

# Wendy Helmcamp, Ph.D., LPC-S, CSC

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## EDUCATION

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| <b>Texas Tech University</b> , Lubbock, TX<br>Doctor of Philosophy in Counselor Education and Supervision | December 2018 |
| <b>Midwestern State University</b> , Wichita Falls, TX<br>Master of Education in Counseling               | August 2002   |
| <b>Midwestern State University</b> , Wichita Falls, TX<br>Bachelor of Arts in English Language Arts       | December 1999 |

## PROFESSIONAL CERTIFICATIONS & LICENSURE

- Texas Licensed Professional Counselor-Supervisor, 2016
- Texas Licensed Professional Counselor, 2004
- Texas Certified School Counselor PK-12, 2002

## PROFESSIONAL EXPERIENCE

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| <b>Midwestern State University</b> , Wichita Falls, TX<br>Assistant Professor<br>Clinical Experience Coordinator School Counseling <ul style="list-style-type: none"><li>Coordinate Practicum &amp; Internship Sites for School Counseling Students</li><li>Teach master's level counseling classes</li></ul> | 2021-Present |
| <b>Grace College</b> , Winona Lake, IN<br>Adjunct Professor <ul style="list-style-type: none"><li>Career Counseling</li></ul>   | Summer 2021  |
| <b>Midwestern State University</b> , Wichita Falls, TX<br>Adjunct Professor <ul style="list-style-type: none"><li>Practicum in School Counseling</li><li>Internship School Counseling</li><li>Graduate Internship</li></ul>   | Fall 2020    |
| <b>Midwestern State University Counseling Center</b> , Wichita Falls, TX<br>Doctoral Practicum and Internship <ul style="list-style-type: none"><li>Personal Counseling</li><li>Academic Counseling</li><li>Career Counseling</li></ul>   | 2015-2016    |
| <b>Rider High School</b> , Wichita Falls, TX<br>Lead School Counselor <ul style="list-style-type: none"><li>Student Schedules</li><li>Crisis Counseling</li></ul>   | 2009-2020    |

**Kirby IB World Academy**, Wichita Falls, TX 2006-2009  
School Counselor

- Master Schedule
- Testing Coordinator
- Peer Mediation & Crisis Counseling

**Red River Hospital**, Wichita Falls, TX 2002-2006  
Child and Adolescent Unit Therapist

- Group, Family, Multifamily, & Individual Therapy
- Detailed Social Histories
- Treatment Plans & Discharge Plans

**City View Jr./Sr. High School**, Wichita Falls, TX 2000-2002  
Jr. High English Teacher/PALS Sponsor and Journalism Teacher

- Developed the Journalism Program
- Created the PALS Program

#### TEACHING RESPONSIBILITIES

- COUN 5813 Practicum in School Counseling, Fall 2020 adjunct, Fall 2021, Spring 2022, Fall 2022, Spring 2024
- COUN 5293 Practicum in Counseling, Fall 2021, Spring 2022, Summer 2022, Fall 2022, Summer 2023, Fall 2023, Spring 2024, Summer 2024
- COUN 6043 Graduate Internship I, Fall 2020 adjunct, Summer 2021, Fall 2021, Spring 2022, Summer 2022, Spring 2023, Summer 2023, Fall 2023, Spring 2024, Summer 2024
- COUN 6053 Graduate Internship II, Fall 2022, Spring 2023, Summer 2024
- COUN 5823 Internship School Counseling, Fall 2020 adjunct, Spring 2021, Summer 2021, Spring 2022
- COUN 5403 Introduction to School Counseling, Spring 2021, Fall 2021, Spring 2022, Fall 2022, Spring 2023, Fall 2023
- COUN 5203 Introduction to Counseling, Spring 2022, Fall 2022
- COUN 6023 Counseling Individual Children, Spring 2021, Summer II 2021, Summer II 2022, Summer II 2023, Summer II 2024
- COUN 5513 Counseling Children for Clinical Mental Health, Summer II 2021, Summer II 2022, Summer II 2023
- COUN 5233 Comprehensive School Counseling Services, Fall 2021, Fall 2022, Fall 2023
- COUN 5243 Group Counseling, Spring 2024
- COUN 5283 Advanced Counseling Skills, Spring 2022, Summer 2022
- COUN 3003 Personal Wellness & Professional Practice, Spring 2024
- COUN 6903 Ind Study: Substance Abuse Counseling, Summer II 2021
- COUN 6903 Ind Study: Human Development, Summer II 2021

