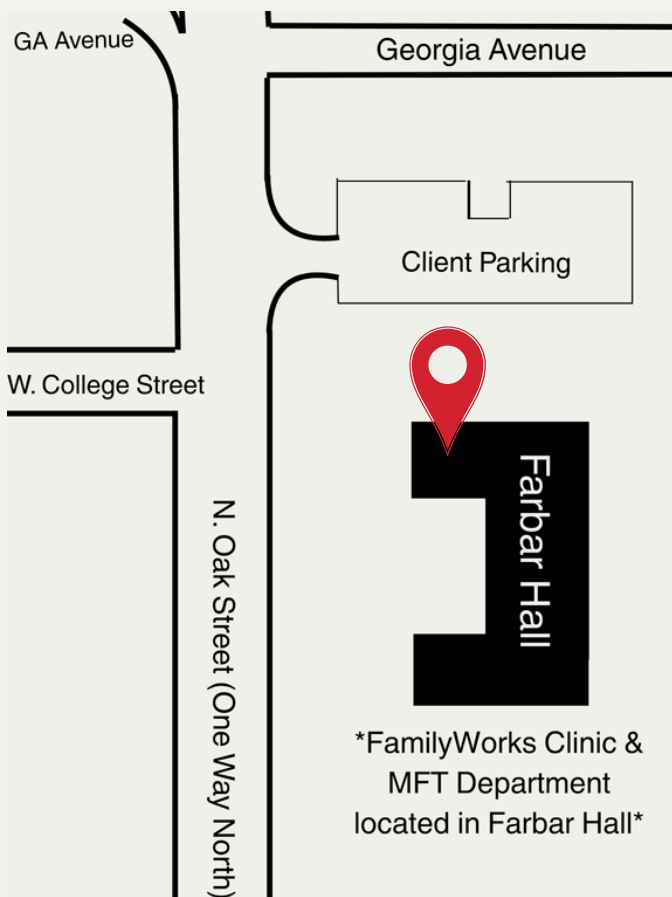


MFT NEWSLETTER

2024-2025

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The MFT Program and FamilyWorks Clinic were supposed to move in Winter, 2024. However, Hurricane Helene caused some issues that delayed our move. We are now scheduled to move into Farbar Hall on main campus on May 12th, 2025!

**QUICK
SURVEY**

CALLING ALL ALUMNI!

Please take a [quick survey](#) to provide feedback and update us on where you are in your career.

WELCOME NEW STUDENTS!



In Fall 2024, the MFT program welcomed an impressive cohort of students from across the United States, including Georgia, Florida, Illinois, and Colorado. Our students come from various backgrounds, bringing unique perspectives to the program. To learn more about them, visit the [Meet Our Students](#) page on the MFT website!

≡ Welcome ≡

We are currently interviewing for our Fall 2025 MFT cohort! If you or someone you know would be a great fit for the program, we encourage you to connect with our Clinical Coordinator, Jessica Millican, at jhmillican@valdosta.edu.

You can also learn more by joining our upcoming virtual information session on April 11th. [Register here!](#)



MAIN MENU



STUDENT SPOTLIGHTS

FAHS FELLOWSHIP PROGRAM

Ariah Jones and Brandon Booker are fellow recipients of the prestigious FAHS Fellowship Program, a grant through AAMFT's Research and Education Foundation dedicated to expanding the delivery of mental health and substance abuse services, providing quality care and supporting Marriage and Family Therapists.



NATIONAL MENTAL HEALTH WORKFORCE ACCELERATION COLLABORATIVE (NMHWAC)

The VSU MFT program was selected as an academic partner for the Pre-Masters Fellowship Program, securing two fellowship awards for our eligible students. Christina Aresty and Brandon Booker were awarded these fellowships. They received financial support, mentorship, and training opportunities through the program.

NATIONAL COUNCIL
for Mental Wellbeing

[MAIN MENU](#)



ALUMNI SPOTLIGHTS

TAWANNA WOODS, LMFT

Tawanna was named Therapist of the Year 2024 at Helping Hands, a home-based therapy company. In just seven months, she's made a huge impact through her dedication to foster children, often traveling across Georgia to ensure continuity of care for her clients.



Congrats!

