



Hello Yoonsuh,

Greetings from Your AADA President!

Dear AADA Members,

I hope you have had a wonderful 2018! As we finish out the year and look toward 2019 resolutions, I thought I'd take a moment to reflect on our division's impact this past year and look forward to the plans to come.

The summer conference was a wonderful success! As you will read in the update below, attendees had a wealth of opportunity to learn educational content. And, similar to previous years, the conference was also a place for connection, collaboration, and support. For a few days we were not merely a group of practitioners, researchers, and educators; rather, we were interested people engaging with one another and a topic. This wholistic experience of being nourished intellectually while also connecting and sharing similar experiences and interests, was exhilarating! I cannot wait until next summer and the wonderful conference our president-elect, Amber Randolph, is working hard to plan with her team of support.



In other news, this past year, each of the three taskforces (older adult, middle adult, and young/emerging adult) has strengthened the understanding of their population of interest through collaboration, dialogue, and research. Each taskforce recorded a webinar designed to be the first in a series to provide AADA members with educational opportunities and CE hours. We will continue to update members as these opportunities emerge. Our Member-at-Large, Christian Chan, strengthened our relationships with state branches, providing these organizations with an added layer of support. In addition, AADA members have been active in working toward legislation to improve mental health services to individuals across the lifespan. We also have several new committee leaders, introduced below, as well as a new social media committee, which has already improved our reach with updated Facebook posts and a new Twitter account (@AADA1986).

My upcoming goals for the start of 2019 include member outreach and support as well as division expansion. AADA, with its unique focus on adults throughout the lifespan, has the potential to greatly impact the counseling profession, provide resources to counselors, and research to support client needs. Through ongoing unification and a dynamic dialogue with members, we can make a difference!

I'm looking forward to seeing everyone at ACA in New Orleans at our business meeting on Thursday, March 28th at 11AM and at the AADA booth in the exhibit hall.

Warm regards and please keep in touch!

Dr. Katherine M. Hermann-Turner
AADA President 2018-2019

Join AADA at the American Counseling Association Annual Conference in New Orleans, Louisiana March 28-31, 2019

Mark your calendars for AADA events at this ACA conference in New Orleans, Louisiana! AADA members will have the opportunity to connect, collaborate, and share some refreshments at the business meeting on March 28, 2019 at 11:00AM. If you are interested in the older adult population, please make sure to attend the Older Adult Task Force meeting on March 28, 2:00PM. This is a great place to learn information about the task force's projects. Also, AADA will have a booth in the exhibit hall. Please come by and visit!

Business Meetings and Social Events:

Event Title	Day	Start Time	End Time	Room Assignment
AADA Member Business Meeting	Thursday, 3/28	11:00AM	12:30PM	TBD
AADA Older Adult Task Force	Thursday, 3/28	2:00PM	-	TBD

The above meetings and/or events will take place at the ACA conference hotel.

Summer 2018 Conference Update

The AADA 2018 National Conference, *Building Connection: Relationships and Mentorship Throughout the Lifespan*, in Arlington, Virginia was a great success this past August! Current ACA president, Dr. Simone Lambert, presented an inspiring keynote on Promoting Mental Health and Averting Addiction through Prevention Strategies: Adulthood. Her presence and contribution to the conference was energizing.

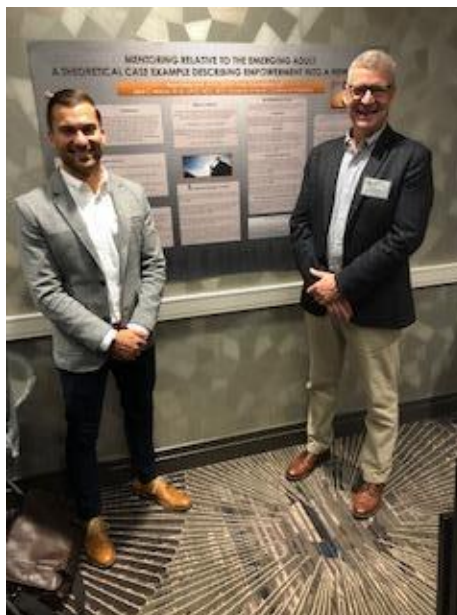
Dr. David Kaplan, ACA's Chief Professional Officer, was another stimulating guest with his "deep dive" ethics training on the current ACA *Code of Ethics*, which attendees said was "riveting," "invaluable," and "necessary." Thank you, Dr. Kaplan!