#### RESEARCH & SCHOLARLY ACTIVITY

##### Federal Grant

#S184X230148 (W. Helmcamp, PI) United States Department of Education.

*\$1.3 million*

4/1/2023 – 12/31/2027

Project School Mental Health: Mental Health Service Professional Demonstration Grant

### Published Refereed Publications

- Humphreys, K. D., **Helmcamp, W.**, & Hicks, J. (2022). The power of career counseling: Preventing sex trafficking. *International Journal of Coercion, Abuse, and Manipulation*: 3.
- Helmcamp, W. M.** & Fox, T. (2022). Creating connection with online learners. *Journal of Technology in Counselor Education and Supervision*: 2(2), 25-29.  
<https://doi.org/10.22371/tces/0023>
- Humphreys, K. D., **Risner (Helmcamp), W.** Froeschle Hicks, J., & Moyer, M. (2016). Non-Suicidal self-injury: Cutting through the pain. *American Counseling Association VISTAS Online*, Article 44.

### Under Review

- Humphreys, K., **Helmcamp, W.**, & Moyer, M. (2024). The adolescent experience of Hispanics who participate in non-suicidal self-injury. Under Review by *Journal of Multicultural Counseling and Development*.
- Medellin, K., **Helmcamp, W.**, Fox, T., & Gupta, D. (2024). Climate change in teacher education: Student well-being and class check-ins for mental health. Under Review.

### Published Dissertation

- Risner (Helmcamp), W. M.** (2018). *Non-Suicidal self-injury: Self efficacy of secondary school counselors*. [Doctoral dissertation, Texas Tech University].  
<https://hdl.handle.net/2346/82674>

### Refereed Presentations

- Helmcamp, W.** & Humphreys, K. (2024, November). *Revolutionizing career counseling for gen z: Empowering resilience*. Texas Counselor Association Professional Growth Conference, Dallas, Texas.
- Helmcamp, W.** & Humphreys, K. (2024, November). *Revolutionizing career counseling for gen z: Empowering resilience*. Texas Counselor Association Professional Growth Conference, Recorded Session, Dallas, Texas.
- Humphreys, K. & **Helmcamp, W.** (2024, November). *The adolescent experience of Hispanics who participate in non-suicidal-self injury*. Texas Counselor Association Professional Growth Conference, Dallas, Texas.
- Fox, T. & **Helmcamp, W.** (2024, February). *Promoting student wellness within online counseling programs*. Texas Association for Counselor Education and Supervision Midwinter Conference, Georgetown, Texas.
- Fox, T., **Helmcamp, W.**, & Zoet, Z. (2024, February). *Exploring a multicultural approach to counselor education and supervision*. Texas Association for Counselor Education and Supervision Midwinter Conference, Georgetown, Texas.

