

RMHC Newsletter

Western Oregon
University

Fall 2014

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Special Points:

- ◆ RCE celebrates 40 years!
- ◆ The importance of Self Care
- ◆ Rehabilitation Counseling
- ◆ Students
- ◆ One of Our Own Takes the Stage!
- ◆ Internship Sites

“40 Years of Excellence!”



Western Oregon University Campus

On September 19, 2014 Western Oregon University's faculty and students gathered in the Werner University Center to celebrate 40 years of excellence of the well known Rehabilitation Counseling Education Master's Program. Since 1974 students participating in this program have been trained to work as rehabilitation counselors with a variety of individuals who experience deafness or other disabilities. Initially, the program began with a focus in serving Deaf individuals, but by 1990 the general rehabilitation counseling piece was

added. After 24 years of continued success, the Rehabilitation Counseling Education Program changed once again, adding a Mental Health component to its curriculum, also changing the name from RCE to Rehabilitation and Mental Health Counseling (RMHC), which has proved to be a mouthful for individuals that experienced the previous title. Faculty and students are expressing excitement about this addition to the program in the hopes that it will further the Rehabilitation Counselor's education, as well as employment options upon reaching graduation.

Over 460 students have graduated from this program since it began in 1974. In those many years, 95 percent of students who graduated received employment offers within months of their graduation day, truly expressing the impact and success of this master's program.

Many alumni attended the celebration of 40 years to express their gratitude as well as words of wisdom to excited first year students. As fall quickly and coldly sneaks up on us, here's to a fantastic 41st year.

~ Karli Mitchell

Self Care Tip of the Term: Physical Exercise!

Everyday life can be stressful for anyone, especially as a graduate student who may be struggling to juggle school, work, family, and a social life, if at all possible.

As rehabilitation counselors in training, and with finals week rapidly approaching, it is important to remind one's self

to participate in self care methods which benefit you! This could mean taking a bath, getting some exercise, reading a book, or simply socializing with friends. Whatever it may be that is causing stress in your life, there is a self care method which will benefit you!

Self Care Tip for Fall: Yoga



~ Karli Mitchell

Rehabilitation Counseling, huh?

When professionals in the Rehabilitation Counseling field are asked about their career, often times they receive looks of confusion, or are mistaken for Physical Therapists. Unlike Physical Therapy, rehabilitation counseling covers a much broader spectrum. Rehabilitation Counselors are advocates and educators for individuals who experience a variety of disabilities. They work with their clients to manage or overcome the personal, social, and profes-

sional effects of disabilities on employment or independent living. The basis of this holistic counseling approach is to empower as well as provide a non judgmental focus on assisting individuals who experience disabilities with their personal and professional goals.

Rehabilitation Counselors can work in a plethora of settings such as schools, prisons, independent-living facilities, rehabilitation agencies, and private practices. Not only do Rehabili-

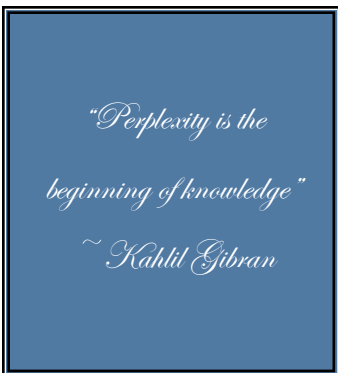
tation Counselors work alongside clients, they typically wear multiple hats, also working with family members, employers, physicians, caregivers, and a variety of other professionals involved in the field.

Individuals who wish to work in the field of Rehabilitation Counseling must attend a CORE accredited program such as WOU's to develop the necessary skills and tools used to work with individuals experiencing disabilities.



Rehabilitation Counseling

RMHC Class of 2016!



To symbolize the hard work and effort put forth by this cohort, the class of 2016 is pleased to introduce their mascot, Busy Bee!

Class of 2016: RCD Cohort



Janelle

Janelle is a native of Colorado and happy to call Oregon home for the next couple of years. Janelle has a BA in Psychology from the University of Northern Colorado and is interested in working in Mental Health or a VR setting in the future. In her free time Janelle enjoys gardening, singing, and discovering new hiking trails.

Miranda



RCD Cohort Cont...

Miranda lives in the beautiful, rainy Pacific Northwest with her husband and considers the Oregon Coast to be the most magical place in the world. When she is not studying, she fills her time drawing, painting, and enjoying all things creative. Miranda comes to the RMHC program with a BA in American Sign Language and a minor in linguistics, and she can't wait to see what the future has in store.



Jenny Lynn

JennyLynn Dietrich is originally from Oklahoma but now a resident of Seattle, Washington. She received her BA from Gallaudet University in 1999 and has been providing social services for thirteen years; working with individuals with disabilities, people 65 and older and the Deafblind community. JennyLynn is now working towards her Masters in Rehabilitation Counseling for the Deaf and hopes to return to Seattle to continue her services to the population at risk. JennyLynn enjoys reading, participating in the arts, traveling, dancing and trying new things.

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Michelle graduated from Gallaudet University with a Bachelor's Degree in Business Administration. She thoroughly enjoys traveling, cooking, and the study of Anthropology. Michelle has strong goals including completing her Master's in Rehabilitation Counseling, as well as preparing for PhD studies.

Jaye Marie

Jaye Marie Brown graduated high school in 1985. After completing her high school diploma, she decided to continue on to higher education where she received a total of 3 Bachelor of Arts degrees as well as a Master of Arts. Jaye Marie is a fun loving individual who reports often being addressed as a "smarty-pants." She is excited to be here and is looking forward to what the future has in store for her.



