

C&R NEWS

Counseling & Rehabilitation Program Newsletter

(Red brick pathways leading to a metal and brick gate. Behind the gate lie trees and a red brick building)

Counseling and Rehabilitation Clinic for Counseling and Assessment Hires New Graduate Assistants

The Counseling & Rehabilitation Program is proud to welcome a new cohort of graduate assistants (GAs) as the newly launched clinic begins operation across rural and underserved regions of South Carolina. This initiative is built on the dual mission of increasing access to mental health care and training future clinicians committed to equal access to services.

The clinic offers practical training embedded in real work which enables students to gain exposure to a diverse caseload, supervision and feedback, and experience managing real client needs rather than being confined to artificial training settings. These experiences help strengthen their clinical identity, professional confidence, and ability to adapt to a range of client presentations.



"I'm very excited and thankful to be given this opportunity to be a part of the CCA GAship and to assist with opening this new mental health clinic. Through both growing up in West Virginia and working professionally in different areas of South Carolina, I've seen the drastic need for accessible services. I look forward to working with these clients, gaining valuable clinical experience, and collaborating with my peers and faculty. This is an exciting project to be a part of!" - **Katie Bills**

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(Students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

Save the Date

October 3rd, 2025:
Alzheimer's Awareness Game Night [RSVP HERE](#)

October 4th, 2025:
School of Medicine Health Fair
C.A. Johnson High School
gymnasium

October 17th, 2025:
CRSA EdVenture Sensory Night
[RSVP HERE](#)

October 21st, 2025:
Lunch and Learn

October 24th, 2025:
Speaker Series

October 25th, 2025:
Learning Community Saturday

Dec 13th - Jan 3rd, 2025:
ARCA Jingle Run 5K

CHECK OUT OUR SOCIALS



C&R Clinic for Counseling and Assessment

"I'm excited to be part of this new journey helping rural South Carolina get the care they need. Growing up in a small town with no access to mental health services without assistance, I saw how hard it could be. My hope is to give back by reducing stigma and connecting people who are often forgotten with the support they deserve." - **Amanda Allen**



"I'm super excited to be part of the Counseling and Assessment Clinic as a GA! My goals include gaining more experience working in a collaborative care team and contributing to the inaugural opening of the clinic, which feels especially meaningful because I am helping build something from the ground up. So far, the experience has been great as Dr. Toriello and Dr. Sacco-Bene's curiosity and enthusiasm

make me even more motivated, and my fellow GAs have already become good friends. I look forward to the day the clinic doors officially open and to giving back to the community in a way that also helps lay a strong foundation for my career.

." - **Skylar Linder**

"The experience in assisting in the development of the clinic has been one of learning, personal growth and development, and hope. Learning acquired through insight into what is involved in obtaining the resources necessary for mental health care for those who either can't afford or can't obtain the care based on logistics and unavailability or long wait times. Personal growth and development are realized by being on the "ground floor"



of the program development and provided the opportunity to use the education and skills we've acquired so far through our R&C program of study. My hope comes from the thought that many will be provided much-needed mental health care in under-served communities which might otherwise lack the resources normally provided to those in larger cities and towns." - **Dave Tussey**




(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

Counseling and Rehabilitation Student Association (CRSA)

Looking for an opportunity to connect with fellow C&R Program students? Consider signing up to become a member of CRSA. Each month, CRSA hosts student focused events designed to build relationships within our learning community and strengthen our presence within the greater community. Check out a few pics below from CRSA's attendance at the recent **Run With All Your Heart 5k** event that was held here on the SOM campus on September 20th.

To become a member of CRSA, simply Venmo \$15 to CRSA Treasurer, Haley Hartsfield along with your full name.

haley hartsfield
@haley-hartsfield-0



venmo

Upcoming CRSA Events

Friday, October 3rd

CRSA is hosting an Alzheimer's Awareness Game Night at SCCATER on **Friday, October 3**. It will be a laid-back evening with board games and VR, and people can make an optional donation to support the cause. Come hang out and drop in for a few to enjoy some games with friends! You can always choose to bring a game you would like to play as well. We'll be at SCCATER (1530 Wheat St, Columbia, SC 29205) from 5:00pm-9:00pm. **RSVP HERE**



Skylar holds a sign to help motivate the runners



CRSA VP, Leah Limbaugh cheers on runners during the 5k

Friday, October 17th

On **Friday, October 17**, EDVenture is looking for volunteers for their Sensory Night. A couple of us will be setting up a play station for kids with activities like sand trays, fidget toys, water beads, and light up objects that are especially fun for autistic kids! If we have enough volunteers, we can split shifts, so everyone gets a chance to help out and also explore the museum. If you can't make it but still would like to help out, please let us know and we can bring in any sensory objects/activities or any ideas you may have for such! **RSVP HERE**



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

Students and Staff Attend Lander University's Education Fair

On September 23rd, Lander University hosted their annual Fall Education Fair. Counseling and Rehabilitation students and staff were on hand to provide programmatic information for graduating students interested in exploring Graduate School and careers in education and healthcare.

