

Hudson Valley Interest Group

HVIG NYMHCA

October 16th 2006 Newsletter

Greetings to and from the members of the New York Mental Health Counselors Association (NYMHCA) Hudson Valley Interest Group (HVIG). We meet every six weeks on the campus of Marist College, Poughkeepsie, New York in the beautiful Hudson Valley. The NYMHCA is an advocacy organization representing the clinical counselors of New York State. Our goal for this newsletter is to keep our members current with information relating to mental health counseling, keep our members united, bring information to our members about local training and seminar opportunities, and to expand our group through email information. For a complete listing of meeting dates and agendas, visit the [HVIG website](#). This newsletter is sent out to any current members together with anyone interested in the profession of mental health counseling. In this newsletter:



HVIG Leadership
Improving Your Serve
What's Happening Now
Interest Group Info
Cartoons
Fun Fall Spots For All
Quick Links
Feedback/Comments

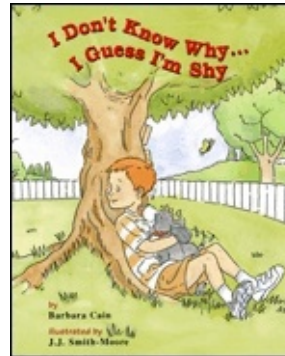
HVIG LEADERSHIP

Group Coordinator	Yvonne Poley
Director of Training	Suse Volk
Membership Chair	Craig Debinski
Treasurer	Rick Scott
Webmaster	Craig Debinski
Secretary	Tammy MacBrien
Outreach Director	Kristen Fortuna
Public Relations	Jon Petersen
Newsletter	Cynthia A Canaday



The Hudson River Valley is a great place to go to school, live, and to work as a Mental Health Counselor!

IMPROVING YOUR SERVE



I Don't Know Why... I Guess I'm Shy...

This lighthearted story will show children that shy feelings don't have to get in the way of having fun and making friends.

Sammy Samson is shy... too shy to speak to kind Mr. Miller, who used to be his bird-watching buddy, or to friendly Mr. Daniels, the ice cream man.

But one day, when Sammy's beloved dog Sparky gets lost, Sammy forgets all about his shyness and can think only of finding his missing pup. Soon enough, he's talking to everyone!

[Don't Know Why...I Guess I'm Shy](#) features a special section for parents that includes an extensive list of practical tips to help foster a child's social comfort and confidence.

Painful Shyness in Adults and Children

From the American Psychological Association

Avoidance or Inhibition Creates Problems for the Painfully Shy and for Those Around Them

Avoidance and inhibition include:

- Canceling social events at the last moment
- Avoiding situations that provide positive social interaction
- Few or no friends
- Avoidance of activities that are otherwise pleasurable
- Passivity, pessimism and low self-esteem
- Friends, family members, teachers, or mentors are concerned
- Excessive computer use that is not social in nature, and is without face to face contact with others

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Research shows that causes of avoidance, inhibition, distress can include:

Temperament or Biological Influences

- Withdrawn, avoidant, excessively emotionally reactive
- Highly sensitive, when lacking adequate social support
- Poor emotional "fit" with family members or some environments

Stressful Life Events

- Shaming experiences
- Major moves from one school or city to another
- Abrupt changes or disruptions in family life

Negative Family Interactions

- Frequent parental criticism and shaming to enforce behavioral compliance, high parental control with little expressed warmth
- Chaotic family interactions or neglect
- Stressful Work or School Environments

Highly competitive, critical, or hostile environments

- Public embarrassment for poor performance
- Dominance behaviors rewarded, and bullying or teasing ignored or encouraged

How Loved Ones, Friends and Mentors Can Help

Maintain Appropriate Expectations

- Maintain appropriate expectations while communicating empathy for the shy person's painful emotions.
- Encourage them to tell you about their daily experiences and how they feel about them.
- Acknowledge the conflict between needs to belong and fears of rejection.
- Role play challenging situations with the shy person.
- Help the shy individual set specific, manageable behavioral goals, and agreed upon reasonable means to attain them.
- Help challenge the frequent negative thoughts about the self and others, and help them develop constructive alternatives.
- Avoid negative labels and intense pressures for social performance.

- Remember that shyness and social anxiety are common and universal

(All information expressed herein is from the training and opinion of its writer(s). All counselors utilizing this information, esp. students, should seek out clinical supervision and not rely on the information in the "Improving Your Serve" column as a sole directive of how to proceed in therapy.)

WHAT'S HAPPENING NOW

MENTAL HEALTH ASSOCIATIONS

The Mental Health Association in Dutchess, Orange, and Ulster Counties can provide valuable support services for you and your clients. For information on services, programs, and additional resources available, contact the



Mental Health Association in your county. Please see the "quick link" section of this newsletter for easy online access to the Mental Health Association website

THE NYMHCA HUDSON VALLEY INTEREST GROUP

NEW MEETING LOCATION: Beginning in Sept., our meetings will be held in Room 113 in the Dyson building at Marist College.

DIRECTIONS: Come in the Main entrance (not the north or south entrance) and make the first right. Turn right again into the parking lot of the second building on the right. This is Dyson Building. Enter through the main entrance and follow the hall to the left. Room 113 is on the right hand side.

