

THE CP SCENE



A Word From Melissa

Welcome to our spring edition of CP Scene. I continue to deeply miss seeing you all, but am heartened by the “light at the end of the tunnel” thanks to vaccines and other public health measures. Although we will continue to hold many of our celebrations and meetings remotely for this semester, it does look like we will be back on ground this fall, which is very exciting. And of course, most of our second-year CP students will be ending their time with us in just a few weeks. Congratulations to all of our graduates who will join our impressive list of program alumni!

I'd also like to congratulate the winners of our annual CP Awards. Devon McCormick will be receiving the Outstanding Graduate Student in Community Psychology Award. Rebekah Stafford will be receiving the award for Excellence in Community Psychology Research. You can read more about them both in this issue. Speaking of Rebekah, this is her last edition of the CP Scene as she graduates this May. Thank you Rebekah for two years of amazing work as the GA. I will miss working with you!

In this issue, you will also find interviews with current students and alumni from both programs, as well as Dr. Bigelow, our newest faculty member in the Clinical Mental Health Counseling program. We are so excited to welcome Dr. Bigelow and she is already infusing the program with her positive energy and counseling expertise. Students should note the experiences like that of alum Bianca Bisi, who obtained a B in Grant Writing and then went on a few years later to obtain a 3.5 million dollar grant! So don't take grades too seriously, remember that the “warm hearts of CP” can still “change the world.” Additionally, you will see that many of the current students involved in the CP Research Lab once again presented at the SCRA Regional Conference through the Eastern Psychological Association's convention this March. As always, our students do an amazing job representing our programs.

Finally, you will see some amazing information that Rebekah and Emily have put together for this issue on achieving diversity, which is such an important topic for our fields. This past year, we as individuals and the systems in which we live have faced challenges regarding racism and other forms of discrimination, mental health and substance use, increased inequities in healthcare and education, and more. As I said in the fall, the need for individuals with our education and training have never been greater!

As always, WE...BE...CP & CMHC!

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Student Spotlight



Domonique Bush, 1st Year, CP

What aspect of the CP program have you found to be the most beneficial/interesting?

The diversity of the classes you can take to become well rounded in your future goals.

What are your future professional goals? What sort of job would you like to have 5 years from now?

I'd like to open a nonprofit to specifically help the systemic issue of homelessness in Washington, DC. I'd also like to be involved in more research that influences policies around social justice.

What advice would you give to undergraduate students thinking about applying to the CP program?

Some advice I would give undergraduates is to think outside the box, you may have an idea of what you want to do but think about all the ways you can make a change systemically so don't get discouraged if some courses challenge you, they'll benefit you in the grand scheme of things.

What are some of your hobbies/interests? What do you like to do in your free time?

My favorite hobbies are unfortunately disrupted by the pandemic, I love to travel and I love live music. I've seen most of my favorite artists more than once and been to my favorite places more than twice. What a time to be alive pre-pandemic!

Where did you grow up/where are you from?

I grew up in a little town in southern, MD right outside of Washington DC.

Where did you complete your undergraduate degree? Did you have a major/minor outside of psychology?

I completed undergrad at Salisbury university in MD with a major in psychology and minor in cognitive science.

What is your concentration in the CP program?

My concentration was in clinical but I decided I like the organization route so I went program development.

How did you become interested in the Community Psychology Program?

My mentor in undergrad really sparked my interests in social justice research, I literally had no idea which route I wanted to take next. She is actually a Connecticut native and she introduced me to this program and community psychology in general.

Student Spotlight



Tina Sapiente, 2nd Year, CP

Where did you grow up/where are you from?

I was born and raised in Bologna, a city in the north of Italy. Bologna is famous for being a medieval city, we have the longest porch in the world (44 KM) and the oldest University in the world! Yes the first University was created in Italy!

Where did you complete your undergraduate degree? Did you have a major/minor outside of psychology?

I completed my bachelor degree at the Almamater Studiorum University of Bologna, Bologna. My major was in Social and Cultural Education (3 years).

What is your concentration in the CP program?

Program Development

How did you become interested in the Community Psychology Program?

I was looking for ways to deepen my knowledge of social inequalities. At first I thought that becoming a Social Worker would have been the best choice, but when I saw the CP program description at the University of New Haven I knew it was the best choice.

What aspect of the CP program have you found to be the most beneficial/interesting?

I love the fact that every subject is taught with a practical approach. In Italy I was always taught the theories and

I was never asked my opinion or how I would have applied the theories. It was very beneficial for me to learn by applying the theories, whether it was through a class discussion or a paper. I learned more through the 2 years CP program that I ever did throughout 3 years of University in Italy.

What are your future professional goals? What sort of job would you like to have 5 years from now?