Tawanna Woods, LMFT



ADAM ALBRITE, PH.D., LMFT

Dr. Adam Albrite, was recently named Director of the Master of Family Therapy program at Mercer University School of Medicine! With over 15 years of experience in clinical practice, program development, and teaching, Dr. Albrite is now leading the program's expansion in Savannah. He's also tackling the critical shortage of mental health professionals in Georgia.

[MAIN MENU](#)



FACULTY & STAFF SPOTLIGHT

JESSICA MILLICAN, LMFT

Jessica was honored for her outstanding performance at Valdosta State University. As a nominee for Employee of the Semester, she was recognized as the runner-up for her exceptional contributions to the University, consistently exceeding expectations in her role as Clinical Coordinator.



DR. HOA NGUYEN, PHD, LMFT

Hoa recently graduated from The VSU Leadership Academy. A program that is designed to cultivate our current and next generation of leaders. This program utilizes the expertise of The Leaders Lyceum facilitators to create transformational experiences that accelerate the development of leaders to a stage of greater maturity and effectiveness.



[MAIN MENU](#)



FAMILYWORKS CLINIC UPDATES

Data gathered from our client scheduling book and client satisfaction survey in **Fall 2024 & Spring 2025** indicates that:



**3839 sessions
scheduled in
2024.**



**96% of clients found
their therapist was
very helpful.**



**~50% of FamilyWorks
clients heard about
us through word-of-
mouth.**

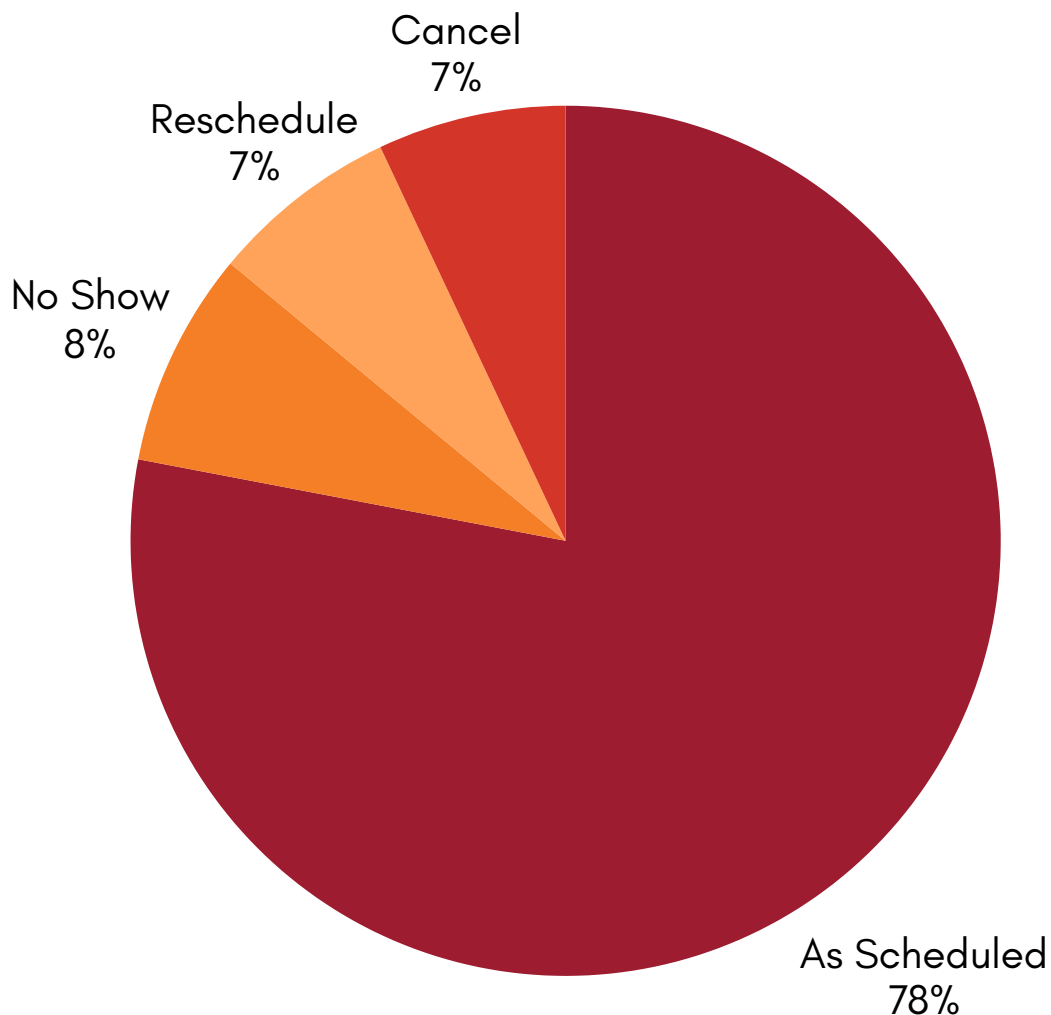
[MAIN MENU](#)



