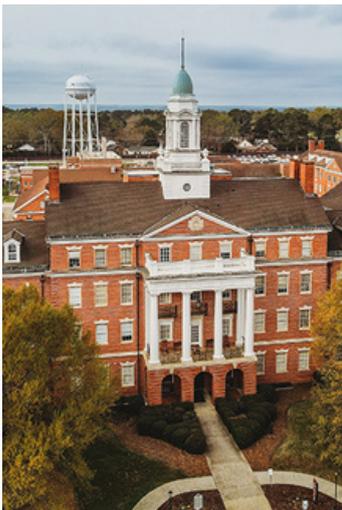


C&R NEWS

Counseling & Rehabilitation Program Newsletter



USC School of Medicine Clinic for Counseling & Assessment



In response to a growing mental health crisis, the new USC School of Medicine Clinic for Counseling and Assessment (CCA) will open to serve the underserved communities of SC. Housed within the Counseling and Rehabilitation Program and with start-up funding from the SC Center for Rural and Primary Healthcare, the CCA will provide critical support to economically disadvantaged populations to reduce physical and mental health, and quality of life disparities.

As a student-operated, faculty-directed clinic, the mission of CCA is to help individuals, families, and communities identify and utilize their strengths, overcome life's challenges and barriers, and reach their full potential. The CCA will strive to accomplish this mission through counseling services that are (a) free, safe, and accessible for all, regardless of financial status, background, identity, or disability, (b) person-centered where clients are encouraged to empower themselves, (c) creative and innovative to meet the needs of a biologically-psychologically-socially-vocationally-culturally-spiritually diverse clientele, (d) provided by a team that is committed to ethical, socially just, and compassionate practice, and (e) evaluated through comprehensive program process involving all stakeholders to maximize community impact.

This issue:

SOM Clinic
PAGE 01-02

Student Spotlight
PAGE 03-04

Professional Counselor
PAGE 05

Talk Saves Lives
PAGE 06

CRSA
PAGE 07

CRSA Merch
PAGE 08

Friendsgiving
PAGE 09

Wellness Corner
PAGE 10



Save the Date

December 6th, 2024:
Friendsgiving Event
[RSVP Here](#)

January 10th, 2025:
C&R Program Advisory
Board Meeting

February 21st, 2025:
Professional Speaker
Series: feat. Dr. Kim
Mueser

February 22nd, 2025:
Spring Learning
Community Saturday

USC School of Medicine Clinic for Counseling & Assessment



Upon opening in the Spring of 2025, CCA will initially focus on serving the Orangeburg, Calhoun, Fairfield, and Chester Counties. These counties, among the most underserved in the state, face significant shortages in mental health services, especially for adolescents and seniors. The clinic’s mission is to combat the region’s alarming bio-psycho-social challenges, including high rates of suicide, substance abuse, poverty, and juvenile arrests.

The CCA will be sustained through grant and donor funding. Faculty are currently seeking support from the Duke Endowment, the SC Opioid Relief Fund, and the Substance Abuse Mental Health Services Administration. They are also planning a campaign to solicit donor support, including the clinic naming opportunity.



Counseling and Rehabilitation
School of Medicine Columbia

UNIVERSITY OF SOUTH CAROLINA

CHECK OUT OUR SOCIALS



“This clinic will be more than just a service provider—it will be a lifeline for communities facing some of the toughest challenges in mental health and well-being,” said Dr. Christine Sacco-Bene, Clinical Associate Professor and Program Director. “Our goal is to make a lasting impact by engaging communities, connecting individuals to essential resources, and providing personalized care.”



From Service to Study: A Commitment to Excellence

In celebration of Veterans Day, Shaunarey Harris-Amos, second year C&R student, shared her experience in the service and how counselors can assist veterans.

As an unwed mother and struggling college student, my Granddad and Army ROTC opened the door to my military journey. This was further solidified on 9/11/2001 in my junior year of college. I remember being called out of class so that my Professors of Military Science (PMS) could update us on what happened. Some of my peers enlisted the very next day; however, for those of us that remained, my PMS used those tragic events as critical learning opportunity on how the military responds terrorist attacks and mobilizes to protect Americans at home and abroad. In the days that followed 9/11, I would grow to understand that at its core, patriotism meant a commitment to something much bigger than myself. I accepted this truth as a parent and held on to this belief over 20 years of military service. This is still one of my corps beliefs today.



As proud officer of the Army's Adjutant General (AG) Corps, I was privileged to serve as a Human Resources Officer responsible for providing multifaceted personnel support, casualty & mortuary affairs processing, and postal operations to Army and the joint services in peacetime, combat, and humanitarian operations.

The AG Corps provided many opportunities to work extensively with other branches of service and governmental agencies, to include the National Guard, Reserve, and foreign militaries. I have been privileged to serve in communities around the world and give back to the local populations that provided homes for me and my family.





