clinicalcareconsultants.com
Leslie Contos lesliecontos@gmail.com
Sarah Silva sarah.silva@waldenu.edu

Professional Development Committee: Create training opportunities (conference in odd years, and workshops and webinars in even years) for counselors working with youth
Chair: Karolina Hogueisson
portabletherapy@gmail.com
Leslie Contos lesliecontos@gmail.com
Megan Sandos msandos@adler.edu
Karina Breezer karinabreezer@gmail.com
Christine Vinci christine.vinci2@gmail.com
Elizabeth House Houseelizabeths@gmail.com

Social Media Committee: Post articles related to counseling children & adolescents to ACACI Facebook page on regular basis
Chair: Marcia James msjames74@yahoo.com
Leslie Contos lesliecontos@gmail.com

Graduate Student Committee: Create information on the structure of counseling professional societies for students and create mentor opportunities for students
Chair: Karina Breezer karinabreezer@gmail.com
Leslie Contos lesliecontos@gmail.com
Elizabeth House Houseelizabeths@gmail.com
Christine Vinci christine.vinci2@gmail.com
April Harman harman.april@gmail.com

Membership Committee: Send emails to new and renewal members to help them stay connected; and reach out to agencies, universities, etc. to speak about ACACI
Chair: Elizabeth House Houseelizabeths@gmail.com
Leslie Contos lesliecontos@gmail.com
Karina Breezer karinabreezer@gmail.com

Social Justice Committee: Advocacy to give youth a voice
Chair: Christine Brown cbrown87@nl.edu
Leslie Contos lesliecontos@gmail.com
Elizabeth House Houseelizabeths@gmail.com
Karina Breezer karinabreezer@gmail.com
Greta Nielsen GretaN@clinicalcareconsultants.com
Christine Vinci christine.vinci2@gmail.com
April Harman harman.april@gmail.com

Literature Committee: Update ACACI literature and create publishing opportunities for counselors working with children.
Chair: Sarah Silva sarah.silva@waldenu.edu
Leslie Contos lesliecontos@gmail.com

Join us in
servant leadership!

Six Points for Serving Marginalized Minority Client

By Cindy Danzell

As a clinician, I am always learning and growing, and that growth allows me to serve my clients effectively. I serve a lot of marginalized minority clients, and processing their concerns and joining them on their journey to their healing has taught me some things. Here are 6 points to remember when serving marginalized clients.

1. *Ask what their therapy goals are*

Don't assume you know their goals because of their background or their story. So, listen to them because they need to be heard, not fixed. Remember, each marginalized client does not speak for all.

2. *Empower the client*

Help the client know that they have options, even if the options are limited. Also, help them learn how to cope with the injustice they may have to endure daily.

3. *Make the client feel safe*

The marginalized client may be very closed off and unsure if they can trust you, so develop the therapeutic relationship. This means being patient as the client learns who you are, so trust in the process.

4. *Educate them*

Many times, marginalized clients are afraid to question authority because the ones in power may be the ones who have subdued their voices. So, the client may feel fearful and disenfranchised. So, be prepared because you may have to educate them on their rights or what they can do.

5. *Join an organization or volunteer*

If helping marginalized clients is crucial to you, join an organization board or volunteer. Don't do it as a favor to marginalized clients, do it because you see the unfairness and you believe in equity.

6. *Watch out for your own biases and microaggressions*

You may have some negative opinions about marginalized clients, and that can inhibit you from

effectively helping them. It is essential to check your own beliefs and analyze if countertransference is happening. We all know that sometimes clients can trigger our emotions, so be mindful during the process. Also, watch out for microaggressions. Microaggression is the subtle but offensive comments. For example, if a client expresses that they feel oppressed based on their color, do not disregard it. Don't say, "Are you sure that you're not be overly sensitive and projecting your thoughts on the offender," or "I'm sure the offender didn't mean it." Also, if a client discusses how they feel discriminated against, don't say "Everyone gets discriminated against one time or the other, so I wouldn't take it personal." These comments can be damaging and can shut the client down for not being validated.

