



ACACI Spring Newsletter

May, 2019



Helping Children and Adolescents Thrive



Message from the President

**Peggy
Mayfield**

Association for Child & Adolescent Counseling in Illinois.

Greetings Wonderful Members!

We were so excited to have the chance to meet many of you at the Inaugural ACACI conference—Helping Children & Adolescents Thrive Conference on March 1, 2019 at the Nineteenth Century Charitable Association. The venue graciously donated the fabulous facility to ACACI and we are very indebted to them for such amazing generosity.

We are in the process of strategic planning. If you have any ideas about what key areas ACACI should address, please send those ideas to us so that we can consider how we can best address them! We would love to add your voice and ideas to this important process!

We continue to seek articles for our Newsletter. We invite articles from members and friends in our extended

networks. Articles can be from 2 paragraphs to 2 pages. We seek articles that can support children and adolescents and the counselors who work with them. If you would like to submit an article, send it, a short bio, and a recent picture—to our Newsletter Chair, at lesliecontos@gmail.com.

We are gearing up for the ICA conference where we will have our annual board meeting. This is our main chance to meet you and learn from you each year. Please plan to attend—we would dearly love to get to know everyone! The conference is scheduled for November 7, 8, & 9th. Our Division Meeting will be on Friday, November 9th.

Please help us! We are currently seeking nominations for our ACACI awards. Please nominate someone for an award—or nominate yourself! We want to recognize the wonderful counselors who support children and adolescents in the state of Illinois!

Wishing you all the very best always!
Kind regards,

Peggy
President, Association for Child &
Adolescent Counseling in Illinois

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Helping Children & Adolescents Thrive!
<https://www.acacillinois.com/>
Twitter: @Children_Thrive
FB: <https://www.facebook.com/ACACinIllinois/>

Over 100 Attendees at our First Conference!

ACACI Conference “Helping Children and Adolescents THRIVE” on March 1. The conference was held at the Nineteenth Century Charitable Association, 178 Forest Ave in Oak Park, IL. We were able to offer 6 CEUs co-sponsored by the Illinois Counseling Association and the Association for Play Therapy. The conference was a hit among the attendees – we had 114 registrations and over 100 people in attendance!

Our presenters did a wonderful job of delivering quality material and hands-on experience opportunities to our audience. We are pleased that everyone was able to find something of interest and benefit to

their work. Final conference reviews were very positive and we feel encouraged in planning for our next event.

A heartfelt thank you goes to our amazing presenters: Dr. Laura Tejada, Dr. Catherine Tucker, Greta Nielsen, LCPC and Michael Blumberg, LCPC for sharing their wealth of knowledge and expertise and their time to deliver the presentations. Your generosity is amazing!

We would also like to thank The Nineteenth Century Charitable Association for so generously donating their beautiful space and working with us so tirelessly to deliver our best event yet. Thank you to our donors for the raffle basket items that we were able to raffle

off and make someone’s day! Thank you to the vendors who came out and shared their program information and materials.

And to our wonderful volunteers – thank you! We couldn’t have done it all without you!

Last but not least, I would like to express my gratitude to every person involved in the process – from the very day the idea was born, through the early morning phone calls, material development sessions, site visits, menu tastings, countless emails and working through every single detail to make sure everything is smooth and seamless on the day of the event – THANK YOU!

We are very proud of how successful our very first event was and we thank you for being a part of it.



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.peggyc@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

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 August newsletter is July 15th.

Please send questions or article proposals to

lesliecontos@gmail.com

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

National ACAC Conference

Austin, Texas

July 25th-26th 2019

July 25, 2019

7 pm Speaker and Reception

Night of Service and Advocacy for Children

Join colleagues to learn how ACAC counselors can support the needs of children being traumatized by separation from their families. RAICES TEXAS experts, who are the front line helping children and families in this crisis, will give us an update and various ways to advocate. We will also have a fundraiser, raffle, and other fun activities to support and advocate on this urgent issue.

July 26, 2019

Full Day Conference

“Counseling Children and Adolescents in the Age of Technology.”

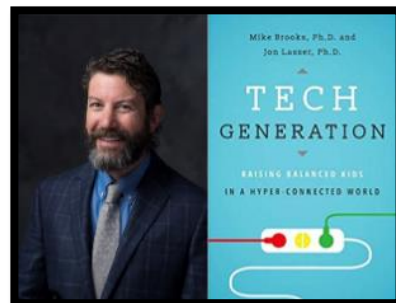
Keynote: Jon Lasser, PhD

And multiple, AMAZING conference sessions!

