

NEWS & VIEWS

OF THE
MAINE COUNSELING ASSOCIATION
SPRING 2006

"Spare Change?"

By MeCA President Ben Milster

You know the old joke, "How many counselors does it take to change a light bulb?" "Only one, but the bulb has to really, really want to change." A primary role for all counselors is as an agent of change, which can be both the most rewarding, and sometimes frustrating, aspect of our job. Working individually with clients in the exploration of their problems and concerns, and goal setting, understanding, supporting and encouraging them is all part of the job. However, there is another aspect of being an agent of change that many counselors quickly and often embrace, while others may not perceive it as a viable role for a variety of reasons – and that is being an agent of social and political change.

Recently, at the ACA conference in Montreal, I was fortunate to experience the most dynamic, articulate and passionate speaker I have ever heard. Stephen Lewis, one of Canada's most influential commentators on social affairs, international development and human rights delivered an incredibly powerful Keynote Address on Saturday morning of the conference. Mr. Lewis has held a variety of senior roles with international bodies, and the knowledge and tremendous concern for the people of Africa that he has gleaned from his role as the United Nations Special Envoy for HIV/AIDS in Africa was the focus of the Keynote.

During the address, Mr. Lewis spoke of the many personal stories of (especially) the women and children of Africa afflicted by HIV/AIDS, and the incredible devastation that this pandemic has had on that country. His passionate delivery of the many experiences he has had with the people of Africa brought me to tears on more than one occasion during the address, and also provided the opportunity for reflection on our role as counselors in social and political change. Toward the end of his address, Mr. Lewis told us that there is a great need for counselors in Africa to educate, support and assist with the tremendous degree of social needs that exist there. In fact, Mr. Lewis issued a challenge to both the ACA and CCA to mirror in Africa the work that our respective organizations do in our own countries, and start bringing more assistance to where it is direly needed.

So what to do? Affecting change, both in the personal, as well as the political realm, takes energy. I fully realize that although there are many rewards that this profession has to offer, one of the very real drawbacks is potential for burn-out. Our candles burn brightly, and sometimes at both ends. If one does not have a good supply of spare candles.....well, then there is no room for "spare change."

I am not suggesting that we all become raging political activists. What I am suggesting, though, is that there may very well be opportunities to be involved in some aspect of social or political change in ways that are manageable. A primary issue at hand is awareness. What is out there that offers an opportunity, how can I get involved, and what can I do?

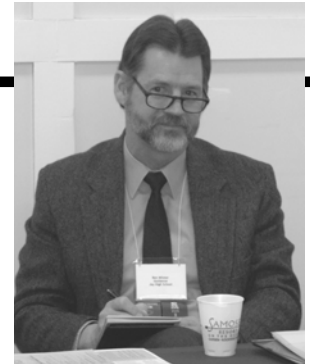
The first thing to do is reflect upon your own professional experience, and see if there are issues that you believe need to be addressed...at your worksite, in your professional organization, in your community, your state, or at the national level. "Google" an issue, check out your professional organizations, check out the ACA division of Counselors for Social Justice, and talk with your colleagues. Then, if any particular issue has struck a chord with you, decide if and how much time and energy you can afford to spend.

The basic point to all of this is that there are a lot of needs for change "out there", and as a professional counselor, you may have more expertise than you think regarding influencing social and political change.

Just remember, take care of yourself, and also keep in mind what Rabbi Hillel (30BC-9AD) stated:

***"If I am not for myself, then who will be for me?
And if I am only for myself, then what am I? And if not now, when?"***

*For more information on Stephen Lewis and the HIV/AIDS pandemic in Africa, go to The Stephen Lewis Foundation website at stephenlewisfoundation.org



Ben Milster, MeCA president

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FROM OUR EDITOR - Deanna Hartel

Please do not hesitate to send articles for our next newsletter .As a counseling organization, I believe it would also be exciting to hear from some of our students of any age. Additionally, if you would like to submit an advertisement, send or email a camera-ready ad. Your advertisement will run in 3 consecutive issues of News and Views. Please send your check for \$100.00 (made payable to MeCA) to: DeAnna Hartel, Dexter High School, 12 Abbott Hill Road, Dexter, Maine 04930. If you have any ideas, articles or questions please contact me as soon as possible. My email address is dhartel@msad46.org.

