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This is a year of transition of leadership in the Group Foundation. As with all transitions, there are many things to reflect on, to build on, and to appreciate. As group therapists, we know how significant the role of the leader is in facilitating growth, maintaining the focus on the group's task, and creating a healthy and robust group culture. Much of the teaching, training, and research in AGPA with the support of the Group Foundation has developed dynamic and dedicated leaders, and in this issue, you will hear from three of them. Karen Travis, LCSW, BCD, CGP, FAGPA, our outgoing Chair, Darryl Pure, PhD, ABPP, CGP, FAGPA, our incoming Chair, and Keith Rand, MA, CGP, FAGPA, our incoming Vice-Chair, who share their perspectives on their roles as leaders.

> Connie Concannon, LCSW, CGP, DFAGPA Editor, Group Assets

A Year of Transition

KAREN TRAVIS, LCSW, BCD, CGP, FAGPA



As I reflect on my tenure of four years as Chair of the Group Foundation for Advancing Mental Health, there is much to appreciate. I recall the Sunday afternoon when I was called and asked if I would consider the position. After careful consideration and candid

conversations with CEO Marsha Block, CAE, CFRE, I agreed to take the job. After serving on the AGPA Board of Directors for years, I was impressed with the dedication of my fellow Board members. This positively influenced my decision to take on this leadership role.

Phyllis Cohen, PhD, PsyD, CGP, LFAGPA, was outgoing Chair. She offered me much encouragement and showed confidence in me. Jeffrey Hudson, MEd, LPC, CGP, FAGPA, Vice-Chair at the time, was a steadfast support and was always available to me in the transition. After the first term, I knew it was the right fit for me and that I had a wonderful group to work with. Now, after serving two terms, I am ready to move on and turn the leadership over to Darryl Pure, PhD, ABPP, CGP, FAGPA, who has served as my Vice-Chair in my second term. In leaving, I particularly want to acknowledge Diane Feirman, CAE, AGPA Public Affairs Senior Director. Diane and I have worked very closely over these four years, and she has been a remarkable powerhouse of knowledge and support. I know in March as I announce the scholarship recipients, raffle winners, and then leave the podium at the AGPA Connect 2020 Luncheon, there will be feelings of bitter sweetness.

Serving during the AGPA's 75th Anniversary, an incredible time in our history as an organization, was a great privilege for me. The Group Foundation embarked on a three-year campaign in celebration of the anniversary, working to accomplish reaching the goal of having raised \$7.5 million over the course of the Foundation's existence, which meant \$1.3 million over a three-year campaign. We did it with the help of so many.

Every person's leadership style is different, and I had wonderful leaders before me to reflect upon. I am pleased to have developed a motto for myself and style: No gift is too small; it all adds up. We all know large gifts are very much sought after, desired, and appreciated. I wanted people to know that we all have different capacities and stretching abilities to give and that whatever they were able to give was appreciated.

So much of my own fund raising has not just been about giving but also wanting people to get something in the process. Giving feels good to me, whether it be in cash or in kind. I was able to create a space for people to talk about the awkwardness of asking for money and for people to understand it is what a philanthropic organization does: We raise money. Raising money enables us to support AGPA and help it accomplish its goals of providing education, scholarships, community outreach, research, agency training, as well as support AGPA's Affiliate Societies and our technology efforts. The belief in the advancement of mental health made my tenure all the more steadfast. I sincerely hope people who have fund raised and those who have given their time and gifts feel accomplished and appreciated. May I say again,

Upon further reflection, it was in 2007 at AGPA's meeting in Austin, Texas, where I really began my full understanding of the Group Foundation and my belief in students needing further training and scholarships. Nine students applied after I talked to a classroom full of MSW students. Nine students came to Austin with me that year and many more in the years that have followed. Our Scholarship Program has grown tremendously over the years. This warms my heart and gives me hope for the future of our profession and the hope for our organization—AGPA. Perhaps through receiving our scholarship, they will find their way to give to the cause that helped them and ultimately even serve on the Group Foundation Board of Directors. What a full circle that would create.

Much time has rolled away since 2007. There is a time to begin and a time to end. Although my term comes to a close, I will forever be grateful for this challenging and rewarding leadership position.

