

CHE CONNECTIONS

The Annual Newsletter of the Department of
Counseling and Higher Education

SUMMER / FALL 2023

Chair's Corner

Welcome to the first issue of CHE Connections, the alumni newsletter of the Department of Counseling and Higher Education. We are hoping to make this an annual publication, where we keep our alumni, annuitants and friends in the loop with highlights from the previous year. This past year was an eventful one with challenges but many points of celebrations. We experienced a strike for the first time in EIU's history. The lack of precedence meant that many didn't know what to expect or what to do. However, in the end the faculty got better pay and working conditions, and that's a win! In CHE we were able to come together post the work-stoppage and focus on what we needed to do to get back to work preparing the next generation of mental health and student affairs professionals. I look forward to increased engagement with our friends both near and far and will seek your input from time to time on what's going on, so we can best meet the needs of our students.



*Dr. Catherine Polydore
Department Chair*

Dr. Richard Roberts Steps Down after 24 Years



*Dr. Richard (Rick)
Roberts, Professor
and former chair.*

After being the Chair of the Department of Counseling and Higher Education for 24 years, Dr. Richard Roberts stepped down from the position in July 2022 to assume the role of being a full time professor, "It has been my pleasure to serve the department and work with such great faculty and students over the years. My plan is to retreat back to faculty and teach for a few years. I look forward to working with students in a different capacity before retirement." This last year, Dr. Roberts taught Educational Psychology and Career Counseling.

Dr. Catherine Polydore has taken on the role of chair and graduate coordinator since August 2022. She teaches research methods in the College Student Affairs program. Congratulations Dr. Roberts and Dr. Polydore.

What's Inside

Grants and Endowments	2
Student Achievement	3
Alumni Throughout the Years.	4
The Year in Snippets	5
Save the Date	6
2022-2023 Alumni	7
Give Back.	8

Grants and Endowments

CHE Faculty and Alumni Establishes Counseling Award

Another wonderful achievement for this year is the establishment of the **Gloria Leitschuh Counseling Award**. Gloria Leitschuh, Ph. D. was a faculty in the Department of Counseling and Higher Education for 26 years, 1994 to 2020. She obtained a Doctorate in Counseling Psychology from the University of Illinois, Urbana Champaign, a master's in counseling and a bachelor's in psychology, both from Eastern Illinois University. Dr. Leitschuh taught Clinical Counseling courses including Basic skills, Diagnostics, Cross cultural counseling, and Practicum. She supervised interns and served as the coordinator of Practicum and Internship. She also taught at the Maastricht Center for Transatlantic Studies in the Netherlands.

Early in her career Dr. Leitschuh served as a leader for several alternative spring break trips throughout the United States. She was awarded numerous teaching and service awards during the course of her career. Her research interests included cross cultural counseling and women's issues. She loved teaching and was dedicated to her students and colleagues.

Dr. Leitschuh maintains a part time clinical practice as a psychologist.

The Gloria Leitschuh Counseling Award will support students in the Clinical Counseling program.



Dr. Gloria Leitschuh was a professor in the Department of Counseling and Higher Education for 26 years!

CHE Faculty Receives Lumpkin Foundation Grant!



Dr. Danessa Carter, a 2012 graduate and assistant professor in Clinical Mental Health Counseling

The Lumpkin Family Foundation has provided a \$223, 280 grant to EIU's Department of Counseling and Higher Education to serve as community ambassadors bringing mental wellness and support toolkits, workshops, and resources to schools, businesses, and communities throughout Coles County. The grant also provided two graduate assistantship positions for the academic year and four in the summer.

The recipient, Dr. Danessa Carter and the graduate assistants (Madeline Hemrich and Payton Turk) will lead workshops for k-12 schools, places of employment, higher educational institutions, and various community centers (such as houses of worship) on how to identify early signs of mental illness and how to get the support needed. The purpose of the project, entitled *Reducing Stigma and Increasing Coping Skills in Central Illinois*, is to teach communities of individuals how to recognize their own need for mental wellness support and the self-advocacy tools needed to have their needs met, provide mental health and wellness toolkits for the region modified for varying audiences, and conduct a need-assessment of the region in tandem with program delivery to determine what additional future support might be needed by different segments of the population. This grant began in the summer of 2023 and will last through Summer 2025.

