

MAINE COUNSELING ASSOCIATION NEWS & VIEWS

WWW.MAINECA.ORG

FALL 2014



Sketch by Martin Gallant - MeCA Historian

From the President

By Dean Collins

As I write this, the chill is starting to arrive and the leaves are giving their first signs of the fall foliage indicating that the winter season is not too far away. I wonder where the summer went?

This year, Maine was well represented at the ACA's Institute for Leadership Training (ILT), with John Yasenchak, Terry Mitchell and I attending for 4 days in July. It was a great opportunity to learn not only from ACA but also from other state branches around the country and gain insight into some critical issues. We all visited Capitol Hill for a day of lobbying and meeting with our congressional members. One of the programs that was presented was over the changes in the 2014 ACA Code of Ethics. Here are two links that you might like and if you would like more resources, please feel free to contact me. The code itself is available for download on the ethics section of the ACA website at <http://www.counseling.org/knowledge-center/ethics>

The podcast The NEW 2014 Code of Ethics: An Overview is available on the ACA website at <http://www.counseling.org/knowledge-center/podcasts> Each year ACA holds the ILT and anybody can attend. If you are thinking of taking on a leadership role to attend, I encourage you to consider this training.

The year is quickly moving forward and our executive board has taken on some new members. This summer at our leadership retreat at Maine Maritime Academy, we welcomed, Stan Pelletier, President-Elect, April LeClair, School Counselor Madawaska Schools, as our new secretary and Amanda Card, Southern Maine Community College Admissions Counselor, our new website and vendor/exhibitor person, along with new regional presidents, Rena Lolar – Eastern Maine, Tracy Corbin – Northern Maine. We are still looking for a representative from the Southern Maine to take on the leadership role for that region. We had some great discussion over the two days and always a fantastic hosting job by Jeff Wright and his crew at MMA. Thanks Jeff.

As you may have noticed, we have moved our website, www.tmca.wildapricot.org, where Amanda has done an excellent job in providing updates, designing new pages and links. Beth, our membership chair, sent all an excellent designed membership renewal notice and this is one of the many things we will be able to do. We are looking to post our newsletter on to the website and providing you an email with topic links. This site will allow us to provide you more information via email for conference updates, workshops, membership renewals and emergent issues that involve our profession. We look to you, our members, in providing us with articles, links or pictures of regional events to post on the site; but also critical feedback. For the newsletter, Lisa Manter is our contact, for the website Amanda Card. Their emails are lmanter@johnbapst.org and a.card@smccme.edu respectively.

As a member of ACA I have been able to read a lot about the concerns on the counseling of Veterans and the movement by the VA in requiring all professional counselors to have attended a CACREP program. There have been changes in the past six months where, through lobbying by ACA, that the VA is grandfathering professional counselors that did not attend a CACREP program. Even though there is still a lot of ongoing discussion, the future is encouraging.

As we prepare for the upcoming year, we look for our membership to get involved. Whether it is taking on a leadership role, presenting at our annual conference, or providing an article for the newsletter. It is through your input that we have been able to have had one of the strongest State Organizations in the North Atlantic Region for ACA, if not nationally.

I wish you all a great year and will see you soon.

Dean

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FROM YOUR NEWSLETTER EDITOR

Lisa Manter

Please do not hesitate to send articles for our next newsletter. As a counseling organization we 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:

Lisa Manter, John Bapst. Memorial High School, 100 Broadway, Bangor, ME 04401. If you have any ideas, articles or questions you can email Lisa at:

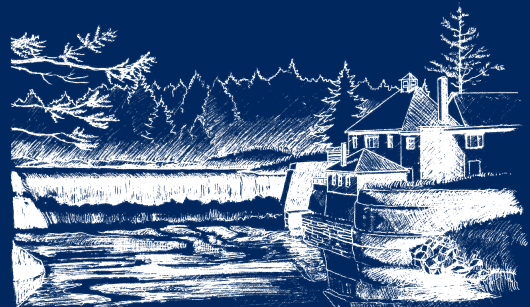
lmanter@johnbapst.org

Maine Counseling Association

Visit our NEW

Website at

www.tmca.wildapricot.org



Public Policy Update

Ben Milster, Executive Board Public Policy

More confusion about the PSAT and SAT – Have we been around this barn before?

Last June, many school counselors experienced some confusion when attempting to order the PSAT for the upcoming fall. Since we no longer would be using the SAT as the Maine High School Assessment (Black Armbands for all...so sad), would the DOE be requiring all those sophomores to take the exam again? Would the State pay for any testing this year?

