



**LOYOLA  
UNIVERSITY  
NEW ORLEANS**

CHI SIGMA IOTA  
ALPHA PHI CHAPTER  
LOYOLA UNIVERSITY NEW ORLEANS

VISIT OUR WEBSITE:  
[css.loyno.edu/counseling](http://css.loyno.edu/counseling)  
FRIEND US ON FACEBOOK:  
Loyola Counseling  
FOLLOW US ON TWITTER:  
Loyola Counseling

#### INSIDE THIS ISSUE:

Page 1 Letter from the Board  
Calendar of Events  
CSI Eligibility Guidelines  
2012-2013 CSI Board  
Call for Submissions  
Page 2 Events  
Page 3 Events  
Page 4 Events  
Page 5 Events  
Page 6 Events  
Page 7 Events  
Page 8 The Art of Living  
Page 9 Announcements  
Page 10 Spotlight on...  
Page 11 Spotlight on...

Hi everybody!

I hope you all have been having a great semester. I just wanted to let you all know about a couple of fun things we have coming up as we reach the end of the year.

First, we have our second After Hours event of the semester on November 15. As those of you who attended our gathering at Down the Hatch know, this is a great chance to see your classmates outside of school and meet people from the program who don't share any classes with you! This is especially important as we enter the stressful finals/holiday season because your classmates can be a tremendous support during the weeks leading into finals.

Also, we will be hosting our annual holiday potluck in the Big Room in December. This will be another chance to relax a bit before finals and you get to try all the delicious food your friends made! Keep an eye out for the sign-up lists around Mercy as we get closer to this party.

Finally, if you have any suggestions for fun things we can all do to together, please feel free to let me know!

Sincerely,  
Katie Hancock  
Alpha Phi Chapter Secretary, Chi Sigma Iota



#### Calendar of Upcoming Events

##### November

16: Comps (oral)  
21-23: Thanksgiving Break

##### December

3: NCE Registration Deadline  
7: Last Day of Classes  
10-14: Final Exams  
17: Grades Posted

### Chi Sigma Iota Eligibility

Students are invited to join CSI during the Fall and Spring Semesters. Consideration is based on the following criteria from our chapter by-laws:

4.1 The following shall be deemed eligible for membership in the Society through endorsement of their chapter:

4.1.1 Students: Those students who are enrolled in a counselor education program leading to graduate degrees (Master's, specialist, or doctorate).

4.1.1.1 They shall have completed the equivalent of at least one full academic term (semester or quarter) of counseling courses carrying approved graduate credit as defined by the institution and are deemed promising for endorsement as a professional counselor whose ethical judgment and behavior will be exemplary.

4.1.1.2 They must have maintained an overall scholastic grade point average of 3.5 or better (on a 4.0 system), or the equivalent, while enrolled in the program.

#### 2012-2013 CSI Board

President:	Matthew Watson
President Elect:	Leigh Boyer
Secretary:	Kathleen Hancock
Treasurer:	Lisa Chew
Parliamentarian/	
Historian:	Mary DePartout
Alumni at Large:	Stephanie Ducros

#### Reminder:

Loyola Counseling t-shirts for sale!  
Grey crew and V-neck are \$13 and  
blue crew neck are \$5!

### Call for Submissions

Is there a topic in counseling that you want to spread the word about? Here is your chance!

We are currently accepting article proposals for the next issue.

Send your ideas to Mary DePartout at [mdeparto@loyno.edu](mailto:mdeparto@loyno.edu).

We look forward to hearing what you have to say!



LOYOLA  
UNIVERSITY  
NEW ORLEANS

## Events

### Trinity Counseling and Training Center FUNdraiser

October 11, 2012

Trinity Counseling and Training Center (TCTC) hosted their annual fundraising event at Mid-City Lanes Rock-n-Bowl on the evening of Thursday, October 11, 2012. Trinity Counseling and Training Center is a counseling agency that operates on a sliding scale; over 75% of the clients served through TCTC have a family income of less than \$12,000 per year. Clients range in age and background, and include small children, adolescents, families, couples, and individual adults. Clients are referred to TCTC from a variety of places including schools, churches, employers, and medical doctors. Equipped with a staff of supervisors and interns from Loyola, Tulane, Xavier, UNO, and Our Lady of Holy Cross, TCTC provides affordable mental health care for the residents of the Greater New Orleans Area.

Because TCTC is dedicated to offering affordable mental health care to anyone who needs it, regardless of how much they can pay for the services, they rely heavily on fundraisers, grants, and private contributions in order to operate. This year, the fundraiser was held at the Rock-n-Bowl, a venue that operates as a dance hall, bowling alley, and restaurant. People from all over the community came out and showed

their support by buying tickets to the event, raffle tickets, and t-shirts. Several students and faculty from Loyola's Department of Counseling came out to dance, bowl, and enjoy one another's company. It was a great night, and Trinity Counseling and Training Center appreciates everyone's support!