6 CEU's available Friday

1.5 CEU's available Thursday evening

APT (select sessions) and NBCC CEU's



Click on the following link and enter the arrival and departure dates

<https://www.omnihotels.com/hotels/austin-southpark/meetings/association-for-child-and-adolescent-counseling-2019-conference>

Cut off date: June 21, 2019

Registration

<https://www.eventbrite.com/e/acac-national-conference-2019-counseling-children-adolescents-in-the-age-of-technology-tickets-59824297083>

ACACI New Emerging Leaders

Elizabeth House is currently a Master of Science in Counseling student at National Louis University. She studied abroad for a year through the Loyola Rome Center while working on her undergraduate degree with St. Louis University. That experience shaped her career as an educator and showed her that she wanted to work with immigrants. She has been in the educational field for the last 13 years.



She worked as an English Language Learners teacher for children ranging from five to fourteen years of age. Her students came from all over the globe making the experience completely different year to year. In the classroom, she saw the effects of war and trauma get in the way of her students' learning. There was often not enough time in the academic day to address all of the issues today's children face.

In St. Louis, she volunteered in an afterschool program for refugee children. This position made it abundantly clear to her that she wanted to help others in some capacity. As an educator, she saw numerous obstacles that people struggled with on a daily basis. It is her hope as a counselor that she can foster relationships with her clients to help them live their lives to the fullest while meeting their personal goals for success.

She is currently working as a behavioral specialist for ProActive

Kids where she runs a closed small group for children from 8-14 that struggle with obesity. Her internship will be at an alcohol and drug substance abuse treatment center working as an addictions counselor. She is very interested in the effects of fitness on mental health and grief and hope to research these topics further.

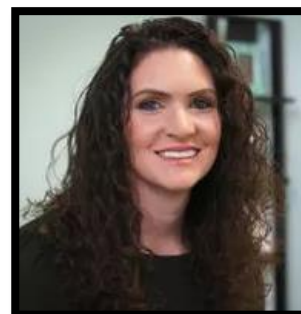
Ammarah Hussain is a first-year student in Adler University's clinical mental health-counseling program. Her interest in counseling peaked at high school and undergraduate at the University of Illinois at Chicago. Throughout her time at University of Illinois at



Chicago, she used to volunteer at the Intouch crisis hotline, which motivated her to pursue a Master's degree in counseling. Her interest is primarily working with children and adolescents but she is also very open to working with wide variety of clientele and clinical concerns. Her goal is to never stop learning as a future clinician because this field is always expanding and she is always eager to learn. Ammarah says she loves brainstorming and getting insight from other professionals and so she is grateful to be part of the emerging leaders in that she gets the chance to interact with other professionals in this field. She is

grateful to be part of something that enables individuals to reach their fullest potential. In addition to this, she hopes that through this experience as well as getting a Master's degree in counseling she enhances her critical thinking skills as well as utilizing creative ways to initiate therapy in the future. She is very excited and eager to see what is to come!!

Sarah Silva, MA, LCPC, NCC is a PhD candidate in Counselor Education and Supervision at Walden University. She is the CEO and



founder of a group practice and works primarily with individuals living with anxiety disorders, those

struggling life transitions and individuals having difficulties acculturating to the Chicagoland area or to the United States.

Sarah has taught at Wright College and Northwestern University. Her primary areas of research interest are life balance, burnout, clinical supervision, and best practices in counseling and clinical supervision. We are excited to have Sarah and other emerging leaders as part of ACACI.

How Can College and Career Counselors Prepare High School Students for The College Admission Processes?

Cecily M. Neita, MA, LPC, NCC



Ms. Cecily M. Neita is a Child and Adolescent Therapist at CLS Comprehensive Services in Flossmoor, Illinois. She is also an Adult Transition Instructor at Thornridge High School in Dolton, Illinois. Ms. Neita received her Master of Arts Degree in Counseling from Chicago State University.

The college and career counselor's support are critical for helping students submit complete application packages, so they have the greatest opportunity for acceptance. A college and career counselor ensure that students and families have an early and ongoing understanding of the college and career application and admission processes so they can find the postsecondary options that

are the best fit with their aspirations and interests.