I would like to work for a nonprofit organization that works with children and family programs. I would like to work for the program development department, designing, implementing and evaluating programs.

Where are you doing your internship, and what are the main things you do there?

I am an intern at LEAP for kids, in New Haven. There I have many and different responsibilities. Since I started I supported my supervisor (chief of staff) with some program administration and community outreach. I was able to work with a team of consultant and developed together with them training for LEAP staff and counselors. I also developed a Staff Only page for staff and Counselors where they could have easy access to documents and material. At the moment I am supporting the Development/ Fundraising office and doing research on prospective donors. At LEAP I am getting a 360 degrees idea of what it means working for a Nonprofit Organization and I am helping many departments, prioritizing the ones that are most in need.

What are some of your hobbies/interests? What do you like to do in your free time?

I love to cook. Cooking for me is like meditating. I open the fridge and mindfully choose my ingredient, I enter in a transcendental state and without realizing it I create an amazing dish. The only problem with that is that when people ask me for the recipe it is hard to say. My creations are different every time because I cook with what my fridge offers that day. Plus, artists never reveal their secrets!

Student Spotlight



Ashley Wills. 1st Year, CMHC

Where did you grow up/where are you from?

I was born and raised in Barbados, a small island in the Caribbean.

Where did you complete your undergraduate degree? Did you have a major/minor outside of psychology?

I completed my B.A in Psychology at Concordia University, Montreal, Canada.

How did you become interested in the CMHC Program?

Mental health has continuously been a topic that has played a critical part in my life and values. Growing up in Barbados, I have witnessed first-hand a lack of accessibility in counseling services and the stigma surrounding mental health. As such, when looking for a program to obtain my graduate's degree, I was looking specifically for a program that fostered a sense of community and a united goal to destigmatize and prioritize mental health. UNH checked all of those boxes for me, and I appreciated the emphasis on providing support throughout my counseling journey to prepare me for my future endeavors of clinical practice!

What aspect of the CMHC program have you found to be the most beneficial/interesting?

One component I find the most beneficial is the support and attentiveness provided by the professors at UNH. As informative as textbooks can be, the richness of experiences described by those in the field is instrumental in giving us a sense of the circumstances we will encounter in practice. Moreover, the openness for communication and discussion provides a safe space for fostering my growth in becoming an efficacious counselor. Lastly, the focus on diversity and cultural considerations has been highly beneficial, whereby the CMHC program emphasizes the importance of looking at individuals as a whole and in context.

What are your future professional goals? What sort of job would you like to have 5 years from now?

Five years from now, I hope to work in a clinical setting with young adults and adolescents. An ultimate goal will be to give strength to the client and empower them with hope for positive change for their well-being. Additionally, I have become increasingly interested in working with children with behavioral concerns in the future as well.

Where would you like to do your internship and why?

Although I am not sure of specifics as of yet, generally, I would like to do my internship in a community or clinical setting. In particular, the main component I would be looking for is the opportunity to work with a diverse group of individuals.

What are some of your hobbies/interests? What do you like to do in your free time?

I enjoy spending my free time creating art pieces, specifically with ink, acrylics, watercolor, and any material I'd like to learn working with. Additionally, I love reading, playing video games, and spending time with my pets and family!

Student Spotlight



Anthony Richardson, 2nd Year, CMHC

Where did you grow up/where are you from?

I grew up locally in West Haven, Connecticut.

Where did you complete your undergraduate degree?

I earned my undergraduate degree at Merrimack College in North Andover, Massachusetts. While there I studied Athletic Training for three semesters before switching to Psychology. When I switched majors, I added minors in health science and music.

What is your concentration in the CMHC program?

Currently I have a general concentration in the CMHC Program; however, I am developing a plan that will allow me to complete the necessary course work to become a Certified Child Life Specialist.

How did you become interested in the CMHC Program?

I became interested in the helping professions due to my past medical history. I have a genetic disorder called Neurofibromatosis (NF). NF is different for everyone. For me it has caused a variety of complications including multiple injuries, swelling in my right leg with activity, a 2.5-year stint on chemotherapy, the vision from right eye, and 18 surgeries most of which occurred on my right leg (my grand total is 20, not to brag lol). As a kid, I heard one common phrase from helping professional who wanted to make my hospital stay comfortable "I have not gone through this, but I have seen other kids who were in a similar situation. Now they are doing great." This statement can only go so far, although well intended. I want to be the person in the hospital who has experienced a variety of health complications firsthand. Here I can help make an impact for many kids and truly mean "it will be ok because I had the same thing done to me" and this will make a world of difference not only to the child but the family.

What aspect of the CMHC program have you found to be the most beneficial/interesting?