~Michelle Gay



Thank you to all those who attended: Nina Stewart, Jesse Roessler, Bri Cooley Cortez, Matt Watson, KC Flaker, Katie Bowman, Mary DePartout, Gayle Guillory, Michelle Gay, not pictured: Dr. Steen, Dr. Ebrahim, Nicole Snyder, Liz Green, and anyone else who was there!

### NAMIWalk

October 13, 2012

The National Alliance on Mental Health (NAMI) is an organization that strives to break the stigma of mental illness. They also provide mental health resources, education and support to families and individuals in our community. Some of these resources include drop-in centers, peer-to-peer and family-to-family education support, and family support groups. The family resources available are unique to this program. In addition to education, they offer a monthly support group for family members of individuals with a mental illness. This is a great opportunity for loved ones to receive the support they need. In all the education and support, the benefits of NAMI programs permeate throughout the family system and our community. According to the National Institute of Mental Health, about 22.1% of all Americans older than

18 years old suffer from a mental disorder. Therefore, it is important to bring awareness and resources to our college campuses.

On October 13, 2012, NAMI had their annual fundraiser walk. This year, they issued a college challenge where local universities competed against each other to raise the most money and support for prizes. Loyola's Department of Counseling worked hard with Active Minds, SIFE, and Psychology Club to raise almost \$1500 and WON THE COLLEGE CHALLENGE!! We would like to give a big thanks to all those who participated and/or donated! Because of

you, we now have a celebration dinner from Superior Seafood and a trophy (in addition to bragging rights, of course!). More information is to come about the details of the event. Congratulations!!

~ Leigh Boyer







## Events

Fall 2012 Chi Sigma Iota Induction Ceremony  
October 23, 2012

### Loyola University New Orleans students inducted:



Stephanie Garcia  
Jessica Nystrom  
Katie Bowman  
KC Flaker  
Molly Mattesky  
Richelle Stansbury  
Lauren Finan  
Nina Stewart  
Michelle Gay  
Summer Keenan  
*Not pictured:*  
Bri Cortez

### Multicultural Awareness Competency Talks Ongoing

**MAC**

Multicultural Awareness Competency (MAC) talks are held monthly to provide Loyola University counseling students with opportunities to expand on topics they learned in class as well as exploring new topics of interest. Guest speakers are brought in from the wider community to share their knowledge on different issues and topics in multicultural counseling.

If you have a suggestion for a topic or a specific speaker you would like to hear, please email Jesse Roessler at [jcroessl@loyno.edu](mailto:jcroessl@loyno.edu)

### National Day Without Stigma October 9, 2012



Leigh Boyer, Katie Bowman, and Stephanie Spengel handed out fliers in the Peace Quad to raise awareness about the prevalence of mental illness and resources students can utilize to seek help for themselves or their peers.

### NAMIWalk October 13, 2012



Lisa Chew and Mary DePartout raised \$125 to contribute to the Loyola University New Orleans super team that won the New Orleans NAMI Walks College Challenge.



## Events

### Send Silence Packing

October 25, 2012



1,100 STUDENTS DIE BY SUICIDE EACH YEAR

**SEND SILENCE PACKING**  
and help reduce college student suicide

*Suicide claims the lives of more than 1,100 college students each year.*

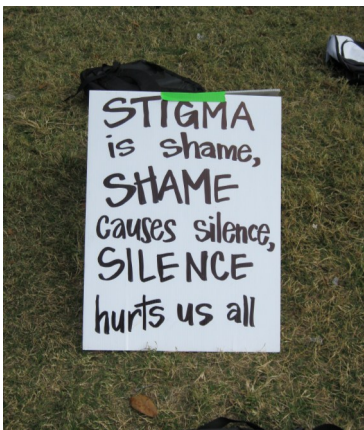
Send Silence Packing is an award winning program by Active Minds, Inc. to promote a dialogue about mental health issues on college campuses and combat the incidence of student suicide. Active Minds hopes that by empowering students and the student voice in mental health awareness, we will see the day when mental health issues are widely discussed, and the number of tragic deaths due to suicide is reduced to 0.

Send Silence Packing is an exhibit of 1,100 backpacks representing the number of college student lives lost to suicide each year. Active Minds Inc. has collected and continues to collect backpacks and personal stories in memory or in honor of loved ones impacted by suicide. By displaying backpacks with personal stories of loved ones that put a "face" to lives lost to suicide, Send Silence Packing carries the message that preventing suicide is not just about lowering statistics, but also about saving the lives of students, daughters, sons, brothers, sisters and friends across the nation. Contributions serve as a meaningful outlet for survivors' grief as well as a powerful way to raise awareness and work towards suicide prevention.

The exhibit stops at a dozen locations in one region during each semester tour, most of which take place on college campus quads. The Active Minds at Loyola University of New Orleans chapter was fortunate enough to be involved in the New Orleans city display at Lafayette Square. We had the opportunity to interact with members of the community to raise awareness and engage in dialogue about suicide on college campuses.

If you are interested in getting involved with our Active Minds chapter, please contact me at [mdeparto@loyno.edu](mailto:mdeparto@loyno.edu).

~ Mary DePartout







Events

Department of Counseling Fall BBQ  
October 20, 2012

