Happy Summer!

This edition is all about celebration! On May 3 in the Ockinga Seminar Center, we celebrated the accomplishments of our students with over 120 attending the ceremony. We awarded scholarships and commemorated our 2014-15 Graduates and their families. We also recognized distinguished graduates, alumni and site supervisors who have gone above and beyond to contribute to CSP training programs and their respective professions as students, alumni and CSP supervisors. We heard moving tributes from each of the Outstanding Award Recipients who gave us a glimpse of the career journey they experienced as well as giving a nod to those who helped them along the way.

The awards to the outstanding site supervisors were especially significant as this year the supervisors were nominated by their interns. This simple shift has helped to make the award even more special, but difficult for faculty as multiple supervisors were nominated across programs.

Each year we continue to be humbled by the significance of the outstanding alumni award. To acknowledge and affirm this significance this year we asked the recipients of this honor to present the scholarships awards to students. It represented a symbolic bridge between education and profession, emphasizing the important role that those who have gone before us have played on our profession. Finally, we applauded student scholarly research, publications and presentations as well as leadership in GrASP, CSI, and state and national professional associations.

We hope that this edition demonstrates the enthusiasm and commitment we have for our professions, students and University in the present, the past, and of course, the future. Enjoy the next few pages that are filled with pictures and names of people who were recognized together with articles of our alumnus honored at the May 8th reception. We look forward to seeing you at the 4th Annual CSP Honor’s Reception next Spring 2016 so you can join us in the next celebration!

Enjoy your summer!  

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Important Dates

**Fall 2015**

- Residence Halls open  
  Thu. Aug. 20
- Fall Classes Begin  
  Mon. Aug. 24
- Labor Day Break - No Classes  
  Sept. 7
- Spring Class Registration  
  Oct. 26
- Fall Break - No Classes  
  Oct. 19 - 20
- Thanksgiving Break  
  Nov. 25 - 27
- Finals Week  
  December 14 - 18
- Fall Commencement  
  Dec. 18
2015 - 2016 Professional Development Series

Summer is a great time to remind ourselves of our professional commitment to continuous and life-long learning. Not to mention planning to obtain those ever important CEU’s! CSP offers high quality, affordable professional development opportunities that provide both NBCC and NASP continuing education credit throughout the year. For more information or to register, visit our website at unk.edu/csp

Series Line-Up:

September 25 - Special Education - Representatives from NDE and Karen Haase, J.D. will present.

October 9 - Clinical Supervision - Dr. Tina Chasek, Ph.D., will present in a webinar format so participants can view at their leisure.

November 13 - Preparing for Client Suicide - Preparation for the event, before it arrives, is vital to minimizing the effects. The program by Dr. Doug Tillman, Ph.D., will include the process for managing clients who are openly suicidal, using case studies to identify potential risk factors for clients who are not open about their suicidal ideation, exploring ones own fears, forming a plan and support system, and
identifying the ethical dilemmas around client suicide.

December 11 - **Play Therapy** - Eric Davis, Ph.D., will provide an overview of sand tray therapy and reality therapy plus an introduction to the procedures of implementing a quality world sand tray.

January 22 - **Prime for Life** - Presented by Wendy McCarty, Ed.D., attendees will experience the award-winning Prime For Life® curriculum, an evidence-based motivational prevention, intervention and pretreatment program specifically designed for people who may be making high-risk choices, such as impaired driving offenders, college students, and young people charged with alcohol and/or drug offenses.

February 12 - **Psychological First Aid** Dr. David Hof will present PFA as an evidence-informed modular approach for assisting people in the immediate aftermath of disaster, conflicts, accidents and terrorism: to reduce initial distress and to foster short and long-term adaptive functioning.

April 1 - **14th Annual Kent Estes Justice for All Conference** Registration and payment details will be available in January.

April 22 - **Focusing on the need of our School Psychologists** this opportunity is under development and will be announced at a later date.
Outstanding Alumni!

Jill Timmons, Special Education Supervisor-Lincoln Public Schools

When Nan emailed me about this award, she told me I could have a few minutes to say whatever I wanted to you. She obviously had no idea who she was emailing! I have lots of things I want to say to you about our work! I want to tell you:

• that poverty is a problem, including here in Nebraska, and you can and should do something to instill hope into the lives of the children living in poverty.
• about the importance of advocacy—for the profession, for students and families—and that not being an advocate is really malpractice, in my opinion.
• the problem we have with mental illness in our country and how you can and should be a voice for those who suffer.
• to go into the world and allow yourself to be pushed—to face your fears! Because facing your fears allows you to grow and change the world in ways you couldn't possibly dream of otherwise.