Maine College Admissions Report

By Carlena Bean

Once again, this Spring, the Maine Counseling Association conference served as a wonderful opportunity to network, attend great workshops and relax and enjoy the amenities of the Samoset Inn , Rockport Maine.

During the MeCA conference, the Maine College Admissions group convened briefly to discuss plans for an upcoming summer meeting. The members would like a speaker from Target X to attend the our next meeting. Target X has developed new recruitment, admissions and classroom strategies for the Millennial generation on college campuses. It helps educators and administrators explore the implications of curriculum, counseling, sports participation, community involvement and parental interest of Millennial students.

Jeff Wright, from MMA (Maine Maritime Academy) will arrange a time and place for the presentation, and information will be e-mailed to all Maine colleges regarding details.

What we know thus far: We will meet at the Hutchinson Center in Belfast on August 16th, 2006. Specific information will follow sometime in July.

I hope everyone has a good end to the school year and a relaxing summer.

New at Husson College beginning in the fall of 2006:

Master of Science in Counseling Psychology (60 hour program w/ 900 hour internship) Contact: karris@husson.edu

Master of Science in School Counseling (36 hour program w/300 hour field experience) This program satisfies the requirements of the Maine DOE to grant certification. Contact: coyogan@husson.edu

RETIRING??

If you are retiring this year, the Maine Counseling Association wants to keep you in the family as an emeritus member (no membership fee). All you have to do is make sure that we have your mailing address and we'll automatically renew your membership each year. Just send your address to Gene Oakes, Membership Chair, at goakes2@adelphia.net.

Career Development Facilitator

National Certification Available!

Most guidance counselors have had to take one class in their master's degree program that covers Career Development issues. Often, this is not enough to provide comprehensive skills, particularly when dealing with complex situations. A new credential has been developed for those providing career development services to youth and adults: Global Career Development Facilitator. The Career Development Facilitator course is a pre-requisite for this global certification. The course covers twelve competencies identified by the National Career Development Association as important to master in order to provide quality services to clients/students.

The twelve competencies are :

- Helping Skills
- Working with Diverse Populations
- Ethical and Legal Issues
- Career Development Models
- Assessment
- Labor Market Information / Resources
- Technology
- Employability Skills
- Training Clients and Peers
- Program Management / Implementation
- Promotion & Public Relations
- Consultation

Because the course is interactive and typically has a cross-section of people who take the course (see below for the variety of participants who have taken this course) the discussion is rich and often enlightening for all participants.

Cathy VanDyke and Jim Peacock have over 40 years experience in career development and are nationally certified instructors. This course will be offered for the fourth time in Maine and for the third time in a new format (approximately half of the 120-hour course is delivered on-line).

WHAT: Next Career Development Facilitator course begins:

WHEN: September 15 & 16, 2006

WHERE: Conducted on the Internet (with email assignments) and some face-to-face meetings/classes.

HOW: These eight live classes are spread out between September and March. You can check out our website at www.MaineGCDF.com in order to learn more about the course, the specific class dates, and registration for the class.

Previous class participants class include:

Guidance Counselors from Messalonskee, MCI, Winslow, Erskine, Mt. Blue, Lawrence; Tech Prep instructors from Erskine Academy and Lawrence H.S.; College Career Counselors from U.M.A., College of the Atlantic, UMF, UM-Machias, Unity College & Thomas College; Dept. of Labor Career Center staff; college academic advisors; Vocational Rehabilitation employees; Maine Educational Opportunity Center (MEOC) staff; Coast Guard Career Development Advisor; Adult Education Directors, Job Club, UNUM; and Maine Medical Center employees.

If you have any questions or would like to contact school counselors who have completed the class, please feel free to contact either Cathy VanDyke at 236-8463, cathy@peak-careers.com or Jim Peacock at your convenience.