I have found the most beneficial aspect of the CMHC program is the practicum/ internship. It provides hands-on experience to help increase your knowledge as a counselor in training. I have found the "book knowledge" and "practical knowledge" of counseling are two completely different skills. In the CMHC program we spend 100s of classroom and studying hours focused the "how to" part of counseling. Unfortunately, this type of education can only go so far, you need to have practical hours to develop a skill set. Weekly supervision with an onsite supervisor and the seminar class provides the opportunity to seek guidance and support on any issues that may have arisen.

What are your future professional goals? What sort of job would you like to have 5 years from now?

Currently I am looking into the possibility of continuing my educational career and earning a PhD. Regardless of if I earn a PhD or not, I would like to be working in the pediatric wing of a hospital. In this role I would like to have a "platoon" position (similar to a "platoon infielder" in baseball) where I am a psychologist/LPC, a child life specialist, and music therapist with the goal of making hospital stays more comfortable for patients and their families.

Where are you doing your internship, and what are the main things you do there?

For my internship I am at Anna Haven Behavioral Health Services in West Haven. Here I will be providing counseling services to clients at a variety of ages including a teen group and kids. I am very excited that this is a hybrid internship meaning some of my clients are in person while others are online/remote. I feel that this is the best of both worlds and will allow me to practice both telehealth and in person skills. I also have a per diem/ on call position at Salute for Style. At Salute for Style, I am helping develop a workshop series for veterans. We are currently developing the exact shape of these workshops and details to be TBD. Our goal is to focus on a variety of mental health topics such as relaxation and/or self-care. We have even discussed having check-ins after the work shops to maximize the effects of the series.

What are some of your hobbies/interests? What do you like to do in your free time?

I have a variety of hobbies I like to do in my free time or to use as self-care. One of my favorite past times is musical performance and I play a variety of instruments. When I am not playing music, I enjoy outdoors for hiking, camping, and nature photography. I also am a huge hockey and baseball fan; GO METS and GO RANGERS!

Alumni Spotlight

Sam Kent, LPCA



Where are you from? Where did you complete your undergraduate degree?

I am originally from Bridgeport, Connecticut! I completed the first two years of my psychology undergraduate degree at Housatonic Community College, and the last two years at the University of New Haven.

What was your concentration in the CMHC program?

My concentration in the CMHC program was in Forensic Mental Health.

Where did you complete your internship? How did it help you prepare for your future?

I held three internships during my graduate program: my practicum was spent at the Albert J. Solnit Children's Center – a psychiatric residential treatment facility in Middletown, CT. I completed internship 1 and 2 at The Center for Family Justice – a crisis center that works with domestic and sexual violence survivors in Bridgeport, CT; and The Center for Discovery – an eating disorder residential in Fairfield, CT. Having worked with varying clientele with an array of diagnoses and age ranges spanning from different trauma backgrounds, these three placements prepared me to work in high-stress clinical settings with high levels of care. A key component of these three settings were working within treatment teams which is invaluable experience before entering the field professionally!

What is your current job? Where do you work? What is a "typical day" like for you?

My current job is the Primary Therapist at the Center for Discovery – a residential facility for eating disorders. I work within a treatment team composed of another therapist, dietitian, head nurse, physician, psychiatrist, milieu manager, and program director. We also have incredible counselors who work the floor on a 24-hour schedule with the patients.

A typical day is never something that can be planned – although we try! While the milieu does run on a schedule of groups and mealtimes, the treatment team runs parallel to this schedule – working with clients in the milieu or in between groups and meals. We work with a capacity of six patients – which means a case load of three patients per therapist. The day consists of individual sessions, group sessions, family sessions, creating and editing treatment plans, treatment team meetings, organizational trainings, planning meals and food preparation, continuity of care between providers, insurance reviews, always preparing for discharge and step-down plans, and taking in new admissions.

Because our level of care is the second highest, with inpatient hospitalization being above ours, we frequently deal with situations of high suicide risks, AWOLS, ACAs, AMAs, and transfers to higher levels of care for medical or psychiatric purposes. Instances like these are sometimes frequent and can really rearrange any pre-planned schedule! We also work through natural disasters like power outages and snowstorms, as we are essential employees.



Alumni Spotlight

Sam Kent, LPCA



What are the most and least satisfying aspects of your job? What are the biggest challenges you face in your work?