Commitment

Our corps motto "Defend and Serve" fully represents the commitment to defend against all enemies foreign and domestic, while serving the military's assets: people. My job was all about people - at the start of their careers until the very end, in life and even in death, at home or abroad. My encounters with people from all walks of life helped me to develop a deep appreciation for my life and unconditional respect for the lives of others. Fully embracing this served me well as soldier and supports my ability to connect with others as a Veteran and Vocational Rehabilitation Specialist for Veterans Affairs Vocational Readiness & Employment program.

To Future Counselors:

Future counselors that work with the military community or veterans must have a level of acceptance of cultural norms. My hope is that future counselors understand the significance of rapport and mutual respect as core fundamentals of the client-counselor relationship. The analogy I use to describe the experience of veterans is like a horse wearing blinders. When the "blinders" are in place, the service member/veteran is focused on what is directly in front of them. When the blinders are removed, they may experience a level of awareness that may be triggering or traumatizing. They may realize how disconnected they are from their families or the rest of the world. They may recall traumatizing events. They may find it difficult to adapt to an unstructured life outside of the military and may grieve the loss of the life/career they are leaving behind. They may turn to unhealthy behaviors to cope and may even decide that life is longer worth living. To work with this community means having unwavering resiliency while adopting a service-oriented perspective that sees the veteran's abilities and possibilities.



Professional Counselors: What They Do



The Southern Association for Counselor Education and Supervision (SACES) recently hosted its annual conference in Dallas, Texas from November 7th-9th and Counseling and Rehabilitation faculty members Drs. Christine Sacco-Bene and Taryn Richardson were in attendance along with student presenters, Skylar Linder and Jerzy Zito.

"I was fortunate enough to get the opportunity to attend the Southern Association for Counselor Education and Supervision (SACES) conference alongside my friend and colleague Skylar Linder and several of our professors in the Counseling and Rehabilitation program. We presented in a round-table format at the conference. Our presentation was on the value of implementing the Learning Community Model and techniques of Adult Learning Theory in the form of a Learning Community Saturday event. In addition to the professional presentation experience, Skylar and I had the opportunity to attend the conference and sit in on sessions held by other professionals in the field. We listened to lectures on working with youth with disabilities in school settings, how to support minority students in higher education, using the best practices when working with individuals with eating disorders, and the recent changes made to the Council for Accreditation of Counseling and Related Educational Programs' (CACREP) standards among other topics! Not only were we granted the chance to listen to various speakers, but we also got to make connections with professionals from Doctoral programs and state agencies. Being in an environment where counseling professionals from all over the country share their experiences and spread knowledge allowed us to further our own professional identities.



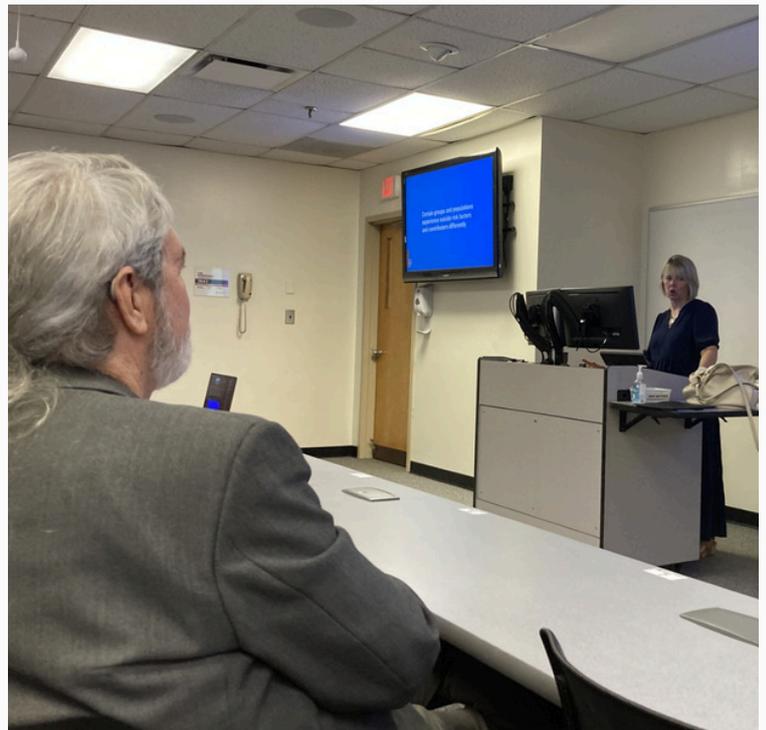


Professional Counselors

"As someone who is still unsure of where exactly she plans to go within the counseling field, I found this kind of exposure incredibly beneficial. I certainly feel like I left with much more knowledge than I had when I entered, and I think it really helped me narrow my search in finding my professional niche."

