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# HCA NEWSLETTER

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Houston Counseling Association

P.O. Box 22069, Houston, TX 77227

www.houstoncounselor.org

## Notes from the President's Desk

Greetings to all of our new members for 2009-10 and welcome back to our returning members. With over 120 members, we represent a cross-section of the counseling profession in Houston. Many of our members work for school districts but many are in private practice. HCA aims to help all of its members with their professional development and networking.

We have started the year with two excellent programs that provided members with CEUs. In September we experienced a two-hour, personal tour of the Holocaust Museum Houston. Our knowledgeable guides pointed out the highlights of the museum as well as shared personal stories of the holocaust. While the subject can be depressing, the message of the evening was that the human spirit is strong and that

even in tragedy there is triumph.

Our November meeting was held at the new India House cultural center on West Bellfort. We toured the unique building and learned about all of the free services offered there to the community. (Free Yoga classes!!!)

Our speaker for the evening was Elizabeth Cobb, M.A., LPC, LMFT, On-going Groups Coordinator for Bo's Place, a non-profit grief support center. She spoke on "A Child's Understanding of Grief."

On December 3 at 6:00pm we will hold our Annual Scholarship Fundraiser. Come enjoy the delicious food and some professional networking. Bring something to donate to the silent auction and be prepared to make a holiday purchase. Call Rachel Flores (281-859-8485) to RSVP.

Events for the spring include a visit to Houston Area Women's Center, a three-hour ethics workshop at HBU, and our annual awards/scholarship banquet. We hope to see you there.



Becky Hayes

President

Houston Counseling  
Association

Volume 2, Issue 1  
Fall 2009

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### Special points of interest:

- *Notes from the President*
- *TCA Press Release*
- *Awards Information*
- *Calendar of Events*

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### Officers for 2000— 2010

*Becky Hayes*  
President

*Valerie Allen*  
President Elect

*Virginia Hayward*  
Treasurer

*Yolanda Lewis*  
Secretary

*Nancy Masterson*  
Secretary Elect

*Susan Putman*  
TCA Senator

*Lauren Askew*  
Past President

## Counselor Effectiveness : TCA Press Release

### Professional School Counselors

Professional school counselors are the critical link in reducing dropout rates, improving academic perfor-

mance and increasing participation in postsecondary education. The following is a summary of some of the research that documents student success in states that implement the Comprehensive Developmental Guidance and

Counseling Program as defined in Section 33.005 of the Texas Education Code.

### Elementary Schools

The longer third and fourth grade students from all socioeconomic levels attend a

## TCA (continued)

school with a high implementation of a Comprehensive Developmental Guidance and Counseling Program, the more likely they are to have significantly higher test scores (as measured by the Grade 3 ITBS Vocabulary, Comprehension, Reading, and Mathematics, and Grade 4 WASL Listening, Reading, Writing, and Mathematics tests) than students in schools that did not provide a Developmental Guidance Program. (Sink, C., & Stroh, H. (2003). Raising achievement test scores of early elementary school students through comprehensive school counseling programs. *Professional School Counseling*, 6, 352-364.)

A study conducted of third and fifth grade students in Georgia showed that school counselors impacted students' academic performance, increased the on-task behavior of students and significantly reduced disruptive behaviors. (Mullis, F., & Otwell, P. (1997). Counselor accountability: A study of counselor effects on academic achievement and student behaviors. *Georgia School Counselors Association Journal*, 1, 4-12.)

### Middle Schools

Students from the fifth through ninth grade who participated in a student skills guidance curriculum implemented by school counselors scored significantly higher in reading and math on the Florida Comprehensive Assessment Test than students who did not participate in the guidance curriculum. (Brigman, G., & Campbell, C. (2003). Helping students improve academic achievement and school success behavior. *Professional School Counseling*, 7, 91-98.)

Students from all socioeconomic levels attending middle schools with more fully im-

plemented Comprehensive Developmental Guidance and Counseling Programs earned higher grades, had better relationships with teachers, felt safer in their schools, believed their education was more relevant to their future and felt satisfied with the quality of their education. (Lapan, R., Gysbers, N., & Petroski, G. (2001). Helping seventh graders be safe and successful: A statewide study of the impact of comprehensive guidance and counseling programs. *Journal of Counseling and Development*, 79, 320-330.)

