



ACACI Winter Newsletter

February, 2019



Helping Children and Adolescents Thrive



Message from the President

Peggy
Mayfield

Association for Child & Adolescent Counseling in Illinois.

Dear Valued Members,

Welcome to our Spring
Newsletter!

We can't wait to meet
you at our **inaugural**
Association for Child
and Adolescent
Counseling in Illinois
conference, on March 1,
2019, at the Nineteenth
Century Charitable
Association, 178 Forest

Avenue, Oak Park, IL--
**Helping Children &
Adolescents Thrive!** The
registration fee for
ACACI members is just
\$40.00, A continental
breakfast, lunch, and
snacks are included. 6
CEUs are offered! Have
fun and meet friends
while earning those last
CEUs before the
licensing period ends on
March 31st!

Register Here!

We had so much fun
meeting many of you at
the ICA conference last
fall! We had lots of
ACACI bling to hand out
such as heart-shaped

stress balls, hand
sanitizers, pens, and
buttons. We enjoyed
hearing about the work
you are doing and
having the luxury of
time to get to know our
fabulous members!

Please reach out to me if
you have questions or if
you would like to be
involved! We are also
looking for members
who could write articles
for our next newsletter.

Helping Children and Adolescents Thrive!

PRESIDENT

217.972.7036

MAYFIELD.PEGGYC@GMAIL.
COM

Helping Children & Adolescents

THRIVE

*Association for Child & Adolescent Counseling in Illinois
Inaugural Conference—Spring—March 1, 2019*

**PLAY THERAPY:
THREE ESSENTIAL
SKILLS**

Dr. Laura Tejada

**THERAPLAY &
TRAUMA**

Dr. Catherine Tucker

**INTRODUCTION TO
MINDFULNESS
PRACTICE**

Greta Nielson, MA

**OGD SUBTYPES IN
YOUTH**

Michael Blumberg, MA

**This program is Co-Sponsored by
the Illinois Counseling Association.**

ICA has been approved by NBCC
as an Approved Continuing
Education Provider, ACEP No. 2014.

Programs that do not qualify for
NBCC credit are clearly identified.

ICA is solely responsible for all
aspects of the program. **CEs** for
Counselors and Social Workers are
issued under IDFPR license

159.001342. **CEs** for Psychologists
issued under IDFPR license #

268.000065. **CEs** for Marriage and
Family Therapists issued under
license # 168.000228.

Registration Fees

ACACI Members—\$40

All Others— \$60

On-Site— Cash Only— \$70

**Includes Continental Breakfast,
Lunch, Afternoon Snack, and
Beverages Included with
Registration**

Register at:
ilcounseling.org



Helping Children & Adolescents Thrive

March 1st, 2019

Nineteenth Century Charitable Association

178 Forest Avenue

Oak Park, IL

Earn 6 CEUs from Co-Sponsor ICA

**Registration & Continental Breakfast
Conference Begins**

8:30 am

9:00 am

Lunch

12:15 pm

Conference Resumes

1:00 pm

Conference Adjourns

4:30 pm

**Parking is available at Lake & Forest Parking Garage - 938 Lake
Street, Oak Park, IL—Adjacent to Venue— \$11.00 fee.**

Directions: <https://www.google.com/search?>

[q=178+Forest+Ave+Oak+Park%2C+IL&og=178+Forest+Ave+Oak+Park%2C+IL&aq=chrome.696570j6965013j0.38010j4&sourceid=chrome&ie=UTF-8#](https://www.google.com/search?q=178+Forest+Ave+Oak+Park%2C+IL&og=178+Forest+Ave+Oak+Park%2C+IL&aq=chrome.696570j6965013j0.38010j4&sourceid=chrome&ie=UTF-8#)

Call for ACACI Award Nominations

Deadline for nominations is **August 31st**. We are requesting nominations for possible awards to be presented at the November ICA annual conference. Only ACACI members may make nominations. *Self-nominations are encouraged.*

- **ACACI Counselor of the Year Award:** honoring a counselor exhibiting a commitment to serving children and adolescents in Illinois with best practices and exemplary standards.
- **ACACI Counselor Educator of the Year Award:** honoring an Illinois counselor educator, supervisor, or trainer who has exhibited an exemplary record of educating counselors to work with children and adolescents.
- **ACACI Advocate of the Year Award:** honoring an Illinois resident who has advocated for youth to create sustainable positive change for children, adolescents, and their systems.
- **ACACI Emerging Leader of the Year Award:** honoring an ACACI member, new professional, or graduate student who has made notable contributions to ACACI and has demonstrated transformative leadership skills, unconditional positive regard, and integrity