The most satisfying aspect of the job is working with the patients. I have learned exponentially more from them, than I have any training can ever offer. The patients also have a tendency to grow on you. I have worked through about five or six milieus since my start as a counselor in June of 2020, and when they discharge it can absolutely be a bittersweet moment. Residential life allows for a therapeutic bond that definitely resonates with you and knowing you were able to be part of someone's recovery and make a difference is the most incredible feeling. Least satisfying would be the number of hours worked. It can definitely be taxing if you are not practicing self-care. We are usually scheduled 9 am to 5 pm, but sometimes you find yourself working really long hours, and as the primary therapist, it's difficult to take days off when you are responsible for a caseload. The biggest challenge I face in my work is the lack of time we have with the patients in recovery. The Center for Discovery has a minimum treatment stay of 45 to 60 days – which sounds ideal. Yet the reality is, it's not enough time to work through the trauma behind some eating disorders – not to mention any other co-occurring diagnoses. I often feel as if my work with them is cut short, and I often feel as if I could have done more if I just had more time.

Looking back at your time at UNH, what aspects of the program did you find to be valuable?

Looking back at my time in the program, the aspects that were most valuable were the fieldwork experiences, the professional relationships made with faculty, and the opportunities to be part of faculty research!

What are three pieces of advice you would give to current CMHC students?

1. I hope you are all taking advantage of **getting to know your professors** – they are a brilliant source of knowledge, wisdom, and experiences and will one day be your future colleagues! Chat them up – they are amazing people!
2. **Do not treat your graduate classes like undergrad!** It is not enough to just pass the course! Yes, you are learning to pass a licensure exam, but remember – the information you are learning now will absolutely be applied every day when you become a therapist!
3. **Self-care.** Self-care, self-care, self-care, self-care x10,000. I am not kidding. Practice it now, build a routine that is dependable and S.M.A.R.T. goal oriented. I struggled with this during grad school and am now just putting this to use – so please, make sure you take care of yourselves, because if you cannot take care of yourself, you will burn out, and if you are burnt out, you cannot take care of your clients!
- 3.5. **Get to know your cohort.** These people are your support system and can assist with self-care! They also could end up being your best friends!



Alumni Spotlight

Bianca Bisi



Where are you from? Where did you complete your undergraduate degree?

I am from Southern California, and I currently reside in Los Angeles, however, I grew up in the Imperial Valley. The Imperial Valley is a rural border town to Mexico and Arizona, and it can have summers as hot as 120 degrees. I received my undergraduate in Psychology at Woodbury University in Burbank, CA and interned at homeless youth shelters around Hollywood.

What was your concentration in the CP program?

I was lucky enough to enroll in the Program Development concentration and it truly shaped the professional I am today. The CP leads, Mike, Melissa, Nancy, and Tara were influential towards my growth in the program---especially their wealth of knowledge and sense of humor that got us through 4-hour evening lectures! #MoodMeter.

Where did you complete your internship? How did it help you prepare for your future?

Mike had a great eye for field placements and given my preference for working with the chronically homeless population, I was placed at New Haven Home Recovery, which rebranded to New Reach in 2014. I interned in the Program Evaluation Department and was tasked with evaluating 3 residential shelter sites. I didn't realize it at the time, but the internship prepared me to not just evaluate a program from A-Z but how to digest the data

and present it in a way that is appropriate for higher-level audiences like the CEO of New Reach. Here is where I honed that skill to keep it concise and highlight trends that drive CEO's decisions.

What is your current job? Where do you work? What is a "typical day" like for you?

For the past 5 years I have served as the Associate Dean of Student Equity & Achievement at Imperial Valley College. However, I have accepted a new management position with California State University Dominguez Hills that begins in two weeks. A typical day of a Dean consists of "putting out fires." There is not much direct service involved, however, you are highly focused on personnel management, program development, service utilization, fundraising, and advertising. It has been the most professionally rewarding experience to serve as a young dean in my 30's! However, I am looking forward to a 40hr schedule and work-life balance at CSUDH.

What are the most and least satisfying aspects of your job? What are the biggest challenges you face in your work?

The most satisfying aspect of my job is having the power to hire individuals who I can invest my time in mentoring and molding into emerging leaders in the field. I have hired several homeless, foster youth, and formerly incarcerated individuals to ensure we are promoting equity and showcasing resiliency. The least satisfying and biggest challenge at work is employee discipline within personnel management. I manage 30 unionized employees, so it was a challenge to memorize union contracts and respond with kindness in the face of negativity. However, after 5 years, I have a very thick skin and still manage to "stay curious" as Professor Bhatt would say.

Alumni Spotlight

Bianca Bisi



What are any significant accomplishments in your current role?