How Can A College and Career Counselor Help Students?

A college and career counselor can help students align their college or career/technical school goals with their program of study and their level of performance in course work and entrance testing. They can help students access and review applications (paper and online) and prepare all documentation including recommendations, personal essays, work samples that meet higher education writing standards, and portfolio materials (art, music, etc.). Incorporate updated materials periodically.

A college and career counselor can also provide students with college application completion checklists, calendars, application procedure forms and application fact sheets, school comparison tools, and portfolios to assist them with application completion and final decision making. They can make sure students know timelines for prompt decision, prompt action and single-choice prompt action options.

How Can A College and Career Counselor Collaborate with Other Counselors?

A college and career counselor can collaborate with other high school counselors in their district. For example, coordinate on-campus visits for students interested in the same college or career/technical school.

How Can A College and Career Counselor Involve Parents and Families?

A college and career counselor can make sure parents and families know their role including securing fee waivers (if eligible), providing signatures, and turning in supporting documentation. They also can provide parents and families with sample admission packets, guidebooks, and fact sheets to use as guides when working through the admission process with their children.

How Can a College and Career Counselor Involve the School?

A college and career counselor can develop school-wide structures that streamline students' compilation and completion of application materials (e.g., College Application Week).

How Can A College and Career Counselor Involve the Community?

A college and career counselor can coordinate college/career visits, so all students are able to meet with representatives. They can also conduct visits to colleges and career schools that include class audits, overnight stays, admission simulations, information sessions with student support service departments, and application review conferences.



Using Visual Narrative Tools with Latino Youth

By Leslie Contos, LCPC, NCC, CCMHC

Download the materials printed in both English and Spanish: <https://tinyurl.com/cultural-visual>

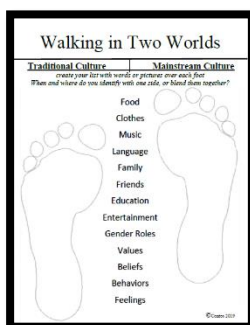
Did you know that roughly 24% of the national school age population and 47% of students in Chicago Public Schools identify as Hispanic/Latino (Census, 2017; CPS, 2018). The majority of these students were born in the U.S. but are often navigating cultural differences. These visual tools are being developed to support a youth-friendly visual and narrative exploration of cultural identity.

1. Walking in Two Worlds

This can be used as both an assessment and intervention to allow client to think about their

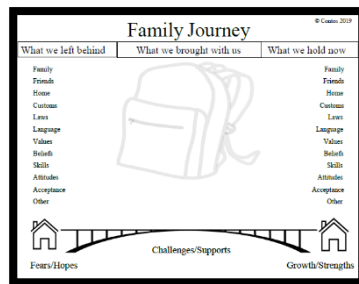
bicultural story and the connections they have (or do not have) with both traditional and mainstream culture.

Ask client to look at the terms in the center and list the connections they have with their traditional culture and with their mainstream culture. They may



write words and/or draw pictures over the feet on the appropriate side of the page. Ask them to reflect on how their identification and roles with one side or the other or the blend between them might change with different people and places. Use this graphic in any way helpful to the client.

2. Family Journey



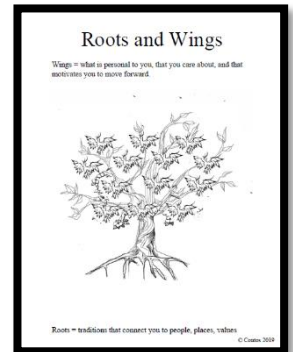
This visual can support creating an intergenerational narrative and a retelling of the family's immigration story. On the left words and/or pictures may be shared that reflect upon what was left behind. In the central area words or pictures are shared to honor what was brought with on the journey. On the right is a sharing of what is in the present which may be a combination of what was brought with and what was discovered after arrival. Across the bottom is a bridge between homes which offers space for reflection on the fears and hopes that were part of the decision to immigrate, the challenges and supports which were navigated in the journey, and the areas of growth and strengths that are part of life now. Allow youth to understand the narrative of their parents and grandparents and the

family's journey. Use this graphic in any way helpful to the client.

