

# MAINE COUNSELING ASSOCIATION NEWS & VIEWS

WWW.MAINECA.ORG

WINTER 2014



Sketch by Martin Gallant - MeCA Historian

## **CELEBRATING 50 YEARS!**

### **From the President**

**By Jill Cairns**

Happy New Year! I hope this newsletter finds you well and ready for the challenges and opportunities that 2014 has in store for all of us.

The world of college admissions is alive with the application process. This year the processing cycle has taken on a new meaning for me. My niece, Amber, a senior at Fort Kent Community High School, is in the midst of the college and scholarship application process. As a college Director of Admissions, my niece and her family look to me for answers, help and guidance. What an eye opening experience it has been! Aspiring college students are flooded with marketing materials from colleges all over the United States and even internationally - each one claiming to be just the right fit. Test scores, grade point averages, perfectly written college essays, a compilation of activities from high school are all amongst the materials that are gathered for the application process, neatly packaged and sent off to the colleges, and then students wait patiently for their decisions. Meanwhile, they are asked over and over again....so, what do you want to study in college? Or, what do you want to do with your college degree? What colleges did you apply to? What do you want to be when you grow up? So many tough questions for a 17 year old to

answer! I often wonder how many of our aspiring college students make it through this process in one piece.

I am incredibly proud to say that Amber has been accepted to all of the colleges that she has applied to. And, much to her parents delight has been offered merit based scholarships as well. As she looks towards her very bright future, I am humbly reminded of just how important the role of college admissions professionals and school counselors are in this process. The impact of the advice and guidance shared by admissions professionals and school counselors is invaluable to these young adults as they navigate through the final years of high school. As I sit here thinking of Amber, I am extremely thankful for the hard work and preparation that is dedicated to our youth. Thank You!!!

I would also like to remind you that as you plan your spring and look forward to the snow melting and warmer days, please remember to join the Maine Counseling Association in celebrating our 50th anniversary at our Annual Conference this year. Association members are at the heart of why our organization has been so strong over the last 50 years. So, come celebrate with colleagues...each and every one of you deserves it!

### **Save the Date!** **Maine Counseling Association** **50 Years of Service** **Annual Conference, April 14 and 15**

The Maine Counseling Association (MeCA) is celebrating its 50th anniversary at our annual conference on April 14 and 15, 2014. Our keynote this year is Dr. David Kaplan, Chief Professional Officer of the American Counseling Association. Dr. Kaplan will talk with us about our professional identity as counselors, as well as the proposed new ACA ethical guidelines. We expect that our conference will be among the first to present the guidelines. In addition to the keynote, a range of workshops will be available for all counseling professionals (clinical, school, admissions, counselor education, etc.). And finally, don't forget that the conference is held at the beautiful Samoset Resort on the lovely coast of Maine ( Samoset Resort ).

Please join us in our celebration of our 50th year of service to the Counseling Profession! In order to register for both the conference and room reservations, go to our website at: <http://www.mainecca.org/> Thank you!

