

Holiday FunFest: The Gift of Service Learning

Shannon Andreas & Mark Freeman
Rollins College

The December holiday season offers a unique opportunity for people to make a positive difference in others' lives and to demonstrate the power of altruism during a natural time of giving. The Holiday FunFest, a college counseling center-based festival, celebrates diversity and giving at a time when people of various faiths honor traditions like Christmas, Hanukkah, Three Kings Day and Kwanza.

The Holiday FunFest brings the entire campus of faculty, staff, and students together for a common purpose of social interest around a holiday theme. Children from two local foster care facilities are invited to campus for a three-hour celebration of the holidays that includes participating in various cultural activities, eating pizza, being entertained, and receiving gifts (this is a surprise for the children). All campus participants collaborate in the FunFest by being a buddy, hosting an activity table, buying gifts for a child, or simply attending the party.

Because of the inclusive nature and multicultural emphasis of the event, the FunFest provides a symbol upon which sharing, acceptance, and the value of volunteerism can be built. The college counselor's leadership in creating the FunFest models institutional support of mental, physical, and economic diversity for the community and provides a vehicle for building compassion for the less fortunate.

Feminist therapy, multicultural counseling, and community counseling have asserted that advocacy is an important, if not integral, role in counseling (Toporek, 1999). When counselors on a college campus promote social advocacy for the traditionally underserved, others are often influenced to share and be generous with their service, time, and money.

Over the years, the effects of service learning have been well documented. Particular research geared toward higher education shows various positive outcomes as a result of engaging in service learning. For example, research has demonstrated that service learning positively affects students' personal development on various levels including personal identity, personal efficacy, moral development, and spiritual growth. Service learning has also been shown to positively impact interpersonal development, the ability to work well with others, communication skills, and leadership skills. Additional research has provided evidence that students involved in service learning hold less rigid stereotypes and tend to have a better comprehension of cultural and racial differences. Finally, service learning positively impacts students' sense of social responsibility and citizenship skills (Saltmarsh & Heffernan, 2000). This research provides proof that involvement in a service learning activity like the Holiday FunFest can positively contribute to students' overall learning experiences.

Participants

All constituents of campus are invited to participate in Holiday FunFest. Some student organizations, academic departments, and individuals sponsor a child by buying gifts. Others choose to sponsor an activity table or to serve as buddy to a child during the party. The party is meant to celebrate all cultural traditions during the holiday season. Children from foster care associations are invited to come to campus for a party in their honor. At the FunFest, the children engage in various activities, eat pizza, watch a magic show, and receive a big bag full of gifts. The foster children range in age from three to sixteen and are accompanied by chaperones from their foster care facilities. Although the exact number of foster children varies from year to year, in order to ensure that the party remains manageable the maximum number has been sixty-five.

Program Preparation

The college counseling staff created a Holiday FunFest steering committee with a broad base of campus represen

Departmental Web Pages: A Tool for College Counselors

Melanie Bullock
University of Texas - Pan American

Technology has a profound influence on the ways in which we conduct our business, education, entertainment, and interpersonal communications. Technology is perhaps the greatest tool to date that facilitates movement towards a truly global community. The Internet allows us to connect with individuals from around the world in ways unimaginable fifty years ago. For the first time we have the opportunity to instantly share ideas, knowledge, and life experiences through which we can increase our understanding and appreciation of others. What was once thought to be a passing fad has become an integral part of daily life for millions of individuals around the globe.

The Internet was created as a means to disseminate information and to foster collaboration between researchers. Today the information highway is traveled by millions of people on a daily basis and is the fastest growing tool for information dissemination, business ventures, and personal communication. From 1998 to 2002, private and public pages grew from 2,636,000 to 8,712,000. Individuals utilize technology to locate information, pay bills, shop, send gifts, make travel reservations, listen to music, watch movies, seek employment, find a new home/apartment, locate old friends, find new friends, play games, and send pictures of their children or latest vacation to family and friends around the globe.