Thank you,
Jim Peacock
52 Riva Ridge Rd, Vassalboro, ME 04989
453-5082 (w) 873-1907 (h)
www.MaineGCDF.com jim1@peak-careers.com

Maine Comprehensive School Counseling Model K-12

By Shelley Reed,
Maine Department of Education
207-624-6637
shelley.reed@maine.gov

Counselors across the state are making progress on their comprehensive plans. Technical assistance is still available through the state coordinator to help with any stage of local progress. Sessions regarding local implementation of the model occur at the MESCA and McCA conferences. Assistance is available through on-site visits and workshops. Implementation is 2006 to 2007. The model is available on the website for downloading the entire plan at:

- Ø www.state.me.us/education/tdae
- Ø then go to the school counselor section

Also available are sample time task analysis sheets, needs assessment surveys and step-by-step suggestions.

The April SAT

By Maine Counseling Association President Ben Milster

The April 1 SAT has come and gone....Now what? First of all, school counselors all over Maine should be commended for their tremendous efforts to register students and administer the test. Being the first time that all juniors were required to sit for this exam, there were many questions and a few “wrinkles” regarding the specifics of this initiative. I know that my colleague in the guidance office here at JHS, who was the Test Supervisor, placed numerous calls to Dan Hupp at the MDOE for clarification regarding a variety of issues, and I am fairly certain that this scenario was played often at many high schools throughout Maine. By the reports I have heard, it seems that the participation rate was very high, and I am certain that this can be substantially attributed to the professionalism and hard work of school counselors.

Regarding the use of the SAT as a replacement for the MEA for juniors:

Are there still concerns regarding the validity of the SAT as a curriculum assessment? Most definitely. Do we still have ethical concerns about counselor involvement in the administration of a test that is being used inappropriately? Absolutely. Are there still questions about The College Board supporting this initiative in contradiction to their own Guidelines for the use of the SAT? Yes.

While we are still debating the use of the SAT as the MEA replacement for junior students, please keep in mind that, as counselors, our primary responsibility is to our clients, and in the case of school counselors, the

clients are our students. As University of Southern Maine Counselor Education Associate Professor Deb Drew communicated on the MeCA website this past winter regarding how to carry-out policy when it conflicts with our professional code of ethics:

Basically, school counselors, by the very nature of their work are often caught in dilemmas where the policies of the state or local entity for whom they work conflicts with the ethical code of the profession. This happens with laws, too. (Example: FERPA parental rights law and confidentiality of client). Law and policy are considered minimal standards of practice. Ethics are aspirational and speak to best practice.

In this case an ethical counselor would clearly abide by the policy while working to educate others about concerns regarding that policy and, if needed, working to change the policy. In this case the basic ethic of doing what is in the best interest of our clients applies here as well. If, as is policy, our juniors do have to take the SAT, it is certainly in their best interest to have their school counselor assisting them with understanding this process and doing the best job they can on it. That school counselor may at the same time be writing letters, testifying and working to change the policy.

For now, regardless of the debate, school counselors in Maine are certainly deserving of much thanks for making a difficult test administration run as smoothly as possible. Thank you for all of the continued professional support and assistance you provide for our students!

Loan Forgiveness Takes First Step Toward Becoming Law

On March 30th, the House approved legislation (H.R. 609) to renew the Higher Education Act (HEA) for the next six years. Although large portions of the HEA were reauthorized earlier this year, H.R. 609 mostly covers the remainder of HEA programs, chiefly Pell grants and campus-based aid, such as work study.

As part of H.R. 609, the House approved an amendment sponsored by Representatives Patrick Kennedy (D-RI) and Ileana Ros-Lehtinen (R-FL) to add counselors and other children’s mental health professionals to a list of individuals eligible for limited federal student loan forgiveness. The Kennedy/Ros-Lehtinen amendment

defines “child and adolescent mental health professional” to mean an individual “employed as a psychiatrist, psychologist, school psychologist, psychiatric nurse, social worker, school social worker, marriage and family therapist, school counselor, or professional counselor.” H.R. 609 also makes librarians, early childhood educators, and foreign language specialists, among others, eligible for loan forgiveness.