Complete nomination packet will be sent to mayfield.peggy@gmail.com and must include:

- Name of award
- Name and contact information of nominee
- photo of nominee
- description of nominee indicating how they embody the award category guidelines

Award Timeline

1. Call for nominations submitted for publication in ACACI Newsletter—July 31
2. Nomination window closes at midnight on August 31
3. Nomination materials distributed to Board Members by September 7th.
4. Voting window closes on September 14th.
5. Nominees notified by president by September 21st—they are asked attend the ceremony or send a designee to receive the award
6. ICA notified by president of award winner's names and the award they received by September 21st
7. ACACI president will forward any materials required by ICA by September 30th
8. Awards ordered by September 30th—person who orders awards will bring them to the ceremony or send them to the home of another board member who agrees to see that awards are brought to the ceremony
9. Person who orders awards will submit receipt and voucher to president for signature, president will forward to treasurer for reimbursement

Previous Winners

ACACI Award Winners 2018



ACACI Advocate of the Year Award 2018

Senator Dick Durbin, Democrat Whip

This award is an outgrowth of Senator Durbin's work to advance the Trauma-Informed Care for Children and Families Act. This Act is essential in order to address the deleterious and lifelong outcomes experienced by children and their families through their exposure to adverse childhood experiences and community violence.

Senator Dick Durbin, a Democrat from Springfield, is the 47th U.S. Senator from the State of Illinois, the state's senior senator, and the convener of Illinois' bipartisan congressional delegation. Durbin also serves as the Assistant Democratic Leader, the second highest ranking position among the Senate Democrats.

Also known as the Minority Whip, Senator Durbin has been elected to this leadership post by his Democratic colleagues every two years since 2005.

Elected to the U.S. Senate on November 5, 1996, and re-elected in 2002, 2008, and 2014, Durbin fills the seat left vacant by the retirement of his long-time friend and mentor, U.S. Senator Paul Simon.

Durbin sits on the Senate Judiciary, Appropriations, and Rules Committees. He is the Ranking Member of the Judiciary Committee's Subcommittee on the Constitution and the Appropriations Committee's Defense subcommittee. Senator Durbin makes approximately 50 round trips a year between Washington and Illinois. He is married to Loretta Schaefer Durbin. Their family consists of three children--Christine (deceased), Paul and Jennifer--as well as three grandchildren, Alex, Ona and Floyd. They reside in Springfield.



ACACI Counselor Educator of the Year--2018 Doctoral Program

Sonya Lorelle, PhD, LPC, NCC, RPT

Dr. Sonya Lorelle is an Assistant Professor at Governor's State University where she teaches in the Counselor Education and Supervision concentration as serves as Program Coordinator. She has been extensively published in peer-reviewed journals and has 5 international presentations to her credit (Thailand, Bhutan, and India). Moreover, she has received honors for the exceptional quality of her publications. She previously served on the Editorial Board for The Professional Counselor (4 years). Her dissertation--A phenomenological study of children's experiences while families receive services from a homeless agency-- exemplifies her interest in, and commitment to, children in diverse contexts.

Dr. Lorelle is known for her warm and engaging teaching style and her support for student maturation and expansion. She scaffolds students for remarkable growth and noteworthy opportunities. For example, many of her students have been named NBCC Doctoral Fellows. She provides students the opportunity to engage in international experiences by taking them to Thailand each year. Her concern for the well-being of children and adolescents is evident in her efforts to help develop a school counseling program in Bhutan and to provide play therapy training in India.