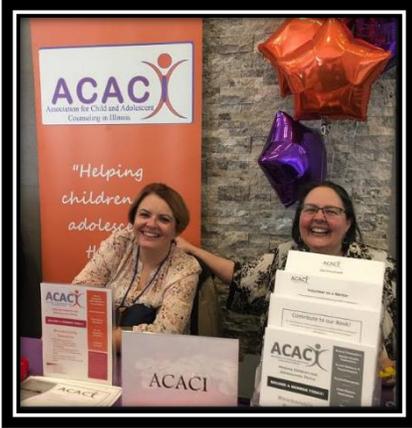
Putting these 6 points into practice can be rewarding not only for us as the clinicians but it will show our clients how dedicated we are to their healing. We all know it takes courage for many clients to see a stranger and trust them with their mental health, so we need to continue creating safe spaces for everyone. Being in the helping profession is empowering and with that power comes responsibility. So, remember, what we do matters.



Cindy Danzell, M.S., NCC, LPC, PEL

Cindy is a Licensed Professional Counselor and a National Certified Counselor who has been working in the field for the past 2 years. In addition, she works as the Suicide Prevention Director at a university. Cindy received her Master of Science in Counseling and School Counseling from National Louis University. Her therapeutic approach is meeting the client where they are at and then working with them to get to the peace and balanced life they want and need. No single modality works for every person, so she finds the right one that works for them. Some modalities she uses are Cognitive Behavior Therapy, Reality Therapy and Solution-Focused Brief Therapy to help with the myriad of obstacles that inhibits growth.

ACACI at 2019 ICA Conference



Association for Child & Adolescent Counseling in Illinois

ACACI Awards 2019

5 awards to present

1) Counselor Educator of the Year: honoring an Illinois counselor educator, supervisor, or trainer who has exhibited an exemplary record of educating counselors to work with children and adolescents.

Dr. Laura Tejada has exhibited an exemplary record of educating counselors and counselors-in-training to work with children and adolescents. With degrees in school counseling, Marriage and Family Therapy, and Counselor Education, as well as certification as a Registered Play Therapy Supervisor and years of practical counseling experience with children, Dr. Tejada has been uniquely positioned to train counselors to provide exceptional services to youth. She infuses her courses with practical and evidence-based practices and stories about working with children, and is the professor whose office door is always open to provide support for her students. Dr. Tejada currently teaches at Northeastern Illinois University, and has provided numerous trainings locally, nationally and internationally, including being the keynote at ACACI's first conference in 2019



2) Research Award: honoring an Illinois research project which has the potential to enrich the scope of counseling practice with youth

Dr. Christine Brown conducted a qualitative study that explored both the perceptions and experiences of self-efficacy on college persistence among Black/African American first-generation college students. The results of her study have generated conversations about the ways in which counselors and counselor educators engage first-generation students of color as practitioners and educators. Her study revealed that overall, Black/African American college students view higher education as an opportunity to improve their quality of life; and struggle immensely to navigate their way in the traditional higher education setting. Dr. Brown is currently an assistant professor at National Louis University.



3) Organizational Award: honoring an Illinois organization making a difference through commitment to programs providing counseling services to youth in Illinois.



The Child & Family Therapy Clinic at the Theraplay Institute.

Clinic Manager Anna Grinspun accepting the award

The Theraplay Institute is a nonprofit in Evanston, Illinois which provides Theraplay treatment to families, classroom relationships through Sunshine Circles, community relationships through educational training and certification globally. The Child and Family Therapy Clinic at the Theraplay Institute is based on the natural patterns of playful, healthy interaction between parent and child. Theraplay interactions focus on four essential qualities found in parent-child relationships: Structure, Engagement, Nurture, and Challenge.



4) ACACI Emerging Leader Award: honoring an ACACI member who has made notable contributions to ACACI and has demonstrated transformative leadership skills.

Sarah Silva is a new ACACI member who has made notable contributions to the division by starting the literature committee and creating the outline for a division book where counselors can share interventions for working with youth. She has demonstrated transformative leadership skills, unconditional positive regard, and integrity through her warm and respectful social interactions on the board. Her diligent and timely efforts have been appreciated. Sarah finds time to serve on the ACACI board in addition to owning a private practice and finishing her doctoral degree in counselor education at Walden University.



5) Counselor of the Year Award: honoring a counselor exhibiting a commitment to serving children and adolescents in Illinois with best practices and exemplary standards.

