



# HELPING HANDS

*“As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.”*

*-Audrey Hepburn*

## Fall 2018 Events



**8<sup>th</sup> Annual Back to School Project**



**Fall 2018 Social Mixer**



**4<sup>th</sup> Annual Veteran & Person with Disability Career Fair**



**Graduation Mixer 2018**



**CAPED Conference 2018**



**3<sup>rd</sup> Annual Disability Pride Parade**



**Wheelchair Wash 2018**



**Operations Warm Winter 2018**



**Get Safe! Workshop**



**Cane Quest 2018**

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# Summer 2018-Spring 2019 Events

**Asian and Pacific Islanders with Disabilities California Conference 2018**



**3<sup>rd</sup> Annual Mental Health and Behavioral Conference**



**East LA Vet Center Holiday Project 2018**



**RCA Members Appreciation Day 2019**



**Cal State LA Service Recognition Event 2019**



**Reintegration Conference 2019**



**Destress Pizza Day 2019**



**Commencement 2019**



**Spring 2019 RCA Mixer**



**Commencement 2018**



**This year the Rehabilitation Services program had 93 graduates!**

# Message from the Adviser

Dr. Frances W. Siu



Congratulations to the Class of 2019! It is time to enjoy the fruit of your hard labor. On behalf of Rehabilitation Counseling Association (RCA), I wish you success in your endeavors. The year of 2018-2019 was an eventful year for the Bachelor of Science in Rehabilitation Services program (RHBS), the degree program where RCA currently resides. I would like to take this opportunity to share some information with the readers. As a continuing effort, RCA completed our signature events, *Operations Warm Winter* and *Back-to-School Project*, the Fall and Spring Mixers, and the Graduation Celebration Dinner. We also support local conferences through volunteering such as the Veterans and People with Disabilities Career Fair, Cane Quest, Reintegration Conference for the Formerly Incarcerated Population, and Mental and Behavioral Health Conference. Consequently, we have been able to expand our network and receive additional internship and employment opportunities.

Along with several dedicated lecturers and the Division Chairs for Special Education and Counseling, we conducted a program self-study in Fall 2018 and went through an external program evaluation in early Spring 2019. Since the birth of RHBS in 1977, we have been the only bachelor degree in Rehabilitation Services in California. It has grown from 133 students in 2012 to 324 students in 2017. This program is inclusive in its mission and provides a sanctuary for the same population it seeks to serve. It is developed to work with veterans, parolees, individuals with disabilities and disadvantaged backgrounds, and their families and social environments. The evaluators praised RHBS for doing a remarkable job in developing a hybrid format that supports the autonomy and diverse experiences of the students, while still providing ample opportunities to forge strong connections. In addition, the curriculum offers a foundation of content and crafts the necessary tasks of self-reflection and self-expression to guide students in professional development.

The evaluation report also stated that the success of the RHBS Program is a reflection of the deep commitment of the faculty, staff, and Advisory Board. It acknowledged that the program is run by two tenure track faculty, and a remarkable, consistent cadre of 15 adjunct professors. They further commented that the faculty exemplifies passion for the subject area, dedication to student success, and desire to implement an inclusive learning environment. The direct quote of the overall recommendations was: *The reviewers both support the affirmation of the RHBS program. The RHBS faculty, staff and community should be commended for their dedication, delivery of a quality education, and their admirable ability to "walk the talk."*

I sincerely believe that RHBS students' love for the Program contributes to the evaluation outcomes, immense growth and fine reputation of the Rehabilitation Services program. Student success and contributions to the communities have helped to make a difference in humanity. I would like to express my heartfelt gratitude to you all and your families. Have a safe and joyful summer!

Best Wishes,

*Dr. Frances Siu*

# Faculty in the Spotlight

Dr. Martin G. Brodwin

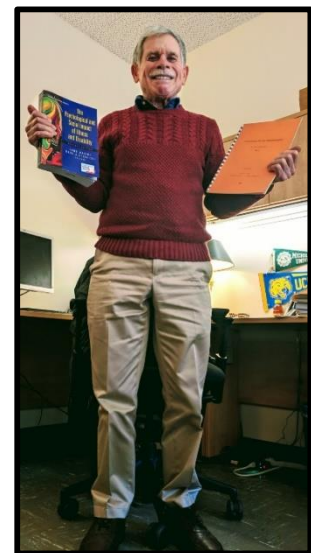
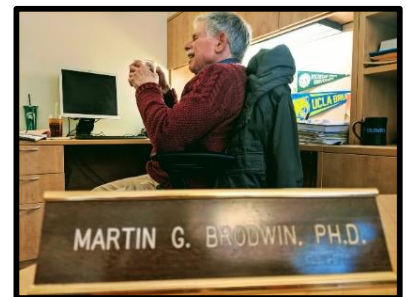
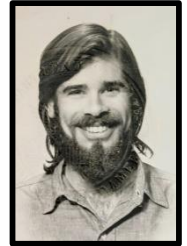
*Thank you for 31 years of Teaching,  
Caring and Advising!*