The Maine Counseling Association

## EXECUTIVE BOARD

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**Jill Cairns**

Univ. of ME at Fort Kent  
jillb@maine.edu  
834-7602 / 436-5174

President-Elect

**Dean Collins**

Madison Area High School  
dean.collins@msad59.org  
696-5654 / 491-7441

Past-President

**John Yasenchak**

Husson University  
yasenchakj@husson.edu  
852-9756 / 941-8847

Secretary

**Jessica Woods**

Belfast High School  
jwoods@rsu20.org  
338-1790 / 323-0391

Treasurer

**Andrea Hallett**

Van Buren High School  
ahallett@msad24.org  
868-5274 / 554-9910

ACA/NAR Representative

**John Parkman**

Retired/Parkman  
Post-Secondary Consulting  
johnfparkman@gmail.com  
542-8398

Historian

**Martin Gallant**

Caribou High School  
mgallant@rsu39.org  
493-4260

Membership

**Beth Doane**

Yarmouth High School  
beth\_doane@yarmouthschools.org  
846-3731

No. New England Assoc. for  
Counseling & Education

**Sue Jones**

University of Southern Maine  
sjones@usm.maine.edu  
780-5221

Professional Standards & Ethics

**Deborah Drew**

Husson College  
drewd@husson.edu  
992-4912

Public Policy

**Ben Milster**

Mount Blue High School  
bmilster@mtbluesd.org  
778-3561

Public Relations

**Brian Manter**

University of Maine  
manter@maine.edu  
581-1598

Public Relations/Newsletter

**Lisa Manter**

John Bapst Memorial High School  
lmanter@johnbapst.org  
947-0313

Public Relations/Website

**Dennis Lin**

University of Maine  
yung-wei.lin@umit.maine.edu  
581-2419

CMeCA President

**Julie Libby**

ubemindful@gmail.com  
779-7679

DEMeCA Representative

**Cara Cirillo**

Machias Memorial High School  
ccirillo@mmhsbulldogs.org  
255-3812

EMeCA President

**Stan Pelletier**

Bucksport Middle School  
stan.pelletier@rsu25.org  
469-6647

NMeCA President

**Mary Warren**

Presque High School  
warrenm@sad1.org  
764-7721 / 436-0967

SMeCA President

**Position Open**

MeASGW Rep.

**Joel Lavenson**

Advanced Counseling & Therapy Ctr.  
joel@ImagoTherapist.com  
689-8004

ME Career Dev. Assoc.

**Jim Peacock**

Peak-Careers Consulting  
jimpeacock@peak-careers.com  
649-9761

ME College Admissions Assoc.

**Carlena Bean**

Husson University  
beanc@husson.edu  
941-7067

ME Mental Health Counselors Assoc.

**Marylena Chaisson**

marylena.chaisson@gmail.com  
357-5491

**Lois LeBlanc**

loisleblanc@fairpoint.net  
925-1072

ME School Counselor Assoc.

**Kris Croteau**

Messalonskee Middle School  
kcroteau@rsu18.org  
465-2167 / 431-1184

Graduate Student Reps:

**Jack Flanigan**

University of Maine  
jackflanigan.jf@gmail.com  
317-1945

**Rachel McIntosh**

Husson University  
mcintosh79@yahoo.com

## 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](mailto:lmanter@johnbapst.org).

## NOTE FROM THE HISTORIAN

Each year at the conference business meeting, the historian is called upon to read a list of those members who have retired or who will be retiring at the end of the school year.

The historian also announces the names of current or past members who have died. Please contact me prior to the conference with any updates so that I might recognize the members at the conference.

**Martin Gallant**

**Caribou High School**

**308 Sweden St, Caribou, ME 04736**

**(207) 493-4260 • [mgallant@mail.caribouschools.org](mailto:mgallant@mail.caribouschools.org)**

Maine Counseling Association

*Visit our Website at*

**[www.maineca.org](http://www.maineca.org)**

## Counseling in India

John Yasenchak, Past President

As many of you know, I have been interested in yoga as an adjunct to counseling for many years. I dreamed of visiting India and in October, 2013, that dream came true. For ten days, I traveled through northern India with five other counseling professionals including Circie West-Olatunji, the current president of ACA. The trip was organized by Dr. Sachin Jain, a counselor educator whose home is in the Lakhimpur area. Sachin has organized several trips for counselors over the past few years. The purpose of these trips are to provide American counselors a challenging cultural immersion experience and an opportunity to exchange ideas with Indian counseling students and faculty.



*Counseling students at Purvanchal University, Jaunpur*

We began our visit in Delhi. From there, we travelled to Varanasi and then took an overnight train to Jaunpur (16 hours). At Jaunpur, we had the opportunity to

present at an International Counseling Conference and speak with faculty and students. We then went back to Varanasi, the most sacred city of Hinduism where we watched the sunrise of the Ganga, visited temples, and attended the evening ceremony along the river. We then visited two other colleges. One of them, affiliated with the University of Lucknow, had a special emphasis on the education of women in the spirit of Swami Vivekananda work in the 1900's.