Student Achievement

Three CHE Students Awarded Diversifying Higher Education



Norriana Hayes



Lois Karimu



Chavionne Thomas



Luis Paniagua

The Diversifying Higher Education Faculty in Illinois Program (DFI) provides financial assistance, based on demonstrated financial need, for members of traditionally underrepresented groups who are pursuing full-time enrollment and completing graduate degrees at Illinois institutions of higher education. Applicants compete statewide at over 30 Illinois institutions. This year, three students in the Clinical Mental Health Counseling Program became a recipient of the DFI fellowship. The 2023 DFI recipients include Chavionne Thomas, Lois Karimu, and Norriana Hayes. Incoming College Student Affairs student, Luis Paniagua, is also a recipient. Each of these students have been awarded \$15,000. Last year, Dionne Lipscomb in the College Student Affairs program, was the sole recipient in the department.

Hamand Scholars ...



*Amina
Feder*



*Jessica
Meadows*

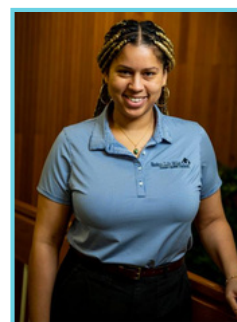


*Jacob
Mueller*

In Spring 2023, our department had the honor to have three of the five Hamand Scholars, one from each of our programs. The honorees were Amina Feder (clinical counselling), Jessica Meadows (school counseling), and Jacob Mueller (CSA). Hamand scholars are distinguished graduate students recognized for their scholarship, service, and large impact on the community.

.... Student Deans

Attainea Toulon, a College Student Affairs student, claimed the title of Graduate Student Dean for the 2023-2024 academic year. Previously, Jessica Meadows (School Counseling), was the Graduate Student Dean.



*Attainea
Toulon*

....and Frances Meyer Hampton Receptient

The Frances Meyer Hampton Graduate Scholarship Award was established to provide two years of financial support to a full-time graduate student. Lois Karimu, a CHE Student (clinical counseling) was the recipient of The Frances Meyer Hampton Award in Spring 2023. Congratulations, Lois!!!

Alumni Throughout the Years



Sean Sheptoski

Sean Sheptoski graduated the College Student Affairs program in 2016. Sean is the Assistant Director for Curriculum and Assessment in Housing and Residence Life at Ball State University; where he is leading the efforts in designing and implementing a division of student affairs residential curriculum. He is the advisor of the group who won the bid to host the National Association of College and University Residence Halls (NACURH) Annual Conference at Ball State in May 2023. Currently, Sean is the GLACUHO Indiana State Delegate and serving on the EIU CSA Alumni board.

Caitlyn Buchanan, graduated from the College Student Affairs Program in 2015. She currently works for "a company [she] could have never imagined working for." Caitlyn said, "attending and working for Eastern taught me that if you do good work, work hard, and treat people well, you can accomplish anything that someone with 'better' connections or a 'better' degree can."



Caitlyn Buchanan



Catie Witt-Danner

Catie Witt-Danner graduated from the College Student Affairs program. Catie was the recipient of the Outstanding Entry Level Professional Award for the state of Illinois at GLACUHO. Catie stated that she was "very honored." She was nominated for this award by her longtime mentor, Jeremy Alexander.

Amina Feder is a Spring 2023 graduate of the Clinical Mental Health Counseling program. Amina worked their graduate assistantship in the Department of Counseling and Higher Education. Amina is a 2023 Hamand Scholar. They currently work as a clinical mental health counselor at RISE Behavioral Health and Wellness Center in Tuscola, IL.



Amina Feder



Kendra Bierman

Kendra Bierman is a Spring 2023 graduate of the School Counseling program. Kendra worked her graduate assistantship as part of the Freshman Connection Program at EIU. Kendra won the Illinois School Counselor Association's 2023 Impact Award as a graduate student!

William Smith, Ph.D., recognized nationally for his research on racial battle fatigue, was appointed chief executive administrator for Appointed Chief Executive Administrator for Justice, Equity, Diversity, and Inclusion (JEDI) at Huntsman Mental Health Institute at the University of Utah. Dr Smith graduated with a master's in guidance counseling in 1988.



William Smith Ph.D.