College students are the most frequent users of Internet services. Eight-six percent of students are on-line each day. Studies have found that individuals under the age of twenty-four utilize the Internet as their "cornerstone of information" more than any other group. College students will seek health and relationship information from the Internet and from peers before they will seek assistance from those viewed as authority figures. Unfortunately, Internet users of all ages are often not discerning users of posted resources. Due to the structure of the Internet, there are few, if any, regulations on posted information. Much like the cautions issues years ago regarding tabloid magazines and newspapers, being in print is not an indication of accuracy. It is critical that Internet users learn how to identify the validity of posted material. Identification of the author, the author's credentials, and the author's contact information is the first step in becoming a discerning consumer.

A review of the college and university web pages in Texas found that the majority of the counseling centers had a departmental web. The majority of the sites were utilized to advise students of the counseling services available and some provided links or contact information for community services. While this is a great first step, department web pages can be utilized to disseminating accurate mental health information. In the past counselors shared information regarding issues affecting college students via printed pamphlets (i.e., substance abuse, relationship violence, eating disorders, etc). Today supplying students with this information can be efficiently accomplished via the Internet. The Counseling Center at the State University of New York at Buffalo is an excellent example of how counseling centers can maximize the impact of their departmental web page (<http://ub-counseling.buffalo.edu>). This site includes detailed information on adjusting to university life, stress, anxiety, substance abuse, depression, suicide, rape, abuse, violence, death, grief, health, diet, body image, study skills, conflict resolution, and relationships.

The advancement of technology in the area of interactive synchronous and asynchronous programs provides college and university practitioners the opportunity to venture even further into technology-assisted counseling. To address the issue of the students going on-line versus utilizing traditional services, several colleges have implemented on-line programs. Samples of these programs include:

- ☐ Paging Dr. Webster www.inform.umd.edu/CC/Interact/int_drwb.htm,
- ☐ Dr. Cyberviser www.oberlin.edu/~counsel/pages/cyberviser.html, and
- ☐ Ask Uncle Sigmund www.unclesigmund.appstate.edu.

When utilizing the Internet to market services, disseminate information, or to provide on-line services it is important to be aware of the guidelines for ethical practice. Please note that these standards address all issues of Internet usage and not just on-line therapeutic interventions. These guidelines can be found on-line:

- ☐ American Counseling Association - Ethical Standards for Internet On-line Counseling (www.counseling.org)
- ☐ International Association of Educational and Vocational Guidance - Declaration of Counselor Qualification Standards <http://www.iaevg.org>)
- ☐ International Society for Mental Health Online - Suggested Principles for the On-line Provision of Mental Health Services (<http://www.ismho.org/suggestions.html>)
- ☐ National Board for Certified Counselors - The Practice of Internet Counseling (<http://www.nbcc.org/ethics/webethics.htm>)

Editor Sought for the *Journal of College Counseling*

The American College Counseling Association (ACCA) seeks applications for the position of editor of the *Journal of College Counseling (JCC)*. JCC is a national, peer reviewed journal with an applied focus and a distribution of approximately 2500. Its mission is to inform practitioners of research, recent innovations, and critical issues impacting counseling services on college and university campuses. The appointment of editor is for a 3-year term beginning July 2004. Appointment is conditional upon the following qualifications: (1) Experience as an editorial board member of a professional publication or similar experience (associate editor or editor of another publication); (2) A record of scholarly publications in refereed journals; (3) A history of involvement in and contribution to the counseling profession, including college counseling; (4) An understanding of and commitment to the mission of ACCA, including ACCA membership at the time of application submission. Demonstration of institutional or organizational support (if applicable) is highly desirable.

Interested individuals should submit a formal application containing the following materials by **January 15, 2004**: (1) A current curriculum vitae, (2) A complete list of publications and reprints of no more than five of the applicant's most significant publications, (3) A statement of vision for the editorial direction for the *Journal of College Counseling*, and (4) A statement from an administrator of the applicant's institution or organization describing support for the appointment (if applicable). Top candidates will be interviewed by phone in March 2004. The appointment will be announced as soon as possible, and the editor-elect will be expected to begin working with the current editor at that time so as to facilitate the official transition on July 1, 2004.