All of us learned a lot on this trip. Although there are resources in India, those resources are not equally distributed. Nearly eighty percent of the 1.5 billion population lives in extreme poverty. Sixty percent of the population does not have reliable water sources or toilets. As in our country, suicide rates among young people are high but the context differs tremendously. Access to health care is minimal and non-existent in some areas. A mental health counselor may work in a clinic where up to four hundred people a day wait to see someone. A school counselor's work may be spread through various areas where there are hundreds of students.

That most remarkable experience for me was listening to the Indian counseling students express their appreciation for education and their dedication to the profession. For them, professional identity as a counselor is clearly tied into the social, economic, and political context. They see themselves as contributing to the future of India. Students and faculty shared a very strong sense of mission and purpose that inspired all of us.

भगवानदास आर्य कन्या डिग्री कॉलेज में मनोसामाजिक समस्याओं पर व्याख्यान

### ‘धर्म, अध्यात्म से समस्याओं का समाधान संभव’

अमर उजाला ब्यूरो

खीमपुर खीरी। धर्म और अध्यात्म माध्यम से मनो सामाजिक समस्याओं का समाधान संभव है। चार हजारों पर किए गए शोध में इस तरह परिणाम सामने आए हैं। इस बात दावा नगर के भगवानदीन आर्य डिग्री कॉलेज में मनो सामाजिक समस्याओं पर आयोजित अंतरराष्ट्रीय शाला में यूएसए से आए वैज्ञानिक डॉ. जान यासंचक ने कही। कार्यशाला में दीप प्रज्ज्वलन और सरस्वती की वंदना के बाद विज्ञान की विज्ञागाध्यक्ष अन्नपूर्णा गुप्ता ने कहा कि सामाजिक समस्याएं जैसे

भगवानदीन आर्य कन्या महाविद्यालय में मनोसामाजिक समस्याओं पर कार्यशाला को संबोधित करते डॉ. जान यासंचक।

हुए हैं अन्य सभी में धर्म और अध्यात्म से साकारात्मक परिणाम सामने आए हैं। उन्होंने कहा कि यदि प्राथमिक, मानसिक, संवेदनात्मक वह यहां के सांस्कृतिक वातावरण से बहुत प्रभावित हुए हैं। उनके साथ आए डॉ. ब्रेबर ने विभिन्न सामाजिक समस्याओं पर विचार व्यक्त किए

बताया। टीम में शामिल मिसेज ब्रे ने कहा कि सामाजिक समस्याओं के समाधान के लिए लोगों भावनात्मक अध्ययन करके समाधान खोजे जा सकते हैं। यहां डॉ. साचिन जैन ने छात्रों को टाइम मैनेज के विषय में बताया। उन्होंने कहा हमारा बुरा समय तब शुरू होता जब हम समय का साथ छोड़ देते मुख्य अतिथि डॉ. एम. आर. रस्तोगी कहा कि हमें समस्याओं से घिर पहले ही बच्चों को सुरक्षात्मक तरीका की सही जानकारी देनी चाहिए महाविद्यालय की प्राचार्य डॉ. निरमला अशोक ने कहा कि तनावों से मुक्ति का समाधान हमारे अंदर कार्यशाला में भगवानदीन आर्य डिग्री कॉलेज के सचिव शिव

Although we have come a long way in multicultural understanding within our profession, we still have much to learn. While we were able to share some of our knowledge with our Indian colleagues, they were able to inspire us with their sense of mission and dedication. And for me, at least, deepened my appreciation of our professional identity as counselors.

*Hindi news article -John lecturing*



# EMeCA President's Report

**Stan Pelletier, President Eastern Maine Counseling Association**

**Submitted 1/10/2014 at the Executive Board Meeting of MECA**

It is my pleasure to report that regional gatherings of members of the Eastern Maine Counseling Association resumed during the fall of 2013. Our first meeting was an officers meeting on October 16, where our 4 officers (myself, treasurer Nancy Eddy, Secretary Amy Riddell, and Public Relations Officer Rena Lolar) convened at the Sea Dog restaurant in Bangor. We enjoyed a good meal and lively discussion about the direction for things to come within EMeCA. Items discussed included:

- Update from Rena on MeCA's anticipated use of Wild Apricot & how EMeCA and other divisions may be able to utilize the new system for improved communications.
- Development of an online survey to find out what counselors in the Eastern Maine region want from EMeCA. I have since constructed this and sent it out to those on the EMeCA officers' mailing list. At the time of this writing, we've had 19 responses.
- How to set up regional meetings & for what purpose (e.g., informal peer support, structured supervision, where, when, etc.). Survey information will be helpful in determining this. Past EMeCA groups have convened opportunistically during College Board gatherings; we should keep these possibilities on the radar as well.
- Holding a "wellness event", perhaps in March, where EMeCA members and others may congregate to participate in a variety of wellness activities.

