



SPECIAL POINTS OF INTEREST:

- 2014 PDI Update
- Give-an-Hour
- Name Change?
- Legislative Alert

INSIDE THIS ISSUE:

President-Elect 2

Past-President 3

Editor's Note 3

Give-an-Hour 4

ACEG Social Media 5

Next Generation 7

2014 PDI 8

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President's Message



Seth Hayden, PhD

As I consider the present and future of the Association for Counselors and Educators in Government (ACEG), I experience feelings of enthusiasm, hope, and humility. My enthusiasm stems from our rich history as well as our current and future endeavors. Our organization has been supporting counselors and educators who provide services to military service members, military families, and veterans since 1978 when we began as the Military Counselors and Educators Association. Since that time, we have been offering our annual professional development institute, an informative newsletter highlighting activities of ACEG as well as useful resources for our members, in addition to other information related to our work. We recently established a peer-

refereed journal, *The Journal of Military and Government Counseling*, designed to distribute scholarly knowledge related to offering services to the our military population. We are also examining enhancing existing resources and initiating new programming designed to access the vast knowledge and expertise of our members to inform us of best practices in addressing the needs of this population.

I am hopeful for our future as an organization due to the dedication of our membership to both serving military service members and their families and the role of ACEG in advocating for counselors and educators. Our efforts to enhance counselor access to this population and to acknowledge our competence based on our academic and professional training are important steps designed to ultimately support military service members, families, and veterans. While we have work to do, the dedication of our ACEG leadership and members to addressing these issues instills in me a belief in our collective ability to enact positive change in these ar-

eas.

Finally, I am humbled to work with so many professionals who care about those to whom we serve. For a variety of reasons, counselors and educators who work with military service members and families deeply care about the work we do and the needs of our clients. Your dedication to your work and willingness to do what is necessary to make the voices of our military population heard by those in and out of our profession provides the necessary energy to continually light our path forward as an organization.

I am honored for the opportunity to serve our organization and look forward to working you, my fellow members, to make the upcoming year one of ensuring ACEG is responsive to the needs our membership and supports counselors and educators in their work. Please contact me directly if you have any comments or questions regarding ACEG.

Warm Regards,
Seth C.W. Hayden

President-Elect's Message



Lynna Meadows Morton
MS, SLPC, NCC

Well, here we are at the beginning of another year with ACEG! As the new President Elect of the Association of Educators and Counselors in Government Work (ACEG), I am looking forward to meeting and communicating with as many of you as possible, and working with you to make our organization "all that it can be"!

For all of you that attended the ACA Conference in Cincinnati, Ohio, thank you for joining us. For all of you that want to join us in the future, I have good news. This year's conference will be held in Honolulu, Hawaii! Last time we met in the Aloha State, ACA had one of the largest numbers of attendees ever. It's a vacation and conference in one! Please begin your planning and join us on March 26 – 29, 2014.

Our ACEG purpose is to do the following: Provide Programs; Encourage Presentations; Promote Professional Conduct; and Maintain Communications with the Military and non-Military Community. That's quite an agenda! In order to meet these goals, we

need your help. First of all, I would encourage each of you to contact me with any questions you may have about ACEG. I also would love to hear your ideas, what you are interested in, and suggestions for making ACEG more in tune with you and your needs. Tell me how I, and our Board of Directors, can improve our organization.

Please consider being on one of our Committees, which are: Programs; Audit & Finance; Bylaws & Resolution; Government & Strategic Planning; Membership; Nominations and Awards; Publications; and Public Relations. If you feel you have some expertise in any of these areas, we need your help. In addition, consider running for an elected position on the Board of Directors. You can nominate someone else, or nominate yourself! You know what you have accomplished and what you can add, so feel free to let us know that you would like to run for office. We have elections concurrent with ACA.

Finally, as the Chairman of the Programs Committee, I was busy looking for those of you interested in being presenters at our upcoming Conference in Hawaii. Our Professional Development

Institute will be held on Thursday, March 26, 2014. That's the day before the conference sessions start. This year our theme will be "Soldiers, Veterans, Families", with an emphasis on families. It will consist of 6-7 presentations, with lunch, and will award CEUs that reflect the number of sessions. ACEG also sponsors three sessions and three poster sessions during the ACA Conference. Visit the ACEG website for the most current information on the 2014 PDI.

