Depression Screenings
by: Stephanie O’Brian

As counselors, we all know depression is real. We see, every day, the effects it has on a person’s life—academically, intellectually, emotionally, physically, and spiritually. It is devastating. Unfortunately, there are so many in our community who feel the fatigue of depression and know something is not “right” but do not know what to do to fix it. That is where we, as counselors, come in. Labels are oftentimes frowned upon, but truthfully they can be such a blessing. To be able to put a name with your symptoms can be such a relief because it is often the first step in fixing the problem. It was with this in mind that Chi Sigma Iota and the Elliot Foundation partnered together on October 10 for National Depression Screening Day. Students from the Counseling program and representatives from the Elliot Foundation set up screenings at the White County Hospital and at Harding. Combined, we were able to serve and bless over thirty individuals and referred the majority of them to counseling.

At the Harding site, students were able to come in the Liberty Room and be screened privately by one of the students in the program. This provided our counseling students with a tremendous opportunity to utilize their skills. For many of us, it was difficult to simply refer these students elsewhere; we desperately wanted to sit and converse with these individuals as oppose to simply assess with the Zung Depression Inventory. It is a blessing to be in a graduate program where so many want to use their skills each day to make people’s lives better, even if just a little bit. The screenings were a success—so much so that it has become a hope that Chi Sigma Iota and the Elliot Foundation can continue this partnership and perform screenings for the Harding community and the Searcy community for many semesters to come.
1) Where were you born? El Paso, TX

2) When you were a child, what did you want to be when you grew up? Spiderman

3) Siblings: Mark (MBA, manager in Dallas), Karen (Art Educator, Shreveport, LA)

4) Where did you attend college? HARDING! (B.A.), NLU (M.A.), St. Louis U. (Ph.D.)

5) Spouse and how long you have been married: Shannon (33 Awesome Years!)

6) Children: Katie (28, Accountant, Springfield, MO), Sam (23, Teacher of Autistic Kids, Edmond, OK)

7) Somewhere you would like to visit and why? All of Europe / I’ve been to about half so far…

8) If you could have dinner with anyone, who would it be and why? Jesus / because He likes me - a lot… (not that I deserve it…)

9) Something not many people know about you: I had a pet tarantula while in college (and kept him in my dorm)

10) Favorite color: Navy Blue

11) Favorite movie: Back to the Future

12) Favorite sport and/or team: Green Bay Packers

13) Favorite thing about Rogers: Green Valley Bible Camp

14) Favorite book (other than the Bible): Harry Potter series (we took turns reading the whole series out-loud as a family… twice)

15) How long have you been employed at Harding? 8 years

16) Biggest challenge or obstacle:

17) Proudest moment or accomplishment: Performing both the baptisms and marriages of both my daughters.

18) Person who had the biggest impact on your life and why? Mom. She was the best!

19) Favorite scripture: Micah 6:8 NIV He has showed you, O man, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.

20) Words of wisdom for students: Don’t postpone joy… and save some of your ‘best stuff’ for the people you live with at home.
My name is Kimberly Tillman and I am a recent graduate of the Counseling Program at Harding University. I graduated in the Fall of 2012 with a Master’s Degree in Licensed Professional Counseling and began working on my Educational Specialist Degree in Counseling in the Spring of 2013. My background is in teaching. I have a Bachelor’s Degree in Elementary Education with an endorsement in Early Childhood Education. Before becoming a school counselor, I was a fourth grade classroom teacher, taught science and social studies, kindergarten reading recovery and owner of a preschool.

Counseling is my passion and becoming a school counselor has always been my goal. I am thankful and excited to have reached that goal. I have thoroughly enjoyed my experience at Harding University. Attending Harding University has allowed me to develop a professional network as well as lasting friendships.

I am now employed in the Rogers School District as an elementary school counselor at Janie Darr Elementary School. Janie Darr Elementary School is a brand new school serving students in grades kindergarten through fifth grade. As the school counselor, I will be developing a counseling program consisting of character education, classroom guidance counseling, small group counseling, and individual counseling. It is an amazing opportunity and I am confident that my education, training, and experiences at Harding University has prepared me for the challenge.
Matthew Inman and Ariel English were married on September 20th in Quitman, AR.  
Travis Helton and Teal Stamatis were married on December 14th, 2013 in Searcy, AR.  
Charlton Thiede and Savanna Fowler were married on September 7th, 2013 in Cone Chapel at Harding University.

Stephen and Lynda Gipson officially welcomed Jesse and Jennefer into the Gipson family in March 2013!  
Tyler (Ty) Paxton Trull was born to Jeremy and Rachel Trull on Friday July 26, 2013. He weighed 7 lb 15 oz and was 20.5 in long.  
Ben and Tosha Stanley welcomed their baby girl, Harper Grace Stanley, into the world on December 11, 2013. She weighed 5 lbs. and was 18 1/2 inches long.
Spring 2014 Calendar

Classes Begin.................................................................January 13
MLK Day (no classes) ......................................................January 20
Updated Suicide Training with Dr. Angie Waliski (UAMS/VA) ........February 6
Spring Break .................................................................March 10-14
Spring Sing .................................................................April 17-19
Final Exams ...............................................................May 5-9
Commencement ............................................................May 10
Haiti (Multicultural Counseling) Trip ..............................May 28-June 6

Alumni Connection—We need you!

We had our first Alumni Reception at the ArCA Conference in Hot Springs in November. It was a good time to catch up with several of you. If you missed it, make plans to join us next year at the conference. We would like to host an Alumni Breakfast and CE as part of Homecoming in the fall of 2014 (Oct 31-Nov 1). We are taking nominations for our first annual "Outstanding Alumni" award to be presented at the breakfast. If you would like to nominate someone, please send us the name of an alumni that has been out of the program for at least five years, and the reason you nominate that person. We are excited about the opportunity to hear what our alumni are doing and how they are impacting the world. We need all nominations by May 1, 2014.

We would like to on occasion have alumni come share with our classes about what it is like to work in the field, things you are doing, things you have learned, experiences, etc. If you are willing to share, please contact Angela English.

We would love your input in future newsletters. If you are working in the field and are willing to write a short article for us about what you are doing, we would appreciate it. If you get married, have a baby or adopt in 2014, we would love to celebrate those special occasions as well with a photo and some brief information. If there are items that you would like to see in our newsletter, please make those suggestions. We look forward to hearing from you!