As we concluded the meeting, we decided to have our November meeting in Ellsworth, to announce it as an "open business meeting", and to each invite at least one colleague to attend. We agreed to have a drawing to pay for the meal for one attendee (officers excluded). Our November meeting took place at the Shinbashi restaurant in Ellsworth. In addition to the 4 officers, 6 other Eastern Maine Area counseling professionals attended. Discussion included:

- EMeCA will develop a brochure. Timetable for completion will be the Spring MeCA conference.
- EMeCA officers are available to regional University counseling programs to serve as guest speakers on a range of topics, including the importance of involvement with our professional organizations.
- Going forward, we will alternate our business meetings between Penobscot and Hancock counties. We will look to have smaller, collegial gatherings within our region. Next open business meeting scheduled for January 15th, 5:00pm, at the Sea Dog in Bangor. Reminder will go out Monday. One lucky participant enjoyed dinner on EMeCA (bar bill not included!).

We look forward to continuing with our positive momentum at our business meeting next week. Future discussions will include partnering with the Eastern Maine regional MeSCA chapter and graduate student outreach, just to name a couple of items.

## News From the North Country

**By Mary Warren**

BURRRR....it's COLD outside (even for those of us in the far north)!

Our November meeting was held at the northern tip of the state, on the beautiful campus of the University of Maine at Fort Kent. Twenty NMCA members were in attendance for this meeting. We were welcomed by Jill Cairns, Director of Admissions and MeCa president. We attended presentations regarding UMFK's new programs presented by Dr. Tony Enerva. Dr Enerva described new programs which will encompass several areas of Criminal Justice and Law Enforcement including Homeland Security, Public Safety Administration Emergency Management and Information Security. The programs are unique in that UMFK offers certificate programs which can be 'stacked' onto an associate degree. Many of the programs which culminate in associate degrees, can also be 'stacked' onto a four year bachelor degree. The design of the 'stackable' programs was in response to a viable need as well as in response to student time availability.

Dr. Enerva's presentation was followed by a delicious luncheon, complements of UMFK. After lunch, members reconvened to hear presentations from two scholarship fund sponsors: Pam Schepple from the Maine Community Foundation and Ray and Sandy Gauvin from the Aroostook Aspirations Scholarship Foundation. These presentations were followed by our business meeting.

Our Job/Career fair will be held on the campus of the University of Maine at Presque Isle on April 1, 2014. Our members are soliciting local community sponsors in an effort to make this an annual event. The Career Fair Committee has been hard at work in creating another successful fair event for County wide sophomores in 2014.

Our next meeting is scheduled for January 23, 2014 at Northern Maine Community College.

**Southern MeCA: The Southern Maine Regional Council is seeking a Presidential Leader. If you are interested in this rewarding position, please contact Jill Cairns at the University of Maine Fort Kent by phone 834-7602 or email: [jillb@maine.edu](mailto:jillb@maine.edu).**

# Public Policy Update

By Ben Milster, Executive Board Public Policy

Maine Counseling Association 126<sup>th</sup> Legislature, 2<sup>nd</sup> Session - Bills of Interest

Start January, 2014

## Bills carried over from 1st Session:

### **LD 481 - An Act To Amend the Laws Governing Virtual Public Charter Schools**

#### **SUMMARY**

This bill amends the laws governing virtual public charter schools to:

1. Require the authorizer of a virtual public charter school to review and approve the courses and curricula for the virtual public charter school prior to the beginning of each school year;
2. Require that education personnel operating a virtual public charter school hold valid teacher certification in the State;
3. Require that each virtual public charter school student receive at least 2 personal visits from a teacher during each school year; and
4. Provide that only 20% of the per-pupil allocation of state and local operating funds follows the student to a virtual public charter school.

