

Outreach:

SCHOOL OF EDUCATION

Counseling and Psychology Professional Development Luncheons

The-Phenix City Campus Counseling and Psychology Department is providing professional development opportunities by offering luncheons to those individuals who provide site, university and tape supervision to the graduate counseling students. Incorporated into these luncheons is one hour of professional development training on a myriad of topics. In May 2007, the last supervisory luncheon, the topic of professional burnout and stress was presented. These methods of providing continuing professional development have been positively and widely received and will be an ongoing part of Troy University.

Counseling and Psychology Community Advisory Board

Our department's Community Advisory Board consists of members of the community who are employed at various sites that we use for our practicum and internship classes. For example, there are several board members from the mental health sector and there are two members from the school counseling sector. The purpose of the Board is to provide information regarding any changes in our program and to receive external feedback from the community regarding any changes they may perceive as being needed. Typically, the Board has a luncheon meeting once per semester. The Board has been well received by the community.

Educational Leadership Advisory Committee

The Education Administration and Leadership Program at the Phenix City Campus have an advisory committee. The purpose of the committee is to help the faculty evaluate the current program, discuss future directions of the program, and provide a platform for the stakeholders to communicate with the Leadership faculty.

The make up of the Leadership Advisory Committee consists of the Education Administration and Leadership faculty and the K-12 Superintendents from our service area. We schedule a minimum of one meeting per year and make every effort to schedule two meetings. We hope to have one during the fall semester and one during the spring semester.

It is felt by the Education Administration and Leadership faculty that our meetings are facilitated by having a relaxed atmosphere and by serving lunch. The meetings begin with a get acquainted period and the business part of the meeting occurs after the luncheon.

SORRELL COLLEGE OF BUSINESS

Business Lecture Series

As a part of the Sorrell College of Business distinguished speaker series, the Phenix City Campus hosted the Fall 2006 program, which featured Maxine Clark, the CEO and founder of the Build-A-Bear Workshop. Ms. Clark shared some of her secrets for success in business with the Sorrell College faculty, recent MBA graduates, current business students, and area business professionals.

Rotary Club, Valley/West Point - Luncheon Speakers

Dr. Cherie Fretwell and Mr. Jack Miller gave an overview of the academic programs available at the Phenix City Campus in the Departments of Business, Counseling/Psychology, and Education. The program also included an overview of the live-class-on-tape format and the opportunities for cohort class groups.

Chamber of Commerce Business Breakfast Speaker

Dr. Randy Bradley gave an overview of the business programs at the Phenix City campus to the Chamber of Commerce members (Fall 2006).

Business & Professional Women, Columbus, Luncheon Speaker

Dr. Cherie Fretwell served as the luncheon speaker for the National Association of Women in Business, Columbus, GA Chapter. The program topic was Career Development for Women in Business.

ADMINISTRATION

Phenix City Chamber of Commerce Board

The Phenix City Campus vice chancellor serves on the board and is involved in various Chamber projects, and makes the Chamber members aware of University activities and the types of services we can provide the community.

Public Service Programs:

Preparation for Employment Program (PREP)

PREP was developed as a component of the Alabama Department of Human Resources JOBS Program to provide valuable experience which could lead to permanent paid employment for many participants. Work sites can be with public and private nonprofit/profit agencies that can offer a well supervised, clearly defined job placement to the participant. Troy University provides individual training opportunities for participants in the program.

Family Self-Sufficiency Program. Program Coordinating Committee

Family Self-Sufficiency is one of the HOPE (homeownership and opportunities for people everywhere) initiatives enacted in the National Affordable Housing Act of 1990. Through FSS, the Department of Housing and Urban Development leverages public and private sector services and resources to help families in assisted housing achieve economic independence.

As part of the Program Coordinating Committee the Phenix City Campus assists the Phenix City Housing Authority in securing commitments of public and private resources for the operation for the FSS program within the PCHA jurisdiction, including assistance in developing the Action Plan and implementing the Program.