Counselors cannot receive loan repayment as a result of the House vote. The House-passed language must be approved by the Senate, signed into law by the president, outlined under regulations developed by the

SEMINAR

SCHOOL COUNSELING LEADERSHIP INSTITUTE

When: July 17-21, 2006

What: BECOMING THE LEADERS WE HAVE BEEN WAITING FOR:
MODELS AND SKILLS FOR PROFESSIONAL AND PERSONAL TRANSFORMATION

Who: CO-SPONSORS:
UMass Amherst School of Education
Center for School Counseling
Outcome Research
and UMass Amherst Continuing Education

Where: AMHERST, MA 01002
Continuing Education
University of Massachusetts
100 Venture Way, Suite 201
Hadley, MA 01035-9430

Implementing new models of school counseling that have a documented impact on student achievement and career development (e.g., the ASCA National Model and related state models) requires that school counselors have strong leadership skills and abilities. Leadership needs to be enacted at the building, district, and state levels in order to promote systemic change.

Institute participants will learn:

- 1) Models of leadership that relate directly to personal transformation and systemic reform (Super Leadership, Distributed Leadership, Transformational Leadership).
- 2) Leadership skills that promote school counseling program implementation at the building, district, and state levels.
- 3) Leadership skills necessary for school counselors, guidance directors, and guidance supervisors.
- 4) How to incorporate leadership into professional role and personal self-definition.

FOR MORE INFORMATION:

www.umass.edu/schoolcounseling/
(413) 545-3619

Or contact

Irena Bozin-Mirkovic
Programs Coordinator
UMass Amherst Continuing Education
100 Venture Way Hadley, MA 01035-9430
(413) 577-0845

Career Development Facilitator Course

Eligible for national certification through NCDA

- v 120 contact hours towards your
- v School Counselor Certification
- v Enhance your career development skills
- v in 12 competency areas

Contact Jim Peacock for more information

Jim1@peak-careers.com

873-1907 (h) or 453-5082 (w)

www.peak-careers.com

PEAK-CAREERS

Jane M. Goodwin

Director of Admissions
(207) 941-7100



One College Circle • Bangor, Maine 04401-2999 • 1-800-4HUSSON

Fax: (207) 941-7935

email: goodwinja@husson.edu

Leadership Needed

By Phyllis Worthley

As many of you already know the leadership for regional meetings of Maine Counseling Association has been weakened during the past couple of years. It is not surprising considering all that counselors do. It often appears that we simply cannot attend yet one more meeting. During the Spring MeCA conference new leadership was elected and is working diligently to strengthen these divisions. Although great presidents have been chosen for each division those positions need to be strengthened through the support of **president-elects, secretaries** and **treasurers**. Dean Collins has been holding the funds for all divisions and has proven a tremendous asset as treasurer for several years now for MeCA. If you are willing to serve in anyone of these capacities please contact anyone on the MeCA board which is listed on the inside cover of this newsletter. Each individual on the board is trained in leadership and most willing to support and assist you with any of your concerns.

Many counselors have select regional groups that meet regularly or have supervision imbedded within their own districts but many counselors do not have regular support and do look forward to the regional meetings that MeCA offers. There is not a lot of work putting together 2-3 meetings per year. Many of these meetings are theme oriented and offer CEU's toward recertification. Please contact one of the board members if you even marginally believe you could be helpful. Leadership positions not only look good on your resume

but help you to become the very best counselor possible as you are generally in the know of change and updates in the counseling field.

Another position that is available is the **legislative representative**. If you feel you might be interested in this position please contact John Parkman or myself, Phyllis Worthley. Training is available. This position entails being a natural leader willing to communicate with the MeCA membership while keeping a good insight on what is happening in the House and legislature both in Washington and Augusta. Natural leaders tend to be competent, self-confident, and socially assertive. These folks generally adjust to meeting the expectations of the important people around them. They are interpersonally flexible and high self monitors. Once again remember you will be trained and supported. You need not have all of the qualities expected as you will grow not only in this position but in the field of counseling by giving of yourself to any one of these positions. You do have an opportunity to contribute to positive change within this great organization. Leadership needs to be collaboratively shared. It can also lead to satisfaction and empowerment. Help our organization to help you.

Please contact any member on our executive board (see second page of newsletter for email addresses and phone numbers) for further questions.

