



CHI SIGMA IOTA

UPSILON SIGMA IOTA CHAPTER



HAPPY FALL!

Spooky season is here and the Counseling Department and CSI are already off to a busy and fun-filled start!

As Counseling students returned to classes, we celebrated the beginning of the Fall 2023 semester on September 27th by making delicious s'mores, snacking on Halloween candy, and socializing at the annual bonfire hosted by Chi Sigma Iota!

After recharging, students from USJ attended Fresh Check Day, where they gathered mental health tips, and information on suicide awareness. Attendees gained self compassion by looking into a mirror and surrounding themselves with empowering "I am statements". They also brought trees to life by writing things they are grateful for on leaves! Thanks to Kelly, Sahi, Katie, and all who put together an amazing booth! See our community in action on the next page!



Inside:

Recent Event Highlights

Meet our E-Board Members
and Committee Chairs

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All smiles at Fresh Check Day!



Kelly, Sahi & Katie



Lots of happy faces



S'more fun at the bonfire



Thank you for a great event!



Candid by the campfire

What is the COUNSELING COMPACT?

The Counseling Compact is an occupational licensure compact that:

- ✓ Addresses increasing demand to provide Professional Counseling services.
- ✓ Authorizes both telehealth and in-person practice across state lines in Counseling Compact states.
- ✓ Is similar in form and function to occupational licensure compacts for nursing, psychology, medicine, physical therapy and emergency medical services.

10 STATES

The Counseling Compact is operational when 10 states enact the legislation for the compact.



Professional Counselors licensed in their home state apply for a privilege to practice under the Counseling Compact-state lines are a barrier no more.

Counseling Compact states communicate and exchange information including verification of licensure and disciplinary sanctions.

Counseling Compact states retain the ability to regulate practice in their states.



BENEFITS

- Increasing access to client care.
- Facilitating continuity of care when clients relocate or travel.
- Certifying that counselors have met acceptable standards of practice.
- Promoting cooperation among Counseling Compact states in the areas of licensure and regulation.
- Offering a higher degree of consumer protection across state lines.

IMPACTS



Allowing licensed counselors to practice face-to-face or through telehealth across state lines without having to become licensed in additional Counseling Compact states.

Permitting counselors to provide services to populations currently underserved or geographically isolated.

Allowing military personnel and spouses to more easily continue in their profession when relocating.

For more information visit counseling.compact.org



CONNECTICUT JOINS THE COUNSELING COMPACT

On September 1st, Connecticut became thirtieth state to sign the interstate Counseling Compact into law, which allows professional counselors licensed and residing in a Compact member state to practice in other member states without the need for multiple licenses.

Funded and created by the American Counseling Association, the Counseling Compact was finalized in December 2020 and has now been passed by the legislatures in Georgia, Maryland, Alabama, Mississippi, West Virginia, Utah, Maine, Florida, Kentucky, Nebraska, Tennessee, Colorado, Louisiana, Ohio, New Hampshire, North Carolina, Delaware, Wyoming, Arkansas, Virginia, Kansas, Washington, Montana, North Dakota, Oklahoma, Indiana, Vermont, Iowa, Missouri and Connecticut. Currently, the Counseling Compact has been introduced in 26 states this legislative session.

Meet Your CSI E-Board and Committees



Victoria

VICTORIA BAIROS, PRESIDENT

Hi! I'm Victoria Bairos and I'm excited to be the president of Upsilon Sigma Iota for the 2023-2024 school year. I'm currently in my 3rd year of the clinical mental health counseling track and I'm completing my internship at Perception Programs Inc where I work with women with co-occurring mental health and substance use disorders. For my self-care, I enjoy reading and playing with my dog Moon. I can't wait to see what amazing things this year will bring for the USJ Counseling community!

MANI KHAN, VICE PRESIDENT & NEWSLETTER CO-EDITOR

Hi! I'm currently in the 3rd year of the clinical mental health track and interning at UCFS! I love being an active member of my South Asian community and look forward to using my experience to give back. For self-care, I love playing video games and watching k-dramas with a warm cup of hot chocolate!



Mani



Missy

MELISSA "MISSY" MARTIN, TREASURER

My role as a devoted mom of two girls and boy and a loving wife for over 17 years showcases my commitment to my family. However, these roles and experiences don't define me entirely. Rather, I would argue it is the fact that I am a curious and inquisitive, lifelong learner that steers this ship. My pursuit of a master's degree in school counseling highlights my passion for personal growth and helping others. For self-care I enjoy watching Bravo shows and belting out Taylor Swift in my car at the top of my lungs.

ABBY STEPKA, SECRETARY

My name is Abby Stepka and I am the secretary of Chi Sig. I'm in my third and final year of the School Counseling track and I am currently doing my internship at Simsbury High. Outside of academics, my favorite things to do are spend time with my family and friends, read, disc golf, walk, and explore new places!