C&R students were able to share first hand experience about their personal journeys and what led them to the counseling field as well as practical information for students interested in the logistics of applying to graduate school for the first time.



Students and staff sit at the C&R Program booth.



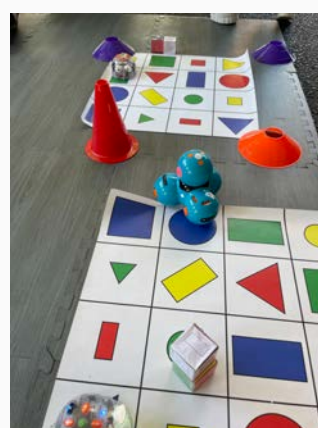
Annual Jubilee Festival

September 20th marked Columbia's 47th annual Jubilee: Festival of Black History & Culture. In partnership with both the event and South Carolina Afterschool Alliance, several students and faculty members took part in chairing a table on behalf of SCCATER. In addition to a live presentation on stage, the group was able to introduce SCCATER's resources to many of the event's visitors inside of the Kid's Zone where the SCCATER table was housed.

Areas of focus on display included accessibility, STEM robots, and mental health. Throughout the day, the youth and their families were able to drop by to participate in robot coding sessions and exploration of adaptive technology.



STEM Robots



STEM Robots



A C&R student interacts with STEM robots at the event.



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

FAFSA Application for the '26-'27 Academic Year

Please be reminded that the FAFSA application for the 2026-2027 academic year will be available starting October 1, 2025. Please be sure to set aside some time to complete it, as it is required for all incoming and returning students planning to attend college next year.

If you need any help with your FAFSA application, don't hesitate to reach out to Financial Aid Officer, Takillya Brown at Takillya.brown@uscmed.sc.edu.

Also, if you haven't entered the \$5,000 Scholarship Giveaway from SC Student Loans yet, be sure to do so soon! The next drawing will be held in December.

[\\$5K Scholarship Giveaway | South Carolina Student Loan](#)



BlackBoard: Did You Know?



Blackboard

Did you know that [BlackBoard's Rehabilitation Counseling Learning Community tab](#) contains an entire section devoted to Student Services and Resources?

While this tab contains links to several valuable resources, one of the most useful for students is the USC School of Medicine Library Powerpoint. Check it out for a comprehensive breakdown of the Library's resources narrated by the School of Medicine's own Steve Wilson.



You'll learn how to access the library's resources, where to turn to for assistance, how to search for peer reviewed resources and so much more!



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Save the Date for ARCA's Jingle Run 5K

ARCA
AMERICAN REHABILITATION
COUNSELING ASSOCIATION

JINGLE RUN, WALK, & ROLL VIRTUAL 5K

ARCA SPONSORED FUNDRAISER

SAVE THE DATE

Virtual 5K runs from
December 13-January 3
Registration Opens **October 20**

\$30

Registration
per person

**Proceeds go to ARCA's Maki Fund and
to support ARCA student members.**

INDIVIDUALS & TEAMS WELCOME!



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

Brain Injury Association of SC Offers Fundamentals Class



Brain Injury Fundamentals Training – 3 Year Certificate Program

Brain Injury Fundamentals is an essential training and certificate program designed exclusively for non-licensed direct care staff, family members, and individual caregivers. The training course covers essential topics such as cognition, medical complications, and medication safety and management.

When:	Tuesday, October 21	9:30 AM – 1:30 PM
	Tuesday, October 28	9:30 AM – 1:30 PM
	Tuesday, November 11	9:30 AM – 1:30 PM
	Tuesday, November 25	9:30 AM – 1:30 PM

Where: Online via Zoom Platform

Target Audience:

- Caregivers
- Direct Support Staff
- Anyone interested in receiving a Brain Injury Fundamentals Certificate

Fees: \$115.00 Based on SC residency unless otherwise specified. Cost includes workbook, training, and exam.

Instructors:

Kay Brooks, MA, CBIST, Director, Head and Spinal Cord Injury Services, Thrive Upstate

Meghan Trowbridge, LISW-AP, CBIST, C-ASWCM, Assistant Director, Center for Disability Resources, USC School of Medicine

To register go to: <https://bit.ly/BrainInjuryFundamentals>

Registration Deadline is October 7, 2025.

Class is limited to 25 participants.

If you have questions, please contact Kristi Hartwell at BIASC at 803-731-9823 or coordinator@biaofsc.com.



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

University of South Carolina School of Medicine Master of Arts In Counseling and Rehabilitation Program is pleased to offer

Exploring the Landscape of Psychedelic Healing in the United States

Psychedelic therapy is reshaping the future of mental health care, raising profound questions about healing, identity, and human potential. In this talk, we'll explore the evolving landscape of psychedelic research and practice in the United States, highlighting ethical, and safety considerations along the way. Together, we'll look at how preparation and integration support lasting change, with special attention to the unique therapeutic needs of military and special operations veterans navigating trauma, identity, and life transitions. We'll close by reflecting on what this emerging field can teach us about consciousness, resilience, and improved well-being.