Marcia James has over a decade serving as a school counselor in the south suburbs of Chicago, in which time she has instituted many groups and programs, as well as training numerous school counselor interns now working at other schools. Her students appreciate her open and straightforward counseling style and the compassion and time she puts into her work with youth. She coordinates mentor programs, and sponsors peer mediation in addition to her other counseling responsibilities. Marcia has graduate degrees in both school counseling and educational leadership and is currently pursuing her doctoral degree in counselor education at Governors State University while still working full-time as a school counselor. Her dissertation research is around the mental health needs of students.



Join Us at Upcoming Networking Event

Saturday April 18th, 2020 from 10am to 11:30am

At Upswing Counseling

620 West Roosevelt Road, suite C-2 Wheaton, IL 60187

With Brendan Bell hosting

UpswingCounseling.com

Don't Join the Bigtop, Just Visit

By, Elizabeth House

When I was a freshman in college, I took one of the most difficult classes I have taken to date. It was my first semester of college. I took English 102 and my teacher was ruthless. Her philosophy was that books can be edited, new editions of textbooks come out frequently. If something can be edited, it is never truly done. It can always be better. She was right, of course, but at the time I found it interesting that I was not able to get an A in her class for the first 70% of the term. This was new for me. Writing has always been and still is something I have enjoyed thoroughly, so for a professor to belittle my writing to this degree was shocking. My papers came back with red pen marks as if they had been sent to their death and I was just merely receiving the carcass to fix, return to her stronger, only for it to come back bloody for different reasons. We did this dance the entire term. I loved that woman. She was inspiring and taught me a lot about myself and my writing.

One of our many assignments that term was to write a persuasive piece from both perspectives. We were to pick a topic that we could write an argumentative stance on. Once we turned that in, she told us our next task was to refute all of our prior claims and positions on why our first angle of argument was the correct one. I remember my classmates being astounded. I was thrilled. I have always been one to question ideas and come up with the other side's perspective, even if only for myself to better understand the entire conversation.

My first paper was written on why every 18 year old should join the circus prior to going to college. My points were silly like how you can perfect a skill, travel the world, work with exotic animals, you could bring joy to people's lives, and you could save money in the process. Upon refuting my claims, I stated that while it is fun to visit the circus, it is only safe from the seats in the audience, if even then. When you really break down what the circus is, it is really playing with fire, risking getting eaten by a lion, poor medical conditions, loud noise, clowns EVERYWHERE, and bad food. Sure, the excitement from the seats seems exciting, but at the

end of the day you really are homeless, risk getting eaten by a lion or stepped on by an elephant, and shovel shit for a living. These high stakes hardly make the excitement seem worth it.

In running mental health groups for addicts of all ages (both in the halfway house setting and IOPs), I use this analogy a lot. If you think of a client that has come from a family of addicts, it is unlikely that this person is going to give up all elements of their prior life of using. Asking someone to cut all ties off from their family is like asking someone to willingly go into witness protection for the sake of their sobriety. While this may work for some people, there are few I have met that are willing to make such a sacrifice. I have found it much more supportive to use this analogy to describe boundaries. One can still be a part of the circus, stay in their seat, use the public bathrooms with caution, eat the food occasionally and still come out of the big top in a safe way. From the cheap seats, one can even enjoy the circus, appreciate the dynamics, and go home to their sober living. The real question is what is the cost? If you are willing to stay in the cheap seats and hold that boundary to ensure one's sobriety and safety, great! If you keep inching closer to get a better look at the lion or feel the heat of the fire someone is trying to eat, it may be time to take a break from the circus. That does not mean that you can never return, it just means that you need to know the costs and what getting individual can truly identify how close the safe vantage point in the circus is. One does not need to BE the circus in order to ENJOY the circus.

Elizabeth House, MAT, MEDL



Elizabeth is currently enrolled in a Master's of Science in Counseling program at National Louis University. She entered the program after over a decade in education as an English Learners k-8 educator because she often witnessed mental health issues getting in the way of her students' learning. She hopes to foster change within the public school systems regarding mental health and learning, especially for immigrants new to the United States. She currently lives outside of Chicago and has a wonderful 5 year old son.