3. Roots and wings

This final visual is utilized to explore the importance of both tradition and personal growth. The client may

use words and/or pictures at the bottom of the page, to identify what traditions, values, and customs give root to who the client is. These provide grounding in the world and connection to their past. The wings are the personal goals and beliefs and actions of the client which they can share through words or pictures at the top of the page. These are the things that help to motivate them towards their future. Ask the client to reflect on how some things nourish and ground and others motivate and move forward and the importance of both. Use this graphic in any way helpful to the client.



A huge thank-you to the counselors and counselor educators who have provided feedback in the development of these tools: Ismira Dacic, Adrian Lira, Kathy Maher, Rafis Nin, Melissa Paluck, Danielle Sheppard, Ericka Soto, Laura Tejada, and Veronica Vyazovsky.

Social Media and how it impacts teen self-esteem!



Social media has evolved quite rapidly in recent years. From the first site of Myspace to the evolution of Facebook, Instagram and snapchat. Social networking sites (SNS) are a great way to build relationships, and connect with others. Although, technology and even certain aspects of social networking sites have made life easier by easily accessing certain resources and tools, however, there comes a cost with using SNS excessively. One of the downfalls of using SNS is how it impacts self-esteem. This is hardly surprising considering the fact that when someone uses social networking sites there is a common tendency to “compare” themselves to others. We are living in a fast paced society whereby looking at someone succeed on the newsfeeds is a sign of success, and it allows a lot of individuals to believe that they are not living how they are supposed to live and teens are especially vulnerable to the toxic effects of social media and that is without considering how cyberbullying comes into play.

Social media & Self-Esteem:

Throughout my adolescent days, I struggled with self-esteem, and to make matters worse, going on social media did not help in anyway. Being online, all I would think about was comparing myself to others such as “Why can’t I be as pretty? Or “she got an award for achieving in something, I am not as remarkable as she is”. It is quite common for a lot of individuals let alone teens to compare themselves to others. While they compare themselves with others their self-esteem declines. There are several aspects that affects an

individual’s self-esteem such as physical appearance, perception, emotional well-being and external factors such as social media and media in general (Nathan 2019). Self-esteem also includes how one views relationships, looking at their dreams and aspirations, their beliefs, thoughts and surroundings (Nathan 2019).

Having thoughts of “not having it together” while seeing others living a “perfect life” are normal but the effects of comparing can be detrimental to one’s wellbeing especially among teens who are still trying to find out who they are. With that said, it seems reasonable that comparing to oneself would impact self-esteem. One study found, that teenagers would use social media for social approval and social acceptance as well as comparing oneself to others (Radovic, Gmelin, Stein & Miller 2017). In addition to looking for acceptance, the study also found that receiving likes on post enhanced some teenager’s self-esteem, however, not receiving likes would decrease self-esteem. (Radovic et al., 2017). There are a lot of factors that can impact teens self-esteem besides not receiving likes.

By all means; using social media to connect with one another is not necessarily a bad thing. However, using it excessively, then that becomes detrimental to one’s wellbeing and especially among teens. For example, another study has found that parents and adolescents report of using number of social media accounts was positively correlated with adolescents’ feelings of loneliness and FOMO (Fear of missing out) (Barry et al 2017). Therefore, not receiving validation, seeing others thriving and thus comparing oneself to others can have a negative impact on one’s self-esteem.

Overall, social media can be both a blessing and a curse, however, one thing to keep in mind is educating young teens by telling them that social media is not all how it seems. While it may be hard seeing someone post about the “perfect dream life”, all is not what it seems. Sometimes, it is easy to forget that how one portrays themselves in social media is not consistent with how they are in real life. To conclude, here is a quote by Steven Furtick, which could relate to the topic at hand “the reason we struggle with insecurity is because we compare our behind the scenes with everyone else’s highlight reel”. That speaks volumes because at the end of the day no one has it together, some individuals are particularly good at masking who they want to be in the online digital world.



**Author
Ammarah
Hussain**

Adler
University
Student and
ACACI
emerging
leader.

References

- Barry, C. T., Sidoti, C. L., Briggs, S. M., Reiter, S. R., & Lindsey, R. A. (2017). Adolescent social media use and mental health from adolescent and parent perspectives. *Journal of Adolescence*, 61, 1-11. doi: 10.1016/j.adolescence.2017.08.005
- Nathan E. M (2019) *Self-Esteem: The 30-day challenge to master self-improvement, Discipline & development* (n.p)
- Radovic, A., Gmelin, T., Stein, D. B., & Miller, E. (2017). Depressed adolescents' positive and negative use of social media. *Journal of Adolescence*, 55, 5-15. <https://doi.org/10.1016/j.adolescence.2016.12.00>

Member Spotlight

Shu-Han Su, M.S., LPC



Where did you attend school?

