

# C&R NEWS

Counseling & Rehabilitation Program Newsletter

(Red brick pathways leading to a metal and brick gate. Behind the gate lie trees and a red brick building)

## June is PTSD Awareness Month: Understanding, Supporting, and Healing Together



The teal ribbon represents PTSD Awareness Month.

As part of our ongoing commitment to mental wellness and inclusive care, USC's Counseling and Rehabilitation Program joins the national movement in recognizing June as Post-Traumatic Stress Disorder (PTSD) Awareness Month. This month serves as a vital reminder to elevate conversations around trauma, reduce stigma, and provide resources for healing and hope.

### What is PTSD?

PTSD is a mental health condition triggered by experiencing or witnessing a traumatic event. While it is often associated with veterans and combat exposure, PTSD can affect anyone – including survivors of abuse, accidents, natural disasters, or other life-threatening events. Symptoms may include flashbacks, nightmares, severe anxiety, and emotional detachment, often interfering with a person's ability to function in daily life.

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(Students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

# Save the Date

July 24th, 2025:

Lunch and Learn

July 31st, 2025:

Ollie Johnson Memorial  
Annual Health Fair

August 15th, 2025:

Student Orientation

August 26th, 2025:

Lunch and Learn

September 25th, 2025:

Lunch and Learn

October 21st, 2025:

Lunch and Learn

October 24th, 2025:

Professional Speaker Series

October 25th, 2025:

Learning Community  
Saturday

CHECK OUT OUR SOCIALS



## PTSD Awareness Month

### Why Awareness Matters

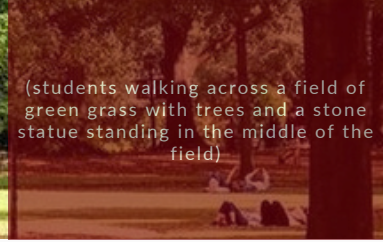
Despite increased understanding of mental health, PTSD is still widely misunderstood. Many individuals suffer in silence due to shame, stigma, or lack of access to culturally competent care. By promoting awareness, we foster empathy and create a space where survivors feel safe to seek help.

### How You Can Get Involved

- **Educate Yourself and Others:** Learn the signs and symptoms of PTSD and how to support someone who may be struggling.
- **Break the Silence:** Share information through social media, community talks, or personal stories (with permission), helping to normalize conversations around trauma.
- **Connect with Resources:** Encourage individuals to seek support. USC students can access free and confidential counseling through the Office of Student Health and Well Being.

**24/7 Mental Health Support from the Office of Student Health and Well Being at USC: 833-664-2854**





(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

# The Clinic for Counseling and Assessment Welcomes First Student Staff Members

The CCA, as you've been reading, is growing. We are excited to welcome two newly hired Graduate Assistants, Haley Hartsfield and Katie Bills who will assist in staffing and operating the clinic. Each of these talented students bring in a rich skillset along with their own unique perspectives.

To make sure the CCA is ready to connect with community partners and clients, we'll soon be hiring a Care Coordinator to join our team. This new role will support day-to-day operations, help build client services and play a key part in our developing a strong service to support our SC rural community partners. Keep an eye out for more details and in the coming months and if you are interested in this position, please contact Dr. Paul Toriello-[toriello@uscmcd.sc.edu](mailto:toriello@uscmcd.sc.edu)!



Welcome to one of the newly hired Graduate Assistants, Katie Bills.

I'm very excited and thankful to be given this opportunity to be a part of the CCA GAship and to assist with opening this new mental health clinic. Through both growing up in West Virginia and working professionally in different areas of South Carolina, I've seen the drastic need for accessible services. I look forward to working with these clients gaining valuable clinical experience, and collaborating with my peers and faculty. This is an exciting project to be a part of! -**Katie Bills**



I am honored to be a part of building the new counseling clinic. The foundation that we build continues to be built upon in the future. I am excited to see the impact that will be made with the access that it provides. I love that I get to not only grow professionally but also make a positive impact on the community.

Welcome to one of the newly hired Graduate Assistants, Haley Hartsfield



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

# Elective Course: LGBTQ+ Issues in Counseling

Each semester, the Counseling and Rehabilitation program offers electives open to both C&R and other graduate students across the University. This month’s featured course is RCON 610: LGBT Issues in Counseling and Rehabilitation, which examines key issues in providing effective services to LGBT+ individuals.

Students will explore the impact of heterosexism and homophobia and develop strategies for serving this population. Topics include sexual orientation, LGBT+ identity development, multicultural identity, disability, and family dynamics. The course emphasizes practical skills for counselors, rehabilitation professionals, and other helping roles.