My colleague in our office who coordinates our PSAT testing contacted the DOE in June and was told to expect no support from the DOE, and should order tests accordingly. Then, in the July 16 DOE Commissioner's Update, there was information that the DOE would be covering the cost of the PSAT for grade 10 students, but did not include grade 11. And, in an email from The College Board on September 5th, we were informed that we would be responsible for "unused test fees" for juniors (remember when that started? – (long ago but apparently not forgotten).

So why pay for grade 10 students, even though it is not mandatory, and not for grade 11? I emailed this question to the DOE's Chief Academic Officer Rachelle Tome, but as of this writing, have not heard back. My guess is that the DOE is continuing some sort of research on grade 10 students (which is what I was told a couple of years ago by Dan Hupp, the previous person in charge of the Maine High School Assessment), and the data wonks want their data – Just a guess.

And, regarding the SAT for juniors, Maine is providing a free SAT or Accuplacer test this spring, with the SAT being a special administration on April 15 and a flexible testing window for the Accuplacer. And, even though the April 15 SAT is not a national test date, it has been confirmed with both The College Board and the Maine DOE that it will count as an official SAT for those juniors who take the test that day.

Regarding the Smarter Balanced Maine High School Assessment? Not a peep from the Maine DOE or anyone else, to my knowledge.

Stay tuned.

NMeCA President's Report

Tracy Corbin, President Eastern Maine Counseling Association

Counselors from the Northern Maine Counseling Association have kicked off another great start to the school year. This year is already unfolding many changes in education and some challenges, including a notable increase in enrollment in virtual school programs. Our NMeCA meeting was hosted by UMPI and we were able to learn from Dr. Schott about all of the exciting changes happening there as UMPI takes the national lead in implementing standards based education at the post-secondary level. TRIO sponsored a wonderful Counselor Breakfast where we received updates on Upward Bound, Talent Search, and the Bridge program.

Approximately 40 Counselors attended the Fall Counselor Workshop in Presque Isle where we had some lively discussion about this year's changes to the SAT and the DOE's role in those changes as we move towards Smarter Balance assessment. There are lots of changes happening in education this year and our regional association will be working hard to stay on top of all of those changes!

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EMeCA President's Report

Rena Lolar, President Eastern Maine Counseling Association

Greetings!

I hope you all had a wonderful summer and have found yourselves living well at the start of this Fall season! We have much to report from the officers of EMeCA. This year we have added three new positions to the EMeCA officers team. Deb McIntyre has stepped up to fill the graduate student representative position from Husson College and Rudie Robinson will be filling the graduate representative position from the University of Maine. We are happy to have them both join our team and look forward to their contributions! Andrew McNally, a graduate student from the University of Maine is our new PR/Public Relations Coordinator. We look forward to getting him started on several of our social media projects in the near future!

Heather Kuhl, secretary, and Nancy Eddy, treasurer round off our EMeCA membership. Nancy and Heather have been able to provide many ideas and lots of feedback on how we can make our outreach efforts both beneficial and enjoyable to providers.

We are excited to be moving forward on a track toward provider wellness and will be rolling out new events as we organize them!

We have joined facebook! You can find us at: <https://www.facebook.com/groups/719543858139818/>

We had our first lunch series event on September 24th at Season's Restaurant with Dr. Jonathan Bowen as our presenter on HCT services in Maine. Dr. Bowen inspired lots of conversation on the need for more discussion on the HCT services in Maine and how we can improve this rapidly growing field. Our next lunch series event will be held at Husson College on October 29th from 11:30am-1:30pm. October is Domestic Violence Awareness Month, so our next presentation will be on working with victims and families of Domestic Violence. We thank Husson College for allowing us the space to have this very important presentation. Details on exact location soon to come! Save the date!

***We are looking for presenters for our lunch series. We have a presenter for November, but will need to begin looking for presenters for the Spring series. Feel free to send suggestions our way, so we can continue to provide these opportunities for our membership.*

This Friday, October 10th from 5-8pm, at Season's Restaurant we will be having an open Meet & Greet event to talk about our work, EMeCA membership opportunities, network, relax and have fun! We invite all school counselors, clinicians, and providers to come and join us for this wellness event. A drawing will be held for qualified individuals for a free membership to MeCA. Graduate students are not included in the drawing, because their membership is free! However, they are eligible to receive a gift from last year's conference (first come first serve!) which will be provided at time of arrival! Please try to RSVP in order to all the restaurant to prepare for our arrival, but if you are unable to, or have a last minute change of plans, we welcome your company just the same! All regions are welcome to attend.