Another highlight was the mentorship panel coordinated and facilitated by Dr. Catherine Roland, a Past-President of ACA and AADA. She along with Dr. Robtrice Brawner, Dr. Leslie Kooyman, Dr. Simone Lambert, and Dr. Nicole Pulliam discussed the role of mentorship in the

ir own lives, both as a recipient and mentor, in addition to answering numerous engaging questions from the audience. Everyone in the audience learned a new idea they will be incorporating from this panel. In addition to the headlining events, participants had the opportunity to obtain twelve Continuing Education hours by choosing from the thirty-one content sessions, ten roundtables, and eleven poster presentations. It was surprising there was still time for an Older Adult Task Force meeting and a graduate student reception. Overall, the conference boasted a great day and a half of learning in welcoming atmosphere. Special thanks to all those who worked hard to make the conference a success. Here's to looking forward to next summer and another invigorating and thought-provoking event!





The AADA 2019 Annual Conference in Chicago!

Save the Date for the AADA Summer 2019 National Conference!
The conference committee has confirmed the date and time and is working on preparing an exciting schedule of events!



**Association for Adult Development and Aging
2019 National Conference
in Chicago, August 2-3, 2019
The Wit Chicago
201 N State Street
Chicago, IL 60601**

A Report from the AADA Older Adults Task Force (OATF)

The AADA Older Adults Task Force (OATF) is committed to building a community of counselors, counselor educators, and students who are interested in meeting the needs of an aging population. This year we have several initiatives focused on promoting practices, advocacy, and research. For example, OATF members are currently exploring the relationship between mindfulness and pain management, examining the impact of Medicare advocacy among counselors, and engaging in community-based partnerships with local stakeholders. In fact, members of the OATF were recently awarded a grant from the U.S. Department of Health & Human Services to examine the impact of training nutrition services volunteers in basic suicide prevention skills. Click [here](#) to read the press release. The OATF holds interest meetings each year at the ACA and AADA conferences and we would LOVE to see you at our next meeting in New Orleans! We will meet on Thursday, March 28th from 2:00PM-3:30PM (see your ACA program for our location). This is open to anyone who is interested in learning more about our task force!

If you would like more information about the OATF, we would love to hear from you. You may contact me at mfullen@vt.edu.

Sincerely,

Matthew Fullen, Ph.D.
Assistant Professor, Virginia Tech
Chair, AADA Older Adults Task Force

Adultspan News

Suzanne Degges-White, Ph.D., Editor
Wendy Killam, Ph.D., Associate Editor

Note: All AADA members receive free access to the journal which is available online. To access the electronic journal, please use the link below. Note that you will need to sign in to your ACA account which can be accessed through the link below:

<https://www.counseling.org/publications/electronic-journal-access-members>



Meet Our New AADA Committee Members!

Matthew Fullen - Member-at-Large

BIOGRAPHY

I am currently an Assistant Professor of Counselor Education at Virginia Tech. I have been involved with AADA for several years, and I will begin serving you in the capacity of Member-at-Large for Membership. I have also been a leader in the AADA Older Adult Task Force since its inception.



I have worked with older people in a variety of clinical settings, and I consider it a privilege to integrate aging-related topics in the graduate courses that I teach. My research agenda focuses on improving older adults' access to mental health & wellness services and developing counseling interventions that are oriented toward strengths, resilience, and holistic wellness. My current work spans issues like Medicare reimbursement for counselors, expanding opportunities for gerontology training within counselor education programs, and identifying the links between holistic wellness, resilience, and ageism. My research is informed by principles of social justice and advocacy related to the mental health needs of older adults.