If you would like to be a presenter at a future PDI, or an ACEG sponsored presenter at the ACA Conference, please look for the call for presentations announcements. The 2015 conference will be in Orlando and in 2016 we will return to Montreal.

In our next three newsletters, I will have a format called "Did You Know?" where I will give information about programs out there that are available for all of us. Hopefully they will add to your "Military Counseling Tool Box"!

Hope to hear from you soon!
Lynna

lynnameadowsmorton@comcast.net

Professional
Development
Institute
theme—
"Soldiers, Veterans, Families"

Accept the challenges so that you can feel the exhilaration of victory.

Gen. George S. Patton

Past-President's Message



Transitions-

I recently made the transition from being the 2012-13 ACEG President to the ACEG Past-President.

As I moved into the new role of Past-President I reflected on the

past year. Much has been accomplished by ACEG we have a strong and steady board of directors dedicated to the core mission of serving the most deserving our nations Veterans and their families. I believe we also grew a lot professionally as an organization with the onset of a journal and a newsletter coupled with our Facebook and Twitter accounts. We have entered into a more strategic communication era. While technology can help drive the message, nothing can replace human contact and interaction. As we explore new ways to stay in touch I also want to remind all of us to keep in touch with those we serve. In our very busy lives, I challenge us all to continue to make an effort to try and connect with at least one Veteran or Military Member per month to stay abreast regarding the

issues and concerns relevant to them so we can ensure our course in ACEG is set to align along the same charted path. I also remind all that the VA continues to provide the support and services many Veterans are entitled to so it's critical for each of us to become VA SMES to help bridge the gap in services whenever possible.

As I transition over to Dr. Seth Hayden I know ACEG will continue its long tradition of service and dedication. I thank all of you for this wonderful opportunity to serve our Veterans in yet another rewarding and challenging capacity. Its been an honor...

All the best,
Andree'

Andree" M. Sutton Ed.S, LPC, NCC

Editor's Notes

Ben Noah, PhD

This issue highlights the most current information on the 2014 PDI in Hawaii. I want to encourage our graduate student members to submit to the *Meet the Next Generation*. This column is intended to feature one of our graduate student members. If you have a student you would

like to highlight, or if a student wants to highlight him/herself, send me an article and headshot.

There were not as many articles submitted and I want to encourage everyone to consider submitting an article on any topic related to the ACEG mission and population—our military and vet-

erans. Many of you have interesting jobs working with the population—and others need to know that. In this vein, I'm starting a new column feature a group that works with veterans and the military outside of DOD and VA channels—Give-an-Hour. There are several non-profit organizations I will feature in future issues.



Give an Hour™ Provides Free and Confidential Mental Health Care

“Over 2.6 million troops have been deployed to Iraq and Afghanistan since the wars began more than a decade ago. All of them will be affected by their experience. Some will return with understandable mental health consequences of their exposure to the brutality of war,” says Dr. Barbara Van Dahlen, president and founder of Give an Hour. “And we can assume that a service member’s experience will directly affect at least ten people within their social networks—spouses and significant others, children, mothers, fathers, and friends—which means over 20 million Americans might need assistance with the complicated process of reintegration as service members come home.”

Locating and accessing this assistance is not always easy. Cost is often an issue as is availability of appropriate care within communities where service members, veterans, and their families live. While there is more acceptance of the importance of mental health care for those who serve and their families today, there are still many who are suffering unnecessarily because they lack an understanding of the issues that affect them or are unaware of options available to them.

Give an Hour, founded in 2005, has created a network of volunteer mental health professionals pledging an hour a week of their services, free

of charge, to members of the military—including active duty, reserve, and guard—veterans of Afghanistan and Iraq, their families, and their communities. Their services range from one-on-one counseling to substance abuse treatment, addressing the many needs of the individuals and families of the armed services. Give an Hour providers are also available to consult to other organizations about the mental health issues affecting those who serve. And they are available to give presentations at community gatherings and reintegration events. The approximately 6,800 licensed mental health professionals working with Give an Hour have contributed over 87,000 hours in support of our troops and their families. These volunteers include psychiatrists, psychologists, social workers, pastoral counselors, and other mental health professionals. Providers are located across the country—in all 50 states, Washington, D.C., Puerto Rico, and Guam.