FAMILYWORKS CLINIC UPDATES

SESSION ATTENDANCE DATA

78% of scheduled therapy sessions took place as planned, while 8% resulted in no-shows, 7% were rescheduled, and 7% were canceled. Notably, the no-show rate reported here is significantly lower than the typical rate in mental health clinics, which can range from 18% to 25% (Pippen, 2022).



STUDENT OUTREACH

Pre-Clinically Active Students have been on the move doing community outreach. They've gotten the word out about our clinic at events like school festivals, The Happening, and more!!



THINK YOUR BUSINESS, ORGANIZATION, EVENT, ETC. WOULD BENEFIT FROM LEARNING ABOUT OUR SERVICES? FILL OUT AN OUTREACH REQUEST BY VISITING THIS WEBPAGE!

MAIN MENU

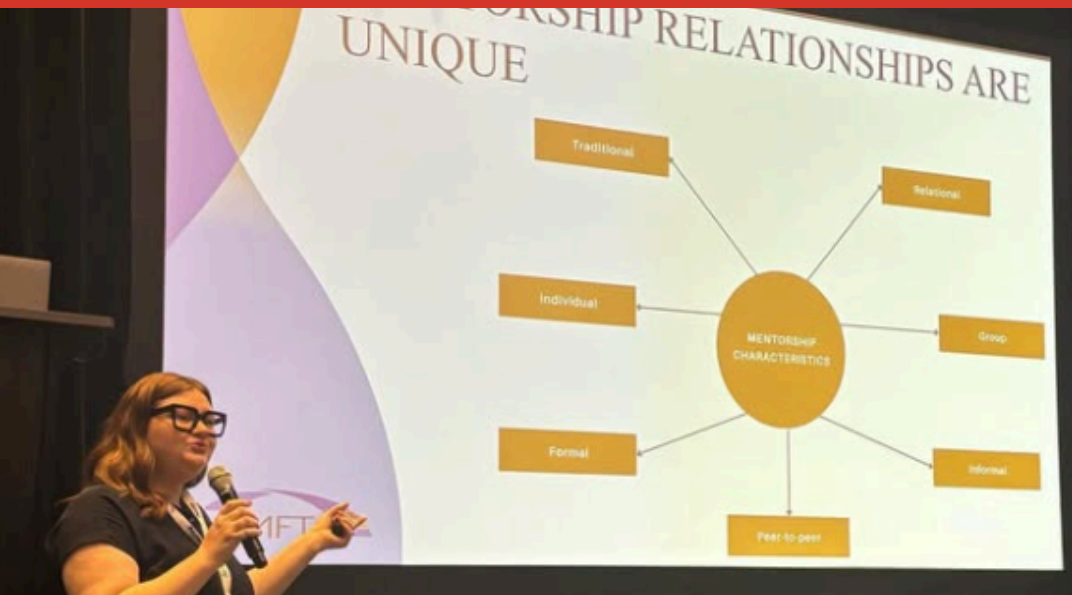


AAMFT ANNUAL CONFERENCE

Students, faculty, and alumni attended the AAMFT conference, gaining valuable insights into emerging research and the latest advancements in the field.

Jessica Millican, Ayanna Lowe, and Dr. Jennifer Lambert-Shute presented on the critical role of mentorship in supporting early professionals, covering strategies for selecting a mentor and leveraging relationships to build strong, meaningful professional networks.

Program alumni Danerys Crown, Dr. Hoa Nguyen, Dr. Jennifer Lambert-Shute, and Jessica Millican also presented "From Exhaustion to Empowerment: A Relational Perspective on Burnout and Compassion."