- Helmcamp, W.**, Sanders, K. & Jackson, S. (2024, February). *Empowering school counselors: Strengthening voices, nurturing minds*. Texas School Counselor Association Conference, San Antonio, Texas.
- Humphreys, K. & **Helmcamp, W.** (2024, February). *Building resiliency among gen z in a social media driven world: Implications for school counselors*. Texas School Counselor Association Conference, San Antonio, Texas.
- Humphreys, K. & **Helmcamp, W.** (2024, February). *Building resiliency among gen z in a social media driven world: Implications for school counselors*. Texas School Counselor Association Conference, Recorded Session, San Antonio, Texas.
- Fox, T. & **Helmcamp, W.** (2023, March). *Implementing creative strategies to enhance knowledge of identity, practice and theory*. Roundtable discussion presented at the annual meeting of the Texas Association of Counselor Education and Supervision Mid-Winter Conference in Georgetown, Texas.
- Helmcamp, W.**, Humphreys, K., McClung, C., & Lucas, S. (2023, February). *Non-Suicidal self-injury: Successful strategies*. Texas School Counselor Association Conference, Round Rock, Texas.
- Humphreys, K. & **Helmcamp, W.** (2022, November). *Cyber power, control, & manipulation trends in adolescent intimate partner violence*. Workshop presented at the annual meeting of the Texas Counselor's Association in Dallas, Texas.
- Helmcamp, W.** & Fox, T. (2022, November). *Cultivating counselor identity within online counselor education programs*. Workshop presented at the annual meeting of the Texas Counselor's Association in Dallas, Texas.
- Fox, T., & **Helmcamp, W.** (2022, February). *Creating counselor identity within online counselor education programs*. Presented at the annual meeting of the Texas Association of Counselor Education and Supervision Mid-Winter Conference in Arlington, Texas.
- Helmcamp, W.**, & Fox, T. (2022, February). *Creating connection with online learners*. Presented to the Palo Alto University Counselor Education Distance Learning Virtual Conference.
- Zoet, Z. & **Helmcamp, W.** (2021, November). *Safer schools: Supporting LGBTQIA+ youth through knowledge, advocacy, and timely interventions*. Presented at Texas Counselor Association Professional Growth Conference.
- Helmcamp, W.**, Humphreys, K., & Midgett, P. (2021, November). *Connecting with iGen adolescents*. Presented at Texas Counselor Association Professional Growth Conference.
- Fox, T. & **Helmcamp, W.** (2021, February). *Increasing counselor education student learning experiences through communication & connection*. Texas Association Counselor Education and Supervision Mid-Winter Conference, Virtual Meeting.

- Humphreys, K.D., Waltz, M., & **Risner (Helmcamp), W.** (2019). *The power of career counseling: A strategy in sex trafficking prevention and restoration*. Presented at the Texas Counseling Association Professional Growth Conference, Fort Worth, Texas.
- Roberts, B., Day, C., & **Risner (Helmcamp), W.** (2017). *Unraveling the mystery of special ed assessments for learning disabilities: What school counselors need to know*. Presented at Texas Counseling Association, Corpus Christi, Texas.
- Humphreys, K.D. & **Risner (Helmcamp), W.** (2016). *Plugged in: Social media and the rise of bullying in our youth*. Presented at the Texas Counseling Association Conference, Dallas, Texas.
- Humphreys, K.D., **Risner (Helmcamp), W.**, Froeschle-Hicks, J., & Moyer, M. (2015). *Non-suicidal self-injury: Cutting through the pain*. Presented at Texas Counseling Association, Corpus Christi, Texas.
- Midgett, P. & **Risner (Helmcamp), W.** (2007). *Connecting with the contemporary college student*. Presented at Texas Counseling Association, Galveston, Texas.
- Midgett, P. & **Risner (Helmcamp), W.** (2006). *Connecting with adolescents, part II*. Presented at Texas Counseling Association, Houston, Texas.
- Midgett, P. & **Risner (Helmcamp), W.** (2005). *Connecting with adolescents*. Presented at Texas Counseling Association, El Paso, Texas.
- Midgett, P. & **Risner (Helmcamp), W.** (2005). *I will survive*. Presented at Texas Counseling Association, El Paso, Texas.