On the outreach front, I will be attending several classes at UMaine and Husson to discuss our upcoming events, membership opportunities and opportunities for future leadership over the next month. I have also connected with both UMaine and Husson on future events on their campus. We thank both Counselor Education programs for their support and willingness to educate and inform students about the benefits of professional membership. We are looking forward to a great year ahead with their support!

It's early-bird sign up time for the April Conference! If you are interested in presenting or getting a discounted conference fee, now is the time. Visit our website at: <http://www.tmca.wildapricot.org/> Bear with us! We are in the process of getting our EMeCA page updated. Changes soon to come!!

More updates to come. I hope you were able to make it through the lengthy email! Again, I will say, feedback is welcome! Hope to see you all this Friday!

North Atlantic Region ACA News

John Yasenchak, Chair, North Atlantic Region

The North Atlantic Region of the American Counseling Association held its semi-annual meeting at the ACA Institute for Leadership Training, Alexandria VA., in July. Following are a few tidbits of news from NAR:

- This year's Chair-elect is Karla Trossier from Connecticut. Karla has been practicing as a counselor for many years and has significant leadership experience in the Connecticut Counseling Association. Our own Dean Collins, President of Maine Counseling Association, is NAR treasurer.
- The North Atlantic Region Branch Development funding award applications have been distributed to all the branches in the region. Branch Development funds can be used to promote membership in the branch organization or to promote professional identity. Typical awards are in the six to eight hundred dollar range. The application should be forwarded to John Yasenchak, NAR-Chair. In the past, MeCA has made use of the branch development funds for several projects.
- Our own Terry Mitchell is the NAR representative to the ACA Governing Council. Terry gave a report of Governing Council activity and continues to represent us well in many ways.
- ACA-Vermont is holding its first, inaugural conference on September 18. MeCA has been active in supporting Vermont as they get off the ground as an organization. John Yasenchak will be attending and keynoting the Vermont Conference, along with Richard Yep, ACA Executive Director.
- Pennsylvania Counseling Association is holding their annual conference in November. The theme is Empowerment through Collaboration.
- There were no motions proposed at the July meeting. However, if our Maine branch is inclined to propose a motion for NAR, please let John Y know.
- And finally, the American Counseling Association approved the revised MeCA bylaws that were passed by membership in 2013.
- As you can see from the above, Maine is well represented and respected for our involvement with NAR. Thanks to all who are willing to step out into leadership within our association and profession.

Visit With Senator Collins

Members of the Maine Counseling Association recently visited with Senator Susan Collins in Washington DC while attending the American Counseling Association Institute for Leadership Training. Pictured from left to right are Dean Collins, President of MeCA, Senator Collins, John Yasenchak, Assistant Professor in the Husson Graduate Counseling Program and Chair of the ACA North Atlantic Region, and Terry Mitchell, ACA Governing Council Representative.

Senator Collins has been a champion of the counseling profession in Maine and nationally. She recently co-sponsored a bill in the Senate that will allow for reimbursement of clinical counselors under Medicare when passed. Counselors in Maine are grateful for her support.



Advocating for the Profession



Back in June, John Yasenachak was able to attend the Maine Association of Physicians' Assistants Summer Conference in South Portland as an advocate for the profession of counseling. The vendor table, resources, and time were sponsored by a branch development award from the North Atlantic Region of ACA. John was able to have conversations with physicians assistants and medical providers regarding the professional identity of counselors as well as the role we play in primary care and school settings. Conference attendees were very interested in talking about the incorporation of counseling into the developing home health model across the State of Maine. This project was intended to address the scope of practice of counseling,

how to connect with professional counselors, the role of professional counselors, and hiring practices across the State. Interest was high and MAPA would like to have us present at their annual conference in February.

Pictured with John are Kristen Thomsen, PA, Chief Delegate of the AAPA House of Delegates and members of the MAPA.

President-Elect

Stan Pelletier

How did I get here, working on a newsletter submission as a MeCA officer? When I reflect, I realize that I have to go back to my earliest days as a counseling professional to find the initial experiences that have led me to opportunities to become involved with "the next thing." Early on, I was looking for a way to connect with professional colleagues to renew ties, attend valuable professional workshops, and generally refresh my outlook and personal well-being. I've attended and valued the annual MeCA conference for years since, and I am grateful now to be involved in a role new to me with the planning and implementation of the event. As president-elect, I'll be part of a team (led by past-president Jill Cairns) assertively working to create a valued conference experience for our membership, with a range of quality professional development opportunities.