Talk Saves Lives

In partnership with the South Carolina Department of Mental Health, the C&R program recently held a 1.5 hour presentation covering the warning signs and risk factors of suicide as well as the strategies that prevent it. Jennifer Butler, Director of Public Education at SCDMH hosted the program live on campus as students and colleagues from around the School of Medicine joined both virtually and in person. Feedback regarding both the subject matter and featured presenter have been overwhelmingly positive and the program looks forward to partnering with SCDMH for future trainings



If you are interested in trainings that feature similar content but were not contacted during the month of October to participate, please reach out to patrick.demery@uscmcd.sc.edu so that we can get you added to our mailing list to ensure you're included in future trainings hosted by the C&R Program.





CRSA

The Counseling and Rehabilitation Student Association (CRSA) has a ton of exciting events coming up over the next few months and is actively accepting new members to the organization. Not a member of CRSA yet? Joining is simple—just Venmo LaurenMichaels17 the \$20 annual fee for your membership and send her a quick email with your full name to lauren.michaels@uscmed.sc.edu.



Spring LCS

Join us for a Game Night after the spring session! We're looking for volunteers to help plan and select games, snacks, and themes. This is your event, so let us know if you'd like to be involved by emailing Allie Ledbetter at allie.ledbetter@uscmed.sc.edu

Peer Learning Program

Interested in connecting with other students for mentorship and support? We're hoping to kick off a Peer Learning Program this spring, pairing students based on interests and goals. If this sounds like something you'd enjoy, **please fill out our Google interest form.**





CRSA Merch

CRSA merch is available for preorder! Use our form to pre-order some CRSA gear and show your support for the organization. Once we have an idea of how many people are interested, we will send out official order forms with pricing information!

There are T-Shirts, Hoodies, and Crew Necks available sizes S to XL. T-shirts will cost between \$20-\$25, Crew Necks will cost between \$30-\$35, and Hoodies will cost between \$40-\$45.

Service Opportunity: Food Drive

CRSA is running a food drive to give back to our community. We encourage everyone to bring non-perishable food items to the Friendsgiving event on December 6th if you're able or to Patrick in Suite A6 prior to the event. Every donation makes a difference!





Friendsgiving

To express our gratitude for our students, alumni, colleagues, and the community partners, the Counseling and Rehabilitation Program at the University of South Carolina, School of Medicine Columbia holds a Friendsgiving Open House event each fall semester. This year, we invite you to join us on December 6th from 11:30am-1:30pm in our new location on the School of Medicine Columbia campus (6311 Garners Ferry Road, C



[Donate Here!](#)

As part of the University of South Carolina community, the Counseling and Rehabilitation Program is dedicated to improving the lives of all South Carolinians, and your ongoing support of our students and program during networking events such as Friendsgiving is a huge part of helping us to make an impact. Should you be unable to attend but wish to support the C&R students through a monetary donation, you may utilize the donation link or QR code below.

Hoping to see you there on Friday, December 6th! Please use the RSVP link to confirm your attendance.

Tap below to watch Friendsgiving Invitation Videos!

Video #1



Video #2



Video #3



RSVP for Friendsgiving



Wellness Corner

Study Break Zones provide students with dedicated spaces to step away from academic pressures and recharge. Equipped with calming activities like puzzles, coloring books, and soothing music, these zones offer a tranquil environment for relaxation and mental rejuvenation. By creating a stress-free atmosphere, these spaces encourage students to take short, mindful breaks, helping them return to their studies with improved focus and a sense of balance. Incorporating such zones on campus can significantly enhance students' mental well-being and productivity during demanding academic periods.



APA Writing Tips: Master In-Text Citations

One of the key elements of APA style is proper use of in-text citations, which provide readers with a brief reference to the source of your information. Include the author's last name and the publication year in parentheses after the relevant sentence, e.g., (Smith, 2020). If quoting directly, add the page number, e.g., (Smith, 2020, p. 15). Ensure the in-text citation aligns with the full reference in the reference list. This practice not only gives credit to the original authors but also strengthens the credibility of your work.



Pet of the Month

Meet Duke! Duke belongs to Dr. Sacco-Bene's daughter, Elyssa.

Save the Date

12/6 - Counseling and Rehabilitation Friendsgiving Event

To express our gratitude for our students, alumni, colleagues, and the community partners, the Counseling and Rehabilitation Program at the University of South Carolina, School of Medicine Columbia invites you to our Third Annual Friendsgiving Open House from 11:30am-1:30pm.

1/10- Counseling and Rehabilitation Program Advisory Board Meeting

2/21 - Professional Speaker Series Presents:
Dr. Kim Muesser

2/22 - Spring Semester Learning Community
Saturday