I am beyond proud to have made a significant impact in the Imperial Valley. I was able to secure buy-in to form a campus food pantry and tiny homes for our homeless and food insecure students. I remember receiving a “B” in a grant-writing course at UNH in 2014 and ended up writing a 3.5-million-dollar grant that was funded this past October! I was able to meet Governor Newsom and Chancellor Oakley to be recognized for our best practices in addressing food and housing insecurities in a rural higher education setting. Most importantly, I can say that our CP work has put food on the table for thousands of families and our tiny homes are housing 40 homeless students per year. I love using CP to remove barriers to academic success for students, especially those who are disproportionately impacted. I never thought I would end up in the higher education sector, and if you would have told me 10 years ago, I would have laughed. The education sector is in a radical paradigm shift where it is starting to infuse social support and equity-minded services to improve the basic needs of students-----which makes CP + Program Development students highly desirable, valuable, and powerful. CP and Program Development prepared me to develop a scientific approach, infused with “dignified story-telling” to achieve buy-in. I highly encourage the warm hearts of CP to change the world.



What are three pieces of advice you would give to current CP students?

1. **Stay passionate and vocal**, but do not make any major waves or changes during your 1st 90 days at any new job. Learn the ropes first.
2. **Create your LLC to consult**, it is not expensive and will set you up for relationships quickly. Ask around for how to price your own services.
3. **Consider your audience when presenting**. You will influence powerful leaders when you present trends that will help them make decisions.

Looking back at your time at UNH, what aspects of the program did you find to be valuable?

Mike’s lectures of course! Overall, being graded in a way that an “oops” doc’d you a letter grade, improved my attention to detail and ability to create clean, exquisite reports for CEO’s and my campus’ President. Trust me, if you asked me back in 2013 if I liked that, I would laugh! The relationships I built with my advisor, professors, and friends in the CP program were the most valuable.

Faculty Spotlight

Taylor Bigelow, PhD

Where did you complete your undergraduate and graduate degrees? What is your field of specialization?

I completed my B.S. in Psychology at Le Moyne College in Syracuse. I was originally a Biochemistry major and took quite the journey to find Psychology! My M.Ed. in Clinical Mental Health Counseling (emphasis in schools and communities) is from Penn State, and my Ph.D. in Counselor Education & Supervision (emphasis in biobehavioral health) is also from Penn State. I love my specialization in biobehavioral health because it bridges my biology background to my love of psychology.

What drew you to the field of Psychology?

My dream was to be a neurologist and my original plan was to go to medical school... then came chemistry courses. After some soul searching and many informational interviews, I found that whatever I did I wanted to work with people. I was a resident advisor as an undergrad at Le Moyne and I became drawn to psychology after working with a resident who had a panic attack after having to call and order a pizza over the phone rather than online. The on-call counselor really blew me away in their ability to support the student in that moment and I realized - I want those skills!! This led me to my internship at Le Moyne College's counseling center where I provided peer counseling, facilitated workshops, and assisted with program development. It was love at first psychology internship!

What do you like about teaching at the graduate level? What are the biggest challenges?

I love the energy that students breathe into my courses. Counseling classes are exciting because of their implications on clinical practice and I find immense joy in watching my students grow from semester to semester and year to year. The biggest challenge for me is time - it feels there's never enough of it!

What types of professional practice or research activities are you involved in other than teaching?

I'm taking a brief break from professional practice as



I settle into Connecticut but my most recent clinical experience was as a drug and alcohol counselor providing intervention for college students at Penn State. One of my goals is to grow my line of research and currently I serve of several research teams that focus on topics including epigenetics, anti-racism pedagogy, and wellness. I am always happy to chat about research and practice!

What do you know now that you wish you had known BEFORE you started graduate school?

That it's normal to not feel caught up, and because it's rare to feel caught up it's important to assess your time management and how to prioritize what's a "need to do" versus a "no need to do". Two tools that help me with time management are the Eisenhower Matrix and the Pomodoro Technique.

What advice would you give students thinking about applying to a graduate degree in psychology?

I would advise that students reflect on their ideal job. Start with being idealistic and craft your dream job. Think about what's important to you and ask yourself questions like: What population? What setting? What are my values? How many hours a week? What's the pay like? Etc. There are many roads to similar careers, and I encourage students to trust their gut instinct as they reflect upon their career goals. I would also encourage folks to do informational interviews to get a sense of what's "ideal" versus "real" within the career they are aspiring toward. Finally, take advantage of the Career Development Center as a resource here at UNH.

Faculty Spotlight

Taylor Bigelow, PhD



What are some of your hobbies/interests? What do you like to do in your free time?

My hobbies/interests include music, theatre, reading, wellness, pottery, cooking, baking, playing board games, and shopping. I've been using my free time during the pandemic to catch up on leisure reading. But in my typical free time I most enjoy spending time with family and friends, usually finding an experience to enjoy together.

What is something interesting about yourself that you would like to share?

Music and performance are a large part of my life story. I am a clarinetist and a vocalist trained in jazz, musical theatre, and classical music styles. I was heavily involved with my local semi-professional theatre company in State College.