Contribute to our Book

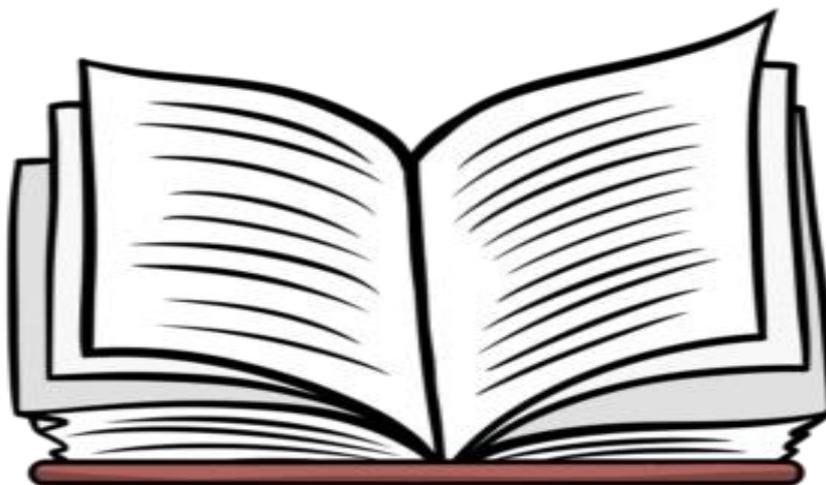
The Association for Child and Adolescent Counseling in Illinois is looking for contributors to a book on your favorite childhood and adolescent interventions.

The book is going to be a compilation of counseling interventions that have worked in counseling to engage and treat children and adolescents. We are looking for interventions specific to particular mental health and wellness issues as well as interventions that can be suited for various parts of the therapeutic relationship.

Contributors can be Master's students, counselors, psychologists, or social workers. Each contributor will have the opportunity to place their photo and bio in the About the Contributors section of the book for publishing.

We are hoping to create a fun book for mental health professionals and graduate students to turn to when working with children and adolescents.

If you are interested and would like to contribute please fill out the following form: <https://tinyurl.com/acaci-book>



Share Your Story!

Please consider sharing your story or an article on your counseling expertise or experience with ACACI members. If you are interested in contributing to the next newsletter, please contact:

christine.vinci2@gmail.com

Upcoming ACACI Mentoring Pilot Program

Are you interested in encouraging the next generation of counselors?
Are you looking for a way to give back but don't have much time to commit?
You've come to the right place!

Starting in the Spring of 2020, ACACI will be offering a new pilot program where we pair counselors like you with graduate students.

Our pilot program is offering you the opportunity to ***give back in a HUGE way*** without a huge time-commitment. Your 3-month time commitment will have a lasting impact on the future counselor, as well as their clients!

- **Little time?** Mentor students via weekly email or Skype!
- **Hate wasting paper?** Fill out the mentorship forms online!
- **Want to be a mentor but don't know where to start?** We will do all the work to match you with a graduate student.

Please email Karina Breezer@gmail.com for more information.
Please write in the subject line: **"I CAN'T WAIT TO BE A MENTOR!"**

February 2020 Newsletter Resource Section

February

Eating Disorders Awareness Week – 2/24-3/1/2020

According to ANAD (Association of Anorexia Nervosa and Associated Disorders):

- At least 30 million people of all ages and genders suffer from an eating disorder in the U.S.
- Every 62 minutes at least one person dies as a direct result from an eating disorder, having the highest mortality rate of any mental illness.
- Eating disorders affect all races and ethnic groups.

#NEDAwareness Week 2020, NEDA aims to improve public understanding of eating disorders and their causes, dangers, and treatments and to empower everyone to reduce risk factors and join prevention efforts. We hope Come as You Are: Hindsight is 20/20 offers the opportunity for all people to get involved. By sharing our stories of what we have learned as we go through our eating disorder and body acceptance journeys and how the greater community is affected, we offer the opportunity to continue the conversation and prioritize inclusivity. Click here to collaborate, gain resources and join the movement: <https://www.nationaleatingdisorders.org/get-involved/nedawareness>

SCOFF questionnaire: The SCOFF questionnaire is a simple, five-question screening measure for 13 year olds and older to assess the possible presence of an eating disorder. It was developed in the United Kingdom by Morgan and colleagues in 1999 and utilizes an acronym (Sick, Control, One, Fat, Food) which does not translate perfectly to other countries because of the reference to "one stone," but the questions themselves are easily adapted to any culture. While it is not meant to act as a substitute for a professional diagnosis, it can be extremely helpful in identifying people who are very likely to suffer from anorexia nervosa or bulimia nervosa and should get help.