DARRYL PURE, PHD, ABPP, CGP, FAGPA



I am flattered to have been elected Chair of the Group Foundation for Advancing Mental Health. I must admit that I was not eager to take on this role as it is so important to our tri-organizational structure and a large responsibility which I find daunting. I am honored

that my colleagues have placed their faith in me, though Karen Travis is leaving large shoes to fill. Karen and I go back many years. I watched as she took on this role four years ago and grew into it. Asking others for money is never an easy task, yet I am awed by the grace, humility,

and refinement which she brought to the task. Karen has been a wonderful mentor, and I hope that with her help, I will rise to the task before me.

I am also humbled as I look at all who have served as Chair of the Group Foundation. My first group consultant and mentor in AGPA, Emanuel (Manny) Hallowitz, MSW, DLFAGPA, was the first Chair of the Group Foundation. When I worked with him, little did I think that someday I would follow his lead. Many of the others have been my heroes: John Price, PhD, LFAGPA; Anne Alonso, PhD, DFAGPA; Ruth Hochberg, PhD, DLFAGPA; Walter Stone, MD, DLFAGPA; Patricia Barth, PhD, CGP, DLFAGPA; Lisa Mahon, PhD, CGP, FAGPA; and Phyllis Cohen, PhD, PsyD, CGP, LFAG-PA. Each has taken the Group Foundation to new levels and, with Marsha Block's input, expanded the mission to where we stand now.

I strongly believe in the mission of the Group Foundation and the work we do. The Group Foundation has grown to support AGPA and all that it stands for. Through our Scholarship Program, we have added new, young, diverse voices to AGPA and assured that we have a future. The Group Foundation has made up for the lack of support early career clinicians used to get from their agencies, funding that aided in their professional development and growth. The foresight of the Group Foundation has also given AGPA a home in the office condo in New York City, which over the years has saved us a fortune in rent, in addition to being a great investment and asset.

Continued on back page

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Finally, I am very taken with the work the Group Foundation supports in crisis areas in the United States and abroad. Starting with 9/11, we have developed trauma protocols and aided our colleagues in bringing solid group work to the populations who most need it. Most recently, we have taken on a contract with RAICES (the Refugee and Immigrant Center for Education and Legal Services) to work with the trauma of those who work with the refugees and detainees on our Southern border.

Taken together, I now realize that this job is not about asking for money; it is about asking everyone we know to support and expand the work we do. The Group Foundation has a very important mission. Standing on the shoulders of those who preceded me, I hope to continue bringing group work to the world that needs us more now than ever.

KEITH RAND, MA, CGP, FAGPA



With my term on the AGPA Board coming to an end in March, I was already contemplating a new way that I could be of service to the AGPA community. When I got a call from Lisa Mahon (Chair of the Group Foundation Nominating Committee) asking if I'd be willing to come back to the Group Foundation Board and serve as Vice-Chair, I immediately knew that it was something to consider. The role of supporting Darryl Pure as the new Chair of the Group Foundation was a perfect fit for me, given that there's room for me to also continue

activities in my life—work and play—that nourish me.

I served on the Group Foundation Board from 2011 to 2017 and was glad to be working again with my former fellow Board Members, a group made up of many warm and devoted people. I had enjoyed discovering that I had some ability to inspire people to become donors to the Group Foundation, in whatever way that they could, and I learned more about the important work that the Group Foundation does for our group therapy community.

To my surprise, I had learned that the Group Foundation underwrites a large portion of the expense for AGPA Connect each year, something that I don't think most members are aware of—tuition alone doesn't pay for all that goes into mounting an intensive week at a large hotel. In addition, of course, the Group Foundation funds scholarships for students and new professionals to attend, supports group research, and makes sure that communities where disaster has hit have the resources they need to deal with mental health issues on the ground.

The Foundation is of service to the community, and I will now have the chance to be of service to the Foundation as its Vice-Chair. Along the way, I have learned how good it feels to be of service. It's what I was taught in the rooms of AA, and it's something that I learned from my older brother, who is on the boards of many organizations in Greater Miami. A philosophy based on generosity of time, of love, and of money are deeply rewarding to

I now get to step into this new role and to come up with new ideas for the Group Foundation, such as working to expand our donor base to include more AGPA members, even if at the start their donation is \$10 per year. In some way, I hope we can remind people that giving back to AGPA is worthwhile, since AGPA has given so much to all of us. This all begins with being transparent with our friends and colleagues about what the Group Foundation actually does. I am grateful to have been asked to serve as a Group Foundation leader.