Class of 2016: RC Cohort



Ashlie

Ashlie received her BS in Psychology from Oregon State University in 2014. She worked for 2 years as a CNA and then switched to working with young children and infants. She loves to knit, paint, and hang out with cats and/or babies. Ashlie is also a fan of sleeping, but has been estranged from that hobby recently. Upon completing school, she hopes to work with individuals with developmental disabilities in a mental health context, but you never know where life will take you!

*"Your visions will
become clear only when
you can look into your
own heart."
~C.G. Jung*



Karli

Karli is from the beautiful state of Washington, where she resided until coming to school here at WOU. She completed her Bachelor of Arts in American Sign Language Studies here at Western and just graduated this past June. Her hobbies include; swimming, dancing, and completing crafty projects. She also enjoys spending time with her friends and family as well as her boyfriend and their puppy, Lucy. Karli is enjoying the program and excited for what the next few years have in store.



Brenda

Brenda completed her Undergraduate degree at the University of Victoria in BC, Canada. She has five amazing children (ages 14-22) with her husband of 25 years. She is very pleased to be a part of this program, which has had such a great reputation for 40

Victoria Boyd is a native Oregonian. She obtained her BS in Psychology from WOU. In addition to attending school she plays on the WOU Rugby team. Her hobbies include camping, hiking, gardening and road trips. She hopes to pursue a career within the Mental Health field.



Tori

As of a few weeks ago Alex is a new dad to a beautiful baby girl, Clara Jean Rose! He says, "She's as cute as a button and sweet as honey". Who couldn't agree! He and his wife, Sarah will be married for four years in June, and are ecstatic to be parents. Alex graduated in June with a Bachelor of Science in Psychology and is basically the coolest guy ever. He loves what he calls "nerd culture", and is a total academia buff, but balances it out with wood working, cooking, and exercise. His family has two puggles (pug/beagle mix), and enjoy having dinner parties, as well as spending time with family.

Alex



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Geoff finished his BS here at WOU double majoring in psychology and gerontology and receiving his AAOT from LBCC. He currently runs the medical records department in the skilled care unit at Hillside CCRC and is finishing up his second term with the Army (12 years). And last but certainly not least, Geoff has a 7 year old daughter Abigail who gets anytime not spent on school or work.

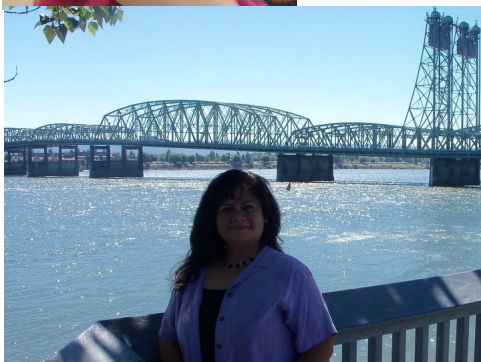
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Anna

Anna is 46 and has a 19 year old son who is the light of her world. She graduated from Chemeketa Community College in 2012 with an associates in general studies, then completed her bachelors of arts/social sciences from Portland State University in June of 2014. She loves participating in a variety of outdoor activities including boating, off roading, fishing, and hiking. Family and friendships are also extremely important to Anna. After completing her master's degree, Anna's goal is to work on a university campus, working as a counselor.



Lizzy is 23 years old and originally from Honolulu HI! She graduated from Willamette University in 2014 with a B.A. in Psychology. In addition to being in this program, Lizzy is the graduate assistant for the volleyball team here at WOU and played competitively at Willamette for four years. Her ideal day is spent on the beach, soaking up the sun and being with family and friends. Lizzy is a dog lover, and is also bilingual in English and ASL, ASL being her first language.



2015 Student Internship Sites

- ◆ **Chad DeSeranno**- VA VR – Vancouver
- ◆ **Shelley Hill**- VA VR – Portland
- ◆ **Jerry Langholz**- Polk County Mental Health
- ◆ **Blair Stamm**- Oregon VR – East Portland
- ◆ **Anna Correa**- Oregon State Hospital Reintegration Program
- ◆ **Jordan Meekins**-Eugene Vocational Rehabilitation
- ◆ **Renee Schrock**-Salem Keizer YTP
- ◆ **Sharon Sielschott**-South Salem VR
- ◆ **Brook Yetter**-MAC VR
- ◆ **Nathan Reiman**-San Diego East County Vocational Rehabilitation
- ◆ **Miguel Gonzalez**-WOU Counseling Center

RMHC Program

Western Oregon University

College of Education

Monmouth, OR 9731



For more information regarding the RMHC Program please refer to the link below:

http://www.wou.edu/provost/graduate/msrc/msrc_about.php



Jenny-Lynn Dietrich as Bridget and Nathaniel Dunaway as Jack in the beginning of Act I of *Death by Design*.

One of Our Own Takes the Stage!

With song, dance and comedy, there's a murder to be solved and it was up to an Irish maid to find out who did it! JennyLynn Dietrich took the stage listing poisonous herbs in alphabetic order to pointing out the bullet hole on the wall. "This maid is almost paranormal!" JennyLynn from Seattle, WA studying in the RMHC Program with a focus in deafness auditioned for *Death by Design* directed by Ted de Chatelet and written by Rob Urbinati. The crime scene took place at Cookham, England in 1932 in a country home with cast members speaking various dialects and languages; Cockney, Irish, Britain and American Sign Language. Through the use of accommodations such as; large print script and interpreters, JennyLynn was able to participate in the hilarious production with memories to last her a lifetime.

~ Jenny Lynn Dietrich