### **LD 968 - An Act To Provide Needed Psychiatric Hospitalization for Persons with Mental Illness**

#### **SUMMARY**

This bill requires the Commissioner of Health and Human Services to make psychiatric hospitalization available to a person with mental illness who is experiencing a psychiatric crisis and who has been determined by a health care practitioner to be in need of hospitalization.

**Work Session scheduled for January 16 @ 1:00 pm.**

### **LD 1213 - An Act To Reduce Costs and Increase Access to Methadone Treatment**

#### **SUMMARY**

This bill proposes to decrease costs of and increase access to substance abuse treatment services by requiring the Department of Health and Human Services to increase the number of federally qualified health centers that provide methadone treatment services, to require enrollment at the clinic closest to the person's home and to work to facilitate access to services and distribution of services across the State. The bill requires the department to amend the methadone clinic rules to eliminate the requirement that the centers be open for administration of methadone treatment on Sundays. The bill designates the rules as routine technical rules. The department is required to work with stakeholders to address current rules and policies that act as barriers to achieve the intent of this legislation.

**Work Session scheduled for January 16 @ 1:00 pm.**

## Current Bills of 2<sup>nd</sup> Session

### **LD 159 - An Act To Amend the Process Controlling the Transfer of a Student between School Administrative Units**

#### **SUMMARY**

Under current law, a student or the parent of a student may request a transfer to a school administrative unit in which the student does not reside. The superintendents of both the sending and the receiving school administrative units may approve the transfer if they find that it is in the best interests of the student. The decision is appealable to the Commissioner of Education, who may approve or disapprove the transfer. That decision is appealable to the State Board of Education, which may approve or disapprove the transfer.

This bill provides a standard for what constitutes a student's best interest. The bill requires that, if the decision of one or both of the superintendents to deny the transfer is appealed, the Commissioner of Education must uphold the decision unless the commissioner determines that the decision to deny the transfer was arbitrary and capricious, in which case the commissioner may approve the transfer. If that decision is appealed to the State Board of Education, the board must uphold the decision to deny the transfer unless the board determines that the decision was arbitrary and capricious, in which case the board may approve the transfer.

**\*Public Hearing Thursday, January 23, 2014 1:00 PM, Cross Building, Room 202**

### **LD 1593 - Resolve, To Eliminate Financial Inequality in MaineCare Reimbursement for Community-based Behavioral Health Services**

#### **SUMMARY**

This resolve directs the Department of Health and Human Services to amend the rules of reimbursement for behavioral health services under the MaineCare program to provide that all community-based behavioral health services are reimbursed at community-based rates. The amended rules must prohibit billing at hospital rates. The rules, which are routine technical rules, must be amended by October 1, 2014.

### **LD 1594 - Resolve, To Improve Access to Emergency Behavioral Health Services and Increase Public Safety**

#### **SUMMARY**

This resolve requires the Commissioner of Health and Human Services to combine all of the Department of Health and Human Services' toll-free emergency crisis telephone lines under one toll-free crisis call-in number to be staffed by trained personnel who will assist callers or refer callers to other services as appropriate 24 hours per day, 7 days per week. Any money saved must be used to fund a public information advertisement campaign to inform the public about the new toll-free crisis call-in number.

## **LD 1617 - An Act To Amend the Laws Governing the Approval Process for and the Operation of Virtual Public Charter Schools in the State**

### **SUMMARY**

This bill makes the following changes to the laws governing virtual public charter schools.