Every single one of those are great messages. However as I thought about it, I realized there is one message that more than anything I need to share with early career professionals.

It’s a message I bet you’ve already heard and I bet you think you understand it. Maybe you do. But as I think about the early career psychologists we have hired, this is the message that is most often missed. And that is the message about relationships first.

What I want you to know is this—you can walk into your new career well prepared as you are, having graduated from this university and excellent training program, but until you have relationships with those you work with and those you serve, all the knowledge in the world will not matter.

So I am going to tell you a quick story about my own experience with this to illustrate the importance
of it. My passion is to change the world of school psychology in LPS and Nebraska. I believe in this power of this profession and I work hard everyday to change the mindset of administrators and staff what school psychologists can and should be doing as they work in our schools. I do this, because I believe it is good for students to have school psychologists provide comprehensive school psychology services.

I am currently a Special Education Supervisor. My main duty is to supervise what will soon be 50 school psychologists in the district. Isn't that amazing! 50 school psychologists!!! My first year as a Special Education Supervisor, I had a goal to improve the way we served the mental health needs of students in LPS. I wanted to collaborate with another department to do a better job serving our students. So, I met with the director, a supervisor and coordinator of this department and tried to share with them my vision.

It became clear very quickly we were not on the same page. After an hour of trying to find common ground to work from, I gave up and left the meeting frustrated and frankly, a little bit hopeless. A few days later I shared with my boss, the director of special education, how the meeting went. She reminded me of the same thing I am reminding you and said, “Jill, you need to build a relationship with them.” She was right. Even though I knew this, I had skipped this step.

So, I confess, I was frustrated with them and didn’t want to put in the time. But I knew she was right. So, I spent 2 years building relationships at every chance I got. And it has made all the difference in the world. They now will advocate for me and for school psychologists often when I’m not around. Not always but I’ll take often over never!

So the lesson for you was the same lesson for me. My passion and my knowledge were impressive but without a relationship and trust to start from, it’s useless. It doesn’t matter what you know if you don’t have a relationship with the people you are working with. This principle applies to children and it applies to adults. Simply put, if people don’t trust you, you cannot make a difference.

So, here is my challenge for you: When you go out into your new job, I want you to put a note on your calendar each week so that you can think intentionally about what you are doing each week to build relationships with staff.

This doesn’t mean you have to bake cookies! You can if you want! But it’s the little things you do daily. It’s your presence and your conversations. It’s being you in the off stage or behind the scenes time that will make a difference. And it’s about being intentional in seeking out those opportunities.

And if, when you’re out there building a relationship, there is someone who is really difficult to work with….then do something intentional twice a week to build a relationship with them. Even if you don’t want to. Because relationships matter.

So I leave you with this encouragement: We work in a first rate profession. We have the power to make significant changes in the lives of children and families. That is exciting and powerful! I love our work! So don’t allow yourself to go into a first rate profession and be 2nd rate professional because you didn’t take time to build relationships.

My hope is that you all go into the work force and be the amazing school psychologist God created you to be. I’m cheering for each of you!

Sincerely, Jill
Terry Sullivan, School Counselor, Lexington

Terry has worked for many years as a school counselor in Lexington, first working with High School students and now as an elementary school counselor. Terry holds both a community counseling degree and a school counseling degree from UNK. She has 7 children, 2 adopted children, 14 grandchildren, and countless foster children. Three of Terry’s children are UNK graduates. Her daughter Jennifer tells us Terry’s greatest accomplishment is her selflessness in serving others. She is a master at finding resources for the kids and families she supports both professionally and personally. She has a passion for helping kids in tough situations...a passion which she has instilled in each of her children. Thank you Terry for being one of our Outstanding Alumni!

Jerry Foote, Behavior Interventionist, Kearney Public Schools

After floundering around in life I recognized something was missing, and on the advice of Kent Estes I took the first counseling class offered and was intrigued. So one class led to another and I made it through. I graduated in 1992 with a master degree in community counseling.

During the time I was in school I worked for the health system and was fortunate enough to land a job at Richard Young. I started as a psych-tech and then was hired as a primary therapist after graduating. After five years with managed mental health breathing down the hospital’s neck I went into private practice with Dr. Shundoff for the next five years. During my time with Dr. Shundoff I contracted with the I Believe in Me Ranch as their therapist. Eventually they offered me the job of the clinical program manager. I oversaw the treatment of sixteen residents as well as the day program.