EDUCATION

Ph.D. The Ohio State University
M.Div./M.A. Ashland Theological Seminary
B.A. Northwestern University

B.J. Barksdale - Secretary

BIOGRAPHY



B. J. Barksdale, LPC-S, NCC, is a Licensed Professional Counselor-Supervisor (LPC-S) and a National Certified Counselor (NCC). I have been a member of AADA for several years but became actively involved about two years ago. I am currently the President of the Texas Association of Adult Development and Aging (TAADA). Prior to becoming the Clinical Director for Boys and Girls Country, I was in private practice for seventeen years.

I have been working with the foster care population for over eighteen years and am passionate about my work with children who have experienced complex trauma. I am a Trust-Based Relational Intervention (TBRI) Practitioner. I am also an approved provider of CE training for LPCs and Social Workers. For the past fourteen years, I have held positions on the Texas Counseling Association (TCA) Board of Directors including President of TCA. I am currently Co-Chair of the Texas Counseling Association Advisory Council of Past Presidents and a member of the Texas Counseling Association Strategic Planning Committee.

EDUCATION

M.Ed. Prairie View A & M University - Counseling
B.S. Indiana University - Business Administration

Christian D. Chan - Technology Committee

BIOGRAPHY

Christian D. Chan, PhD, NCC currently serves as an Assistant Professor of Counseling at Idaho State University; Member-at-Large, Outreach and Advocacy for the Association for Adult Development and Aging; and Co-Chair of the American Counseling Association Branch Development Committee. His interests revolve around intersectionality; multiculturalism in counseling, supervision, and counselor education; social justice; career development; critical research methods; acculturative stress; intergenerational conflict; and cultural factors in identity development and socialization. His prior professional experiences include case management with foster care adolescents, career development, higher education administration, and individual, couples, parent-child, group, and family counseling services. In addition to serving as a recent recipient of the ACA Courtland C. Lee Multicultural Excellence Scholarship Award and ACA

Robert Rencken Emerging Professional Leader Award, he actively contributes to peer-reviewed publications in journals, books, and edited volumes and over 90 refereed presentations at the national, regional, and state levels.

I remember attending an AADA National Conference many years ago with memories of connecting with several AADA leaders. I am proud and honored to call many of these leaders as mentors who continue to shape my journey and career. For this reason, I like to name AADA as my home in the profession and my community. With my role as Member-at-Large, I directly oversee state branch initiatives and connection in addition to advocacy initiatives. Advocacy can cover a variety of opportunities serving multiple communities across the adult lifespan (e.g., older adults, Medicare). Additionally, I am working on constructing our database and resources for AADA State Branches (e.g., website connection, state branch member connection, state branch member benefits within AADA), especially for members interested in starting a state branch within their own states. The state branches of AADA continue to serve as a lifeline for efforts substantiated within local communities and grassroots advocacy. If you are interested in learning more about state branches or developing a flourishing state branch in your state, please feel free to reach out to me at chanchr2@isu.edu!

EDUCATION

Ph.D. Counseling (CACREP-Accredited), The George Washington University, Washington, DC
M.A. Clinical Mental Health Counseling (CACREP-Accredited), The George Washington University, Washington, DC

B.A. Psychology, Computer Applications, Minor: Theology, The University of Notre Dame, Notre Dame, IN

Mary Chase Mize - Graduate Student Committee

BIOGRAPHY

Greetings, AADA!

My name is Mary Chase Mize, and I am thrilled to serve as co-chair of the graduate student committee, as well as a leadership member of the Older Adult Task Force with the Association for Adult Development and Aging. I am a second year doctoral student at Georgia State University, where I study counselor education and practice as well as gerontology. My family's experience in caring for our family members living with Alzheimer's Disease inspired me to leave my job in news media/journalism/video production to pursue a career in counseling. After a year of coursework and mentorship in my master's program, I decided to pursue a PhD in counseling in order to train counselors to work with older persons, conduct research related to meeting the needs of older persons, and advocate on multiple systemic levels. My primary research interests include combating ageism and preventing suicide in later life. I am an Applied Suicide Intervention Skills Training (ASIST) trainer, and a 2018-2019 Chi Sigma Iota Leadership Fellow.