Abby

MENTORSHIP

Hi, I'm Katie Sullivan. I am currently in the 2nd year of the clinical mental health track. I am the current CACES representative and mentoring co-chair. I am originally from New Jersey and moved to Connecticut for USJ! For self-care, I love watching Real Housewives and baking something from scratch.



Katie



Rochelle

Hi, I'm Rochelle Clarke, a second-year Clinical Mental Health Counseling student. I previously went to USJ for my bachelor's in psychology. I enjoy learning and volunteering to gain new experiences as I explore my various interests. For self-care, I do a body and facial spa, then listen to music while I paint a few canvases.

WELLNESS

Hi everyone! My name is Kelly Garriss and i'm the Chair of the Wellness Commitee. I love to bake and take nature walks. I'm in my second year in the Clinical Mental Health Counseling Program. I'm passionate about working with children and want to pursue a career as a Play Therapist.



Kelly



COMMUNITY ENGAGEMENT & ADVOCACY

Hi there! My name is Sahireliz and most know me by Sahi (Sigh). Which is funny because in therapy we breath in and sigh out... (pun intended haha). I'm in the 3rd year of the clinical mental health as a part time student and am so excited to give back to my community's mental health during practicum next summer. I come from a small island called Puerto Rico and am proud of my heritage. I look forward to addressing the social determinants of health and help people improve their mental health. For self-care I love dancing, watching tv and playing with my dog Philo who will be by my side during sessions with clients when I achieve my dream of having a private practice. Together we are the Therapeutic duo!



Sahi



Megan

Hi! I'm Megan Creed, a 2nd year CMHC student. When I'm not at school, I'm probably hanging out with my dog, Roger and my cat, Eleanor and listening to Taylor Swift. I am a huge Philly sports fan and for self-care I like to do Pilates or catch up on my Bravo shows. I am also co-editor of the CSI USJ Chapter newsletter.

Meet Your CSI Faculty Advisors



Dr. De Wilde has an extensive background in school counseling and has brought her experiences to teach the counseling students here at USJ! She is also a Chi Sig faculty advisor and is an integral part of running our chapter!



Dr. Motroni's experience as a marriage and family therapist working in various levels of care has provided USJ students with worthwhile knowledge that they can take with themselves in their future career. Her role as our chapter faculty advisor is greatly appreciated!

WALK OUT OF DARKNESS FOR SUICIDE PREVENTION

CT CAPITAL AREA WALK
SUNDAY OCTOBER 22, 2023
BUSHNELL PARK, HARTFORD, CT

The Community Walks, held in hundreds of communities across the country, are the core of the Out of the Darkness & American Foundation for Suicide Prevention movements. These events give people the courage to open up about their own connections to the cause, and a platform to create a culture that's smarter about mental health.

JOIN OUR TEAM OR DONATE NOW!



SCAN ME

If you are in crisis, please call the Suicide and Crisis Lifeline at 988 or contact the Crisis Text Line by texting 741-741.

Support the Chi Sigma Iota USJ Chapter Team at the Out of Darkness Walk

Ways you can support:

- Register to join the CSI USJ Chapter Walk Team at Bushnell Park and walk with us on October 22nd.
- Make a donation. All funds raised go directly to the American Foundation for Suicide Prevention (AFSP) to fund research, education, advocacy, and support for those affected by suicide.
- Share our Walk Fundraiser on your social media pages and with family + friends.
- Keep an eye out in class for chances to purchase tasty treats sold by CSI Board members. All proceeds will benefit AFSP.

Questions? Contact Megan Creed or Sahireliz Rios-Bravo

USJ CHI SIGMA IOTA PRESENTS

JOIN THE MENTORSHIP PROGRAM!

Share your knowledge, tips, & tricks for the counseling program! Network & connect with others in your program! Add it to your resume! **Join by scanning the QR code below!**



AS A MENTOR:

Be a role model & point of contact for 1st year students.

Exchange contact info with mentee for easy communication of questions.

Attend 1 social event in the Fall to meet your mentee or meet them once virtually.

Contact the Mentorship Program Co-Chairs for question or concerns:

Rochelle Clarke: raclarke@usj.edu
Katie Sullivan: kksullivan@usj.edu

EVER WISH YOU COULD HAVE SOMEONE TO TALK TO ABOUT THE COUNSELING PROGRAM?

HOW ABOUT KNOWLEDGE ON WHAT TO EXPECT AS YOU GO THROUGH THE PROGRAM?

Scan to sign up and be matched with a mentor that can provide you with insight!



UPCOMING EVENTS

November 1 to 22nd

Donate canned & boxed food to our Food Drive!

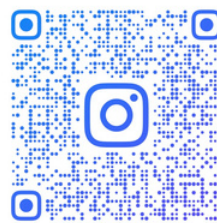
End of November

Join us at our annual social gathering at Parkville Market to celebrate the end of the semester!

FOLLOW US ON SOCIAL

Stay connected with the CSI USJ Chapter

Follow us for updates, photos and important chapter info + don't forget to tag in your pics at CSI USJ Chapter events



@UPSILONSIGMAIOTA_CSI