#### **Invited Presentations**

- Helmcamp, W.** & Rhoades, C. (2024, September). *Connecting with your deepest self*. Invited to present at the MSU Lifelong Learning Center at Midwestern State University.
- Fox, T. & **Helmcamp, W.** (2024, April). *Houston we have a problem: Reaching underserved and rural Texans*. Invited to present at Rural Healthcare Innovation Symposium in Vernon, Texas.
- Helmcamp, W.** & Rhoades, C. (2024, April). *Connecting with kids*. Invited to speak at the Region 9 Lunch & Learn Series at Midwestern State University.
- Acuna, K. & **Helmcamp, W.** (2023, August). *Social emotional learning and the adult learner*. Invited to speak at Sheppard Training Transformation Consortium in Wichita Falls, Texas.
- Fox, T. & **Helmcamp, W.** (2023, August). *Mental health & stress management*. Midwestern State University West College of Education Roundup.

- Helmcamp, W.** & Mueller, S. (2023, August). *Student teacher self-care*. Invited to speak at Clinical Teacher Orientation at Midwestern State University in Wichita Falls, Texas.
- Helmcamp, W.** (2023, April). *A time to reconnect*. Invited to speak at the Burkburnett Study Club in Burkburnett, Texas.
- Fox, T., **Helmcamp, W.**, Bullard, A., Gupta, D., & Medellin, K. (2023, April). *Person centered well-being: Strategies for mental health*. Invited to speak at Midwestern State University's Inclusion Now in Wichita Falls, Texas.
- Fox, T., **Helmcamp, W.**, Bullard, A., Gupta, D., Medellin, K., O'Brien, C., & Taylor, C. (2023, March). *Student well-being: Class check-ins for mental health*. Invited to speak at Midwestern State University's Teaching and Learning Resource Center (TLRC) in Wichita Falls, Texas.
- Helmcamp, W.** & McClung, C. (2023, January). *Achieving balance*. Invited to speak in Texas Association of School Business Officials meeting at Region 9 in Wichita Falls, Texas.
- Fox, T. & **Helmcamp, W.** (2023, January). *Becoming a more effective educator: Through the lens of self-care*. Invited to speak at Vernon College's Spring Faculty and Staff Kick-Off in Vernon, Texas.
- Helmcamp, W.** & McClung, C. (2023, January). *Self-Care strategies*. Invited to speak at Clinical Teacher Orientation at Midwestern State University in Wichita Falls, Texas.
- Fox, T. & **Helmcamp, W.** (2022, October). *Becoming a more effective mental health professional*. Invited to speak at North Texas State Hospital's 34<sup>th</sup> Annual Forensic Conference in Vernon, Texas.
- Fox, T. & **Helmcamp, W.** (2022, October). *Becoming a more effective educator*. Invited to speak at Vernon College's Fall Professional Development virtually.
- Helmcamp, W.**, McClung, C., & Lucas, S. (2022, October). *Non-Suicidal self-injury: Successful strategies*. Invited to speak at Region 9 Counselor Share & Exchange in Wichita Falls, Texas.
- Helmcamp, W.** (2022, August). *Suffering in silence*. Presented at Wichita Falls Human Resource Management Association.
- Zoet, Z. & **Helmcamp, W.** (2022, July). *LGBTQIA+ inpatient care – Moving forward*. Presented to the Red River Hospital Administration.
- Zoet, Z. & **Helmcamp, W.** (2022, June). *Counseling queer clients*. Presented to the Greenbelt Counseling Association.
- Helmcamp, W.** & French, D. (2022, April). *Cutting through the pain*. Presented to the Greenbelt Counseling Association Virtual Conference.