1. It provides that a virtual public charter school must be approved by the Legislature before it may operate.
2. It requires a virtual public charter school to be accredited by an organization approved by the Department of Education based on a demonstration that the organization's accreditation process is rigorous and aligned with state policy.
3. It requires the Maine Charter School Commission to evaluate applications for a virtual public charter school based on certain criteria.
4. It requires the governing board of a virtual public charter school to submit annually a performance report, operations report and independent financial audit to the Maine Charter School Commission and the joint standing committee of the Legislature having jurisdiction over education matters.
5. It sets standards for teachers in virtual public charter schools.
6. It sets standards to maintain the integrity of student learning and assessment in virtual public charter schools.
7. It requires the Department of Education to adopt major substantive rules governing virtual public charter schools. These rules must include a method for funding virtual public charter schools based on the cost per unit of instruction provided in each subject area to each student. These unit costs may include teacher costs, based on the average cost per student to employ a teacher in this State; administrative costs; costs of facilities; and capital costs.

## **LD 1656 - An Act To Increase Safety for Victims of Domestic Violence**

### **SUMMARY**

Current law limits the ability of bail commissioners to set preconviction bail in cases involving domestic violence; as a result, the period of time between the arrest and the setting of bail by a judge or justice for alleged perpetrators of domestic violence may be greater than it is with other crimes. In order to increase the safety of victims of domestic violence during the period between arrest and the setting of bail, this bill provides that a person is guilty of improper contact prior to the establishment of bail if, while being detained as a result of the person's arrest for specified domestic violence offenses and prior to the establishment of preconviction bail, the person intentionally or knowingly makes direct or indirect contact with the victim of the alleged crime.

Current law also requires that law enforcement officers use and be trained in how to administer an evidence-based domestic violence risk assessment. In order to increase the ability of Maine criminal justice agencies to use information gathered in the course of the risk assessment to keep victims and families safe, this bill permits those agencies to share confidential criminal history record information with advocates for the purpose of planning for the safety of a victim of domestic violence. This bill also expands the definition of "advocate" to include an employee or volunteer of a Maine tribal program.

Under this bill, an advocate who receives confidential criminal history record information must use the information solely for the purpose of planning for the safety of a victim of domestic violence and is prohibited from further disseminating the information. This bill also clarifies that once a person is certified as a participant in the Address Confidentiality Program that person's actual residential street, school or work address or United States Postal Service address may not be used or disclosed by any state or local agency or the courts unless such use or disclosure is approved by the Secretary of State under the circumstances set forth in the program.

**Public Hearing Monday, January 13, 2014 10:00 AM, State House, Room 436**

## **LD 1683 - An Act To Improve Degree and Career Attainment for Former Foster Children**

### **SUMMARY**

This bill raises the upper age limit, from 20 years of age to 26 years of age, for voluntary participation in extended care for persons who attained 18 years of age while in the care and custody of the State. The bill also directs the joint standing committee of the Legislature having jurisdiction over health and human services matters to annually request an organization with expertise in foster care to provide to the committee a report and briefing on the implementation of the law.

## **LD 1685 - An Act To Ensure That All Maine Children Are Protected from Abuse and Neglect**

### **SUMMARY**

This bill makes the following changes to the laws governing the protection of children from abuse and neglect.

1. It requires the Department of Health and Human Services, in the case of an abuse and neglect investigation involving an allegation of abuse and neglect outside of the home of the child, to investigate whether a licensing violation has occurred.
2. It requires a public or private agency or program that is administered, licensed or funded by the Department of Education that hires staff or selects volunteers and provides care or services for children to develop a written policy regarding child abuse and neglect.
3. It requires that a child protection petition, in the case of alleged abuse or neglect outside of the home of the child, include the name and address of the caregiver and the address of the place in which the alleged abuse or neglect occurred.
4. It allows a court in a protection order to order the removal of a perpetrator from a setting outside of the home of the child.
5. It provides a criminal penalty for the violation of a provision of a protection order that prohibits a person from entering the out-of-home setting of the abuse or neglect.

6. It amends the laws governing the investigative duties of the out-of-home abuse and neglect investigating team and clarifies the duty of the team to eliminate the collection of redundant information to the extent possible. It specifies that the team must complete an investigation of issues involving licensure within 6 months from the start of the investigation in most cases. It requires the team to include relevant professionals outside the Department of Health and Human Services or service center as members of the team for investigations of schools or other settings that provide supervisory care for children. It specifies that, in the case of an allegation of abuse and neglect outside of the home of a child in a facility or by a person not subject to licensure by the department, the team must refer the case to the agency or department charged with the responsibility to conduct a separate investigation to determine if licensure or certification action is necessary.