National Louis University; M.S. in Community Mental Health Counseling

How did you first become interested in counseling?

I have always been fascinated by human psychology. I vividly recall reading a book about family psychotherapy which affirmed my belief that behaviors are strongly influenced by past experiences from their environment. As I have always been fascinated with human psychology and behaviors, I decided to pursue my dream of becoming a counselor as a personal calling.

What was the hardest part of your education journey?

The hardest part of my educational journey was the nonverbal communication can be more powerful than verbal communication.

Did you have any setbacks, challenges, or epiphanies along the way?

It is challenging to see children when they are abused, neglected, or surrounded by emotional turmoil from family dynamics, while trying to help them cope and overcome their obstacles.

Tell us about your work.

I currently work as an addiction and DUI counselor at Elite Treatment Center in Chicago Heights and a therapist at Perspectives Counseling Centers in Oak Brook. I'm also a registry clinical therapist at Linden Oaks Hospital in Naperville. I enjoy working in both inpatient and outpatient settings, especially with adolescents and their families

Are you continually surprised by some of the topics you deal with on a daily basis?

I am constantly surprised by how often crisis can occur for many adolescents. Kids often face family dynamics, peer pressure, relationships, and conflicts in school. With appropriate support and guidance, they can learn to turn crisis into growth and resilience.

Who or what are some of your biggest influences?

My internship supervisor Rae Ornelas has helped me expand my horizons to utilize motivational interviewing and choice theory to facilitate and inspire positive changes. I would be a different type of counselor if I had not met her.

How do you approach self-care?

I enjoy walking in the woods, reading books and spending time with my family. I also practice daily Zen and meditation to ground myself.

What professional or educational goal have you yet to accomplish?

My short-term goal is to pursue professional credentials CADAC and LCPC in two years.

What is something you learned in your work with children and adolescents that you would like to share with other counselors?

I find that working with adolescents is challenging and rewarding. It is quite gratifying to make positive impact in their lives and help them achieve their potential. It is truly an honor to work with children and adolescents and be part of their life journey.

ACACI April Networking Event

Thanks to everyone who attended the networking event at Gwendolyn J. Sterk and the Family Law Group, P.C. in Orland Park on April 26th. There was lively discussion and great information on the legal issues that counselors need to consider when working with children and families. What a great, diverse group of professionals to connect and collaborate with!

We appreciate Gwendolyn J Sterk and the Family Law Group P.C. for hosting the event.

Amanda Sawilchick, Marijosephe Bradford, Sandra King, Cheryl Kokaska, Karolina Hogueisson, Saulina Antenavi, Leslie Contos, Kelly Garvey, Gwen Sterk, Adrienne Doherty, and Amy Coots-Smith attended.



Join Us at Upcoming Networking Events

Friday in July (TBD) Moving Toward Health LTD
1590 S. Milwaukee Ave, #222, Libertyville
with Ariele Riboh hosting.

Sunday, October 20th at Chicago Behavioral Health Hospital
555 Wilson Lane, Des Plaines
with Danielle Carleton hosting.

May is Mental Health Awareness Month.

NAMI's theme is #WhyCare. They ask that we show how we care through awareness, support and advocacy. Share information, [images and graphics](#) to tell others what #WhyCare means to you. <https://www.nami.org/mentalhealthmonth>

This year marks MHA's 70th year celebrating Mental Health Month! They are expanding upon last year's theme of #4Mind4Body and taking it to the next level, as they explore the topics of animal companionship (including pets and support animals), spirituality, humor, work-life balance, and recreation and social connections as ways to boost mental health and general wellness. Download their toolkit here: <http://www.mentalhealthamerica.net/may>

May 9th is National Children's Mental Health Awareness Day! This year's Awareness Day theme is "Suicide Prevention: Strategies That Work," focusing on the impact that suicide has on children, youth, young adults, families, and communities.

