

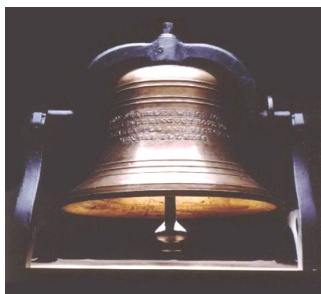


# VITERBO UNIVERSITY

## MENTAL HEALTH COUNSELING

Special points of interest:

- Welcome new faculty
- VOICE Initiative
- Advocacy
- Alumni Spotlight
- Congrats Graduates!



### Inside this issue:

Welcome New Faculty	2
Community Partnerships	2
VOICE Grant	3
Advocacy in the Profession	4
Wellness and Mental Health	4
Salvation Army	5
Chi Sigma Iota—Delta Lambda	5
Research, Publications, and Presentations	6
Awards and Noteworthy	7
Alumni Spotlight	7
Congratulations Graduates	8

### Letter from the Director

It was the best of times, it was the worst of times...The 2019-2020 year started off with amazing news that the MSMHC program received the HRSA VOICE grant. We started working on objectives, placing practicum and internship students with partners. We had successful advocacy and community events early in the year including our 1st annual Opioid Summit with over 100 attendees. I believe it is safe to say that our practicum and internship students were challenged this year to utilize all of their skills and increased flexibility and resilience. Students and professionals were challenged to quickly learn and deliver telehealth sessions. As I reflect back on this year, there have been numerous times that I have witnessed compassion and grace as we travel through uncharted waters.



### Viterbo University Awarded over \$740K for VOICE Initiative

LA CROSSE, Wis. (WKBT) - Viterbo University was awarded a \$741,201 grant from the U.S. Department of Health and Human Services Administration Opioid Workforce Expansion Program.

The grant will be used to support Viterbo's Vital Opioid Instruction through Community-based Experiential (VOICE) initiative, which is designed to increase the number and preparedness of graduate level mental health professionals providing opioid and other substance abuse prevention, treatment, and recovery services to people of all ages.

Viterbo's VOICE initiative will support 15 Viterbo Master of Science in Mental Health Counseling students annually, develop and expand internship sites that serve clients in high need and high demand areas, and provide education, activities, and strategies for regional stakeholders involved in the provision of prevention, treatment, and recovery services. It will also enhance the learning experiences for all Viterbo counseling students regarding opioid and other substance abuse.

"The opioid epidemic is devastating for individuals, families, and communities," said Debra Murray, director of the Viterbo University Master of Science in Mental Health Counseling program. "Preparing the next generation of mental health professionals to combat opioid and other substance abuse with evidence-based practice is imperative for everyone."

VOICE will target the unmet behavioral health and substance abuse needs of underserved populations (i.e., rural, diverse, veterans, homeless, children, adolescents) in western Wisconsin through community partnerships.

"We will be actively engaged with partnering agencies in various communities, working together to better address this critical issue," Murray said. "Our collaborative partners greatly strengthened our grant proposal."

Viterbo was the only institution in Wisconsin and one of only 48 institutions in the nation to receive the grant.

"We are thrilled to receive this grant," said Viterbo President Glenna Temple. "Viterbo's strong mental health counseling program is ready to help meet the need for opioid and substance addiction counselors and education in the region."



## Welcome New Faculty!

My name is Carol Klose Smith and I have recently joined the Clinical Mental Health Counseling and the Counselor Education & Supervision programs as a faculty member. I grew up in Jamestown, ND. After high school I traveled to the "big city" and went to college at North Dakota State University in Fargo ND. Upon completing my BS in Psychology, I met and married my spouse. We relocated to Northeast Missouri and I then worked on my MEd in Community Counseling at Western Illinois University in Macomb, IL. After my MEd degree I completed my LPC as I worked as a counselor for the Victim Support Services providing counseling to victims of crime, adult survivors of abuse and those who had experienced interpersonal violence. I also worked as a college counselor on two different campuses. After 11 years of providing clinical services I attended a Ph.D. program in Counselor Education and Supervision at the University of Iowa. I graduated in 2007 with my Ph.D. and have worked the past 12 years as a counselor educator at Winona State University and The University of Iowa. I have focused my research and scholarship on career counseling and trauma informed practice. I look forward to serving the Viterbo community and hope to provide valuable contributions to the students, the faculty and the community.