[MAIN MENU](#)

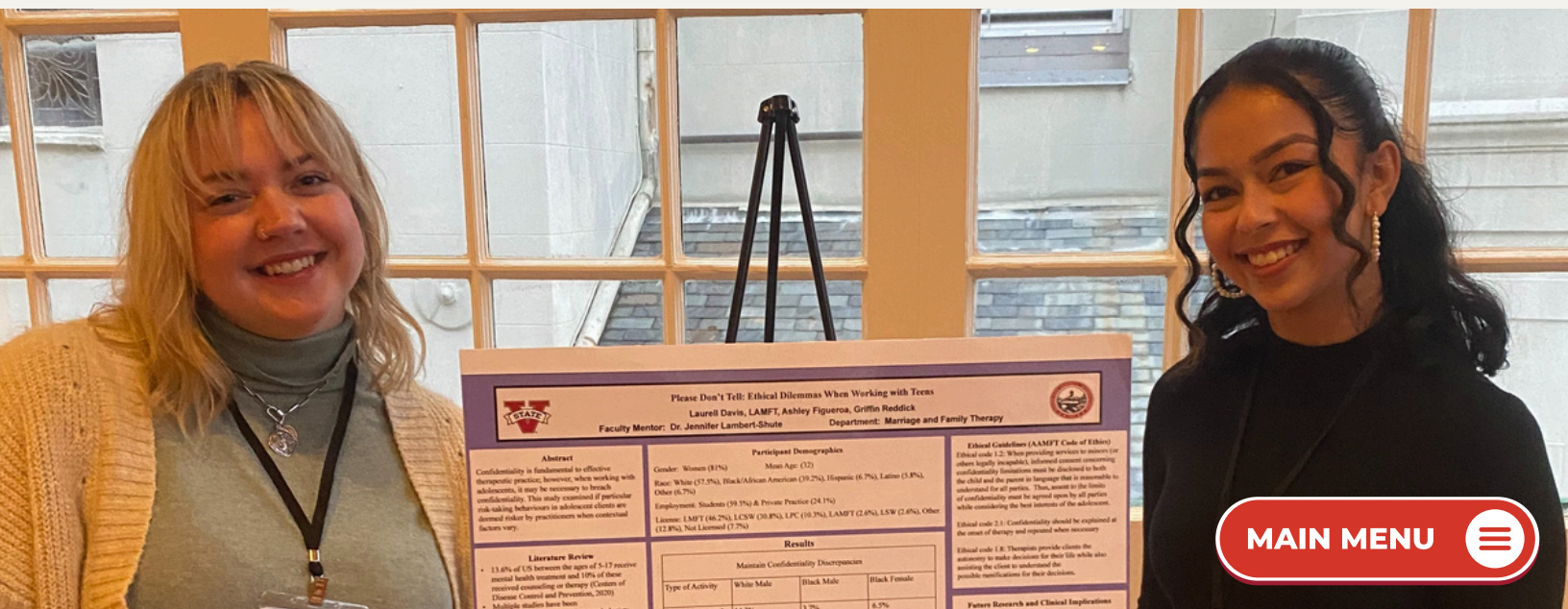


RESEARCH TEAM PRESENTS IN NEW ORLEANS FOR IAMFC

Students presented on:

- *Supervision Unveiled: Does the Post-Master's Supervision Experience Look Like for the MFTs*
- *Shaping Relationships: Navigating Romantic Partnership While Caring for a Neurodivergent Child*
- *Please Don't Tell: Ethical Dilemmas when Working with Teens*

Pictured below Caroline Jones, Griffin Reddick, Ashley Figueroa, & Brandon Booker



Please Don't Tell: Ethical Dilemmas When Working with Teens
 Laurell Davis, LAMFT, Ashley Figueroa, Griffin Reddick
 Faculty Mentor: Dr. Jennifer Lambert-Shute
 Department: Marriage and Family Therapy

Abstract
 Confidentiality is fundamental to effective therapeutic practice; however, when working with adolescents, it may be necessary to breach confidentiality. This study examined if particular risk-taking behaviors in adolescent clients are deemed critical by practitioners when contextual factors vary.