Students at risk of dropping out of the sixth, seventh and eighth grade who participated in both tutoring and counseling sessions for six months improved significantly in achievement, classroom behavior, and self-esteem when compared to students who received tutorial assistance alone. (Edmondson, J., & White, J. (1998). A tutorial and counseling program: Helping students at risk of dropping out of school. *Professional School Counseling*, 1, 43-47.)

### High Schools

Students attending high schools that offered fully implemented Comprehensive Developmental Guidance and Counseling Programs received higher grades, reported that career and college information was readily available, indicated school was preparing them well for life and felt their campus was safe and orderly. (Lapan, R., Gysbers, N., & Sun, Y. (1997). The impact of more fully implemented guidance programs on the school experiences of high school students: A statewide evaluation study. *Journal of Counseling and Development*, 75, 292-302.) —TCA

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## Special Award

By Lauren Askew

HCA has created a new award which was announced at the 2009 Awards Banquet. In honor of the many years that Cris Garza has served the children of Houston Independent School District as well as her service to the HCA organization, a special award was needed to recognize her unusual dedication and devotion. Since Cris was too ill to attend the Awards Banquet herself, Betty Porter, Yolanda Lewis and Lauren Askew visited Cris' home to present her with a unique trophy and certifi-

cate for the Lifetime of Professional Service Award. The group was received by both Cris and her husband who provided everyone with a beautiful dinner and *pan dulces* for dessert.

The Houston Counseling Association is honored to have Cris Garza as a member. She has been and will continue to be a stunning role model for counselors.

♥♥♥♥♥

## Winter Banquet & Silent Auction

December 3, 2009 6:00PM

Christie's Seafood Restaurant  
6029 Westheimer Road

RSVP to Rachel Flores  
281-859-8485



This is our annual fundraiser for our scholarship fund. Please bring an item for the silent auction.

- HCA Professional Service Award
- HCA Laverne Carmical Memorial Award
- HCA Outstanding Counselor of the Year Award
- HCA Humanitarian and Caring Award
- HCA Research Award
- HCA Professional Writing Awards
- Molly Gerold Human Rights Award

## 2009 HCA Awards—RosaLee Robinson

In May of 2009, HCA proudly awarded five \$500 scholarships to graduate students working on Master's in the field of counseling. Each student who applies is evaluated in six critical areas: leadership, application presentation, scholastic achievement, essay demonstration commitment to counseling, financial need and letters of recommendation from university professors. Each year HCA continues to receive outstanding applications for this prestigious scholarship. HCA is committed to impacting the future of the counseling profession by raising funds to award scholarships to deserving graduate students.

### 2009 Scholarship Winners

Malene Dixon  
Carlette Smith Metoyer  
Kimberly Zainfeld  
Jillian Bontke  
Jessica Eiseman

### HCA Award Recipients

2008 — 2009

Outstanding Counselor Award—Sharon Takahashi  
Laverne Carmical Award—RosaLee Robinson  
Humanitarian and Caring Award—Luke McKibben  
Professional Service Award—Multiple HCA Members

## HCA Events Calendar

- DECEMBER 3**                      **WINTER BANQUET-SILENT AUCTION-FUND RAISING**  
**CHRISTIE'S SEAFOOD RESTAURANT 6029 WESTHEIMER RD., 77057**  
**RSVP REQUIRED 281 859-8485**
  - JANUARY 9**                      **COMMUNITY SERVICE PROJECT**  
**HOUSTON HISPANIC FORUM GRB**  
**CONTACT YOLANDA LEWIS TO VOLUNTEER YCXLEWIS4@SBCGLOBAL.NET**
  - JANUARY 19**                    **HCA BOARD MEETING - BECKY HAYES' HOUSE 2523 SWIFT BLVD.**
  - FEBRUARY 3**                    **PROGRAM-HOUSTON AREA WOMEN'S CENTER-**  
**"WORKING WITH VICTIMS OF ABUSE" (LPC CREDIT)-TBA**
  - FEBRUARY 14-16**                **2010 SCHOOL COUNSELORS CONFERENCE - GALVESTON**
  - APRIL 14**                      **PROGRAM-ETHICS-HOUSTON BAPTIST UNIVERSITY- (3 CEUS) TBA**
  - APRIL 20**                      **BOARD MEETING-BANQUET PLANNING**
  - MAY 13**                        **AWARDS BANQUET - INSTALLATION OF OFFICERS**  
**UNIVERSITY OF HOUSTON-CONRAD HILTON SCHOOL 6:00-9:00 P.M.**
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