**Dr. Martin G. Brodwin** began his experiences at California State University, Los Angeles (Cal State LA) as a master's student in rehabilitation counseling in 1967. Although he applied as a psychology major, he decided to change majors because he said that rehabilitation counseling, "was more about helping people improve their lives rather than experimental or research practice." After completing his Doctorate at Michigan State University in rehabilitation counseling, he began working at Casa Colina National Medical Center with persons with catastrophic injuries. In 1988, he joined the faculty at Cal State LA coordinating both the undergraduate and the graduate program in rehabilitation counseling.

Through his multiple publications, totaling more than one hundred, he has enriched both the rehabilitation services bachelor's program and the rehabilitation counseling master's program. Dr. Brodwin's favorite courses to teach are the Medical Aspects of Disability and Writing for Rehabilitation Services Majors courses. Although he specifically loved teaching these courses, he stated that overall his favorite part of teaching at Cal State LA is, "helping students develop careers, succeed, and obtain knowledge about people with disabilities."

For 31 years, Dr. Brodwin has aided students in bettering their writing skills, discovering their passions, and motivating them in acknowledging their full potential. His dedication to this program is shown in his welcoming smile and unconditional positive regard to anyone who walks into his office. When asked about his feelings toward retirement he said, "I feel it all went too fast and too quickly. I would like to teach for another several years."

He would like to thank the faculty and students of the rehabilitation services and rehabilitation counseling programs for their devotion to the programs and the memories. He would also like to show gratitude to his mentor, Roy Mayer, who guided him through the process of teaching and how to be successful at Cal State LA. To all of our students at CSULA, he would like to wish them well on their journey through the program and in their professional careers. His advice to students is "to persist; no one can stop you from getting your degree except yourself. They can only put obstacles in the way." Thank you Dr. Brodwin for your 31 years of dedication to Cal State LA and happy retirement!



**Dr. Brodwin with his first publication in 1969 (on right side) and latest publication in 2018 (on left side).**

# Faculty in the Spotlight

Dr. Hung Jen Kuo



**Dr. Hung Jen Kuo** completed his doctorate at Michigan State University where he developed an interest in researching Autism Spectrum Disorders (ASD) and assistive technology. In 2017, he began teaching at Cal State LA. His passion for teaching has always been present but he loves teaching at Cal State LA because of the diversity the campus brings. He stated that because, “the rehabilitation services major is so unique, the only one in California, it creates new opportunities for both students and faculty.” He is currently teaching three courses, COUN 2020 (Integration of Adults with Disabilities in the U.S. Society), COUN 2500 (Introduction to Individual and Group Counseling), and COUN 4420 (Disability and Function). Although he loves teaching all the courses equally, he loves that the COUN 2500 course is interactive and allows students to apply the practical skills they learn from introductory courses.

Go Green!

Go White!



**Fun Fact:** Dr. Hung Jen Kuo and Dr. Martin G. Brodwin both attended Michigan State University for their doctorate studies. The campus colors are green and white so if you yell “go green” to either professor, they will respond “go white,” right back at you!

Left: Dr. Kuo  
Right: Dr. Brodwin

He encourages students to find their passion. He believes that through events like the Rehabilitation Counseling Association (RCA) mixers, students gain opportunities to work with multiple populations before choosing the right fit for them. He recommends students to, “try a variety of opportunities but then funnel your interests because developing a professional identity will make you stand out.” The motivation he gives to students to strengthen their passions creates a safe space for students to begin thinking about their career paths. To all of the incoming students at Cal State LA, Dr. Kuo would like to say, “Cast a wider net because if you don’t, you may miss things that you may want to try, so, spend some time with yourself and figure out what you are really passionate about.”