### Welcome Carol Klose Smith!



### Welcome Cameron Houin!



My name is Cameron Houin (hue-in), and I am the newest faculty member of the Counselor Education department. I grew up in New Orleans, Louisiana, and I am a huge fan of creole cuisine and Saints football. Until my move to La Crosse, I have spent my entire life in the southern region of the country. I earned my B.A. in Religious Studies from Hendrix College in Arkansas. Following this I completed my M.Ed. in Counselor Education at the University of Mississippi, and I graduated with my Ph.D. in the same field from the University of Arkansas in 2019. I am also a Licensed Associate Counselor. Currently, I enjoy seeing clients via private practice and have particularly enjoyed my work with transgender adolescents and adults. Prior to this, I provided mental health counseling in a variety of settings, including elementary and middle schools, mental health agencies, and college counseling centers. Play therapy, counseling supervision, expressive arts techniques, and addressing multicultural issues in counselor education are my areas of special interest. I am ecstatic to be joined in La Crosse by my partner (who is also a counselor educator) and our three shelter dogs. You might run into me while playing disc golf, riding bikes around downtown La Crosse, or on an afternoon dog walk. Go V-Hawks!

## Innovative Community Partnerships

Viterbo Master's of Science in Mental Health Counseling (MSMHC) practicum students have been placed at La Crosse Area Family YMCA School Age Care (SAC) and Erickson Boys & Girls Club sites. Supervision of these students is being provided by Viterbo Counselor Education and Supervision (CES) EdD internship student along with La Crosse Area Family YMCA Mental Health Director. The goal of this collaboration is to assist the YMCA in implementing the Character Development curriculum which fosters relationship building, personal development, responsibility, emotion management, and empathy.

The mental health intern team consists of two Viterbo MSMHC practicum student, a social work intern student from another campus, and a Viterbo EdD internship student. This team has implemented several psychoeducation groups for children and adolescents learning all about mental health and building resilience! They have also provided supportive material for caregivers, and spend time collaborating with many community partners moving the mental health revolution forward.



## VOICE Initiative Programming and Updates

The Counselor Education Department is in beginning the second year of a three-year HRSA grant called VOICE – Vital Opioid/Substance Abuse Instruction through Community-based Experiential Learning. The VOICE Initiative is working on creating a sustainable approach in training counseling students to provide opioid and substance use prevention, treatment, and recovery services, and behavioral health services across the lifespan.

Regularly held events on Opioid Use Disorder and Substance Use Disorder, and rural and integrated behavioral health care, are planned to bring together students, faculty, outside experts, and stakeholders, from across disciplines to develop the expertise to address the opioid epidemic.

- There have been five VOICE events that provided education and advocacy around chronic pain management, rural and integrated behavioral healthcare, burnout and self-care for health professionals, increased access to mental health counselors and substance use treatment for the incarcerated.
- Our next event is a virtual Opioid and Behavioral Health Summit on March 12, 2021. For more information, check out <https://www.viterbo.edu/voice/voice-opioid-recovery-summit>.

The three-year recruitment goal is for 45 students to receive Practicum/Internship site placements into integrated behavioral healthcare sites with opioid and substance abuse services.

- There have been recruited 23 students into the VOICE Program with Practicum/Internship sites in La Crosse County, Juneau County, Vernon County and Eau Claire County.

For more information about the VOICE Initiative, check out the VOICE website at <https://www.viterbo.edu/voice/voice-program>.

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"Preparing the next generation of mental health professionals to combat opioid and other substance abuse with evidence-based practice is imperative for everyone."

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First year VOICE Grant recipients



Audience at the 2020 VOICE Summit



Roundtable presentations at the 2020 VOICE Summit



## Advocacy in the Counseling Profession

**On Monday March 18th, 2019**, Dr. Stephanie Thorson-Olesen, Master's Student Polly Scott, Dr. Debra Murray & Doctoral Student Amanda Falkers had the privilege to meet with Congressman Ron Kind to advocate for increasing access to mental health care for seniors. Congressman Kind attentively listened to our reason for supporting legislation, the bipartisan bill, H.R. 5531, titled the Opioid Emergency Response Act, that would provide Medicare reimbursement to Licensed Professional Counselors (LPCs). What is the significance in supporting this bill in legislation? Currently Licensed Professional Counselors (LPCs) are not reimbursable by Medicare, which serves many in the population 65 and older. The Centers for Disease Control and Prevention found that, in 2013, suicide by firearm was the third leading cause of injury death for adults over the age of 65. This data clearly demonstrates the need for expanded access to mental health services for older adults. In the United States, the older adult population is projected to more than double from 46 million to over 98 million by 2060, (Phillips, 2018) and the National Institute on Mental Health reports that nearly 1 in 5 older adults has one or more mental health or substance use disorders.