ACACI Counselor Educator of the Year Award 2018 Master's Program

Tiffany Nielson, PhD

Dr. Tiffany Nielson is Assistant Professor of Marriage, Couple and Family Counseling and Co-Coordinator of the Marriage, Couple, and Family Counseling Area of Focus in the Human Development Counseling Program at the University of Illinois at Springfield. Her research interests include Marital, Couple, and Family Counseling; Mentoring in Counselor Education; Child and Adolescent Counseling; Child Sexual Abuse; Religion and Spirituality in Counseling and Counselor Training. In addition to teaching Marriage, couple, and family counseling course,

Dr. Nielson teaches the Child and Adolescent Counseling course where she models a deeply empathetic concern for children across the entirety of the developmental spectrum. Students in her courses benefit immensely from her scholar-practitioner informed content. Her experiences from teaching in China are interwoven into the tapestry of her course content, enriching students' understanding of the benefits of immersion learning in one's quest for intercultural sensitivity and competence. Dr. Nielson pays careful attention to students' knowledge, skills, abilities, and dispositions to ensure post-graduate competence.



ACACI Counselor of the Year 2018

Karolina Hogueisson, MA, LCPC, RDDP, NCC

Karolina Hogueisson is a Licensed Clinical Professional Counselor, National Certified Counselor, Certified Child and Adolescent Trauma Professional, and Registered Dual Disorder Professional.

She obtained her Baccalaureate Degree in Psychology, with minors in Science and Social Science from National Louis University, Chicago and my Master's Degree in Community Counseling from Argosy University, Schaumburg. She participated in the Chi Sigma Iota Chapter of the Counseling Honor's Society while at Argosy University.

Her experience includes working with children, teens and adults in a variety of settings. In the past 15 years she has conducted home visits with families in the Early Head Start Program, worked with child/youth survivors of trauma and violence and operated a part of a statewide program through the Safe from the Start Initiative. She has also worked in a correctional facility as a Mental Health Specialist III where she provided mental health services to adult pre-trial detainees at the Cook County Department of Corrections. She has provided in-home services as an Early Intervention Provider and have operated my own private practice since the day she received her LCPC licensure. Her interest areas include trauma, suicide prevention, mood disorders, anger management, challenging behaviors, parenting and child and adolescent mental health.

She strives to provide high quality services to all of her patients. She uses a variety of approaches and strategies to best serve everyone who reaches out to her for help and join them on the journey to accomplishing their therapeutic goals. Together they work on identifying and overcoming the obstacles that are keeping them from feeling happy, fulfilled, and satisfied.

She holds herself up to high professional standards and continue to invest in her own wellbeing and education. She regularly attends professional trainings and conferences and belong to many professional organizations.

She spends her free time with her husband and cats Elsa and Vader, her family and her great friends. She enjoys baseball (Go Cubs!), football (Go Steelers!) and reading. She is also an avid cyclist and is currently serving as the president of a local bicycle club.

Conference Collaborations

ACACI wishes to thank these companies for their generous support by donating products for our upcoming conference! Please make sure to stop by our raffle table to see, and bid on, the great therapeutic toys and items they've provided. They would greatly appreciate your support by visiting their websites and using them as a resource for any play therapy tools you may need to enhance your work with your clients.

ChildsWork/ChildsPlay

<https://childswork.com/>

Childswork
Childsplay
21st Century Counseling Tools

Office Oxygen/Trainers Warehouse

https://www.officeoxygen.com/?gclid=EA1aIQobChMIjNC88YO14AIV445bCh3lqAI9EAAAYASAAEgLKt_D_BwE

office **Oxygen**
Breathe new life into the workplace

Play Therapy Supply Company

https://www.playtherapysupply.com/?gclid=EA1aIQobChMIuPWcg4S14AIVgyBpCh09ywIyEAAAYAAEgI_EfvD_BwE



The Self-Esteem Shop

<https://selfesteemshop.com/>



SELF ESTEEM SHOP

Toys of The Trade

<https://www.toysofthetrade.com/>



Uplifting Goods

<https://upliftinggoods.com/>

uplifting *elle* goods

Nineteenth Century Club Our Historic Conference Venue

The Nineteenth Century Club was established in 1891 by a group of visionary women who believed that education, charitable activities, and civic involvement were vital elements in a thriving community. The spirit of the founders continues today in the work of the Nineteenth Century Charitable Association through benevolence grants, scholarships, and public programming in five areas: music, art, literature, science, and social sciences.

The building is historically significant and a resource to the community. Many local not-for-profit organizations use the building on a free or affordable space sharing basis for meetings and events. The Nineteenth Century Charitable Association (NCCA) is the sole owner of the building at 178 Forest

Avenue in Oak Park, known under the historic name of The Nineteenth Century Club. The primary purpose for the building is to support and enable our charitable and educational endeavors.