# Students in the Spotlight

**Karla Ramon** grew up as a first-generation Latinx student and military-connected dependent. Although she has an appreciation for her upbringing, she has faced a significant amount of traumatic challenges. Karla is a survivor of child sexual abuse and domestic violence, and at just the age of fifteen, she was diagnosed with Posttraumatic Stress Disorder (PTSD). She attempted suicide shortly after being diagnosed. Karla opens up about her mental health because she would like to empower others to share their stories with the hope of cultivating a community that dismantles the stigma against mental health. Bombarded by juggling three jobs to make ends meet, mastering higher education as an early entrance student in microbiology, and dealing with traumatic flashbacks and PTSD triggers, Karla stopped for coffee at the Starbucks on campus. As she sat down, invasive thoughts lured her into a depression that seemingly removed her mind from the reality. As a stranger, George Ramirez, a first-year master's student in Rehabilitation Counseling, approached and asked, "Are you alright?" Those three little words opened the flood gate of emotions, thoughts, self-doubts, and fears of the unknown. As a good counselor, George listened! Karla felt comfortable with his kind and genuine demeanor. Karla expresses recognition and gratitude to George who motivated her enough to assert herself and find her passion. That was the beginning of their friendship and the introduction to rehabilitation services (RHBS). George suggested Karla get to know the RHBS students by joining the Rehabilitation Counseling Association (RCA)! Karla joined RCA and soon after, she changed her major to Rehabilitation Services. She stated that from that point on she knew that she was on her way to complete her "spiritual path and purpose in this universe." Karla will be graduating in Spring of 2020 and will continue her educational journey. She currently serves as the Veteran Liaison for RCA, and loves being a member because "it is a privilege to partake in the immense beauty of helping individuals and communities transform to their fullest potential." She has learned as a Rehabilitation Services student that without accepting herself, she cannot truly assist others. She would like to tell students to "Stay true to yourself, embrace who you are, let go of fear, and what you have been conditioned to. Stay focused, determined and patient, be diligent and find your passion!"



"What first started off as curiosity, became a goal, and then a passion." Stated **Raul Rodriguez** who was transferred from East Los Angeles College (ELAC) to Cal State LA in the Summer of 2017. After being encouraged by Jovany Muñoz, a Counselor at ELAC Office of Students with Disabilities, to seek out his Bachelor of Science degree in Rehabilitation Services. Now, at Cal State LA, Raul has accomplished to be on the board of directors for ASI (Associated Student Incorporated), has aided Dr. Frances Siu in providing students educational workshops (one of which was the *Get Safe!* Workshop). He is a proud member of Project Rebound and the president of the Student Homie Union (SHU) on campus, who has represented Cal State LA at last year's National Conference for Higher Education in Prison in Dallas, Texas; all while maintaining a 3.82 GPA. Currently, Raul has been accepted into two universities for a Master of Science degree in Rehabilitation Counseling, at the University of Hawaii and Cal State LA. During his academic journey, Raul enjoyed learning theoretical counseling modalities. Furthermore, he appreciates the professors in the rehabilitation services undergraduate program, and how they carried their passion of caring for others into the classroom. "Professor Carol Calandra further fueled my passion to help others," said Raul. As an advocate for formally incarcerated persons and Deferred Action for Childhood Arrivals (DACA) recipients he hopes to utilize his master's degree to help others and society as a whole. "I am surrounded by people who love me and who see myself as an instrument to help others. I have been blessed," asserted Raul. He lives to be an example for his daughter, Daniela. Raul would like to say to incoming students, "Take your academic journey seriously, achieve new heights and possibilities, ignite your potential, and above all remain teachable."



# Students in the Spotlight

**Aracely Rosales** began her bachelor's in rehabilitation services in Fall of 2016. When Aracely and her fiancé moved from San Diego, she initially expected to be enrolled as a Kinesiology major, but it was impacted. An advisor at the Kinesiology department recommended the rehabilitation services program because Aracely had positive interactions had with her patients during a summer physical therapy internship. From her first class in rehabilitation services she fell in love because professor Constance Richard lectured on the human ability to adapt. At the time she felt lost because she had just been diagnosed with a disability; however, the faculty and students in the program were welcoming and made it easy to adapt to her new situation and career path. She found the program rewarding because everything around the major revolved around helping others. Her experiences were also fortified in the program when Dr. Frances Siu allowed her to specialize in art therapy. "Having my interests heard made me feel welcomed to creatively express myself and find new and innovative ways to help others." The course Writing for Rehabilitation Services majors (COUN 3010) gave her the opportunity to write professionally. Dr. Martin Brodwin acknowledged her potential as a writer after reading her research paper on *Counselor Competency in Death and Dying*. Since then, she has published twice with Dr.'s Emily Hernandez, Frances Siu, and Martin Brodwin in *CAPED (California Association for Post-Secondary Education and Disability)*. She also has two book reviews in press with the *Journal of Rehabilitation* and one refereed manuscript. During her third semester, she was Dr. Brodwin's Assistant for the COUN 3010 course. She loved helping students find their unique passions in the field of counseling through writing. She would like encourage students to "take advantage of the relationships built in this program because when things get tough, the rehabilitation services students and faculty will always be there to support you, trust me."