Maine Counseling Association



The past and future converge. MeCA Past-President, Terry Mitchell (left) with MeCA President-Elect, Kay Richmond.



Jeff Wright, MeCA webmaster trying to take a picture.



Shelley Reed, Maine Dept. of Education on right.

Attention All Counselors

Terry Mitchell, Past-President, MeCA

Have you heard about the newest division of Maine Counseling Association? Are you someone who likes to run groups or would like to learn more about facilitating groups at your business or workplace? Are you interested in trying new approaches to reaching and helping clients? If you are, we've got the information you need to know and the connections for helping you make it happen. The Maine Association for Specialists in Group Work (MeASGW) may be just the place for you. Facilitating groups is an exciting, dynamic and fun way to reach many clients at one time. We have some work ahead to make this division official; however, many tasks already have been accomplished. We have been awarded a two hundred dollar start-up grant from the National Association of ASGW complete with a start-up kit of information on how to proceed. We have already met the minimum 20 membership roster needed and with your help may easily double or even triple those

numbers. Getting this new division started has been an inspiring and rewarding way for me to meet new people and reconnect with many counselors I haven't seen for years. I am very excited about the possibilities of this new division uniting counselors from all walks of our profession. A year from now this new division will be nominated for acceptance at both the annual membership meeting of MeCA and the National ASGW Conference. If this sounds like something you would be interested in participating in and you want to get in on the ground floor of this new group, send me your name, address, phone numbers and email address to terrymitchell56@hotmail.com. I will add your name to the email/snail-mail list and keep you posted on future developments. The time for group work in Maine is "Here and Now" so don't hesitate to jump right in, the water is just right.

Loan Forgiveness continued from page 4

U.S. Department of Education, and funded by Congress before any money can be disbursed.

The Senate version of the HEA bill (S. 1614) has been approved by the Senate Health, Education, Labor and Pensions (HELP) Committee, but has not been considered on the Senate floor. S. 1614 does not include the loan forgiveness language for counselors. ACA members are asked to contact their Senators to request co-sponsorship of the "Child Healthcare Crisis Relief Act" (S. 537), a Senate bill similar to the Kennedy/Ros-Lehtinen amendment provisions. For more information, contact Chris Campbell at <mailto:ccampbell@counseling.org>

Carol Dahir, Keynote speaker, MeCA conference.

Quote:

Our goal is to help students:

- Graduate.
- be resilient,
- And create a life plan

Carol Dahir on LEADERSHIP

We don't have to be cheerleaders running up and down the hallways, but we need to have leadership presence—even in a quiet, subtle way—visibility and accessibility are the key.

Association Conference 2006



Wendy Burbank, Public Relations assists with MeCA registration.



Terry Mitchell, MeCA past president with Dr. Carol Dahir, keynote speaker at Maine Counseling Association Conference



Dennis Fortier, the man-who-dared-to-wear-pink. (the MeCA conference t-shirt!)

Help with Family Conflict

Samantha Bragdon, Outreach Coordinator

Penquis Dispute Resolution Center of Penquis Cap

Most guidance counselors know that almost all parents and their teenage children disagree over such issues as curfew, choice of friends, chores and dating. Some conflict is to be expected during the tumultuous teen years. However, in some cases, family disagreements can turn into outright battles. These battles are often emotionally exhausting and can weaken family relationships, result in poor performance at school and lead to teens living away from home, if not resolved. Fortunately, mediation is a resource available to families experiencing conflict.

The **Penquis Dispute Resolution Center of Penquis CAP** offers mediation services to parents and teens in conflict. Services are free and offered to families in Penobscot, Piscataquis, Hancock, Washington and Aroostook Counties.

During a mediation, each party has an opportunity to express his or her issues and concerns and, with the help of trained mediators, work toward an agreement. Mediation provides an opportunity for the participants to express opinions and feelings in a safe and regulated environment. Often, parents and teens share thoughts and emotions they had never before expressed to each other. Opening the door to such dialogue generally provides improvements in family life. Another added benefit includes improving relationships, not only with each other, but also with teachers, friends, parents and spouses. Depending on the nature of the family conflict, the presence of a guidance counselor or other school personnel can help create the right environment for families to make important changes. Participation of school personnel is particularly useful when conflict has arisen over issues related to schooling.