Housing Authority Reading Program

Troy University has entered into an agreement with the Phenix City Housing Authority to operate an after school enrichment program Monday –Thursday from 4:00 to 5:30 pm EST and a Summer Enrichment Program Monday –Thursday from 10:00-noon. The program operates at the River View Recreation Center. Dr. Isabelle Warren is overseeing the actual operation of the program along with two Troy students majoring in Elementary Education who are recipients of the Education Service Scholarship. Volunteers from Troy education classes assist with homework, tutorial, computer lab and enrichment activities. Personnel from the Housing Authority are on the premises at all times. Charlotte Billings coordinates the volunteer schedule and chairs the Education Service Scholarship committee.

Food and Toy Drive to Benefit Phenix City Housing Authority

In the Winter of 2006 the Phenix City Campus adopted three families with a total of 15 children. Each child was provided an abundance of toys, clothes, and in most cases a new bike. Twenty-two cases of non-perishable goods, and three hams were also divided among the three families.

The three families were identified by the Director of the Housing Authority. All three families were single parent families dealing with recent layoffs.

The drive was also conducted in 2007.

Troy for Troops

The Phenix City Campus participated in Troy University's support program for members of the U.S. military in seeking public donations from across southeast Alabama to fill care packages for Trojans serving in combat theaters. The program is designed to identify and thank current students, alumni, faculty or staff members—or members of their immediate families—who are on active military duty.

Operation DVD's Overseas

Troy University's Phenix City Campus offers area military families the opportunity to send recorded video messages to their loved ones serving overseas through its Operation DVDs Overseas.

Through the program, families are invited to set up appointments to come to the Phenix City Campus to record a 10-minute message. A DVD of the message will then be sent by the University to the loved one serving overseas with a copy also being supplied to the family.

Phenix City Special Olympics

The Phenix City Campus supports this program with refreshments for the athletes and also with volunteers for the event.

Phenix City Housing Authority Summer Camp

The Phenix City Campus of Troy University has created a Summer Camp for 47 six to twelve year old children from the Phenix City Housing Authority After School Program. The seven week program kicks off Monday June fourth and will run to July 20th. The Camp has an agricultural theme that will be incorporated into the curriculum and curriculum enrichment field trips. Monday through Thursday children will receive tutoring tailored to their individual needs as determined through standardized testing. Scores will be used to determine the impact of the camp. Phenix City Campus Education students will gain clinical field experience credit for providing instruction. Fridays will be designated as field days with the children visiting a fisheries complex, 2000-acre tree farm, beef cattle operation, row crop plantation, large animal hospital and dairy. At the completion of the camp the participants will receive certificates and book bags filled with school supplies. Following the presentation the children and their families will attend a Farm Carnival with hayrides, games, carnival fare, and agricultural demonstrations.

Prevention Credentialing Consortium of Georgia, Inc. (PCCG)

Charlotte Billings is a board member of the Prevention Credentialing Consortium of Georgia, Inc. (PCCG)

Board Member, 2002-present

Training Review Committee Chair 1998-2007,
Ethics and Professional Behavior Committee Chair 2000-2007,
Treasure 2003-2007

PCCG works to advance prevention as a viable and effective professional and personal discipline to benefit Georgia communities, and to assure standards of excellence in the field in order to promote the well-being of all people in Georgia. Credentialing can also protect the public by attempting to ensure that no harm is done to community partners and consumers by persons practicing prevention. PCCG's accepted definition of

prevention is an “active, assertive process of creating conditions and/or fostering personal attributes that promote the well-being of people.” (Lofquist)

Metropolitan Medical Response System (MMRS)

Charlotte Billings is a member of the Metropolitan Medical Response System (MMRS) emergency preparedness steering committee, 2002-2007.

This committee develops crisis response plans for a 16 county area in east Alabama and west central Georgia. I represent the needs of the disabled population and those with mental health concerns.

Business Education Advisory Board, Phenix City Schools

Dr. Cherie Fretwell serves as a member of the Phenix City Advisory Council on Vocational Education, Phenix City School System.

FBLA (AL), Judge, Region Competition Job Interview

Dr. Cherie Fretwell served as a Judge for FLBA Job Interview competition for the Auburn City Schools as host for Region FBLA (Alabama) Competition.