**Jennifer Echeverria** graduated from Cal State LA's Rehabilitation Services program in 2012 and is now graduating with a Master's degree in Rehabilitation Counseling. Her interest in rehabilitation counseling grew after a presentation from Dr. Martin Brodwin in her first year during one of her courses in communication studies. She said that watching a genuine professor with a great sense of humor attracted her to try taking courses in rehabilitation services. After this, she decided to complete the Bachelor's program in Rehabilitation Services. Her decision in continuing her graduate studies in rehabilitation counseling at Cal State LA was motivated by the positive relationships she made with her fellow students and professors on campus. Jennifer grew to love multicultural, career development, and medical aspects concepts in the program and hopes to develop a career in one of these areas. She would like to thank Dr.'s Ronald Hatakeyama and Frances Siu for giving her the opportunity to be a graduate assistant because she learned how to adjust to different personalities, work styles, and expectations while still maintaining a professional relationship. She would also like to acknowledge that aside from getting to know professors on a deeper level she found it rewarding being able to examine multiple perspectives from students and how to manage a classroom efficiently. She would like to tell students who are considering continuing their education "to never give up because even though things can get difficult! Once you complete the program there are endless opportunities and you feel a sense of pride."

# 8<sup>th</sup> Annual Back-to-School Project

In collaboration with the Youth and Family Unit at Asian American Drug Abuse Programs, Inc. (AADAP) and the Asian and Pacific Islanders with Disabilities in California (APIDC) Association, Rehabilitation Counseling Association (RCA) hosted our 8<sup>th</sup> annual Back-to-School event on August 8. After a warm welcome and a nutritious breakfast, the invited 100 guests made up of students and their families from the South LA area were organized into groups (each group led by two RCA members) for a campus tour. Upon completion of the tour, the students participated in interactive activities including mini-boot camp exercises and quizzes on the information received during the campus tour. Our keynote speaker was a 17-year old Girl Scout Gold Award recipient, Katelyn Young. Her presentation on pursuit of college education and postsecondary preparation was informative and captivating. Many of the agency staff and administrators joined our faculty in praise of her charismatic performance. Katelyn is also a 2018 Junior Olympics Swimming Medal Recipient.

All participating students and their families were invited to a light luncheon at the University Student Union LA Room while Rehabilitation Services alumni and motivational speakers, Deana Garay and Luis Echeverria, shared their personal life journeys, promoted the power of education, and emphasized the importance of investing their futures. Their lively and interactive presentations fascinated the audience. Finally, we bid farewell with our signature act: the presentation of back-to-school backpacks. These bags were filled with story books, socks, school supplies such as notebooks, pencils, highlighters, pencil boxes, toiletries like toothbrush, toothpaste, soap, and shampoo, and safety awareness booklets. RCA members fundraised for this event through bake sale, food truck sale, holiday gift item sales and asked for merchandise donations throughout the school year. This is a RCA tradition that we believe will continue to support civic engagement and contribute to common good.





## 3<sup>rd</sup> Annual Operation Warm Winter

# Making

RCA volunteers and members, the Nursing Student Association, Sociology, Biology and Social Work departments, as well as the Girl Scouts and David Fierro from the Department of Veterans Affairs, faculty and alumni, all pitched in to help during *Operation Warm Winter*. This is one of RCA's most popular events. The purpose is to provide blankets and scarves to people in need. The scarves were made by a past member's grandmother (Mrs. Yen-Ming) and the making of the blankets took place two separate Saturdays (November 10<sup>th</sup> & 17<sup>th</sup> of 2018). On the first day of the blanket making project, Nursing faculty, Dr. Ali Tayyeb, helped RCA donate 30 blankets to the American Red Cross for people affected by the Woolsey Fire in Ventura County. After two long days of hard work, our volunteers successfully made a total of 200 blankets!