Literature Review
 • 13.6% of US between the ages of 5-17 receive mental health treatment and 19% of these received counseling or therapy (System of Disease Control and Prevention, 2020)
 • Multiple studies have been

Participant Demographics
 Gender: Women (87%) Men: Age (27)
 Race: White (57.3%), Black/African American (39.2%), Hispanic (6.7%), Latino (3.8%), Other (6.7%)
 Employment: Students (59.1%) & Pre-own Practice (24.1%)
 License: LAMFT (66.2%), LCSW (20.8%), LPC (10.3%), LAMFT (2.6%), LSW (2.6%), Other (12.8%), Not Licensed (7.7%)

Results
 Maintain Confidentiality Disruptances

Type of Activity	White Male	Black Male	Black Female
	3.7%	3.7%	6.3%

Ethical Guidelines (IAMFT Code of Ethics)
 Ethical code 1.2: When providing services to minors (or others legally incapable), informed consent concerning confidentiality limitations must be disclosed to both the child and the parent in language that is reasonable to understand for all parties. This consent to the limits of confidentiality must be agreed upon by all parties while considering the best interests of the adolescent.
 Ethical code 2.1: Confidentiality should be explained at the onset of therapy and repeated when necessary.
 Ethical code 1.8: Therapists provide clients the autonomy to make decisions for their life while also assisting the client to understand the possible ramifications for their decision.

Future Research and Clinical Implications

MFT PROGRAM DATA

The program considers both current **students** and **alumni** as **communities of interest (COI)**, or stakeholders of the program, and we value your feedback. As you probably already know, one of the ways the program solicits your feedback is through surveys. Several times throughout the year, the program sends out a number of surveys to you, our COI, asking for your feedback regarding different topics. Below, is a snapshot of the results we received from your feedback.

FEEDBACK FROM OUR STUDENTS

100% of students believe the program has a climate of safety, respect, and appreciation for all learners.

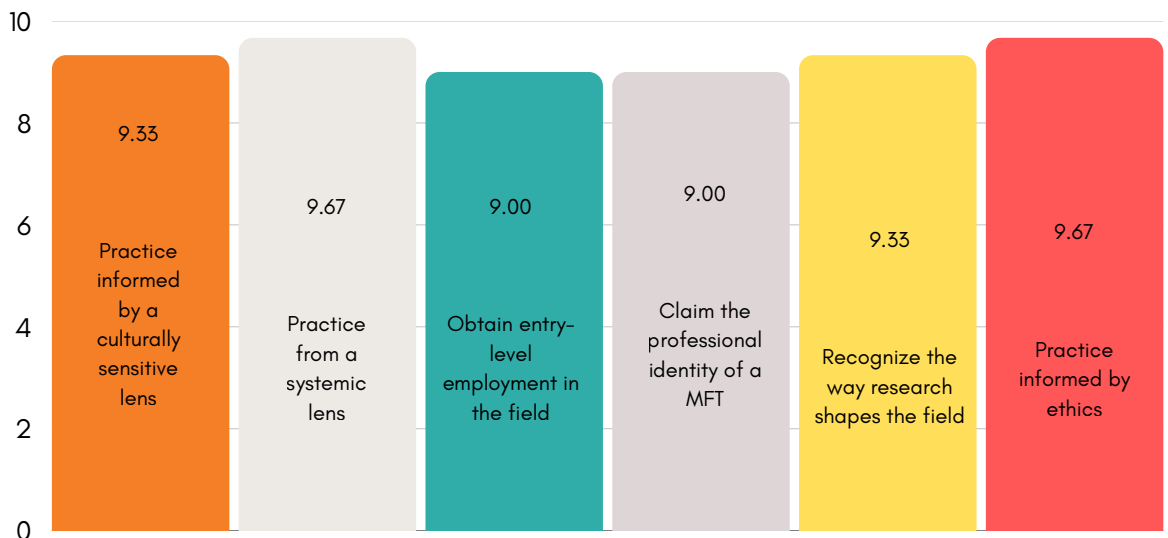
100% of students perceive the faculty as contributing to a safe, respectful, and appreciative environment.

Given every fall, the purpose of this survey is to gain a better understanding of the experiences of current students and faculty regarding safety, respect, and appreciation for all learners.

*Data represents participants who answered with a score of 4 or higher (1 = Not at all, 5 = Absolutely).

EXIT SURVEY

The **Exit Survey** asks soon-to-be graduates to provide feedback on the program. Students rate on a scale of 1-10 (1=disagree, 10=agree) **how well their education and training prepared them** in each student learning outcome.