I first became involved with AADA during the summer of 2016, when I attended the summer conference while I was a master's student studying clinical mental health counseling. As soon as I arrived at the conference, I knew I had found my professional home. AADA has been a place for me to connect with others who share my interest and passion for working with older adults. Members of AADA created the Older Adult Task Force in 2016 to support professional counselors, counselor educators, and students who work with older adults, as well as to strategize ways in which older adults may be a top priority in the counseling profession. I am thrilled to be a part of this task force.

I hope that you, too, will find a home in AADA. As co-chair of the graduate student committee, I am looking forward to connecting with graduate students within AADA - and if you plan to attend ACA in New Orleans, I hope to see you there!

EDUCATION

Lauren Dayan - Graduate Student Committee

BIOGRAPHY

Lauren Dayan is a master's candidate at Loyola University New Orleans attaining a degree in clinical mental health counseling. She is currently on track to graduate May 2019. Additionally, she is the Greater New Orleans regional representative for the Louisiana Association for Counseling Graduate Students. Her research agenda focuses on aging and existential issues that arise throughout the lifespan and advocating for more counselors to join the field of gerontology. Currently, she is doing her internship at a retirement community. Lauren's client base ranges from 60 to 97 years of age, and works primarily with grief and loss and a variety of adjustment issues. Additionally, she also runs a caregivers' group, a unique population that is also in need of mental health support.

As co-chair of the graduate student committee, it is Lauren's goal to spread the word about adult development and aging and to increase awareness of our mission to serve the aging population among current graduate students. Additionally, she wishes to establish more support for and communication between graduate students that are interested in this area and to help those who desire to become more involved in this field.

EDUCATION

Yoon Suh Moh - Newsletter Editor BIOGRAPHY



Yoon Suh Moh, Ph.D., NCC, CRC is currently a visiting assistant professor at Thomas Jefferson University in Philadelphia and also holds an adjunct job position at Missio Seminary in Hatfield, PA. I am a certified rehabilitation counselor and national certified counselor with professional language proficiency in English, Japanese, Korean, and American Sign Language. I am currently in process of filing for a license in professional counseling in the District of Columbia and working toward a certification in neurofeedback through the Biofeedback Certification International Alliance. I have over three years of clinical experience in working with a wide range of individuals and families in vocational, clinical mental health,

and community settings, including the deaf and hard of hearing, transgender individuals, individuals with homelessness, and individuals with a mental and/or physical disability. Employing a combination of my educational and experiential background, my research interests involve wellness of counseling professionals, suicide risk behaviors in college students, validation studies (i.e., psychometric properties of the Patient Health Questionnaire-4 in women during pregnancy), and interdisciplinary studies on effects of chronic or toxic stress on depression in family caregivers at a neurophysiological and behavioral level.

It is an honor to serve as the newsletter editor with the AADA as I feel that the division tirelessly advocates for the older adults and their family members. I am also currently serving as emerging reviewer for the *Journal of Multicultural Counseling and Development* and am a mentee through the mentoring program with the Association for Multicultural Counseling and Development for the year of 2018-2019.

EDUCATION

Ph.D. Counseling (CACREP-Accredited), The George Washington University, Washington, DC
M.A. Rehabilitation Counseling (CORE-Accredited), The George Washington University, Washington, DC
B.S. Life Sciences, Rikkyo University, Tokyo

AADA Newsletter Committee
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Please consider submitting something for our AADA newsletter in the future! We are always looking for news, updates, events, book recommendations, and articles

from our talented membership.

STAY CONNECTED



Association for Adult Development and Aging,
A Division of the American Counseling Association, Alexandria, VA 22222

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