In 2004, Kearney Public Schools advertised for the position of behavior interventionist. I applied
and got the job and have been performing in that capacity for the last eleven years. It has been a great experience working with at risk children and families but it has been rewarding.

After a great deal of soul searching I have decided to retire at the end of May. I hope to continue with a small private practice and to have the opportunity to do some consulting.

I have enjoyed my journey with mental health and have several thoughts for you to take with you. Always trust your instincts, it has always amazed me how accurate they can be. Give your clients all you have but never work harder than they do. Relish in every success as there will be failures.

I am humbled and honored for the honor you have bestowed upon me. I am truly grateful. Many Thanks ~Jerry

**Toby Toland, Director for Programming & Leadership, UN - Reno**

I am the Area Director for Programming and Leadership at the University of Nevada, Reno. I oversee the operations of 4 living environments comprising of about 1700 students. This includes supervision of full time and graduate staff and serving as a resource for conduct and crisis issues. Additionally I oversee all initiatives for programming and leadership. These mostly include recruiting, training, and advisement of multiple student organizations.

After graduating from Community Counseling, I stayed another year at UNK to complete the additional Student Affairs coursework. I also got engaged and married that year! After that I took a full time position a couple hours down the road at UNL. I served as a Residence Director. In July 2014 I accepted my current position in Reno, Nevada.

As I look back at my time at UNK I find I frequently revisit my notebook from Multicultural Counseling. The knowledge I gained about identity development, privilege and the responsibility that goes along with it have been invaluable. I vividly remember moments where Dr. Dinsmore would
confront close-minded comments in class, admittedly some were my own. She turned the moments into developmental opportunities with such tact and style, that I am still in awe to this day.

One of my favorite memories was when I interviewed for the GA position I was initially supposed to meet with Dr. Estes. Unfortunately he was out for medical reasons at the time. When I arrived on campus, he was back and teaching classes. I was blessed to have been able to take 2 courses with him. A day doesn’t go by that I don’t reflect on his lessons and try to live up to the standards of care and compassion that he showed others.

While at UNL, I was a 3 time recipient of the Certificate of Recognition for Contributions to Students from the Parent Association and Teaching Council. Currently I am honored to be receiving Alumnus Award from UNK’s Department of Counseling and School Psychology!

**NBCC Awards Cristian Rodriguez!**

Please join us in congratulating Cristain Rodriguez on being awarded the National Board for Certified Counselor’s Minority Fellowship Scholarship. Together with this award, Cristain was asked to join her peers at a National Conference in Raleigh, North Carolina. Cristain will return to NBCC’s 2016 National Conference in Washington, D.C. to present her project.
Scholarship Awards!

Dean’s Scholarship

Kristina Artz - Student Affairs
Christopher Carraher - School Psychology
Allison Claar - Clinical Mental Health
Keri Lunz - School Psychology

Jason Owens - School Counseling
Kylie Surmeier - Clinical Mental Health
Johnathan Terry - Student Affairs
Crystal Zimmerman - School Counseling

CSP Department Scholarship

Alyssa Boyd - Clinical Mental Health
Jackie Engel - School Psychology

Paloma Mena-Werth - School Counseling
Amanda Schipporeit - Student Affairs

Dr. Kent Estes Memorial for Chi Sigma Iota

Jason Dillard - Clinical Mental Health Counseling

Dr. Fred & Betty Kempf Fellowship Fund

Abby Beumer - Clinical Mental Health
Rebecca Moore - School Counseling

Mackenzie Reynoso - School Psychology
Haley Strobel - School Psychology

Mary Splitter Memorial Scholarship

Chenxue Cai - Student Affairs

Liela S. Herzog Memorial Scholarship

Magan Dolan - Clinical Mental Health
Emily Fierstein - Clinical Mental Health

Lacey Loy - School Psychology
Tammi J. (Rowe) Warner Scholarship

Tara Nettifee - Student Affairs

Outstanding Site Supervisor
Danielle Burke - Student Affairs
Kristin Chamness - Clinical Mental Health
Tiffany Gonzales - Student Affairs
Molly Kuhl - School Psychology
Lori Staab - School Counseling

Outstanding Graduates
Brette Ensz - Student Affairs
Jenna Rycek - School Psychology
Julie Simmons - School Counseling
Tenille Stoeger - Clinical Mental Health

Julie Simmons & Matt Mims
Tammi Ohmsted & Jenna Rycek
Brette Ensz and Tina Chasek