Some of the men and women returning from service in Iraq and Afghanistan have visible wounds, but more commonly those directly affected endure invisible injuries, including traumatic brain injuries and post-traumatic stress. There has been an alarming increase in suicide, domestic violence, divorce, and behavioral difficulties among military children over the last decade of war. Give an Hour provides

service to assist in the treatment and care of those affected.

Give an Hour offers an important option for the men, women and families who serve our country by providing services in the community at no cost to those in need. And, there is no limit to the number of sessions one can receive; help is available for as long as it is needed.

“We are proud of the opportunity to bring the military and mental health community together as we strive to provide critical services to these deserving men, women, and families,” notes Dr. Van Dahlen.

Working with other nonprofit leaders, Dr. Van Dahlen developed the Community Blueprint Network, a national initiative and online tool to assist communities in more effectively and strategically supporting veterans and military families. The Community Blueprint Network has attracted the interest of local and national organizations and government officials, and Give an Hour is leading implementation of the blueprint in two demonstration sites—Fayetteville, N.C., and Norfolk, Va. Dr. Van Dahlen has become a thought leader in mobilizing civilian constituencies in support of active duty service members, veterans, and their families and inspiring communities to collaborate and coordinate services for their military families.

(Continued on Next Page)



As part of its commitment to Got Your 6 (a national public awareness effort led by the entertainment industry and top-tier national nonprofits) and to the Clinton Global Initiative, Give an Hour is also working to educate 100,000 students in mental health disciplines about the issues affecting military families.

For her vision, *TIME* magazine named Dr. Van Dahlen as one of the *100 Most Influential People in the World* in 2012. In June 2013, Dr. Van Dahlen was invited by the White House to participate in the National Conference on Mental Health. Give an Hour was honored as one of five win-

ners of the Joining Forces Community Challenge at the White House in April 2012. Dr. Van Dahlen received a citation as one of *Woman's Day* magazine's 50 Women Who Are Changing the World, the Maryland Governor's Volunteer Service Award, the WJLA 2010 Working Woman of the Year citation, and the American Psychiatric Association's 2009 Rosalee Weiss Distinguished Public Service award. In 2010, she was selected as a featured speaker at the annual Rosalynn Carter Symposium on Mental Health Policy.

Give an Hour's website, www.giveanhour.org, allows service personnel, veterans, and their families seeking support to enter their zip code and search for available providers in their area; even if there aren't mental health professionals volunteering in that region, there are services available by telephone. The website also makes it easy for mental health professionals to join the network and provides materials, links to articles, and resources on mental health and the military.

Stay connected to Give an Hour via <https://connected.giveanhour.org> and our mobile app, available as a free download on iTunes, which provide a forum for allowing members of the military and veteran community, as well as those interested in supporting them, to connect and talk about the issues of mental health and community collaboration.

Lauren Itzkowitz
Director of Public Relations

ACEG Social Media



Leigh Green

Ever wonder what is happening in the world of military, veterans, and their families or how you can become more involved in the current happenings of ACEG? The solution is here. ACEG is pleased to announce our presence on social media where members can stay informed on current issues related to military members, veterans, and their families. Social media also allows members and those interested in ACEG to connect and interact with others about issues

important to current research, news, and practice in the field. Social media also gives members a platform to share their insights and best practices with other members.

Members who 'follow us' on Twitter, 'Like' us on our Facebook page, or 'join' our LinkedIn group page will be www.facebook.com/acaaceg or join our LinkedIn group page at <http://www.linkedin.com/groups/ACEG> informed of how ACEG is working for you on the national, state, and

local levels. In addition, exclusive previews of upcoming conference programs and events will be posted on those pages. We are growing our online presence each day and invite you to join us on both Facebook and Twitter. ACEG can be followed on twitter at [@ACA_ACEG](https://twitter.com/ACA_ACEG), like our Facebook page at <https://www.facebook.com/acaaceg> or join our LinkedIn group page at <http://www.linkedin.com/groups/ACEG>

Time for a Name Change?