Please send applications by **January 15, 2004** to:

ACCA Media Committee
c/o Rick Hanson, Ph.D.
Rockhurst University Counseling Center
1100 Rockhurst Rd
Kansas City MO 64110

Rick.hanson@rockhurst.edu

ACCA Listserv

Rick Hanson
Rockhurst University

The ACCA listserv has for many years been a vital source of connection, collaboration, and consultation for professionals interested in college counseling. There are approximately 300 professionals participating on the list.

In the fall of 2002 the listserv was moved to a new host server. We hope that all ACCA members will join and actively participate on the list!

To subscribe send an email message to:
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In the body type: subscribe acca-l
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You will probably want to be subscribed to **one or the other, not both**, as you would receive redundant messages. You only need to be subscribed to one to participate in the list.

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Please note that the old address acca-l@wiu.edu is no longer active. If you were a member of that list and have not been receiving messages, please register for the list at the new address utilizing the instructions above.

Rick Hanson
ACCA Media Chair and List Manager

Register Now!!

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Bridging the Gulf Between Mental Health and Student Success

American College Counseling Association Conference

March 10-12, 2004 * Biloxi, Mississippi

Greetings from the LCCA President

On behalf of the membership of the Louisiana College Counseling Association, I welcome you to the 2004 American College Counseling Association Conference in Biloxi, Mississippi. We are delighted that you have chosen to join us. LCCA is delighted to be co-hosting this event in nearby Mississippi and we offer our pledge to make this a rewarding experience for each of you.

We hope you enjoy the variety of topics and events planned for you. If you get the chance to venture out beyond the conference hotel, Biloxi offers a variety of entertainment for visitors, so please enjoy!

The Louisiana College Counseling Association extends its thanks to the dedicated and committed individuals who have worked to make this conference a success. LCCA gives special thanks to the Conference Presenters, as there would be no conference without their efforts! A round of applause goes to the volunteers manning the registration tables and to those who have served as monitors for the sessions.

Have a great conference,
Krystal L. Hardison, LPC, LMFT
Louisiana College Counseling Association President

Greetings from the ACCA President

The ACCA is working hard to be the professional organization for College Counselors nationwide. In pursuit of that goal, we are inviting you to the 2nd ACCA conference in Biloxi, Mississippi. As you can see from the program titles, we are bringing you quality presentations that are informative and practical.

We are also hoping you will find this time and setting a relaxing one as well. You are going to have time to network formally and informally with the presenters, resource persons, and your fellow conference attendees. We also hope you will have time to enjoy the great city of Biloxi and all it has to offer.

I look forward to seeing you in March.

Sincerely,
Chester Robinson, Ph.D., NCC

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The resort is located on the beautiful Gulf of Mexico in the heart of Biloxi's Casino Row on Beach Boulevard. For reservations call 1-800-WIN-2WIN. Be sure to mention ACCA to get the conference rate of \$115. To learn more about The Grand Casino visit: <http://www.parkplace.com/grandcasino/biloxi/>

Biloxi, located on the Gulf Coast, is a city rich in history. To learn more visit: <http://www.biloxi.org/>

Our Keynote Speaker: Robert P. Gallagher

Dr. Robert Gallagher recently retired from the position of Vice Chancellor for Student Affairs at the University of Pittsburgh. Prior to this position he served as the Director of the University of Pittsburgh Counseling Center for 25 years

Dr. Gallagher received his doctorate from Rutgers University in Counseling Psychology and since then has had over 35 years of experience as a practicing psychologist, administrator, educator and consultant. He has held many leadership roles in national professional associations, including the Presidency of the International Association of Counseling Services and has received numerous leadership awards for his contributions including the 1997 ACCA award for Outstanding Professional Contribution to Knowledge.

During his long career he has authored many articles and monographs on psychology, student affairs administration, and career development and he continues to publish an annual national survey of college counseling center directors that serves as an important database for the profession. He has also been a frequent speaker at professional conferences and has served as an external consultant or program reviewer at over 50 colleges and universities.

Although formally retired, Dr. Gallagher has continued to work part-time at the University of Pittsburgh. He is an Associate Clinical Professor in the Department of Administrative and Policies Studies where he continues his research on college counseling centers and teaches courses on Post-Secondary Counseling and Professional Ethics. Other than that he is enjoying his retirement and spending lots of quality time with his grandchildren.