- Helmcamp, W.** (2021, November). *School counselor self-care*. Presented at Region 9 New Counselor Academy.
- Helmcamp, W.** (2021, October). *Cutting through the pain*. Presented at Region 9 Counselor Share and Exchange.
- Zoet, Z. & **Helmcamp, W.** (2021, May). *Safe schools: Supporting LGBTQIA+ youth through inclusivity and empathy*. The Opal Center, Virtual Meeting.
- Helmcamp, W.** (2021, March). *Caregivers cope through COVID-19*. Vernon College Caregiving Seminar, Virtual Meeting.
- Risner (Helmcamp), W.** (2020). *Mindfulness & self-care*. Region 9 Counselor Share & Exchange Conference in Wichita, Falls, Texas.
- Risner (Helmcamp), W.** (2019). *iGen & self-care*. Burkburnett Study Club in Burkburnett, Texas.
- Risner (Helmcamp), W.** (2019). *Connecting with iGen adolescents*. Greenbelt Counseling Association, Wichita Falls, Texas.
- Risner (Helmcamp), W.** & McClung, C. (2019). *Connecting with co-workers*. Texas Association of School Business Officials, Region 9, Wichita Falls, Texas.
- Risner (Helmcamp), W.** (2019). *Connecting with iGen adolescents*. Region 9 Counselor Share & Exchange Conference, Wichita Falls, Texas.
- Humphreys, K.D. & **Risner (Helmcamp), W.** (2016). *Non-suicidal self-injury: Cutting through the pain*, Presented at Northern Metro Counseling Association Conference, Plano, Texas.
- Humphreys, K.D. & **Risner (Helmcamp), W.** (2016). *Non-suicidal self-injury: Counseling treatment and intervention*, Presented at Texas Tech University Growth Conference, Lubbock, Texas.
- Midgett, P. & **Risner (Helmcamp), W.** (2016). *Counselor ethics*. Northeast Counseling Association, Pittsburg, Texas.
- Midgett, P. & **Risner (Helmcamp), W.** (2016). *Do I have to give up what I believe to be ethical?* North Texas Regional Training Conference, Midwestern State University, Wichita Falls, Texas.
- Midgett, P. & **Risner (Helmcamp), W.** (2016). *Unplug, disconnect, & recharge*. North Texas Area Aging Conference, Vernon College, Wichita Falls, Texas.
- Risner (Helmcamp), W.** (2016). *Cutting through the pain*. Region 9 Counselor Share & Exchange Conference, Wichita Falls, Texas.
- Humphreys, K.D., Penny, G., & **Risner (Helmcamp), W.** (2015). *Poverty affecting children and adolescence*, Presented at Texas Tech University Growth Conference, Lubbock, Texas.

**Risner (Helmcamp), W.** (2015). *Relaxation*. Midwestern State University Staff Retreat, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2014). *Oh, no! Another presentation on stress*. North Texas Regional Training Conference, Vernon College, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2014). *Professional counselor ethics*. North Texas Area Aging Conference, Vernon College, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2013). *Oh, no! Another presentation on stress*. North Texas Regional Training Conference, Vernon College, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2010). *I will survive*. North Texas Regional Training Conference, Vernon College, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2010). *Sugar and spice, but not so nice*. Region 9 Counselor Share & Exchange Conference, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2007). *Humor in the classroom*. Kirby Middle School Teacher Inservice, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2007). *Laughter and hope*. Hospice of Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2007). *New beginnings: New & healthy relationships*. Speak Up, Speak Out Sexual Assault Awareness Conference, Midwestern State University, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2006). *Adolescent psychotherapy*. Rose Street Mental Health Care, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2005). *Childhood depression*. Wichita Falls Childcare Providers, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2005). *Family dynamics of children/adolescents in the juvenile justice system*. Wichita Falls Juvenile Justice System, Wichita Falls, Texas.

Midgett, P. & **Risner (Helmcamp), W.** (2005). *Connecting with adolescents*. Greenbelt Counseling Association, Wichita Falls, Texas.

### **Professional Podcasts**

**Helmcamp, W.** (2023, June). *Project school mental health*. Invited to speak on MSU Club Moffett Talks Podcast.

**Helmcamp, W.** & McClung, C. (2022, June). *School counseling podcast*. Invited to speak on Texas Association of School Psychologists Podcast.



