

CHAPTER NOTES

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Editor: MaryAnn Maryol, M.Ed., LPC

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FIRST MEETING COMING UP!

Be sure to mark your calendar for the first meeting of our new year: Monday, September 12 at 6:00 pm. We will continue to hold our meetings at the Mental Health Association located at 3136 W. 4th. Also, feel free to bring your dinner or a snack. Eating during the meeting is not an issue. And remember, any memberships received before the first meeting receive a \$5 discount.

Because our meeting is scheduled the day after the 9/11 ten year anniversary, it seemed appropriate to provide a topic addressing trauma. *When Helpers Hurt: Prevention and Resiliency* is the title of our program, delivered by Teresa Meakins-Linn, MS, LPC. The presentation will cover definition, causes, treatment and prevention of Compassion Fatigue among professional caregivers. Included will be a discussion on recognizing signs and symptoms as well as a self-assessment tool and development of a self-directed Professional Resiliency Plan. Information and tools gained from the presentation will benefit caregivers and other professionals who are exposed to secondary traumatic stress, both in the workplace and in their personal lives.

Teresa is the Program Manager for *Warrior Support*, a program of the Mental Health Association. Warrior Support provides counseling services for military veterans and family members as well as local first responders and their family members. Teresa holds a Master of Science degree in Counseling Psychology from Texas A & M University- Texarkana, and is a Licensed Professional Counselor in the states of Texas and Colorado. Prior to moving to Texas, Teresa spent eight years working as a therapist in a large adult outpatient mental health clinic in Colorado. Teresa is married to a retired Army veteran and has two sons: the youngest currently attending the University of Texas- Tyler, and the oldest, a captain in the United States Army Reserves. As a mental health professional and proud military family member, Teresa is honored to have the privilege of providing support and services to the "warriors" and their families who sacrifice so much in the name of our freedom.