Sample Session List

Sample of 3-Hour Presentations

- ACA Legislative Training Session
- Ethical and Risk Management Issues in College and University Counseling Centers
- Ethical Policies and Procedures for Working with Suicidal Students
- Five Dimensional Counseling.
- Dream Interpretation: A Successful College Counseling Technique
- Recognizing and Treating Borderline Personality Disorders



Why should I attend the conference?

- ✓ 16 Hours of Practical Continuing Education
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- ✓ Keynote Address from Robert P. Gallagher

Sample of 90-Minute Presentations

- The Changing Face of College Counseling Center Work
- Global Nomads: Mental Health Concerns and Student Success of an Invisible Population.
- Counseling and Neuroscience: Revisiting the Nature vs. Nurture Debate.
- A Creative and Collaborative Approach to Test Anxiety
- Counseling Leadership Development on Campus: Creating a Place at the Table for Counseling Professionals.
- Healing Messages and Proverbial Counseling.
- Counselor Accountability: A Model for Demonstrating Effectiveness in a Counseling Service.
- Motivational Interviewing: Bridging the Gulf Between Student Ambivalence and Behavior Change.
- The CAS Standards: A Tool for Assessing College Counseling Services.
- Adlerian Psychology TIPs (Theory into Practice): Tools for the College Counselor.
- Mental Health and Student Success: Strategies from a Small, Liberal Arts University.
- Lessons Learned: Redefining the Counseling Center's Approach to Student Drinking Behavior.

... for additional sessions, conference information, and to register

go to <http://www.collegecounseling.org>

Holiday FunFest continued from page 1

tation. Staff representation on this committee consists of three counselors, the healthy campus programs coordinator, and the coordinator of community engagement. In addition, four graduate assistants and undergraduate interns serve as part of the team. Each committee member takes responsibility for coordinating and executing one of three areas described below: the buddy system, gift giving, or activity tables. All members collaborate on marketing, securing the party's location, and recruiting faculty, staff, and students to be part of the party.

The committee begins meeting early in the fall semester and meets bi-weekly throughout the term. The first task is to choose the date of the party and ensure that the foster children are available that day for the party. Ensuing tasks include reserving the party location, ordering the pizza, choosing the entertainment, and choosing the designs for marketing and promotional products. Each committee member takes responsibility for a specific aspect of the party and reports progress to the group during meetings.

Prior to Thanksgiving break, pairs of committee members volunteer to man a table at the student center during lunch and dinner in order to sign people up for buying gifts for a child, hosting an activity table during the party, or being a child's buddy during the party. Faculty, staff, and students are encouraged to sign up. Emphasis on this party's multicultural focus is stressed to each person with interest in the festival. People sponsoring activity tables are encouraged to create a fun activity that highlights a specific cultural holiday tradition.

Committee Structure

The Buddy System

Faculty, staff, and students sign up to be a child's buddy while he is on campus for the FunFest. The buddy meets the child as s/he exits the bus, stays with the child throughout the duration of the party, ensures that s/he participates in all activities, eats pizza, is seated for the magic show, receives his/her gifts, and returns him/her to the bus on time.

A few days prior to the party, a pre-meeting for buddies and hosts of activity tables is held to discuss details of the FunFest. Buddies are given a party agenda and are asked to arrive at a designated location thirty minutes before the children are scheduled to arrive. They are also given the name, age, and gender of their child. On the day of the FunFest, as buddies check in they are given name tags for themselves and their buddy. Buddies also make a welcome sign for their child.

A note on the buddy system: because the list of foster children at each shelter is subject to change at any time, the list of children attending the FunFest is in constant change.

Although the buddies are given their child's name at the pre-meeting, sometimes that child gets placed in a home and is therefore not attending the party. This information is often not obtained until the buses arrive on campus. The steering committee members in charge of buddies must possess strong organizational skills and also remain flexible in order to rearrange matching pairs at the last minute as needed.