FBLA (GA), Judge, District Competition Job Interview

Dr. Cherie Fretwell served as a Judge for the Muscogee County School District (Georgia) FBLA Conference Job Interview competition.

FBLA (GA), Judge, District Competition Public Speaking

Dr. Cherie Fretwell served as a Judge for Harris County High School’s District FBLA (Georgia) Public Speaking competition.

FBLA, Carver High School - Mock Interviews

Business faculty members annually conduct Mock Interviews to prepare the Carver High School FBLA Job Interview candidate for district competition.

Page One Competition (GA): Mock Interviews

Dr. Cherie Fretwell and Ms. Jeany Roberts conduct Mock Interviews for Page One Candidates for Carver High School.

Mock Interviews

Drs. Fretwell, Heck, Colley and Ryan, Department of Business faculty members, conducted a Mock Interview for a local medical school candidate to assist in preparing him for the interview he participated in to gain admission to the medical school at the University of South Alabama.

Resume Review and Consulting

Dr. Cherie Fretwell and Dr. Heck provide resume review and consulting to currently enrolled students and recent graduates for the Department of Business.

Business Communications Workshop – KUDZU

Dr. Cherie Fretwell conducted a Business Communications Workshop for Supervisors and Managers of KUDZU, Phenix City, AL.

Continuing Education Classes:

The CPR and First Aid Class at the Phenix City Campus of Troy University is designed to meet the requirement of intern students to have training in the implementation of CPR and First Aid. This class is offered each term so that this requirement is accessible for our students.

The class is a certified class from the Red Cross that is hosted on the Phenix City Campus. It is taught by a certified Red Cross instructor.

From page xiii Participant's Manual 3rd edition:

The American Red Cross mission is to provide relief to victims of disaster and help people prevent, prepare for and respond to emergencies...There are five actions that every organization, individual and family should take to better prepare them for an emergency or disaster, these include:

- **Make a plan.** Everyone should design a Family Disaster Plan. The Family Disaster Plan focuses on both families and individuals
- **Build a kit.** For your home and workplace, assemble a Disaster Supplies Kit, which contains items that you may need if you are 1) confined to your home or place of work for an extended period (e.g., after a disaster or winter storm) or 2) told to evacuate on short notice.
- **Get trained.** Participate in first aid, CPR and AED training and attend Red Cross Community Disaster Education presentations.
- **Volunteer.** Give your time through volunteering.
- **Give blood.** Because a regular and frequent blood donor to ensure a blood supply that meets all needs, all of the time.

Counseling and Psychology Classes:

In keeping with the needs of Troy University Students, as well as Community Professionals, The Phenix City Campus began presenting workshops in February 2007.

The workshops are for continuing education hours and approved by the National Board of Certified Counselors (NBCC). They have been a tremendous success and will continue to be an ongoing part of Troy University's continuing professional development program.

The first workshop conducted February 17, 2007 on Stress Management for Helping Professionals. This workshop covered the following elements: What stress is, the bodies response to stress physiologically, biologically and mentally, and how to manage it. Included was participation in group demonstrations of hypnosis, relaxation, meditation and mindfulness.

The second workshop was conducted April 28, 2007 on Ethics, Morals, Values, and Boundary Issues. The purpose of the workshop was to demonstrate the importance of ethics in the helping fields. Instruction and discussions centered on providing insight into ethical behavior, demonstrating the difference in terminology utilized in ethics, exploration of ethical issues in contemporary society, reviewing ethical codes and statutes in Georgia and Alabama, and providing a model for individual judgment.

The third workshop will be presented July 28, 2007 on Mindfulness. Issues covered in this workshop will be defining mindfulness, providing a history of mindfulness, helping mental health professionals in observing being in the moment, exploration of ways in which describing experience can enhance the moment, discussing ways of being nonjudgmental, and providing methods for acting more effectively in the moment.

The fourth workshop is currently being finalized and will be offered in early Fall 2007 on Relationships. This will focus on exploring relationship and behavior patterns, building and maintaining healthy and trusting relationships, boundary issues, why certain relationship patterns are repeated, and communication exercises.