How do you practice self care?

My self-care and wellness practice is multifaceted to support my various dimensions of wellness. My self-care highlights include: Time with friends and loved ones, yoga, Zumba, meditation, sleep hygiene, time management, limiting social media intake, reading for leisure, personal counseling as needed, and gratitude.

What kind of music do you like?

I have yet to meet a genre I dislike. My taste ranges from jazz to salsa, hip-hop to rock, musical theatre to pop, and anything in between. There's even some polka I can get behind. Currently on repeat are Nina Simone, Moses Sumney, Dua Lipa, Fleet Foxes, and the Red Hot Chili Peppers.

What are your future goals here at the University of New Haven?

One future goal is to help create a departmental community mental health training clinic. I would also like to develop a lab for counseling research. One of my goals as a professor at UNH is to foster relationships across departments at the university.

Do you believe in astrological signs? If so, what is yours and do you think it accurately describes you?

I believe that star signs are a fun way that humans can project "the self" to better understand our internal world. I don't take them too seriously, but I do find joy when my CoStar App "gets me". I am a Scorpio sun, Libra moon, and Capricorn rising.

What's one thing you can't live without?

My lip balm

Coffee or Tea?

Coffee - preferably Dunkin Donuts

Sweet or Savory?

Savory - cheese plate anyone?!

Cats or Dogs?

Dogs

Books or Movies?

Podcasts :)



Faculty Research Corner

Articles:

Bourgeois, P. J., Glynn, K., Hartley M, & Clarke B. (in press). Moral distress within rehabilitation counseling. *Rehabilitation Research, Policy, and Education*.

Hartley, M. T., & **Bourgeois, P. J.** (2020). The Commission on Rehabilitation Counselor Certification Code of Ethics: An emerging approach to digital technology. *Rehabilitation Research, Policy, and Education*, 34(2), 73-85.

Jones, D. E., Park, J. S., Gamby, K., **Bigelow, T. M.**, Mersha, T. B., & Folger, A. T. (2021). Mental Health Epigenetics: A Primer with Implications for Counselors. *The Professional Counselor*, 11(1), 102-121. DOI: 10.15241/dej.11.1.102

Book Chapters:

Bourgeois, P. J., & Shaw, L. R., Hartley, M., & Clarke, B. (in press). Technology, distance counseling, and social media. (2nd ed.). In J. F. Stano (Ed.), *Ethics for rehabilitation counselors: A case study approach*. Aspen Professional Services.

Presentations:

Park, J., & **Bigelow, T.**, (2020, October). *Epigenetics in Counseling: Applications for Teaching, Research, Supervision and Practice*. 2020 Pennsylvania Counseling Association (PCA) Virtual Conference. Virtual.

Bourgeois, P. J. Hartley, M., & Clarke, B. (2021, June/July). *Rehabilitation counselors' perceptions of ethical behavior & the use of technology*. [Conference presentation]. National Council on Rehabilitation Education Online Spring/Summer Conference.

Bourgeois, P. J., & Bourgeois, E. F. (2021, July 13-15). *The HERO'S Choice – Results of a mixed-Methods research study on stress and well-being of emergency 911 dispatchers*. [Conference presentation]. International Association of Emergency Dispatch NAVIGATOR 2021 Conference, Las Vegas, NV.

Green, K., **Bourgeois, P.J.**, Hartley, M., & Clarke, B. (2020, October 26-30). *Moral distress within rehabilitation counseling*. [Conference presentation]. National Council on Rehabilitation Education Fall 2020 Online Conference.

Bourgeois, P. J., & Hartley, M., & Clarke, B. (2020, October 26-30). *Rehabilitation counselors' perceptions of ethical behavior & the use of technology*. [Conference presentation]. National Council on Rehabilitation Education Fall 2020 Online Conference

Bourgeois, P. J. & Hartley, M., & Clarke, B. (2020, October 1-3). *Rehabilitation counselors' perceptions of ethical behavior & the use of technology*. [Conference presentation]. Rocky Mountain Association for Counselor Education and Supervision Virtual Conference.

Bourgeois, P. J., Green, K., & Hartley, M. (2020, October 1-3). *Moral distress within rehabilitation counseling*. [Conference presentation]. Rocky Mountain Association for Counselor Education and Supervision Virtual Conference.

