

RMHC Newsletter

INTRODUCTION

Winter Term 2016 was an eventful term for both the first and second year cohorts. First year cohorts studied the foundational theories of counseling, the importance of understanding diversity, and an introduction to the medical aspects of disabilities.

Meanwhile, second year students began their first term of internship where they began to practice their theoretical approaches in the field and begin their portfolio as they approach graduation in the spring.

During this term, the RMHC program was also glad to welcome back Dr. Chungfan Ni from sabbatical as she returned to the classroom, teaching the Theories course and Practicum.

RECIPE OF THE TERM

Baked Parmesan Zucchini Fries

Ingredients

- 4 zucchini, quartered lengthwise
- 1/2 cup grated Parmesan
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon garlic powder
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons olive oil
- 2 tablespoon chopped fresh parsley leaves



Preheat oven to 350 degrees F. Coat a cooling rack with nonstick spray and place on a baking sheet; set aside.

In a small bowl, combine Parmesan, thyme, oregano, basil, garlic powder, salt and pepper, to taste.

Place zucchini onto prepared baking sheet. Drizzle with olive oil and sprinkle with Parmesan mixture.

Place into oven and bake until tender, about 15 minutes. Then broil for 2-3 minutes, or until crisp and golden brown.

Serve immediately, garnished with parsley, if desired.



INSIDE THIS ISSUE

- Introduction 1
- Recipe of the Term 1
- Allies in Deafhood Workshop .2
- Words of Wisdom.....2
- Experiencing Practicum..... 3
- Poem: Crossroads.....3
- Internship Experience.....4
- Self-Care Corner..... 4

SPECIAL POINTS OF INTEREST

- Allies in Deafhood Workshop
- Practicum Experiences
- Internship Experiences
- Joyce Sutphen's *Crossroads*

ALLIES IN DEAFHOOD WORKSHOP



"We need to give each other the space to grow, to be ourselves, to exercise our diversity. We need to give each other space so that we may both give and receive such beautiful things as ideas, openness, dignity, joy, healing, and inclusion."

-Max de Pree

Words of Wisdom

The curious paradox is that when I accept myself just as I am, then I can change.

-Carl Rogers

"It is theory that decides what can be observed"

-Albert Einstein

"...objectivity resides in recognizing your preferences and then subjecting them to especially harsh scrutiny..."

- Stephen Jay Gould

This quarter, 1st year students had the exciting opportunity of attending the Allies in Deafhood Workshop hosted at the Oregon School for the Deaf. The workshop was lead by Butch Zein, a fifth generation Deaf member of the Deafhood Foundation. Participants learned about the vast cultural history of Deaf people, the colonial elements of oppression, examined one's own privilege, and learned how to become a better ally when working alongside Deaf individuals. Moving forward as the Deaf Community re-emerges, at the very least students have gained a deeper understanding of the inner workings of balancing ally behaviors with professional work. Participants were also asked to share questions and experiences, creating an invaluable exchange of knowledge and perspectives for all to utilize in working with individuals of diverse communities and not for them.

EXPERIENCING PRACTICUM

While I have been preparing for practicum through readings, practice, and taking in as much advice from faculty, staff, and previous students as I could, I was still nervous going into the first session with a volunteer client. Thankfully, it has all ended up working out well. The thought of watching yourself on camera, doing something you have never done before, while also having classmates and your professor critique you and give you feedback is enough to make anyone squirm; however, it has been a wonderful experience accompanied by many growing pains and learning opportunities.

Practicum has taught me a lot about the profession and about myself. While I feel nowhere near ready to become a counselor, the vision is becoming more realistic and I can feel my confidence and professional abilities growing with each session. Working with Deaf individuals through practicum while also continually improving my ASL communication skills during class and with my instructor, I am feeling very thankful for the opportunities that I have had so far and look forward to the diverse experiences still ahead.

-Ashlee Nollette



When I started this program, I wasn't sure how I was possibly going to be ready to be a counselor in only 2 years. Well, after winter term, I can see it now. The growth that I have experienced from the work I have done in winter term has been challenging, frightening, exhilarating, and confusing to say the least. But it all has been worth it and it has been great. The combination of courses and the feedback that fellow students and especially faculty so strategically provide has me feeling very grateful to be a part of the Rehabilitation and Mental Health program here at Western Oregon University!

The combination of the theory and diversity course along with practicum has me feeling catapulted into a new being- a being who feels more prepared and excited to be a mental health counselor. The observation and support that the staff provide leaves me feeling like I truly matter and can make a difference. And the experience of choosing a theory has by far been the most inspiring experience so far. The process of choosing psychoanalysis as my theoretical orientation has been confusing, anxiety-ridden, and challenging... but the term has ended leaving me feeling prepared to take on many more years of learning, growth, and research. And for that, I am grateful.

-Sarah Turner

Crossroads

*The second half of my life will be
black
to the white rind of the old and
fading moon.
The second half of my life will be
water
over the cracked floor of these desert
years.
I will land on my feet this time,
knowing at least two languages and
who
my friends are. I will dress for the
occasion, and my hair shall be
whatever color I please.
Everyone will go on celebrating the
old
birthday, counting the years as
usual,
but I will count myself new from this
inception, this imprint of my own
desire.*

*The second half of my life will be
swift,
past leaning fenceposts, a gravel
shoulder,
asphalt tickets, the beckon of open
road.
The second half of my life will be
wide-eyed,
fingers shifting through fine sands,
arms loose at my sides, wandering
feet.
There will be new dreams every
night,
and the drapes will never be closed.
I will toss my string of keys into a
deep
well and old letters into the grate.*

*The second half of my life will be ice
breaking up on the river, rain
soaking the fields, a hand
held out, a fire,
and smoke going
upward, always up.*

-From *Straight Out of View* by Joyce
Sutphen, 1995

Spring Out of winter with these fun and fresh ideas you can add to self-care repertoire:

-Plant something green

-Go for a hike

-Sit outside at a park or cafe

-Go strawberry picking

-Visit the zoo

-Attend local festival

-Visit a waterfall

2nd Year Cohort Internship Experience

Students of the second year cohort were asked about their experience on their internship sites, including where their site location was, their daily tasks and activities, and how their internship is working towards career goals. Responses are included below in the students' own words.