The Penquis Dispute Resolution Center has been working with families for over fifteen years. Mediation sessions are held in a safe, private and neutral setting outside of the home, but in a location convenient to the family. Mediators travel throughout the five northern counties to provide mediation to families in conflict.

For more information, call 973-3587 or toll-free 1-888-497-3500

262 Harlow Street | P.O. Box 1162 | Bangor, Maine 04402-1162 |

Phone (207) 973-3500 | Fax (207) 973-3699 | TDD (207) 973-3520

www.penquiscap.org

Sexual Assault Centers and the Domestic Violence Projects RED FLAGS OF ABUSE

If your partner:

- Acts jealous and possessive of you
- Loses temper over little things
- Intimidates you and makes you feel afraid
- Puts down your family, friends, goals and dreams
- Doesn't respect your feelings or ideas
- Refuses to take responsibility for actions by blaming others
- Plays mind games and tries to make you feel guilty
- Controls what you wear, who you talk to and where you go
- Threatens to hurt you or commit suicide if you want to break up

Coming Home

By Terry Mitchell

There's something about coming home. The knowledge that you'll always be accepted and those greetings at the door that say you've been missed. It could be the kids, your spouse, or even that funny old dog that didn't eat while you were away that gives you that feeling of belonging. It is nice to anticipate and be anxious about being gone for a few days, but better to return to what you know is true. These are the times when we reflect on what is important in life and evaluate the paths we're on. Coming home is powerful. Coming home is real. Coming home is something not everyone can do. We walk thru this life only once, never stepping in the same spot twice. I think this is why people say, "Home Is Where The Heart Is". For the past six years part of my heart and one place I've considered home has been within the leadership of the Maine Counseling Association. I have made many personal and professional growths serving in these leadership positions. I believe those who have been fortunate enough to experience this kind of fellowship will say it was a unique experience. Coming home is connecting, and from where I stand today I feel very fortunate and truly blessed. I want to thank everyone for accepting me and allowing me this wonderful leadership opportunity with all the great memories of leading such an outstanding organization. Please let me leave you with this one final poem.

Harvest Home

In the ideal
 it is a harvesting
 this work we do-
 a reaping of crops grown
 from ancestral seeds,
 a gathering of first fruit
 from vines that trace their sources
 beyond geography,
 beyond gender,
 beyond the bleach
 and blush and black of skin
 and root themselves in watery grace,
 in knowledge that nurtures us all.

In the ideal,
 our classrooms fill, like cornucopia,
 overflowing with the bounty of our grange.
 Life stories, heaped among the text,
 spill into hallways of our schools,
 crowd the sidewalks or the subways
 or ride yellow buses home,
 altering the form of knowing,
 changing heads,
 changing hearts,
 Changing history,
 bringing harvest home.

Bettye T. Spinner

Maine Counseling Association 05-06 MEMBERSHIP REPORT

1/6/06

Submitted by Gene Oakes

MeCA (Previous two years' membership in parenthesis):

- Total Membership: 409 (588)
- Career Counselors: 10 (9)
- College Admissions Counselors: 30 (44)
- Counselor Educators: 3 (6)
- Emeritus: 30 (28)
- Employment Counselors: 1 (0)
- Marriage and Family Therapist: 0 (*)
- Mental Health Counselors: 34 (68)
- Pastoral Counselors: 0 (*)
- Post-Secondary Counselors: 3 (4)
- School Counselors: 235 (285)
 - K-5: 36 (46)
 - 6-8: 21 (40)
 - 9-12: 127 (178)
 - K-8: 11 (14)
 - K-12: 16 (23)
- Students: 70 (93)
- Substance Abuse Counselors: 2 (3)
- Vocational Counselors: 2 (2)
- Other Misc.: 13 (30)
- New Members: 24 (32)
- (*) New Categories

Regional Membership for 05-06 paid through MeCA

(Last year's in parenthesis):

- CMeCA: 13 (23)
- DMeCA: 5 (6)
- EMeCA: 10 (35)
- NMeCA: 16 (28)
- SMeCA: 14 (28)
- MeCDA: 9 (13)

**Maine Counseling Association
2006-2007 Unified Membership Application**

This unified membership form enables you to make dues payments to not only MeCA, but also other related divisions and councils with one payment. Please complete the form, make your check payable to "MeCA" and mail to the address below. Membership covers ONE year (July 1 to June 30) per MeCA bylaws. (I am available to answer your questions at Bangor High School at 992-5521.)