Student Research Corner

“Attending this EPA conference was, in itself, a huge honor. Seeing everyone's presentations and then presenting our own topic through a roundtable provoked deep discussions about how we can collectively heal through our lived traumas. Ultimately, I can only consider this a great experience and one that I would definitely do again - Rasheeda Oconnor”

Michèle M. Schlehofer, Lori Cortez-Regan & **Domonique Bush** (2021) Experiences of parent-advocates of trans and gender non-conforming youth, *Journal of GLBT Family Studies*, DOI: 10.1080/1550428X.2021.1902447

“It was my first time ever presenting a roundtable discussion, and also my first time attending a fully-virtual conference. It was such a great experience not only preparing for and conducting the roundtable but also learning from my colleagues and other students at the conference - Jordyn Beschel”

Beschel, J. N., Grajo, K., & O'Connor, R. (2021, March 5). *Individual and Collective Healing Through Trauma-Informed Expressive Arts Therapies*. [Roundtable discussion]. Eastern Psychological Association Conference, Virtual.

“It was a rewarding experience to be able to once again present at the annual EPA conference. After all the hard work put in to preparing for the conference, winning a Psi Chi Regional Research Award provided a nice sense of validation - Patrick O'Neill”

O'Neill, P., & Macias, R.L. (2021, March 5-6) *ACEs: Associations with substance use coping and mental health services in college* [Poster presentation]. Eastern Psychological Association Conference, Virtual; poster 79

On behalf of Psi Chi and the Eastern Psychological Association, Patrick was awarded the 2021 Psi Chi EPA Regional Research Award for his research and received a certificate and \$400! Way to go Patrick!!

Stafford, R. Grajo, K. Benson, O. (2021, March 5). *LGBTQ Youth Suicidality: Trends, Risk Factors, and Impacts of the Covid-19 Pandemic*. [Roundtable discussion]. Eastern Psychological Association Conference, Virtual.

“This was my first time presenting a roundtable at a regional conference with a group. I appreciated the opportunity to hear perspectives from students from various levels, schools, and disciplines. It was quite rewarding overall, and I learned so much in the collaborative process and during the discussions themselves - Krista Grajo”

NLN BLOG

Casa de Esperanza's National Latin@ Network



LINKS:

[About NLN](#)

[NLN Research](#)



YOUTH PHOTOVOICE UPDATES

Casa de Esperanza/National Latin@ Network (NLN) has been working diligently on a Youth Photovoice project that is expected to bloom this spring semester! We are collaborating with three youth-serving organizations across the country, including Students for Educational Justice right here in Connecticut, to give volume to youth voices through the use of creative photography (Photovoice). The participating youth have the chance to highlight issues and concerns within their community related to social injustice, domestic violence and teen dating violence, COVID-19, and other important topics. Although the project topics are ones of great concern, the NLN is providing youth the time and space to share their stories in a positive and constructive way. Not only will the youth be able to use their creative minds to express themselves and their ideas, but they will also gain experience in advocacy and professional development through these program sessions that will further empower them to take action in their communities. Our involved University students are also gaining experience with group facilitation, training, and research and evaluation in a fun, creative, and engaging way.

CP AWARDS



Devon McCormick

Outstanding Graduate Student in Community Psychology

The award is given annually to a graduating Community Psychology master's student who has shown excellence in academics as well as community or program service and engagement.

Devon excelled in the classroom in the Program Development concentration and demonstrates clear passion for the mission and values of Community Psychology. As a part-time student, her ability to collaborate with her peers and connect to the community was even more impressive. Devon excelled academically with a 4.0 GPA while working full-time with the Tow Youth Justice Institute, where she is the Project Manager for Restorative Justice Practices and the School-Based Diversion Initiative, an approach to systems change that aligns with our CP values. She demonstrates strong skills in program evaluation practice, and is well-respected by her peers, professors, and the broader university community. A staunch champion of Community Psychology in general, Devon is always seeking ways to support communities and enact organizational and policy changes that will create social justice.

CP AWARDS



Rebekah Stafford

Excellence in Graduate Community Psychology Research

The award is given annually to a graduating Community Psychology master's student who has actively participated in research and/or evaluation projects with faculty, students, and/or community members and demonstrates strong potential as a community psychology researcher.

Rebekah has also excelled in her classes with a 3.98 GPA and will be graduating this May with a concentration in community-clinical services. She completed an internship this past year with the Child Health Development Institute, where she has been a part of the school-based implementation team and is creating an administrator toolkit that will be a tremendous help to them. During her program, Rebekah actively sought out and engaged in several research and evaluation opportunities. She served as a Research Assistant for the Yale School of Medicine's Consultation Center and worked on several studies with Drs. Macias and Whitson. Rebekah also presented research and led roundtable discussions with her peers at the Eastern Psychology Association convention in 2020 and 2021. Overall, Rebekah has been an active collaborator and exhibits strong potential and motivation for Community Psychology research and evaluation.

ACHIEVING DIVERSITY



THE ISSUE

Academic and other scientific/research institutions have spent years professing their values of diversity, equity, and inclusion. Yet we often fail to reflect and maintain these goals in our own communities.