SAMHSA's Awareness Day shines a national spotlight on the importance of caring for every child's mental health. Click here to find resources to support your own observance: <https://www.samhsa.gov/childrens-awareness-day>

On Monday, May 6, 2019, at 3 p.m. EDT, SAMHSA will host an event in Washington, DC. as a launch for activities being held across the country on National Children's Mental Health Awareness Day. States, tribes, territories, and communities across the nation are encouraged to host events and activities around children's mental health throughout the month of May. <https://www.samhsa.gov/childrens-awareness-day/event>

NAMI joins communities around the country in raising awareness of the mental health needs of America's youth, with a focus on [National Children's Mental Health Awareness Day](#).

May 12-18 is National Anxiety & Depression Awareness Week!

Anxiety and depression are treatable, but 80 percent of kids with a diagnosable anxiety disorder and 60 percent of kids with diagnosable depression are not getting treatment, according to the 2015 [Child Mind Institute Children's Mental Health Report](#). Click here for more informative data from ADAA on anxiety and depression in kids and teens: <https://adaa.org/living-with-anxiety/children>

The CDC provides great information and resources on these internalizing disorders for kids, teens and their parents: <https://www.cdc.gov/childrensmentalhealth/depression.html>

Screening Tools:

Patient Health Questionnaire (PHQ-9) is the most common screening tool to identify depression. It is [available in Spanish](#), as well as in a [modified version for adolescents](#) [https://www.integration.samhsa.gov/images/res/8.3.4%20Patient%20Health%20Questionnaire%20\(PHQ-9\)%20Adolescents.pdf](https://www.integration.samhsa.gov/images/res/8.3.4%20Patient%20Health%20Questionnaire%20(PHQ-9)%20Adolescents.pdf)

Click here for a screening tool, SCARED, for child anxiety related disorders:

For Parents - <https://adaa.org/living-with-anxiety/ask-and-learn/screenings>

For Children - <https://sspediatricassociates.com/Forms-and-Policies/Forms/Behavioral,-Mental-Health-Assessment-Forms/SCARED-form-Parent-and-Child-version.aspx>

May is National Foster Care Month!

It's a time to recognize that we each can play a part in enhancing the lives of children and youth in foster care. Find resources and information to help ensure that their future is bright.

<https://www.childwelfare.gov/fostercaremonth/>

May is National Teen Pregnancy Prevention Month!

Want to get involved? You and your organization can make a difference, whether you have two minutes, two hours, or two days to devote to supporting NTPPM. Here are resources, tools, and ideas to fit any budget or amount of time.

<https://www.hhs.gov/ash/oah/news/teen-pregnancy-prevention-month/index.html> To join the conversation, be sure to follow [#NTPPM on Twitter!](#) 

June is National PTSD Awareness Month!

PTSD Awareness Day is June 27th.

The US Department of Veterans Affairs hosts the National Center for PTSD. They have a wealth of resources and information on all things PTSD and will organize a campaign for awareness during the month of June.

https://www.ptsd.va.gov/understand/awareness/ptsd_treatment_works.asp?utm_source=Google&utm_medium=GSI&utm_campaign=NCPTSD

The NCTCSN focuses on assessment and treatment of trauma in children and teens. Click here for screening tools, resources and trauma informed assessments: <https://www.nctsn.org/treatments-and-practices/screening-and-assessment>

June is Gay Pride Month!

Pride Month is a time when the LGBTQA community is front and center and celebrated, and that can be so important for young people everywhere. The month really shows young people how many LGBT people and allies are in our communities. Pride Month is a great opportunity to learn about the fight for what's right, and to pitch in as well! Go to

<https://youth.gov/feature-article/june-lgbt-pride-month> for ways to get involved on behalf of the LGBTQA youth community.

Go to <https://itgetsbetter.org/> to take the pledge to speak up against hate and intolerance whenever and wherever you see it.

ACACI Mission Statement:

The mission of the Association for Child and Adolescent Counseling in Illinois is to enhance the quality of life for children and adolescents by promoting the development of professional counselors in this area, advancing the counseling profession by promoting training specific to the needs of children and adolescents, and using the profession and practice of counseling to promote respect and understanding of child and adolescent mental health issues.

ACACI Vision Statement:

The vision of the Association for Child and Adolescent Counseling in Illinois is to provide opportunities for Child and Adolescent Counselors to learn about mental health, network with one another, and contribute through their work and volunteer efforts to the mental wellness of children and adolescents in Illinois.

ACACI Social Media:

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

Twitter: @Children_Thrive

Facebook: <https://www.facebook.com/ACACinIllinois/>

Instagram: [acacithrive](https://www.instagram.com/acacithrive)