**SERVICE****College/Department Activities**

- Served on Cooper McClung's Dissertation Committee, Summer 2023 - Summer 2024
- Served on Kory Dorman's Dissertation Committee, Summer 2023 - Summer 2024
- Recruited Dr. Patrice Dunn & Dr. Krystal Humphreys to apply for CLMH faculty positions
- Supported Dr. Krystal Humphreys, Dr. Renetta Harris, & Dr. Kayte Galloway teaching Counseling Children, Summer 2024
- Created site supervisor training video, Spring 2024
- Mentored Dr. Pam Midgett, Fall 2022 - Spring 2023
- Served on Educational Leadership Search Committee, Fall 2021, Summer 2021
- Served on Clinical Mental Health Search Committee, Fall 2021, Spring 2022, Spring 2024
- Served as the WCOE Chair of the Fitness Alert Committee, Fall 2021-present
- Served on the WCOE Enrollment and Retention Committee, Fall 2021-present
- Served on the Clinical Mental Health Advisory Council, Fall 2021-present
- School Counseling Program Coordinator, Spring 2021 – current
  - Assist with analysis and reporting of data for assessment and accreditation
- Recruited Dr. Krystal Humphreys, Dr. Brian LeClair, Wynne Richardson, & Tyson Alexander as teaching adjuncts
- Recruited WFISD teachers for school counseling program, Fall 2021
- Recruited teachers for school counseling program at STEM conference, Summer 2022 & 2023
- Recruited and presented at VIP Counselor Day at MSU, Fall 2023
- Presented at WCOE Roundup on Mental health & stress management, Fall 2023
- Taught two Independent Study Courses, Summer 2021
- Facilitated MSU Tour for McNiel 8<sup>th</sup> graders, Fall 2022
- Participated in WCOE Cookout, Fall 2023 & Spring 2024
- Participated in WCOE Family Day, Fall 2023
- Helped organize Mustang Rally, Fall 2023
- Helped organize/set up WCOE Graduation Celebration, Fall 2023 & Spring 2024
- Presented and led prospective students on a Saturday tour of WCOE, Spring 2024
- Worked the Postcards Home table in the Clark Student Center, Spring 2024
- Welcomed WCOE students back to MSU with hot chocolate, Spring 2024
- Supported Dr. Brandy Mounts and Carrie Proctor as adjuncts, Summer 2023
- Guest lecturer for WCOE Undergrad. Classes, *Mental health & stress management*, Spring 2023

**Midwestern State University Academic Community**

- Presented at MSU Mental Health Symposium, Spring 2024
- Guest lecturer MSU social work class regarding rural mental health, Fall 2023
- Represented MSU at the Wichita County Foster Forum Luncheon, Spring 2024
- NCURA Peer Reviewer, Spring 2024
- UGRCA Forum Evaluator, Spring 2024
- Read books to children in MSU library for Children's Book Week, Fall 2023
- Recruited students at the Great Plains Honor Council Conference, Spring 2023
- Presented at Inclusion Now, Spring 2023
- Presented at Teaching & Learning Resource Center (TLRC), Spring 2023
- Guest Lecturer for Redwine Honors Program for a week, Fall 2022 & Fall 2023
- Participated in MSU OSPR PI Grant Training Pilot Program, Fall 2023

- Served on MSU Counseling Center's Search Committee, Fall 2021, Spring 2022, Summer 2023/24
- Served on the University Academic Appeal Committee, Summer 2022-present
- Eureka Evaluator & Facilitator/Moderator, Spring 2022, Fall 2022
- Eureka Reviewer, Fall 2021, Summer 2022
- Hosted the annual Harlan J. Steph Conference at the MSU Museum, Spring 2021-present

### Profession

- LPC-Supervisor of Presentations

Gardea, J., Martinez, S., & Mueller, S. (2024, February). *Empowering educators for positive classroom environments*. Presented at the Texas School Counselor Association Conference, San Antonio, Texas.

Williams, L., McClung, C., & Lucas, S. (2023, April). *Killing the pain: Students & the fentanyl crisis*. Presented at the Greenbelt Counseling Association meeting, Wichita Falls, Texas.