Membership Information

Name: _____

Address you want mailings sent to:

Work Phone: _____

Home Phone: _____

e-mail Address: _____

Place of Employment (please include address if different from mailing address):

Educational Background:

Degree: _____ Major: _____

University/College: _____

Years in Professional Field: _____

Occupation (check primary one):

- () Career Counselor (CAR)
 () College Admissions Counselor (ADM)
 () College Counselor (PSC)
 () Counselor Educator (CED)
 () Emeritus Member (EMS)
 () Employment Counselor (EMP)
 () Marriage and Family Therapist (MFT)
 () Mental Health Counselor (MHC)
 () Pastoral Counselor (PAS)
 () School Counselor (SC) Check level:
 ___ K-5 (A)
 ___ 6-8 (B)
 ___ 9-12 (C)
 ___ K-9 (D)
 ___ K-12 (E)
 () Student (STD)
 () Substance Abuse Counselor (SAC)
 () Vocational Counselor (VOC)
 () Other (OTH) Please specify:

Be sure to check below the dues covered by your check or purchase order. **If paying by purchase order, please be sure to indicate the name(s) of the member(s) on the PO.**

MeCA Membership

- ___ \$30 Regular Membership
 ___ No Fee Student Membership
 ___ No Fee Emeritus Membership

Divisional Membership

- ___ \$10 Maine Career Development

Regional Council Membership

- ___ \$5 Central Maine Counseling
 ___ \$5 Downeast Maine Counseling
 ___ \$10 Eastern Maine Counseling
 ___ \$5 Northern Maine Counseling
 ___ \$10 Southern Maine Counseling

___ **TOTAL** (Check payable to MeCA)

Mail to: Gene Oakes
 685 Kenduskeag Avenue
 Bangor, Maine 04401

ADMINISTRATIVE USE ONLY:

Date received: _____

Check or PO #: _____

Amount: _____

Other/follow-up: _____

Types of Membership

The MeCA Membership Application can also be found on the MeCA Web Site at www.mainecca.org.



Members

\$30.00

To be eligible, an individual's primary responsibilities must be in the area of counseling and his/her preparation or position is such to qualify him/her for membership in one of the Divisions of the American Counseling Association.

Check out www.counseling.org to see the benefits to joining the American Counseling Association.

FAQs about Membership

How do I tell what the last membership year was that I paid my dues? Your address label indicates the most current year that you paid your dues, i.e. "05-06" for this last year.



Emeritus Members

Upon retirement from participation in the professional activity that enabled regular membership in the Association, any member who has been in good standing in the Association for 5 years shall be transferred to emeritus status with the full rights and privileges of membership status, and shall thereupon be exempt from further dues and special assessments. Emeritus members are encouraged to notify the Membership Chair of address changes.

What if I believe I have paid my dues for this year but my label does not indicate this? Contact the Membership Chair by e-mail (goakes2@adelphia.net) and you will receive a response ASAP.

How do I get a membership card? Membership cards are mailed to individuals after the membership fee has been received.

Note: All members admitted are required to 1) subscribe to the purposes of the Association, 2) reside or work in the State of Maine, 3) maintain ethical standards of professional conduct and 4) be approved by the Executive Board by recommendation of the Membership Chair. In exceptional cases the status of member associate may be granted by a two-thirds majority vote of the Executive Board to persons not possessing the above qualifications but seeming significantly qualified in other respects.



Student Members

Students Members shall be, at the time of application, students who are currently matriculated in a graduate program of study leading to an advanced degree in the field of counseling.

This newsletter is dedicated to our president,
Ben Milster, a man who lives by these words:

*Our lives begin to end the day we become silent
about things that matter.*

Martin Luther King Jr.

Mr. Dean Collins
Madison Area High School
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Madison, ME 04950

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