As time went on, I was presented with an opportunity to become involved with a service position in one of our regional branches during one of our meetings, an opening for the treasurer position within the Eastern Maine division. In the quiet which ensued after the announcement of the opening [imagine cricket sounds here], I reasoned that it seemed fair and appropriate that I offer up some of my time and effort to help sustain the profession which helps to sustain me. One thing has literally led to another in this regard, and it has been my honor to continue to serve our profession since. Our profession needs us, just as our clients and students do. Many counselors are currently being passed over or prevented from applying for positions within community agencies or schools due in part to problems with reimbursement, some real, but most misperceived. The advocacy of MeCA, in concert with affiliated professional organizations, is vital to ensuring the continued viability of our work and well-being of our clients and students. There is a lot to be done. I'm grateful for the examples of service from those who have led the way, and for their relentless contributions to our profession. Thanks to those of you who support MeCA with your advocacy, membership, and active involvement. Best wishes to all as the darkness lengthens--stay well and stay connected.

Maine LCPCs Present...



Celebrate Experience!

October 17, 2014

Registration is now open for the Annual Clinical Conference of MEMHCA (the Maine Mental Health Counselors Association)

- 15 Experiential Workshops to choose from - view program and register at www.memhca.org

Registration Details

- 7 CEU's provided
- 2 Ethics workshops included
- Lunch: included
- Location: Congregation Bet Ha'am South Portland
- Cost: Members \$125 - Non-members \$150 Students \$75
- *Who should attend:* counselors, psychologists, social workers, addictions counselors

For directions & information on the venue visit: www.bethaam.org

MEMHCA website visit
www.memhca.org

- Questions? email us
memhca@gmail.com

The Maine Counseling Association
MeCA Regions: Northern Eastern Downeast Central Southern

CALL TO PROGRAM
MeCA Conference at the Samoset
Monday, April 13th -Tuesday, April 14th, 2015

Dear Colleague:

The Conference Committee of the Maine Counseling Association is seeking workshop proposals for the annual spring conference. Our theme this year is wellness. Each year an array of workshops are offered ranging from ethics to counseling techniques to personal enrichment sessions. If you have an idea for a session you wish to present, then please complete the enclosed form and return it to me prior to November 15, 2014.

Our Keynote speaker is Dr. Sherene McHenry. Sherene has a Ph.D in Counselor Education and she is a Licensed Professional Counselor. Sherene has spoken throughout North America, as well as in South America and Asia. Her keynote is titled, "High Stress or High Impact: The Choice Is Yours". Her humorous and poignant presentation will help counselors avoid burnout and be more effective on a daily basis. The keynote will be on Monday, April 13, 2015.

Sincerely,

Martin Gallant
Conference Committee Member

The Maine Counseling Association

MeCA Regions: Northern Eastern Downeast Central Southern

CALL TO PROGRAM

The MeCA Conference Committee announces the Call to Program for the MeCA conference being held April 13^h and April 14th, 2015 at the Samoset in Rockport, Maine. If you are interested in being a presenter at this year's conference, please fill out the information below and mail or email (prefer email) to the following address: **Martin Gallant, Caribou High School, 308 Sweden Street, Caribou ME 04736**

Telephone: 207-493-4260 FAX: 207-493-4244 email: mgallant@rsu39.org

NAME: _____

TEL: (W) _____ (H) _____

(Fax) _____ (email) _____

MAILING ADDRESS: _____

CREDENTIALS: _____

PLACE OF EMPLOYMENT: _____

PROGRAM TITLE: _____

Please write a brief description of the presentation which will be used in the conference program brochure (3-4 sentences): _____

Target Group (Check all that apply) Admissions Elementary Middle Secondary Clinical/Mental Health Counselors Career Counselors All

Please send a detailed description on a separate sheet. Presenters are responsible for bringing their own presentation materials (projectors, TV's, computers, flip charts, markers, etc.). If you need a screen for your presentation then please let me know.

The Maine Counseling Association provides contact hours at the conference. MeCA is required to keep a record of our presenters' qualifications. **Please include a brief resume along with your Call to Program form.** Thank you for your support of our professional organization. A confirmation letter will be mailed to you by mid-January, 2015.

This form is also available on our website: www.mainecca.org

A Charter Branch of American Counseling Association