This Nineteenth Century Landmark was built in 1928 and it remains a cultural, social service, and civic force in the community. Drawn by its beauty and fabulous free public events, thousands of visitors come to The Nineteenth Century Charitable Association (NCCA) every year, making it one of the most visited attractions in Oak Park.

Newsletter Article Submissions

Please consider submitting an article for the ACACI newsletter. Articles may be from 2 paragraphs to 2 pages and must relate to counseling children and adolescents.

Submission deadline for the April newsletter is March 20th.

Please send questions or article proposals to
lesliecontos@gmail.com



Megan Sandos currently attends Adler University pursuing her Master's in Clinical Mental Health Counseling focusing on working with immigrant and refugee children, adolescents, and their families. A non-traditional student, Megan has spent the last ten years, post-Bachelor's degree, working in events, sales, and hospitality in St. Louis and Chicago before transitioning into her current career aspirations. Growing up in four states across the midwest and broadly traveling the world, Megan is fascinated by diverse cultures, people, and the beauty of their identities, connections, and intersections. Living and traveling globally has provided valuable opportunities to engage and contribute to social change, a core value stemming from strong social change makers with her large multi-ethnic and multi-racial family. Megan is eager to work within Chicago communities and contribute to the field at large through research in identity, belonging, and spirituality.

Meet our Newest Emerging Leader, Megan Sandos

Megan Sandos

Professional Advocacy

One of the most important legislative imperatives facing the counseling profession is the ability to bill Medicare. Until we have this, we will not be able to appropriately serve the growing senior population.

This is one of the easiest bits of advocacy, as AMHCA is using votersvoice to help you send a prefilled email to your national congressional representatives to advocate for Expanding the Medicare Mental Health Workforce. The Mental Health Access Improvement Act would allow licensed mental health counselors and family therapists to directly bill Medicare for their services.

Take 60 seconds to submit this pre-filled form:

<https://www.thenationalcouncil.org/policy-action/write-your-legislators/?vvsrce=%2fCampaigns%2f63007%2fRespond>

ACACI January Networking Event

Thanks to everyone who braved the cold Sunday morning to join us for networking and lively discussion on the impact of social media in our sessions with children and teens; as well as brainstorming ways to align more with schools and provide trainings to both staff and students. What a great, diverse group of professionals to connect and collaborate with!

We appreciate Clinical Care Consultants for hosting the event.

Jason Price, LMFT of Affiliates in Counseling, Northbrook, IL; affiliatesincounseling.net
 Danielle Carleton, LMFT, Chicago Behavioral Hospital, Des Plaines, www.chicagobehavioralhospital.com
 Ashlea Palafox, LPC, R-DMT, Moving Toward Health, Libertyville, www.movingtowardhealthltd.com
 Arielle Riboh, LCPC, NCC, R-DMT, Moving Toward Health, Libertyville, www.movingtowardhealthltd.com
 Sandy Murray, MSW, LCSW, Hope Enrichment Center, Palos Heights, IL www.hopeenrichmentcenter.com
 Amy Coots-Smith, MA, LCPC Hope Enrichment Center, Palos Heights, IL www.hopeenrichmentcenter.com
 Ana Stefaniuk, LCPC, Clinical Care Consultants, Inverness, IL www.clinicalcareconsultants.com
 Christine Vinci, LCPC, CCTP, NCC, ACACI Board, Pillars Community Health, www.pillarscommunityhealth.org
 Greta Nielsen, LCPC, NCC, Networking ACACI, Clinical Care Consultants, www.clinicalcareconsultants.com

Join us Friday, April 26th for our next Networking Event at

Gwendolyn J. Sterk and the Family Law Group, P. C. in Orland Park

We will be discussing laws that impact counseling with children and families.

ACACI Member Benefits

We are excited to offer members a variety of benefits such as:

- Serve on a task force
- Write an article for the newsletter—get published!
- Attend free webinars or
- Have an ACACI speaker at your organization or university to learn more about ACACI.

Please let me know if there are other benefits you would enjoy!

Are you looking for other ways to get involved? We have so many opportunities for you!

Please contact me at mayfield.peggyc@gmail.com or 217.972.7036.

I would love to hear from you!