2024 Survey Results

[MAIN MENU](#)

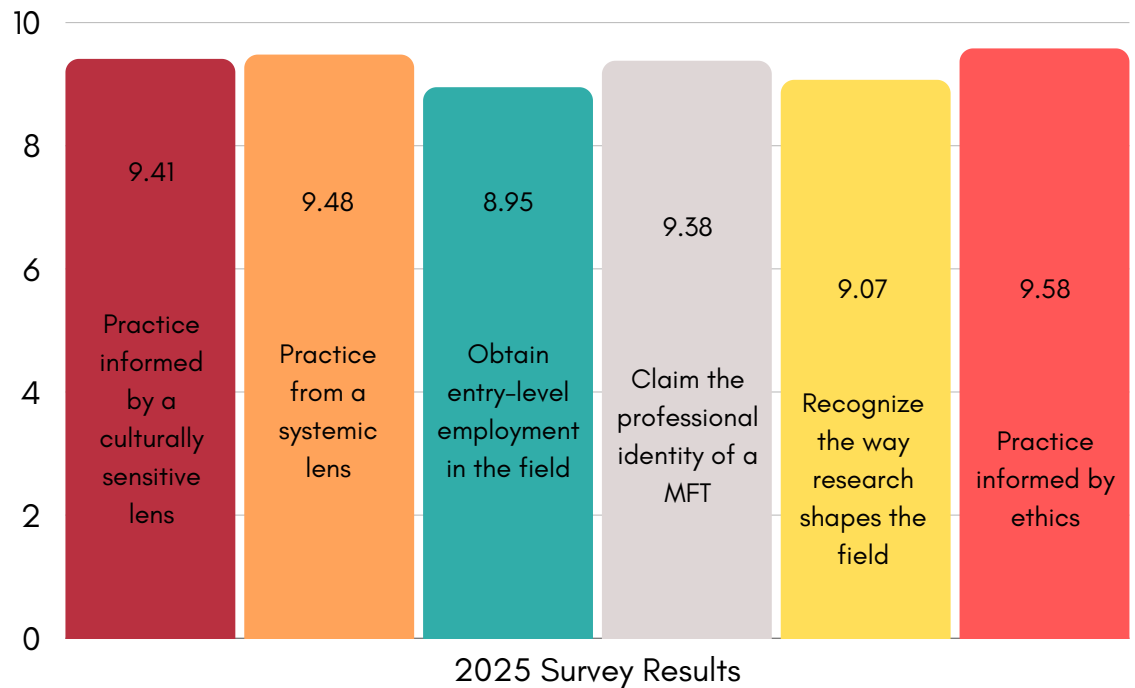


MFT PROGRAM DATA

STUDENT LEARNING OUTCOMES SURVEY

The **SLO survey** is given yearly to current students to assess *the extent to which the program is preparing the students to meet the selected student learning outcomes*.

Students rate on a scale of 1-10 (1=disagree, 10=agree).



OUTCOME-BASED EDUCATIONAL (OBE) AND ASSESSMENT PLAN (AP)

As part of its commitment to continuous improvement and adherence to COAMFTE accreditation standards, the Marriage and Family Therapy (MFT) Program conducts an annual systematic review to evaluate the relevance and effectiveness of its outcome-based educational (OBE) and assessment plan (AP). This evaluative process is designed to determine whether substantial revisions are necessary in light of changes such as accreditation requirements, state regulations, core competencies, the program mission, or institutional structure—such as shifts in program delivery modality or college reorganization. Following the 2024 annual faculty review, the Program has determined that no modifications to the existing OBE framework or AP are currently warranted. The current structure continues to align with COAMFTE’s core competencies and effectively supports the program’s mission and student learning outcomes.

We invite you to review the MFT Program’s current OBE and AP. Feedback and recommendations are welcome and may be submitted via our contact us page, as we remain committed to maintaining excellence through transparency, responsiveness, and collaborative reflection

SURVEY DATA

STUDENT EVALUATION OF PROGRAM DIRECTOR

100%

of students agree or strongly agree that the program director's performance, knowledge, and skill facilitates the program's ability to achieve its mission, PGs and SLOs.



This survey, given yearly to students and faculty, requests feedback about the Program Director's (PD) qualifications to achieve the program's mission. Using a 5 to 1 scale, where 5 indicates high agreement, and 1 indicates low agreement.

STUDENT EVALUATION OF CLINICAL COORDINATOR

100%

of students agree or strongly agree that the clinical coordinator's performance, knowledge, and skill facilitates the program's ability to achieve its mission, PGs and SLOs.



This survey, given yearly to students and faculty, requests feedback about the Clinical Coordinator's (CC) qualifications to achieve the program's mission. Using a 5 to 1 scale, where 5 indicates high agreement, and 1 indicates low agreement.