Gift Giving

Constituents on campus are encouraged to sponsor a foster child by giving gifts. To ensure equality, each child receives \$60 worth of gifts: \$20 for books, \$20 for school supplies, and \$20 for toys. Faculty, staff, and students gather in groups to pool their money for a child. The gifts are due before the party in order to ensure equality among the gifts and to arrange them for distribution.

A note on gift giving: as mentioned above, because the list of foster children at each shelter is subject to change at any time, the list for children to sponsor is in constant change. After gift givers are matched with a particular child, they are asked to wrap the gifts with a tag of the child's gender and age. If their child is placed in a home before the party is therefore not going to attend, that child's gifts are given to another child who has been placed in the shelter at the last minute. Because the gender and age of each child varies, the person in charge of gift giving must remain well organized in order to ensure equity among gifts for the children.

Activity Tables

Participants who sponsor activity tables are responsible for creating a fun activity for children of all ages. They are also encouraged to focus on celebrating one of their cultural traditions. For example, the Jewish Student Association sponsored dreidel making. In addition to culturally themed tables, other fun activities include cookie decorating, face painting, making a snow globe, throwing pies in students' faces, and cleaning pennies.

Transportation

The first year of the FunFest, arrangements were made for the local community public transportation system to provide free bus service to and from campus for the party. The company donated a full-length bus for this philanthropic purpose. At the second annual FunFest, the foster shelters each had their own multi-passenger bus and driver.

Miscellaneous Factors

The day of the FunFest, committee members are available to help with last minute details such as ensuring that tables are set up correctly, checking the buddy station for preparedness with nametags and sign making materials, and placing signs to promote the party.

Program

The FunFest takes place from 4 p.m. to 7 p.m. The three-hour time frame provides ample time for activities, food, entertainment, and gifts.

As described above, buddies arrive 30 minutes before the children in order to make nametags and a welcome sign. They greet their child as s/he departs the bus and accompany him/her to the party's location. The buddy ensures that all desired activity tables are visited, and s/he eats dinner, that s/he is seated for the show, that s/he receives his/her gifts, and that s/he returns to the bus safely.

Activity tables begin set up approximately two hours before the FunFest commences. Each group is responsible for decorating their table, providing the materials necessary for the activity, and cleaning up their area after the party. Typically, at least two people are present at the table throughout the activity period from 4 – 6 p.m., then they are invited to attend the show and watch the kids open their presents.

Evaluation

The results of a survey given to FunFest buddies, activity table participants, and gift givers reveal the party's positive impact. Evaluations consistently report that the opportunity to help fulfill a child's dreams during the holidays is very meaningful and provides an invaluable learning experience. Participants also report that taking part in this community service effort reaffirms the importance of volunteering, especially during the traditional holiday season.

The aim of this program is for college counselors to encourage sharing, generosity, and giving as integral elements of emotional health. The authors believe that the FunFest is symbolic of the nature of social interest in people. The event is pivotal in developing greater social interest on campus and for the community's overall health.

Several clear goals were met as a result of this event: 1) collaborating with other departments on campus, 2) building relationships with local community service organizations in the area, 3) providing college counselors with an opportunity to expand traditional outreach activities into the arena of community service, 4) creating an inclusive event that was multicultural in scope, 5) creating a yearly event that embodies humanistic and philanthropic qualities, and 6) modeling the importance of volunteerism for the campus community. In addition, the first FunFest was so successful that it has now become annual tradition on campus.

Recommendations

Fortunately, most aspects of the party went as planned; however, important lessons were learned. First, it has been difficult to accurately time the arrival of the foster children to campus. In planning future events, more flexibility will be

allowed in the party's overall time frame to accommodate any discrepancies. Second, because of the fluid nature of the children at the shelters, matching buddies and gifts with children proves to be a challenge. However, if the committee members stay organized and patient, the temporary chaos diminishes. Third, the ages of the foster children vary from three to sixteen; therefore, care must be taken to plan for activities that appeal to audiences of all ages. Finally, because budgets vary from year to year, the content of each year's FunFest also varies. For example, during the first FunFest, a professional magician was hired; with a significantly smaller budget the second year, the magician was a volunteer from the Rollins community. In lieu of payment, proceeds for his services were given to his favorite charity.