In order to obtain Wisconsin counseling licensure, you must first complete a 60-hour master's or doctoral program in counseling. The board accepts any program accredited by CACREP or the Council on Rehabilitation Education (CORE). One must also have three semester hour courses in at least six of the following areas:

- \* Human Growth and Development
- \* Social and Cultural Foundations
- \* The Helping Relationship
- \* Group Dynamics, Process, and Counseling
- \* Lifestyle and Career Development
- \* Appraisal of Individuals
- \* Research and Evaluation
- \* Professional Counseling Orientation

Supporting H.R. 5531 would open the door to offering and expanding mental health services to the older adult population. Opening this door would improve the quality of life and reduce caregiver burnout providing counseling and supportive services. Congressman Kind directed our continuing efforts of advocacy to include additional groups to meet with and raise awareness of the need for moving forward with this bill. As professionals in the counseling field it is important to generate support and advocate for growth and change.



## Wellness and Mental Health

As part of the COUN 680 Group Counseling class, students were given the assignment to develop and facilitate a presentation on a topic related to wellness. The presentations were delivered to Viterbo employees via Zoom lunch sessions, or to classmates via Zoom prior to their weekly class meeting time. Students selected topics such as gratitude, mindfulness, meditation, green care, and stress management during COVID. The assignment entailed developing a lesson plan, organizing and

delivering the material, and offering a reflection on the experience. Audience responses to the presentations were positive and enthusiastic,



participants verbalized the usefulness of taking time out to think more intentionally about wellness, especially during this particularly stressful time when we are all adapting to unprecedented changes. Additionally, many of the students also reflected on how this assignment helped them to be more aware of their own wellness needs and learn about topics they can integrate into their lives to enhance their own wellness experience.

## Salvation Army

### Community Involvement

The Masters of Science in Mental Health Counseling program has been servicing Salvation Army residents from July 2016 to the present.

During this time we have supervised nine practicum students at the site, and 625 residents have participated in the Life Skills Group which meets every Monday 6:00 - 7:00pm at the Salvation Army.

Coulee Council- Four students, two semesters, and provide 6-10 group sessions annually for those recovering.

The spring in La Crosse is absolutely stunning and brings new opportunities for the Master of Science in Mental Health Counseling (MSMHC) practicum/intern site at the Downtown Salvation Army. Last year the COVID 19 pandemic placed everything on hold. But thanks to the robust vaccination efforts and safety protocols, there is a high probability that we can resume our work at the site by late summer or fall of this year.

Under the supervision of Dr. Jessie Latten, practicum and internship students in the MSMHC program have been providing mental health services to residence of the La Crosse Salvation Army since June 29, 2016. To date, our program has served 1241 Salvation Army residents (and non-residents) who attended our Life Skills Group or individual counseling by MSMHC students under



Photo: Jessie Latten, Ph.D., LPC

my supervision. Starting in 2019, we have worked with the Collaborative Care Clinic (CCC) which includes the director Dr. Tran-nel (Psychiatry), Mayo and Gundersen residents, Viterbo's Nursing students, and MSMCH practicum and intern students.

## Chi Sigma Iota - Delta Lambda Chapter

Chi Sigma Iota is the international honor society of professional counseling and for professional counselors. It was established in 1985 through the efforts of leaders in the profession of counseling whose desire was to provide recognition for outstanding achievement as well as outstanding service within the profession. The mission of CSI is to promote scholarship, research, professionalism, leadership and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling.

CSI is a member of the Association of College Honor Societies Certified Honor Society (ACHS). ACHS was founded in 1925, it is the nation's only certifying agency for college and university honor societies. ACHS has created standards for organizational excellence and for scholastic eligibility, and not all organizations calling themselves "honor societies" subscribe to the standards of ACHS. Members and the society-at-large are protected by the standards of excellence set by ACHS. Candidates for membership in CSI can be assured that our society meets the rigorous standards of ACHS.

Delta Lambda Chapter  
Viterbo University, La Crosse, Wisconsin  
Established in 2017

It has been a busy spring for CSI officers and members. Currently, CSI is organizing for the spring induction ceremony. The ceremony which will be held virtually on Saturday, March 26 at 5:00 PM, and will be inducting 10 new members into the counseling honor society. The keynote speaker is Tamera Hill who is a current doctoral program student and adjunct teaching in the clinical mental health counseling program. She will be discussing considerations of setting up a private practice. All students inducted have met the highest standards in academic excellence. In addition, CSI is busy recruiting for new officers for the 2021-2022 academic year and hope to have new leaders ready for the summer semester.

Our chapter has over 45 active members including current students, alumni, and faculty. We focus on promoting excellence in the profession of counseling and hope to get members more involved in professional development, community engagement, wellness, and more.