**Courtney D. Stavely,
Ed.S., Ph.D.**

Upon completion, participants will be able to:

- Understand the evolving landscape of psychedelic therapy in the United States, including cultural, ethical, and safety considerations.
- Examine the role of preparation and integration practices in supporting participant well-being before and after psychedelic experiences.
- Explore the unique therapeutic needs of military and special operations veterans, and how psychedelic-assisted therapy may address trauma, identity, and transition challenges.
- Reflect on the broader implications of psychedelic research for consciousness, healing, and well-being.

When: October 24th, 2025 / 3:00pm-4:30pm Eastern Time

Where: ***The event offers both virtual and in-person attendance ***

Virtual: A virtual log on link will be sent to all who RSVP for the program one day prior to the event.
In Person: 6311 Garners Ferry Road, Columbia SC (Classroom B1)

[Click here to register.](#) Registration closes on October 23 at 11:00am. In order to receive CE credits for program attendance, participants must sign in using the provided link during the presentation, stay for the entire duration of the presentation and complete a virtual program evaluation following the presentation. No partial credit is offered for this event.

Continuing Education Credit Available: 1 NBCC credit hour

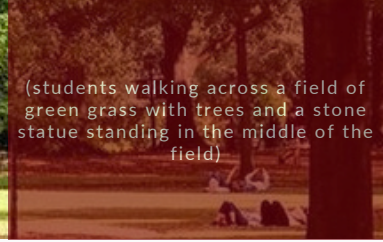


University of South Carolina School of Medicine Master of Arts in Counseling and Rehabilitation Program has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 3089. Programs that do not qualify for NBCC credit are clearly identified. University of South Carolina School of Medicine Master of Arts in Counseling and Rehabilitation Program is solely responsible for all aspects of the program.

If you need special accommodations or have questions, please contact us.

rehab@uscmed.sc.edu or (803) 216-3690

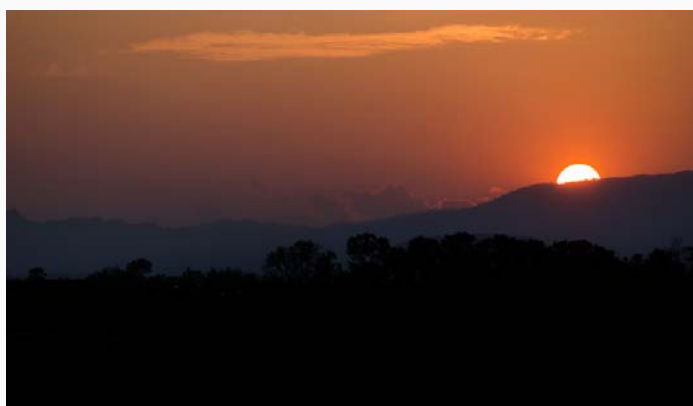
6311 Garners Ferry Road, Columbia, South Carolina 29209
SC.edu



(students walking across a field of green grass with trees and a stone statue standing in the middle of the field)

Wellness Corner

As the days grow shorter and daylight savings time comes to an end, many of us may notice shifts in our mood and energy. Less sunlight can impact our mental health, sometimes leading to lower motivation or seasonal blues. To support your well-being, try getting outside during daylight hours, even for a short walk. Staying active, connecting with others, and practicing good sleep habits can also help keep your mind and body balanced during this seasonal transition.



The sun sets behind a mountain to represent daylight savings time coming to an end.

Writing Tip: APA Title Page

Did you know there is a difference between a student paper title page and a professional paper title page? Student papers list the course, instructor, and due date beneath the author's affiliation, while professional papers replace this with an author note. Both versions require the paper title, author name, and institutional affiliation centered on the page with a page number in the top right corner. These small differences help ensure your title page meets the correct APA format for your audience. (Source: <https://owl.purdue.edu>)



Georgia enjoys a nice walk on the beach!

Pet of the Month

Meet Georgia! She is an eight-year-old beagle hound mix. Although she has retired from her career as a hunting dog, she still loves to chase birds and squirrels. Georgia has two cat brothers and has picked up some cat-like habits that make her even more adorable! – **C&R Student, Skylar Linder**

Show us your pet by filling out the form below:

[Pet of the Month](#)

Save the Date

10/3 - Alzheimer's Awareness Game Night at SCCATER
[RSVP HERE](#)

10/4 - School of Medicine Health Fair - C.A. Johnson
High School gymnasium (2219 Barhamville Rd,
Columbia, SC 29204) 10am-2pm

10/17 - CRSA EdVenture Sensory Night - [RSVP HERE](#)

10/21 - Lunch and Learn - Strength in Systems:
Counseling Within a Collaborative Care Model with
Prisma Health
[RSVP HERE](#)

10/24 - Professional Speaker Series featuring Dr.
Courtney Stavelly - Exploring the Landscape of
Psychedelic Healing in the United States
[RSVP HERE](#)

10/25 - Learning Community Saturday Event

12/13-1/3- ARCA Jingle Run 5K