<http://pcptoolkit.beaconhealthoptions.com/wp-content/uploads/2016/02/SCOFF-Questions.pdf>

Contact:

ANAD hotline at 630-577-1330

OR

NEDA Helpline: <https://www.nationaleatingdisorders.org/help-support/contact-helpline> for support, resources and treatment options for yourself or a loved one.

Children of Alcoholics Week: 2/9-15

COA Awareness Week breaks the silence that engulfs and traps kids and teens living with parental addiction and offers the chance for children at risk to become children of promise. COAs are often a hidden population, isolated and unidentified right before our eyes. We need to come together to identify and assist children of alcoholics and drug dependent persons. The National Association for Children of Addiction (NACoA) has put together a Kit For Kids which contains information and skills that can help protect the emotional survival of a child dealing with parental addiction. Click here to download: <https://nacoa.org/resource/kit-for-kids-2019/>

To gain more information on screening for children and teens with Adverse Childhood Experiences (ACE-Q) visit this page for a wealth of information and resources developed by the Center for Youth Wellness: https://pediatricsociale.fondationdrjulien.org/wp-content/uploads/2017/05/CYW_ACEQ_UserGuide.pdf

And because it's February and the month of LOVE we want to remind you of how vital your role is, and express our appreciation for you, in the healing of the children, teens and families you serve. Here's a great article on how to take care of yourself and avoid the burnout inherent in the caring profession of counseling, social work and psychotherapy. <https://societyforpsychotherapy.org/distress-therapist-burnout-self-care-promotion-wellness-psychotherapists-trainees-issues-implications-recommendations/>

March

Self-Harm Awareness Month & Self-Injury Awareness Day: March 1st

Self-Injury Awareness Day strives to break down the common stereotypes surrounding self-harm and to educate medical professionals about the condition. Raising awareness about self-injury is incredibly important. Awareness leads to understanding and empathy, banishing judgment and fear, and reducing the number of people who feel alone and suffer in silence. It is appropriate to wear an orange ribbon on Self-Injury Awareness Day. The American Journal Of Public Health reported the following statistics on self-injury in teens: Over 17% said they'd engaged in self-harming behavior, Roughly 11% of males said they'd engaged in self-harming behavior and Around 24% of females said they'd engaged in self-harming behavior.

To assess your clients for self-harming behaviors please refer to this assessment created by doctors at Alexian/Amita Behavioral Health Hospital: https://itriples.org/wp-content/uploads/measures/Web_ABASI.pdf

Self-Harm Crisis Text Line is free, 24/7 support for those in crisis, connecting people in crisis to live, trained Crisis Counselors. Text CONNECT to 741741 from anywhere in the USA, anytime, about any type of crisis. Their first priority is helping people move from a hot moment to a cool calm, guiding you to create a plan to stay safe and healthy. YOU = our priority.

National Nutrition Month:

There is a growing body of evidence, and a number of significant voices are championing the role of diet and nutrition in the care and treatment of people with mental health problems. We know that food affects how we feel, think and behave. In fact, we know that dietary interventions may hold the key to a number of the mental health challenges our society is facing. As integrative healthcare gains more credibility, recognizing the interplay of biological, psychological, social and environmental factors is key to challenging the growing burden of mental ill-health in western nations. Diet is a cornerstone of this integrated approach.

Here is a comprehensive, useful, self-help guide which gives advice and practical suggestions as to how you can include healthy living into your daily-life with the interest of promoting better wellbeing and mental health.: https://www.mindcharity.co.uk/wp-content/uploads/2016/03/Food_and_Mood_Booklet.pdf

Here is a food/mood diary to help you understand how the way you feel is affected by what you drink and eat as well as a page that shows you which foods might help improve the way you feel. <https://www.mindcharity.co.uk/wp-content/uploads/2016/03/MHF-Food-and-mood-diary-1.pdf>

Here is a helpful guide for healthy eating for youth: <https://www.helpguide.org/articles/healthy-eating/healthy-food-for-kids.html>