### **LD 1702 - Resolve, Directing the University of Maine System and the Maine Community College System To Study the Establishment of a Pilot Program Based on Oregon's "Pay Forward, Pay Back" Model of Funding Public Postsecondary Education**

#### **SUMMARY**

This resolve directs the University of Maine System and the Maine Community College System to study the establishment of a pilot program based on Oregon's "Pay Forward, Pay Back" model to replace the current system of charging a resident of the State tuition and fees for enrollment at a state public institution of higher education. Under the pilot program, a student who is a resident of the State and who qualifies for admission to an institution would be able to enroll in the institution without paying tuition or fees; instead, the student would sign a binding contract to pay to the State or the institution for a specified number of years a certain percentage of the student's annual adjusted gross income upon graduation from the institution. Under the resolve, the University of Maine System and the Maine Community College System are directed to report their findings and any proposed implementing legislation to the joint standing committee of the Legislature having jurisdiction over education matters by December 3, 2014.

### **LD 1703 - An Act To Increase College Affordability and the Rate of Degree Completion**

#### **SUMMARY**

This bill is a concept draft pursuant to Joint Rule 208.

This bill would implement a comprehensive strategy to keep the cost of public postsecondary education in the State affordable, thereby increasing the graduation rate from state public institutions of higher education. The comprehensive strategy may include, but is not limited to:

1. Adoption of Oregon's "Pay Forward, Pay Back" pilot project's model of funding public postsecondary education, under which a student enrolled in a public institution of higher education, in lieu of paying tuition or fees, contracts to pay to the State a certain percentage of the student's annual income upon graduation for a specified number of years;
2. Scholarships to provide incentives for degree completion with agreements to remain in the State after graduation for specified periods. Under this program, a full scholarship for the 4th and final year of school at a public institution of higher education will be provided to students who agree to work in the State for a certain period of time following graduation;
3. Tuition guarantees that ensure that students will pay the same tuition for 4 years while attending one of the State's public institutions of higher education;
4. Low interest rates for student loans issued by the State for students meeting certain criteria, such as financial need, academic merit, graduating within 4 years or agreeing to work in public service for a certain period after graduation;
5. Adoption of performance-based higher education funding that links the level of funding of a state public institution of higher education to a metric such as the graduation rate of that state public institution of higher education;
6. Transition from the provision of tax credits for higher education to the provision of state grants and other forms of financial aid for higher education;
7. Increased funding to the State of Maine Grant Program;
8. Facilitation of expedient graduation through establishment of dual enrollment programs and so-called 3 plus 1 programs, in which students attend community colleges for 3 years and transfer for the final year to a 4-year program at another of the State's public institutions of higher education; and
9. Expansion of online learning opportunities, including the use of online course providers to develop online courses.

### **LD 1716 - An Act To Increase the Rate of Reimbursement for Providing Career and Academic Advising and Counseling Services to Adult Education Students**

#### **SUMMARY**

Currently, career and academic advising and counseling costs incurred by local adult education programs are considered administrative costs under the Maine Revised Statutes, Title 20-A, section 8607-A, subsection 1 and reimbursed at a rate of 70% of those costs. This bill requires that career and academic advising and counseling costs incurred by local adult education programs, because those services are provided directly to students, be reimbursed at the rate of 75% of those costs, which is the same as the reimbursement rate for courses for students.

## MeCA Ethics Committee: *NEW MEMBER BENEFIT*

Deborah Drew

The Maine Counseling Association has formed a new Ethics Committee as a service to its members.

The goals of the committee are to:

1. Respond to questions about Ethics from members of the Maine Counseling Association
2. Publish an article on Ethics in each MeCA newsletter
3. Present a workshop on Ethics at the MeCA annual conference

Procedure for Receiving, Reviewing, and Responding to Member Questions: Questions about ethics posed by members of Maine Counseling Association may be directed to the chair of the MeCA Ethics committee. The chair will then determine the category of the question as indicated above and hand the question off to the appropriate subcommittee for review. The subcommittee will gather information, identify the relevant code(s) of ethics, and make a recommendation for response. The recommendation and supporting information will then be sent to the entire committee for their review. Consensus on the response will be determined. The committee chair will then send a response to the person asking the question.