CSI Spring 2020 Initiation

## Research & Presentations

### Faculty Research

- Jang, H., **Smith, C. K.**, & Duys, D. K. (2020). LGB Identity and career decision-making self-efficacy among sexual minority college students. *International Journal for Educational and Vocational Guidance*.
- Jang, H., Bang, N. M., Bryd, J. A., & **Smith, C. K.** (2020). Cross-cultural supervision: Racial/Ethnic minority supervisee perspectives. *Journal of Counseling Research and Practice*, 5, 1-19.
- **Smith, C. K.**, & Wood, S. M. (2020). Supporting the career development of gifted students: New role and function for school psychologists. *Psychology in the Schools*, 1-11. doi:10.1002/pits.22344
- **Thorson-Olesen, S. J., & Oefstedahl, J.** (2020, March). *Integrative care considerations for moms struggling with opioid use*. Round Table at the VOICE Opioid Recovery Summit, La Crosse, WI.
- **Thorson-Olesen, S. J., & Frank, R.** (2019, November). *Vaping and e-cigarettes: Are they a healthy alternative?* Presentation at the Wisconsin Counseling Association Annual Conference, Madison, WI.
- **Thorson-Olesen, S. J., & Murray, D.** (2019, October). *The substance abuse epidemic: Understanding sobriety strategies for success*. Poster at the Association for Counselor Education and Supervision Conference, Seattle, WA.
- **Thorson-Olesen, S. J., & Murray, D.** (2019, March). *Advocating for access: Pre-engagement Groups as an alternative to waitlists*. Poster presentation at the American Counseling Association Conference, New Orleans, LA.
- **Thorson-Olesen, S. J., Murray, D., & Baker, M.** (2019, March). *Domestic immersion: Building the cultural competence of counselors-in-training*. Poster presentation at the American Counseling Association Conference, New Orleans, LA.
- Wood, S. M., & **Smith, C. K.** (in press). Moving towards and going through: Counseling gifted students with mental health concerns. In T.L. Cross & J. R. Cross (Eds.). *Handbook for Counselors Serving Students with Gifts and Talents*, 2nd Ed. Waco, TX: Prufrock Press.
- Wood, S. M., & **Smith, C. K.** (2020). Effective Strategies for Career Counseling of Low Income Gifted Learners. In T. Stambaugh & P. Olszewski-Kubilius (Eds.). *Unlocking Potential: Identifying and Serving Gifted Students with Low Income Backgrounds* (pp. 211-240). Waco, TX: Prufrock Press.



Walker Kinziger presenting their research at the VOICE Opioid Summit

### Student Research:

On 11/2/2019, students presented research at the Wisconsin Counseling Association Annual Summit in Madison, Wisconsin. One of the presentations, entitled: "Facilitating Social Support for Youth Aging Out of Foster Care" was awarded 1st place recognition in the graduate student poster competition.

In addition, 5 students presented action research projects in the poster session at the Health Summit on 3/13/2020.

- *Student Athletes and Mindfulness Based Practices*. Annemarie Schwery, B.S.
- *Understanding Vaping and E-Cigarette Use: A Program Evaluation*. Ryan Frank, BS, SAC-IT
- *Responsible Drinking in Adulthood: A Program Evaluation*. Jenna Hess, B.S.
- *Leisure Needs and Interests of Aging Adults*. Megan Baker, B.S., CTRS, SAC-IT
- *Coping with Grief: A Mixed Method Analysis*. Cassondra Steele, B.A., SAC-IT
- *LGBT Intimate Partner Violence: Counselor Cultural Competence*. Travis Michaels, B.A., SAC-IT
- *Integrated Animal-Assisted Therapy*. Janna Marschall, B.S.
- *Facilitating Social Support for Youth Aging out of Foster Care: A Program Evaluation*. Hollyann Saucedo, B.S.
- *Crossover Youth: Exploration of Best Practices in Counseling*. Mary Runnoe, B.S., SAC-IT



Hollyann Saucedo winning first place for the student poster at the Wisconsin Counseling Association Annual Summit with: "Creating Connections: A Program for Social Support for Foster Care Youth Who Are Aging Out"



## Awards and Noteworthy

- Congratulations Mary Ann, on being appointed by Governor Evers to the State Council on Alcohol and Other Drug Abuse. We appreciate your willingness to serve and look forward to your leadership on the board.
- Megan Baker served on the ACA Bylaws Committee from 2018-2020
- Hollyann Saucedo was the first place for the student poster with: "Creating Connections: A Program for Social Support for Foster Care Youth Who Are Aging Out."
- Ryan Frank presented on Vaping and E-Cigarette Use and has been doing Lunch and Learns on Viterbo's campus
- Cameron Houin, serving as the new editor of the WCA Journal
- Angela Mensink is serving as a Representative for WCA
- Carol Klose Smith on her multiple publications