WHAT CAN WE DO?

We need more than just implicit bias training. Research has shown that the effects of implicit bias training are short lived. Below are some advice/strategies organizations and institutions can utilize in addition to educational trainings.

Organizations:¹

- put in place structures that cultivate responsibility for diversity, equity, and inclusion goals
- promote intergroup connection
- create affinity groups for marginalized people
- implement inclusive and welcoming messaging
- prepare for defensive responses from members of dominant groups
- develop an evaluation plan to track progress

Researchers & University Professors:

- Conduct regular reviews of course materials and readings - do they align with your diversity goals?
- Be mindful of who your research participants are - although accessible, can findings from college students always be generalized to the public?

Policy:²

- Though science should inform decision making, use caution when applying behavioral science to policy - is the evidence suitable for policy yet?

Inspired by Neil Lewis, PhD's EPA 2021 Presidential Invited Address "From Good Intentions to Inclusive Actions: Achieving the Diversity Goals We Profess"

¹ Onyeador, I. N., Hudson, S. T. J., & Lewis, N. A. Jr., (2021). Moving beyond implicit bias training: Policy insights for increasing organizational diversity). *Policy Insights from the Behavioral and Brain Sciences*, 8(1), 19-26

² Ilzerman, H., Lewis, N. A. Jr., Przybylski, A. K., et al. (2020). Use caution when applying behavioral science to policy. *Nature Human Behaviour*, 4, 1092-1094

UNIVERSITY OF NEW HAVEN

JOURNAL CLUB

Hosted by Dr. Bigelow

THURSDAY | APRIL 15TH

1 PM - 2 PM | ZOOM

Spring 2021 topic: Social Media Influencers' Impact on Mental Health

The journal club will be held biweekly to discuss a scientific paper from a research journal.

Each meeting, members of the club present a summary of the chosen paper that the whole group has read. Then, the discussion begins. Attendees ask clarifying questions, inquire about experimental design, critique the methods, and bring a healthy amount of skepticism (or praise) to the results. Think of it like book club but for scholarly research!

Journal Club supports Dr. Bigelow's research agenda. The goal is to produce peer reviewed journal articles or other professional publications that students can add to their resume/CV.

Interested?

Join us April 15th and read "Picture Me Drinking: Alcohol-Related Posts by Instagram Influencers Popular Among Adolescents and Young Adults" by Wilmsen, van Dalen, and Gebhardt (2020) for our first meeting.

See you there!

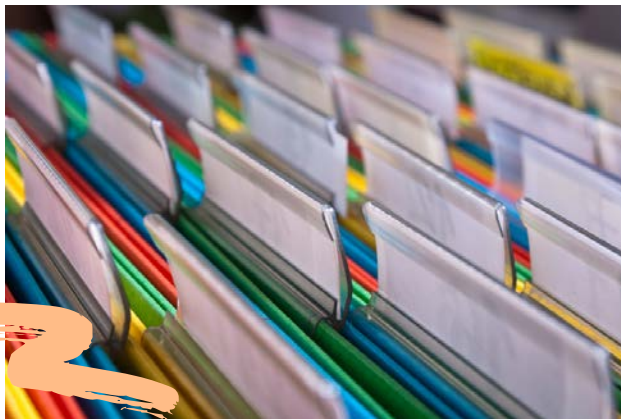
Zoom Link: <https://unehaven.zoom.us/j/99274825382>

Questions? Contact tbigelow@unehaven.edu

LPC UPDATES

GET READY, GET SET, GET LICENSED!

- General licensure info can be found on the DPH [website](#)
- In addition to a Master's Degree, the applicant must have completed 3,000 hours of postgraduate supervised experience that includes 100 hours of direct supervision
- Applicant must have completed the National Counselor Examination for Licensure and Certification (NCE) or the National Clinical Mental Health Counseling Examination (NCMHCE)
- You can register for the exams [here](#)



DOCUMENTATION

- Official Transcript
- Course of Study Form
- Verification Form
- A Score Report for the NCE/NCMHCE
- A Completed Application and fee of \$315.00

The online application can be found [here](#)

CEC'S

Don't Forget! Once you have obtained licensure, you will need to complete a minimum of 15 hours of Continuing Education Credits in order to renew! More information can be found on the DPH website [here](#)

CEC Resources:

- [ACA](#)
- [APA](#)
- [PESI Behavioral Health](#)
- [NBCC-Approved CEC's](#)



NCE/NCMHCE Study Materials



- Practice tests & flashcards
- Free sample exam
- NCE Pocket Prep
- 30 Day free trial at Study.com for both the NCE and NCMHCE exam
- Android and iPhone Apps
- NBCC resources