RCON 610 will be offered virtually on Tuesdays from 5:15–8:00 p.m. EST in Fall 2025. Open to all graduate students. For more information, call 803-216-3690 or email [rehab@uscmed.sc.edu](mailto:rehab@uscmed.sc.edu).

## Career Discovery Lunch and Learn: Unlocking Independence Through Assistive Technology

On Thursday, June 19, the program hosted Rachell Johnson, MCD, CCC-SLP, ATP, Program Manager of the South Carolina Assistive Technology Program (SCATP) for a 1 hour virtual Lunch and Learn session open to all Counseling and Rehabilitation students.



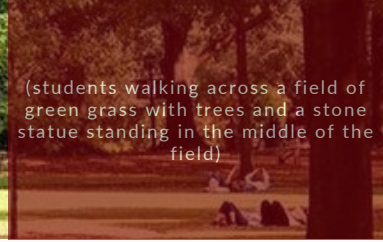
Rachell Johnson, MCD, CCC-SLP, ATP

Rachell shared information about how SCATP supports individuals across the state through access to assistive devices and services and how C&R students and those they serve can get involved to benefit from these incredible resources, including device demonstrations, short-term loans, and expert guidance.



Rachell invites those interested in Augmentative Alternative Communication (AAC) to join the SC Assistive Technology Program’s upcoming AAC-focused training day for individuals with communication differences, their family members, and clinicians working with AAC on September 23<sup>rd</sup> from 8:30am-4:00pm at the Columbia Metropolitan Convention Center (1101 Lincoln Street Columbia, SC 29201).

Interested parties may register using the QR Code.



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# Student Spotlight: Josh Vigder, Recipient Dr. Pamela Leconte Student Membership Fund

The Dr. Pamela Leconte Student Membership fund was established to award grants to students who exemplify the spirit of Dr. Leconte through advocacy, education, and engagement in the field of vocational evaluation or career assessment. The goal of this grant is for students to develop a foundational, professional network and learn more about practical applications for vocational evaluation.



Josh Vigder poses for his headshot In front of a black background.

It is with great excitement that we announce that Josh Vigder, a first year C&R Program student has formally been awarded the Dr. Pamela Leconte Student Membership Grant.

Josh will work alongside Dr. Chad Betters as part of the Standards Committee which is responsible for making recommendations to the VECAP Board regarding the association’s Code of Ethics, reviewing and making recommendations to the VECAP Board regarding amendments to the association’s By-laws, and managing the Facebook Community of Practice as well as the quarterly Case Study Club.

Read on to learn more about the grant and Josh’s involvement in his quote below:

I’m grateful to have been selected for the Dr. Pamela Leconte Student Membership Grant. As a veteran and counseling student, I’ve learned a lot about the value of change, growth, and having people in your corner. I’m looking forward to learning more about vocational evaluation, being part of the Standards Committee, and just being a sponge—taking in as much as I can and seeing how this work plays out in real settings. I’m just excited to be involved and see where it leads. – **Josh Vigder**





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# 2025-2026 CRSA Officer Nominations

The Counseling and Rehabilitation Student Association (CRSA) is an organization run entirely by student representatives with oversight from faculty member, Dr. Farren Stackhouse. Our most recent CRSA Officers have hosted numerous fundraising and student life events throughout their tenure including food drives for local ministries, Safe Space Workshops, participation in the Walk, Run Roll for Brain Injury Awareness, USC Writing Center workshops and Student Power Hour sessions just to name a few.



CRSA President, Tricia Mueller.

Each academic year, the CRSA elects a new group of officers to serve as student representatives for the organization. Please join us as we thank the officers for 2024-2025 (Jerzy Zito - President, Allie Ledbetter - Vice President, Lauren Michaels - Treasurer, and Julia Moro – Secretary) and welcome the new guard.

Here is what our incoming officers hope for this upcoming year:

When I initially joined CRSA I wasn't sure how engaged I wanted to be until I witnessed our current officers desire to engage meaningfully in the surrounding community. Because of their excitement and willingness to serve I am keen to work alongside my classmates as we strive to further inspire, educate, and support our classmates, friends, neighbors, and strangers alike. I am hopeful that this year we can further pursue different avenues of engagement both within our student body and outside of it. I am all ears for any ideas or passion projects you may have that we could help facilitate! - **President, Tricia Mueller.**