Ben Noah, PhD

Board of Directors

As I was working the ACEG booth at the ACA conference, one thing became abundantly clear to me—the counselors at the conference did not know about us or our mission. Ergo, at the last Board of Directors meeting I raised the issue of a name change to more reflect those we serve rather than those for whom we work. Over the last several years, the demographics of ACEG have changed. A large number of our members are graduate students who want to work as mental health counselors with the military and veteran population—

they see their pathway as being in TRICARE or the VA.

Our resident ACEG historian, Miles Sakaguchi, commented “One of the reasons why the name change took place has to do with our association being under attack during that time period by a lot of anti-military groups (that showed up in those ACA exhibit halls). A lot of those now recognized associations (and some outside) of ACA used MECA as their whipping boy because many of us were affiliated with the Department of Defense and those who served or continue to serve in uniform. I am not sure if taking 'military' out of MECA did anything more

than signal a truce (which did allow us to eventually gain division status within ACA).”

I think the culture has moved to a point where we can go back to being a “military” division. In an on-going exchange of emails among the Board members, it was decided that this is an issue that needs membership input before a decision is made on a new name. So, if you have an idea for a new name or if you want to keep ACEG—please, send your ideas or concerns to [Monica Reider \[Monica.Reider@va.gov\]](mailto:Monica.Reider@va.gov).

150 Years Ago Turning Points

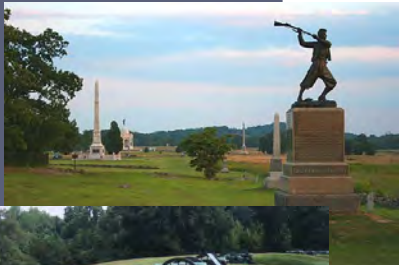
This July 1–3 saw the 150 year anniversary of the Battle of Gettysburg – what many historians call the

turning point of the American Civil War. Others argue that the Fall of Vicksburg on July 4 was the true turning point. However, there is no debate that the combination of the two Union victories in 1863 marked the beginning of the end for the Confederacy.

casualties. Nearly a third of Lee's general officers were killed, wounded, or captured. Many more would die in skirmishing during Lee's retreat back into Virginia. The casualties for both sides during the entire campaign were 57,225.

At Gettysburg, the two armies suffered between 46,000 and 51,000 casualties. Union casualties were 23,055 (3,155 killed, 14,531 wounded, 5,369 captured or missing), while Confederate casualties are more difficult to estimate. Many authors have referred to as many as 28,000 Confederate

The Vicksburg Siege (May 18 – July 4, 1863) saw Union casualties of 4,835; Confederate were 32,697 (29,495 surrendered). The full campaign (from March 29) claimed 10,142 Union and 9,091 Confederate killed and wounded.



**Cemetery Ridge, Gettysburg (upper)
Union Gun Position, Vicksburg (lower)**

Duty is the most sublime word in our language. Do your duty in all things. You cannot do more. You should never wish to do less. Gen. Robert E. Lee

Meet the Next Generation



Aaron James Smith
University of New Mexico

After graduating high school in 2006 in Los Alamos, New Mexico (NM), I decided to serve my country in the United States Marine Corps. After training for five months at Camp Pendleton, California, I was sent to be stationed on Kirtland Air Force Base in Albuquerque, NM. In 2008, I served with Delta Company, 4th Reconnaissance Battalion in South America

helping to train and assist the Royal Dutch Marines at a Dutch forward operating base on the island of Curaçao near the coast of Venezuela. In 2010, I graduated from the University of New Mexico (UNM) with Bachelor's Degrees in both Psychology and Cultural Anthropology, and was admitted into UNM's Masters-level Counselor Education Program studying Clinical Mental Health Counseling.