Want to be in our next issue? Please submit [HERE.](#)

The Year in Snippets



CHE sent six students from the second year College Student Affairs cohort to the annual ACPA conference in New Orleans. Five presented their dissertation project. In addition, all students in the CSA program received one year membership to ACPA supported from donors' fund.

President Emeritus of Eastern Illinois University and CHE graduate, Lou Hencken was awarded an honorary degree of Doctor of Public Service at the January 20, 2023 Board of Trustees meeting. Lou was a 1967 graduate of CHE. Congratulations Lou!!!! Um... Dr. Hencken.



Lou Hencken, Ph.D.

Three CHE students were recipients of the Hamand Scholar, the highest award: Amanda Feder (Clinical Counseling), Jessica Meadows (School Counseling) and Jacob Mueller (College Student Affairs).



Angela Yoder, Ph.D.



Heidi Larson, Ph.D.

Dr. Angela Yoder and Dr. Heidi Larson were recipients of EIU's Student Impact Grant for Faculty Mentors. They each received \$1,500. Double congratulations to Dr Larson for securing a Fall 2022 Graduate School Research/Creative Activity Award.



Rebecca Tadlock Marlow, Ph.D.



Jon Coleman, Ph.D.

Dr. Rebecca Tadlock-Marlo was promoted to Full Professor and Dr. Jon Coleman, to senior. Congratulations!!!!



Catherine Polydore, Ph.D.

Dr. Polydore has been awarded the 2023 Student Distinguished Faculty Award showcasing her passion and dedication to assisting EIU students in and out of the classroom.

Save the Date

2023 Home Coming!!!

Homecoming is taking place Oct. 2 - Oct. 8. Throughout the week EIU will be hosting various events including breakfast with Billy, the Homecoming Parade, Tailgate, and more. Our homecoming football game will be against UT-Martin.



7th Annual Together We RISE Diversity Conference

The 7th Annual Together We RISE Diversity Conference will be on Oct 20, 2023. The annual RISE conference provides higher education faculty and staff the strategies and tools to support students' academic success. The conference is also designed to raise awareness of the diverse challenges our students face, whether as members of underrepresented groups, as first-generation college students, as non-traditionally aged students, or as students with disabilities.

Click image for registration and more information.

Student Affairs 101

Student affairs 101 will take place on Oct. 27, 2023. Student Affairs 101 is a conference for undergraduate students considering a career in Higher Education. It provides information about different types of graduate programs, the application process, looking for graduate assistantships, and what graduate school in general is like. This conference is hosted annually in conjunction with Western Illinois University, Illinois State University, Northern Illinois University, and University of Southern Illinois at Carbondale. **Click image for registration and more information.**



3rd Annual Play Therapy Conference

The 3rd Annual Play Therapy Conference will take place on Nov. 3, 2023 in EIU's University Ballroom. Heather Maritano, LCSW, RPT-S will be the presenter of this conference showcasing the integration of individual play therapy and traditional family therapy models in practice. The conference fee is \$60 and provides a total of 12 CEUs. **Click image for registration and more information.**



Meet the 2022-2023 Alumni



CHE's Newest Alumni

Clinical Mental Health Counseling

Kassidy Barr
Emily Becker
Kelsey Boll
Amina Feder
Carly Geltz
Wendy Mathewson
Kelsie O'Rourke
Natalie Roberson
Nell Sundra

School Counseling

Kendra Bierman
Ethan Carlson
Susan Houston
Jessica Meadows
Jacob Pearson
Melissa Roper
Corben Roth
Bea Sawyer
Samantha Sirbaugh

College Student Affairs

TJ Estabrook
CJ Gibson
Dionne Lipscomb
Jacob Mueller
Gina Pearson
Madeline Reiher
Diego Ulloa
Anders Voss
Téa Wheat

Higher Educations and Community College

Tara Murray

Give Back

GIVE BACK...



CHE strives to support students and meet them where they are. This means keeping up to date on the latest technology in the field, helping them forge those professional relationships, and sometimes this means helping them with financial emergencies that may arise. To do this, we rely on the kind donations from alumni like you.

To donate, please use the following link: <https://www.eiu.edu/giving.php>
Remember to set the destination to “Counseling/College Student Affairs” and feel free to choose your cause by typing it in the “Special Instructions” box.