Kind regards,

Peggy

Member Resources

We hope to create a list of on-line resources and tools that help our members provide quality care to our clients. You can forward any recommended resources to **Greta Nielsen, MA, NCC, LCPC** GretaN@clinicalcareconsultants.com

February Resources:

National Eating Disorders Awareness Week – February 25-March 3rd: #NEDAwareness This years' theme is Lets Get Real Join the conversation about food, body image, and exercise issues on social media. Let's bust myths, share our unique stories, and point people to support and resources. Use #NEDAwareness and follow them on: [Facebook](#), [Instagram](#), [Twitter](#), [Tumblr](#), [Pinterest](#), [YouTube](#), and [LinkedIn](#).

Click this link for shareable graphics, sample messages and ways to get involved: <https://www.nationaleatingdisorders.org/get-involved/nedawareness/social>

National School Counseling Week – February 4th-8th: This years' theme: "School Counselors: Providing Lessons for Life," to focus public attention on the unique contribution of school counselors within U.S. school systems. National School Counseling Week, sponsored by ASCA, highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career. For ways to promote this week, take the daily themed photo challenge and obtain materials click this link: [https://www.schoolcounselor.org/school-counselors-members/about-asca-\(1\)/national-school-counseling-week](https://www.schoolcounselor.org/school-counselors-members/about-asca-(1)/national-school-counseling-week)

Children of Alcoholics Week – February 10-16th: This years' theme: Celebrating Hope and Healing for a Lifetime. Join the national – and international – awareness campaign to break the painful silence and offer hope to the vulnerable kids and teens impacted by parental addiction. COA Awareness Week offers the chance for children at risk to become children of promise. Click here for social media kits, flyers and activities: <https://nacoa.org/coa-awareness-week/>

National Random Acts of Kindness Day – February 17th, 2019. Making Kindness the Norm. The mission is to change schools, the workplace, families and society through kindness. For a variety of resources you can use all year long click this link: <https://www.randomactsofkindness.org/>

March Resources:

Self-Harm Awareness Month – Self-Injury Awareness Day is March 1st. There are two-million cases, mostly youth, reported annually in the United States. The stigma of self-harm needs to be broken. Self-harm happens across all genders, races, beliefs and ages. According to the organization Healthy Place, one in five women and one in five men engages in self-injury. Some 90 percent of self-harm starts in adolescence, usually around age 14, and continues into the 20s. For ways to Break The Silence and support #SIAD click

here: <http://www.lifesigns.org.uk/siad/>

The awareness color for Self Harm Awareness is Orange..

National Developmental Disabilities Awareness Month – #ddawareness19 The goal is to create awareness about developmental disabilities, teach the importance of inclusion within every aspect of life, and to share the stories of individuals with a disability to show that a successful life is possible. Click here for the Resource Guide Link which provides weekly subthemes that NACDD has created to guide conversations <https://nacdd.org/ddam/>

National Nutrition Month - The purpose of nutrition month is to help the public become aware of the importance of good nutrition and a healthful eating plan. Here's a free handout regarding nutrition for kids: <https://foodandhealth.com/nutrition-for-kids/>

click here for link for toolkit: <https://www.eatright.org/food/resources/national-nutrition-month>

Sleep Awareness Week – 3/3-10th - highlights the importance of good sleep health and is an opportunity to stop and think about your sleep habits, realize how much they impact your well-being, and take a step toward improving them. It is thought that about 40% of primary school kids have an issue of some sort (1), and the rates are higher in early childhood.

It makes sense that sleep and a child's mental health and wellbeing go hand-in-hand. In fact, insufficient and broken sleep has been associated with numerous issues, such as: increased behavioral, social-emotional and academic problems; trouble starting primary school; ADHD-like symptoms (ie concentration, attention, and impulse-control difficulties); and even depression.

Here's a handout on sleep strategies for the whole family: <https://www.kidsmatter.edu.au/node/3695> as well as dealing with bedtime worries and fears: <https://www.kidsmatter.edu.au/node/3694> brought to you by Kids Matter

World Bipolar Day – March 30th, 2019 The vision of World Bipolar Day is to bring world awareness to bipolar disorders and to eliminate social stigma. Here's a handout from Mental Health America highlighting 7 reasons why World Bipolar Day is important: <http://www.mentalhealthamerica.net/blog/7-reasons-why-world-bipolar-day-important>