Get Directions

We will continue to offer refreshments, but participants will need to bring or buy beverages in the Dyson coffee

October 27, 2006 "Mental Health Matters: Our Work in the Community." Group Discussion and Brain Storming

December 1, 2006

January 12, 2007 "A Different Weigh of Life-Bariatric Weight Loss Surgery" Judy Lynch Presenting



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CARTOONS

Grace Smith House 25th Anniversary Celebration Thursday, November 16, 2006-5:30pm

Presenting the Woman of Grace' Awards

To be held in the beautiful new "Grandview"
Facility—Overlooking the Majestic Hudson River
Rinaldi Boulevard~~Poughkeepsie, New York
Grace Smith house continues the work of service to
woman and children who are victims of domestic
violence

For information, cost or registration, call:
Pat King (845) 331-1649 or
Barb Mauri (845) 797-9222

CALVIN & HOBBS



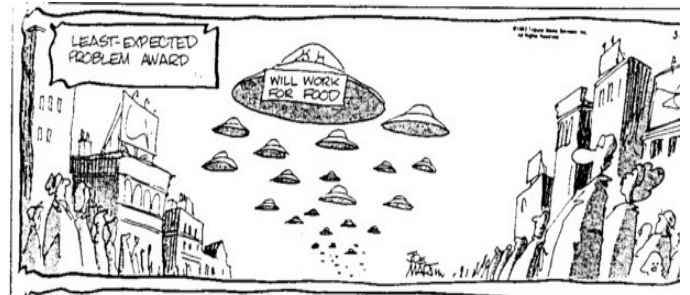
Council on Addiction Prevention & Education (CAPE) of Dutchess County www.CAPECDC.ORG

Professional Fall Training Calendar 2006
Available Now!
Three Hour Workshops (3 CACAS Credit Hours Each)

Tuesdays 2-5PM
Topics Include:

- Developmental Assets-10/24
- Drugs on the Streets of Dutchess County-10/31
- Working With Difficult Families-11/14
- Art therapy with Chemical Abusing Clients-11/21
- Treating the Criminal Justice Client-11/28

**Contact above website for
registration, information, cost, presenters.**



INTEREST GROUP INFO

NYMHCA Hudson Valley Interest Group chapter dues of \$20.00 for 2006-2007 are now due. You may send your check to: Rick Scott-Treasurer
68 Commonwealth Avenue
Middletown, NY 10940

or, if you prefer,

You may pay at the next meeting. Any questions, call Rick at (845) 343-7060.

Don't forget to maintain your membership in the parent organization. In order for us to move from interest group status to full chapter status we need to be able to show that we have at least 25 members that are also members of .NYMHCA



"When are you going to give up this 9 to 5 nonsense and become a Rockstar like your brother?"

FUN FALL SPOTS FOR ALL

Remsburger Farm

Pleasant Valley, NY
Contact: 845/635-9168

Barton Orchard

Cty. Rt.7,
Beekman/Poughquag Rd.
Contact 845/227-2306



Greig Farm & Farm Market

Pitcher Ln, Red Hook, NY.
Contact: 845/758-1234

Country Charm Farm

201 DuBois Rd, New Paltz, NY
Contact: 845/255-4321, 845/255-7916

QUICK LINKS

NYMHCA

NYMHCA Hudson Valley Interest Group
New York State Education Department
DC Mental Health Association
UC Mental Health Association
OC Mental Health Association
DC Departments Online
UC Departments Online
OC Departments Online

FEEDBACK/COMMENTS

- The NYMHCA Hudson Valley Interest Group continues to grow in membership. If you have not joined, or have any questions regarding membership, contact: cdebinski@aol.com
- For general information about the HVIG of the NYMHCA, contact the Group Coordinator: Yvonne Poley: Yvonne.poley@marist.edu
- If you are a member of the HVIG and would be interested in presenting at one of our meetings, contact our Director of Training: Suse Volk: Suse@mindspring.com
- Questions for our Treasurer? Contact: Rick Scott: Scottfam@citlink.net
- Questions or suggestions for our Webmaster? Contact: Craig Debinski: cdebinski@aol.com

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- Questions for our Outreach Director? Contact: Kristen Fortuna: ki2816@aol.com
- Questions or requests for our Secretary? Contact: Tammy MacBrien: macbrien@sunydutchess.edu
- Questions regarding Public Relations? Contact: Jon Peterson: jonpeterson@rehabprograms.org
- If you have comments, suggestions, or requests regarding this newsletter, or **if you are a member of the HVIG NYMHCA and would be interested in submitting an article for this newsletter, or have information for any of the columns, or would like to have your profile highlighted in our "Focus on a Member" column, we welcome it!!** All submissions need to be received two weeks prior to publication. The next publication date: November 17, 2006. Please contact: cacanaday@optonline.net
- If you would like to be added to the mailing for this newsletter or would prefer not to receive this newsletter, please let us know: cacanaday@optonline.net

Please join us at our October 27th Meeting!

- Please feel free to forward this newsletter to anyone who might be interested in its content or interested in the Hudson Valley Interest Group of the New York State Mental Health Counselors Association
- NEXT NYMHCA newsletter will be published November 17, 2006,
- NEXT MEETING after October 27th, will be: Friday, December 1st, 9:30am