### Alumni Spotlight—Angela Mensink MS, LPCC, IMH-E®



#### Education and Training

- B.S. in Psychology (2012) Viterbo University
- M.S. in Mental Health Counseling (2014) Viterbo University
- Enrolled in Viterbo's Ed.D in Counselor Education and Supervision program
- Approved Clinical Supervisor in the state of Minnesota

#### Employment

- Licensed Professional Clinical Counselor at Woods Psychological Services LLC in Winona, MN
- Adjunct instructor at Viterbo University in both undergraduate psychology and graduate counseling departments

#### Why did you choose Counseling?

I choose the field of counseling for a variety of reasons. As an adolescent, I noticed my peers would often come to me for support or advice to resolve presenting concerns within relationships or settings within their lives. It seemed like a natural inclination to be a helper! I am also curious about resilience and how individuals persist and adapt in challenging, stressful, or even traumatic situations. Counseling is an opportunity to learn more about how individuals change, their motivations for change, and being supportive in their process for growth and development.

#### Describe research you've completed

In 2009, I began collecting data as a co-researcher for a large qualitative study on the impact of relationships and resiliency on recovery of adults with substance use issues. I have maintained an active research agenda in this topic area with numerous conference presentations and publications. Currently, I am conducting a study on the experiences of graduate counseling students who engage in cultural immersion projects as part of their counseling training. I will also be exploring the topic of supervision for my dissertation in the Ed.D in CES program.

#### Describe activities you have done at Viterbo

In addition to maintaining a research agenda affiliated with the counseling program, I have also engaged in volunteer experiences with other students and faculty at Viterbo. I have attended Pine Ridge volunteer opportunities in Pine Ridge, SD as affiliated with Gundersen Lutheran's Global Partners. I also teach courses in the undergraduate psychology and graduate counseling programs. As an undergraduate student, I was enrolled in the Viterbo University Honors program that supported service work within the community and was an active participant in intramural sports during both undergraduate and graduate educations.

#### What is your advice for students entering the program?

Students should be open to new experiences and say "YES!" to new opportunities. This is a time to identify which type of counseling (emphasis) and populations you are most interested in. Dabble in all opportunities to be able to determine what fits best for you AND what you might wish to specialize in in the program and later in your career.

#### Favorite thing about Viterbo?

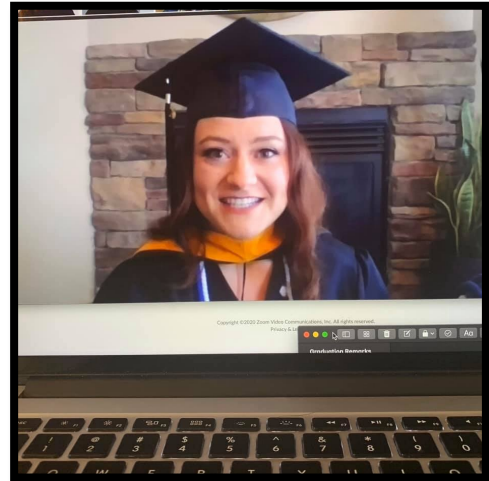
My favorite thing about Viterbo is the sense of community. The size of the university, small class sizes, and relationships with faculty and staff make the university seem like "home" and provide opportunities for mentorship, scholarship, and personal identity achievement.

# Congratulations Graduates!

Too all of the 2019-2020 graduates, know that all of you should be proud of your resiliency through the twists and turns of completing a degree in 2020. Graduation was not as expected and there was no hooding ceremony, however, your patience and understanding have proven to be beyond compare.

*Congratulations to the Graduates  
of 2019-2020, below are their  
names and research titles*

- *Student Athletes and Mindfulness Based Practices.*  
Annemarie Schwery, B.S.
- *Understanding Vaping and E-Cigarette Use: A Program Evaluation.* Ryan Frank, BS, SAC-IT
- *Responsible Drinking in Adulthood: A Program Evaluation.*  
Jenna Hess, B.S.
- *Leisure Needs and Interests of Aging Adults.*  
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- *Crossover Youth: Exploration of Best Practices in Counseling.* Mary Runnoe, B.S., SAC-IT



Cassandra (Steele) Frisque giving congratulatory remarks during the Spring 2020 Marking the Milestone event.



Angela (Angie) Smith and Deb Murray after the December 2020 "Marking the Milestone" event



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