I have been at Oregon Vocational Rehabilitation Services, Keizer office in North Salem. The experience, thus far, has been fantastic. I can't imagine having done my internship anywhere else. There is a variety of client's that we serve, from Intellectual disabilities to Veteran's with disabilities to those injured on the job. There are some very sad cases yet I always remind myself that these are the people that truly need our help and that is what we are there for. I am learning a great deal about case management through the ORCA reporting system to include Intake/ Assessment, Eligibilities and Individual Plan for Employment along with Supported Employment for those with the most serious disabilities. I have been meeting with various community partners to include, but not limited to Job Developers, Job Coaches, Latino Connections, Project Able, RISE, Oregon State Hospital, Rescare through Worksource Oregon.....too many to list everyone.

-Shannon Fraser

I am at the Academic Advising and Learning Center at WOU

Daily, I see students that are at risk in some way. Either they are experiencing a challenge or barrier to their education that they might need assistance with, or they are in need of some study skills and assistance with improving those skills. I regularly see students who experience anxiety and test anxiety and discuss how they are experiencing it and what they have been doing to cope or manage these things. I get to do a lot of counseling in this sense and love it! The rest of my day consists of case management: keeping up with faculty referrals, checking in with students, and other things related to academic success.

This is what I want to do with my life and I am stoked to have the opportunity to continue doing this kind of work!

-Elizabeth Balding

1. Where is your internship? Western Oregon University at Student Enrichment

2. What are your daily tasks and activities? Meeting with students and counseling with students with disabilities. Attending staff meetings and adding client notes to files. Applying Person Centered Theory and techniques to students with disabilities and observing my supervisor interacting with students.

3. How do you envision your internship helping you toward your career goals? The experience of practical application on students, the benefits of certain types of interaction and the experiences that were not as beneficial. Knowing what to apply and what to re think will help me in my future career.

-Kathryn Deeds

I am at the SHCC here at WOU. I attend meetings, see clients and complete chart notes using the Mediat system. I love it here because everyone is very helpful and if I ever get in a situation where I am unsure as to how I should proceed, I have lots of counselors to consult with. Between sessions, I spend time doing research and using resources to plan future sessions. While there are currently no job openings, the experience here will come in handy in any Mental Health or V.R. setting.

-Brenda Teague

I'm at Sound Mental Health in the Deaf Services department in Seattle.

I do case management and individual and group therapy. This includes a lot of different things.

It has helped me realize what the "real world" of Mental Health is like and has given me an idea of where I would like to head in the future.

-Janelle Butler

Out of your vulnerabilities
will come your strength.

-Sigmund Freud

Everyone wants to live on
top of the mountain, but all
the happiness and growth
occurs while you're climbing
it.

-Andy Rooney

There's no reason to not be
humble, because as great as
you may be, you can always
be greater.

-Jarod Kintz

1) My internship is with Central Portland
Vocational Rehabilitation

2) My daily tasks include:

Intake appointments with new clients

Meeting with client's on my caseload regu-
larly (scheduled or drop ins)

Case Noting all appointments, emails,
phone calls, or other forms of contact with
clients, vendors, or other resources

Entering application information into case
management system

Creating eligibilities, plans, and case clo-
sures

Reviewing client files / disability related
records (medical, health, mental health)

Networking and creating additional com-
munity resources

Staffing client cases with site supervisor
and other staff frequently

3) So far my internship experience has
been nothing short of wonderful. I have an
amazing team who is extremely welcom-
ing and supportive of me and my future
goals. My internship has been completely
tailored to me and my learning style/
speed and my future career goals, while
maintaining the requirements expected by
the RMHC program. I believe my intern-
ship is giving me great experience and
insight into the world of Vocational Reha-
bilitation and will absolutely prepare me
for searching for employment in this
field once my internship is completed. Not
only has my internship prepared me for
working in the field of VR, but it has al-
so assisted me with state applications
and interviewing. I now feel more pre-
pared to apply and interview for a position
such as this. Finally, I feel that my inter-
ship has allowed me to develop additional
partnerships and resources within the
community, making my presence and
work more widely known. Developing
professional relationships feels like the
most important aspect of finding a job and
being successful within the helping pro-
fession

-Karli Mitchell

1. Oregon State Hospital - Vocational Ser-
vices Department

2. Provide mental health counseling for
referral clients on treatment care plan
goals, Co-lead treatment mall groups
providing therapeutic interventions to
patients, Gain a more comprehensive
understanding of the Oregon State Hospi-
tal through the additional training offered
by the education department, Evaluate
patient progress and provide input for
modifications to the treatment care plan
when necessary, Spend at least 20 hours a
week working directly with clients, Assist
clients to explore competencies and inter-
ests as related to future employment and
community reintegration using assess-
ment tools.

3. I hope to work at the Oregon State Hos-
pital upon graduation as a mental health
specialist. This position, along with the
CRC will make me eligible to be an LPC
intern. This position will provide me with
the opportunity to gain at least 20 direct
client hour a week.

-Victoria Boyd

We would like to thank all students who
helped contribute to the 2016 Winter
Term Newsletter!

We are proud of the 2nd year students
for the amazing work they are doing at
their internship sites and for taking the
time during their busy schedules to share
their experiences.