CRSA Vice President, Leah Limbaugh

I'm looking forward to finding more ways to foster an even stronger learning community this year through CRSA! With the program growing, I'm excited to hear my many student colleagues' ideas for community connection and to work to bring them to fruition. I especially hope to find ways for folks at a distance to connect more casually with the community outside of LCS activities and to find ways for the learning community to practice advocacy as a group. - **CRSA Vice President, Leah Limbaugh**



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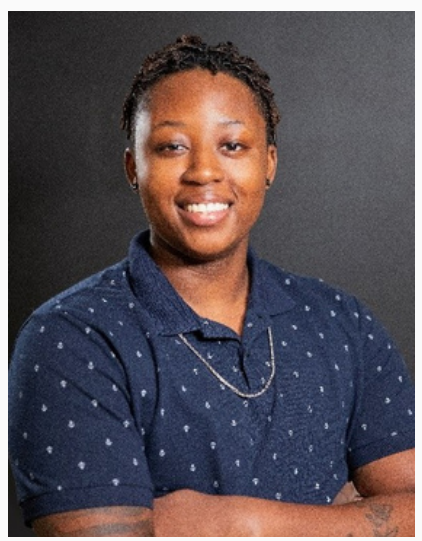
# 2025-2026 CRSA Officer Nominations



CRSA Secretary, Skylar Linder

Hey everyone! I'm excited for the opportunity to serve as Secretary of CRSA this year and to connect more with others in our cohort. I look forward to collaborating with the board to plan events that are engaging, whether through professional development opportunities, educational workshops on RC, or just fun ways to unwind and build community. I hope that serving in this role will help me grow professionally and strengthen my organization and leadership skills. Most of all, I hope CRSA inspires students to get involved beyond the classroom and take advantage of experiences that support their personal and career growth. -CRSA Secretary, Skylar Linder

I am excited to step into this new role as CRSA treasurer. I'm hoping to continue to grow the association and am excited to see how we are able to impact the learning community. As the program continues to grow, I am looking forward to connecting the different cohorts as we learn, grow, and build professional relationships. -CRSA Treasurer, Haley Hartsfield



CRSA Treasurer, Haley Hartsfield





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# Wellness Corner

Summer is a perfect time for master’s students to recharge and reset. One helpful wellness tip is to establish a gentle daily routine that balances academic responsibilities with restorative activities. Even if you're taking summer classes or working on research, make time for outdoor movement, healthy meals, and at least one hobby that brings you joy. A consistent sleep schedule and brief mindfulness breaks can also help reduce burnout and maintain focus—so you return to the fall semester feeling more refreshed and grounded.



Palm trees In front of a blue sky.

# Writing Tip: Citing Multiple Authors

A detailed APA writing tip involves properly citing sources with multiple authors in-text according to APA 7th edition. For a work with two authors, always include both last names joined by an ampersand in parentheses or “and” in narrative citations: (Smith & Lee, 2021) or Smith and Lee (2021). For a work with three or more authors, use only the first author’s last name followed by “et al.” and the publication year: (Jones et al., 2020). This rule applies from the first citation onward, unlike APA 6th edition, which required listing all authors on the first mention. Ensuring accuracy here improves readability and aligns your work with current APA standards.

# Pet of the Month



Boone the Lionhead Rabbit.

Say hello to Boone, my delightful 4-year-old Lionhead rabbit! He's a ball of energy, often zooming around in circles and jumping, only to eventually settle into a cozy "loaf" in his favorite corner. Boone's absolute favorite treat is his multivitamin cookie; he'll do flips and race around until he gets his cherished treat! While he's not big on being petted (you'll get a thump!), he's quite the little model for occasional pictures in adorable outfits. – Madison Lovejoy

Show us your pet by filling out the form below:

[Pet of the Month](#)





# JINGLE RUN, WALK, & ROLL VIRTUAL 5K

ARCA SPONSORED FUNDRAISER

SAVE THE DATE

December 13 and January 3

**\$30**

Registration  
per person  
November 21

**Proceeds go to ARCA's Maki Fund and  
to support ARCA student members.  
INDIVIDUALS & TEAMS WELCOME!**



# Save the Date

7/24 - Lunch and Learn - Inside Alpha Behavioral Health; Pathways to Practice

7/31 - Ollie Johnson Memorial Interstate 95 Annual Health Fair

8/15 - New and Returning Student Orientation Event

8/26 - Lunch and Learn - Inside Counseling Services of Lancaster - Internships, Insights, and Impact

9/25 - Lunch and Learn - Trauma-Informed Care in Addiction Counseling

10/21 - Lunch and Learn - Strength in Systems: Counseling Within a Collaborative Care Model with Prisma Health

10/24 - Professional Speaker Series

10/25 - Learning Community Saturday