A big **Thank You** goes to **Mrs. Yen-Ming Lee** (李燕明女士) who donated all the handknitted scarves for Operation Warm Winter in the past three years.



On December 15, 2018, the Asian and Pacific Islanders with Disabilities in California (APIDC) Association in collaboration with School on Wheels and RCA coordinated a distribution of the blankets and scarves made in December for foster youth. Guests were invited to Cal State LA to have dinner, a campus tour, and an opportunity to mingle with RCA members. A skit on self-defense was presented, which was performed by RCA board members. During this time, members mingled with each child that arrived. Vice President Sara Lujan commented that, "it was an opportunity to get to know the kids and give them the idea that they can also attend college." Guests were able to take a plate of leftovers home which included Angelo's pizza, spaghetti, sausages and salad. Guest of honor and Founder of Crete Academy, Dr. Hattie Mitchell, gave a speech and later even included the visit in her charter school's newsletter! At the end, RCA presented 60 blankets and 30 scarves to support her rescue mission of homeless children. The remaining food was placed and assembled in to-go boxes by RCA members and taken to Skid Row and Placita Olvera to be distributed. The food was all gone within an hour!



# Giving

# Message from the President

Laura Alvarado

Hello everyone, thank you for letting me serve as the president of RCA. This experience has made a big impact in my life and career. This term, I have had the opportunity to advocate for my peers, and successfully fundraise and obtain grants for RCA with the help of my peers and board. One of our greatest accomplishments this year was our achievement in successfully receiving a grant of \$1,000 for the upcoming Graduation Celebration Dinner. I am proud to say that this grant was a byproduct of the collaboration, time, dedication, and passion of our board, volunteers, and peers. I am a student, mother, wife, daughter, sister, friend and survivor. I believe that one smile can make a difference in a person's life. I would like to thank all of the volunteers; you are the backbone of RCA and because of you RCA is and will continue to be amazing. Together, we are a helping hand to the community and to those we come across. Believe in yourself, you will be surprised at what you can accomplish. It always seems impossible until it is done.



Sincerely,

*Laura Alvarado*

# Welcome to the 2019-2020 Board!

**President:** Sara Lujan  
**Vice President:** Jerry-Justin Uyere  
**Secretary:** Kathryn Fazzi  
**Treasurer:** Louie Villonueva  
**Assistant Treasurer:** Chris Ruiz  
**Ways and Means:** Alicia Prieto  
**Event Coordinator:** Yanelly Santiago  
**Veterans Affairs:** Karla Ramon  
**Club Events:** Dan Stevens



## Fall 2019 Calendar of Events

Membership Meeting Schedule: 3:05- 4:05 p.m. on the first Thursday of the Month (9/5, 10/3, 11/7 and 12/8).

### Events:

Fall Mixer	Friday, September 14, 2019 5:00 p.m. - 8:00 p.m. U-SU Los Angeles Room ABC
4 <sup>th</sup> Annual Disability Pride Parade	Sunday, October 6, 2019 9:00 a.m. - 3:00 p.m. East Los Angeles Civic Center
CSULA - VA Career Fair 2019	Friday, October 25, 2019 9:00 a.m. - 2:00 p.m. Cal State LA Golden Eagle Ballrooms
Cane Quest (Braille Institute)	TBA 8:00 a.m. - 3:00 p.m. Cal State LA Campus
30th Annual Distinguished Educators Award Dinner	Friday, November 1, 2019 4:00 p.m. - 9:00 p.m. Cal State LA Golden Eagle Ballroom
Operation Warm Winter: Blanket Making Project	Saturdays November 9 & 16, 2019 8:00 a.m. - 5:00 p.m. U-SU Los Angeles Room ABC
Operation Warm Winter: Blanket Making Project	December -TBA

### Fundraisers:

Please check Facebook: [RCA at CSULA](#) or Instagram: [RCACSULA](#) for updates.

### Contact information: [rcacsula@gmail.com](mailto:rcacsula@gmail.com)

If you would like to Volunteer for any events, feel free to contact us through this email. Everyone is Welcome!

*Thank you for your helping hands!*

Rehabilitation Counseling Association  
2018-2019 Board







Secretary  
Jacquelyn G Flores



Vice President  
Sara Lujan



President  
Laura Alvarado



Treasurer  
Mandy Gomez



Club Events Coordinator  
Kevin Phung



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Rosana Calderon



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