Williams, L., McClung, C., & Lucas, S. (2023, February). *Killing the pain: Students & the fentanyl crisis*. Presented at the Texas School Counselor Association Conference, Round Rock, Texas.

- Collaborated with Dr. Krystal Humphreys, Dr. Michael Moyer, & Dr. Janet Hicks on a research study on non-suicidal self-injury, Fall 2023 – present
- Participated in a Virtual Peer Consultation Group Research Study as a participant, Fall 2023 – Spring 2024
- Mentored James Madison University Doctoral Student, Kayla Bryant, Summer 2024
- Mentored Liberty University Doctoral Candidate, Maritess Coraccio, Spring 2022
- Mentored Texas Tech University Doctoral Student, Tyson Alexander, Spring 2022
- Reviewed book chapter for BP International, Spring 2024
- Co-leader of Zoom Clinical Mental Health Consultation Meetings, Spring 2021
- Member of Chi Sigma Iota, Theta Theta Upsilon, Texas Tech University, Spring 2017-present
- Member of Greenbelt Counseling Association, December 2021-present
  - Secretary, Fall 2023-present
  - Vice President, Fall 2022-Spring 2023
  - Interim Vice President, Fall 2021-Spring 2022
- Member of Texas Counseling Association, November 2015-present
  - Reviewer, TCA Professional Growth Conference, Summer 2022
  - Facilitator, TCA Professional Growth Conference, Fall 2021
  - Nominated for TCA Secretary, Summer 2024
  - Nominated for TCA President-Elect, Summer 2024
- Member of Texas School Counselor Association, November 2015-present
  - Reviewer, TSCA Conference Fall 2021, Fall 2022
- Member of Texas Association for Counselor Education & Supervision, December 2016-present
  - Reviewer, Counselor Educator Distance Learning Conference, Fall 2021, Fall 2022
- Member of American School Counseling Association
- Member of American Counseling Association

## Community

- Interviewed by Social Space regarding Project School Mental Health grant, Spring 2024
- Interviewed by Channel 3 for Texoma's Remarkable Woman Finalist, Spring 2024
- Miracle League Volunteer, Fall 2023 & Spring 2024
- Volunteered at the Wichita Falls Food Bank, Fall 2023
- Delivered Thanksgiving baskets for Colonial Church, Fall 2023
- Leader of Onelife Community Church Worship Team, Summer 2022 - present
- Interviewed by Channel 6 on Men's Mental Health, Spring 2024
- Recruited participants for Project School Mental Health, Channel 3, & Channel 6 News
- Recruited Burkburnett ISD teachers to apply for the Project School Mental Health grant, Fall 2023 & Spring 2023
- Recruited MSU clinical teachers to apply for the Project School Mental Health grant, Fall 2023
- Counseling Mentor to Rider High School Student, Spring 2024
- Barwise Middle School Mock Interviewer, Spring 2024
- Participated in Career Fair at Zundy Elementary School & Barwise Middle School, Spring 2023
- McNiel Middle School Mock Interviewer, Spring 2022
- Member of WFISD Mental Health Advisory Committee, Spring 2021
- Help connect school administrators with potential school counselors
- Member of Sigma Kappa Sorority Alumnae Association
- Help special needs individuals and participate in Night to Shine
- Mentored and Supervised Licensed Professional Counselor Associates, Fall 2021-present
  - Kelly Meaders, Lisa Williams, Cooper McClung, Sarah Lucas, Jessica Gardea, Sara Mueller (active), Shelby Martinez (active), Taylor Waugh (active), Britney Prickett (active), Hayley Turnquist (active)

## AWARDS & HONORS

Nominee for Texoma's Remarkable Women Finalist	2024
Nominee for WCOE Distinguished Teaching Award	2023
Nominee for the WCOE Piper Award	2022
Nominee for the Nielsen Fellowship	2021