I began researching existential psychotherapy during my time as a Master's student, presenting at conferences such as the American Counseling Association's (ACA) National Conference in 2012, and publishing in peer-reviewed counseling journals such as the *Journal of Military and Government Counseling* in 2013. My research focused on how Viktor Frankl's (1959) Logotherapy might be applied in order to help ameliorate Military-Related Post-Traumatic Stress Disorder (PTSD) as well as co-morbid Substance use Disorders (SUDs), both as a stand-alone modality, as well as in conjunction with other empirically validated approaches currently used by the Veterans Administration (VA) Hospitals such as Cognitive Processing Therapy (CPT). In 2012, as a result of my research, I was awarded the National Board of Certified Counselor's Foundation (NBCCF) Military Scholarship. From August 2012 to the present as a counseling intern, I began applying existential psychotherapy under supervision to a heavy case

load of United States military Veterans presenting with issues ranging from homelessness, to severe PTSD and concurrent SUDs.

Currently, I have served as a United States Marine for seven years, though I recently transitioned to the Inactive-Ready-Reserve (IRR) for the remainder of my Department of Defense (DoD) contract. I recently became a matriculated doctoral student at the University of New Mexico's Counselor Education Program, beginning this Fall. My research interests remain attuned to the development of humanistic approaches for the promotion of military service-member wellness. More specifically, my research revolves around how multicultural factors influence the creation and awareness of life-meaning in military populations as a means of understanding how military-trauma affects post-traumatic growth. My future plans include transforming my research into a dissertation and continuing to provide humanistic mental health services to our nation's military service women and men. As a future Counselor Educator, I am also going to work towards providing new generations of mental health counselors information and training regarding the unique dynamics presented by working with military populations.

Legislative Alert

Since the VA has not incorporated counselors into its workforce, Congress needs to get involved. Luckily there are members of Congress will-

ing to push the VA to begin bringing counselors on board in significant numbers. Sen. Jon Tester (MT) introduced a bill (**S.1155**) that would include LPMHCs in the VA's training programs. If passed, this bill requires the VA to open a proven pathway to a career as a VA counselor. For an explanation of the bill

and what you can do to help, go to [Prevent Counselors from Being Shut Out of the VA](#). For a bit of background on the issue, go to [Counselors continue to be all but shut out of the VA. Here's what you can do to help](#).

The purpose of ACEG is to encourage and deliver meaningful guidance, .counseling, and educational programs to all members of the Armed Services, their family members, and civilian employees of State and Federal Governmental Agencies. Encourage development of professional monographs and convention/conference presentations by any of these agencies. Develop and promote the highest standards of professional conduct among counselors and educators working with Armed Services personnel and veterans. Establish, promote, and maintain improved communication with the nonmilitary community; and conduct and foster programs to enhance individual human development and increase recognition of humanistic values and goals within State and Federal Agencies.

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COUNSELORS AND EDUCATORS IN

Visit us on the web at: acegonline.org

Join Us in Hawaii, 2014 for Networking, Education, and Fun



CONFIRMED as of PUBLICA- TION of NEWSLETTER

ACEG Sponsored Sessions

Michael A. Keim, PhD, NCC
University of West Georgia
Women in Warrior Culture: Their Evolving Role and Counseling Challenges

David L. Fenell, PhD
University of Colorado at Colorado
Suicide in the US Military Services: How Professional Counselors Can Help

Seth Hayden, PhD
Florida State University
Heather Robertson, PhD
St. John's University

Creating Supportive Communities to Assist in Counseling Military Members and Veterans

ACEG Sponsored Poster Sessions

Eric Price & Dodie Limberg
University of Central Florida
Out of the Closet and into the Ranks: A Group Counseling Approach for Gay Military Veterans

ACEG Professional Development Institute

Michael A. Keim, PhD, NCC
University of West Georgia
Revolving Doors: The Impact of Multiple School Transitions on Military Children (probable)

Lt Col Judith Mathewson, USAF

PhD Candidate, MS, MEd
Fort Smith, Arkansas
Counselors Connecting with the Veteran and Spouse: or, Does Anyone Really Understand Us?

David L. Fenell, PhD
Ruth Ann Fenell
University of Colorado at Colorado Springs
Helping Military Children Develop and Implement their Post-High School Career and Education Plans

Eric Price, Dodie Limberg, Pauline Flasch, & Ed Mike Robinson, PhD
University of Central Florida
Out of the Closet and into the Ranks: A Group Counseling Approach for Gay Military Veterans