Conclusion

The FunFest actively models the importance of community service to enhance both our own lives and the lives of others. It capitalizes on the generosity of people around the holiday season and encourages interest in giving as an element of psychological health. By sponsoring this event on their campuses, college counselors have the opportunity to contribute meaningfully to the lives of others, model the importance of engaging in community service, and build stronger communities both on and off campus.

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Thank You!**JCC Board Members**

Special thanks to outgoing JCC Board Members

Special recognition is extended to Editorial Board Members of the Journal of College Counseling (JCC) who recently completed their tenure of service. The following members have served with distinction for a three-year term:

- ☆ Trey Fitch,
- ☆ Patricia Goodspeed,
- ☆ James Guinee,
- ☆ Michael Mann
- ☆ Margery Shupe
- ☆ June Williams, and
- ☆ Sung-Kyung Yoo.

Completing a four-year period of service on the board is

- ☆ James Benshoff, founding Editor of JCC.

Newly appointed Editorial Board Members are as follows:

- ☆ John Bishop,
- ☆ Harrison Davis,
- ☆ Matthew R. Draper,
- ☆ Paula Gilroy,
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- ☆ Jeffrey Kahn,
- ☆ Mark Scholl (renewal),
- ☆ Bruce Sharkin,
- ☆ Gerald Stone, and
- ☆ Lauren Weitzman



Annual Convention & Exposition
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The Professional Counselor: Integrating Practice & Science with Client Advocacy

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**Visions Call!**

The goal of *Visions* is to gather and disseminate information of interest to college and university counselors, as well as the latest news from the American College Counseling Association and the American Counseling Association.

We invite all of you to submit articles, mini-case studies, literature reviews, and announcements or reports on what is happening in the "world of college counseling." In addition, please let us know what you would like to see in future issues!

Submissions for the next issue can be sent to melanieb@panam.edu by January 30th, 2004

Visions is published by the
American College Counseling Association
Editor: Melanie Bullock

Physical Pain: The Other Side of Anxiety and Depression

Jeanine Christiana
Freedom from Fear

Staten Island, New York – November 1, 2004 - Freedom From Fear, a national non-profit mental illness advocacy organization is the organizer of The National College Mental Health Program. FFF is presently seeking colleges to register as part of this national program. The focus of this partnership is to help destigmatize mental illness and guide college students to treatment networks where they can get help for their mental health concerns. Since 1994, more than 1 million people have participated in FFF's programs, resulting in over 50% of the participants accessing treatment.

As part of the 2004 program Freedom From Fear has launched a national educational program on Physical Pain...the other side of anxiety and depression. A video and accompanying consumer materials have been developed to educate the public about the relationship between anxiety and depressive illnesses and physical pain. The film features Aaron Beck, MD, "Father of Cognitive Therapy", discussing the cognitive techniques to treat anxiety and depression with physical pain. Rollin M. Gallagher, MD, MPH is featured discussing the science of depression and mood disorders.

Last year FFF conducted a survey in 22 states to learn more about pain and psychiatric illnesses. Nine out of ten respondents said they believed that depression or anxiety can cause painful physical symptoms. "This study demonstrates that the physical pain of anxiety and depression is very real, and may have significant impact on people's productivity and their quality of life," said Mary Guardino, executive director of Freedom From Fear. "Furthermore, helping sufferers understand this relationship and encouraging them to talk to their healthcare provider might give them the best chance for getting complete treatment."

College centers that register will receive a multitude of excellent educational materials that can be used in conjunction with mental health educational programs as, well as treatment and screening programs. Several videos, including the newly produced video *Physical Pain The Other Side of Anxiety and Depression*, as well as *Afraid of People, Understanding Social Anxiety Disorder*, narrated by Donnie Osmond. A supply of mental illness screening instruments, a CD Rom with mental health fact sheets, and other educational materials are also part of the registration package. Registration fee is \$100.

For more information about this program, call (718) 351-1717, ext. 19, email fffnadsd@aol.com, or visit www.freedomfromfear.org. This program is co-sponsored by the American College Counseling Association.

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