### Maine Counseling Ethics Committee 2013

**Chair:** Deborah Drew, Ed., D., LCPC

#### SPECIALTY AREAS

##### School Counseling

Sandy Robinson, School Counselor; Traci Small, School Counselor;  
Mary Warren, School Counselor; Lisa Erhardt, School Counselor

##### Clinical Mental Health Counseling

John Yasenchak, Ed.D., LCPC; Susan Jones, Ph.D., Licensed Psychologist;  
Jeri W. Stevens, Ph.D., LCPC; Colleen Owens, LCPC

##### Career Counseling

James Westhoff, Career Counseling

##### Counselor Education

Annette Nelligan, Ed.D.; Mikal Crawford, Ed.D., Licensed Psychologist;  
John Yasenchak, Ed.D., LCPC; Susan Jones, Ph.D., Licensed Psychologist

##### Group Counseling

John Yasenchak, Ed.D., LCPC; Susan Jones, Ph. D., Licensed Psychologist; Annette Nelligan, Ed.D.

##### Pastoral Counseling

Julie Libby, Husson U Pastoral Counseling student

**For more information contact Deb Drew at [drewd@my.husson.edu](mailto:drewd@my.husson.edu).**

**See us at the MeCA Conference for more information!**

## *SEEKING NOMINATIONS FOR LEADERSHIP*

The Maine Counseling Association is seeking nominations for president-elect for the 2014-2015 year.

If you know someone you would like to nominate,  
or you yourself would like to serve in a leadership role,  
please contact Jill Carins, President, at: [Jillb@maine.edu](mailto:Jillb@maine.edu)



## CONFERENCE SCHEDULE

### April 14 & 15, 2014

#### Monday, April 14, 2014

7:00 am – 4:00 pm *State of Maine Room - Registration*

7:00 - 9:00 am *Rockland/Rockport/Camden - Continental Breakfast*

8:00 - 9:00 am **Early Bird Session I:**

*Pen Bay*

#### **Principles and Attitudes of Ethical Thinking**

Dr. Deborah Drew, Ed.D.  
Dr. Jeri Stevens, Ph.D.

In an ever shifting counseling climate, it is difficult to keep the focus on the client or student while balancing needs of the agency, school, or other setting, paperwork and other demands. In this hour you will integrate the guiding Principles of Care, Kabat-Zinn's Seven Attitudinal Foundations and counseling ethics to form a foundation from which to address ethical dilemmas with the focus on the relationship with the client.

Target Group=All

*Schooner*

#### **Non-Academic Readiness Skills for Low Income and First Generation Students**

Elyse Pratt-Ronco, Ph.D.  
Lynn Ploof-Davis, M.Ed.

Students need more than high SAT scores and GPA's to be ready for success in higher education. This workshop will explore what the research says about non-academic readiness skills for post-secondary success. We will also look at ways to incorporate these skills into our work with students, including time to share ideas of what we are already doing to strengthen these skills for students.

Target Group=All

*Monhegan*

#### **Graduate Students and Leaders – Getting Involved**

Terry Mitchell, M.Ed.,  
John Yasenchak, Ed.D., LCPC  
Summer Reiner, Ed.D., NAR Chair

This workshop will consist of a discussion on professional identity, leadership opportunities, and service. This session is an orientation for Graduate students and anyone interested in becoming more involved with our profession.

Target Group=Graduate Students/All

*Windjammer*

#### **Photography Used as a Stress and Anxiety Management Tool**

Dave Dostie, MSB, MBA

This training program is designed to walk through the process of how individuals can use photographic techniques to stimulate feelings, process emotions, and express their inner-self through the creation and understanding of imagery. This is a non-confrontational way for individuals to explore and express their stress and anxiety creatively. Without being pressured, within a supportive environment where all share the same artistic passion and outlet.

Target Group=All

9:15 – 10:15 am **Early Bird Session II:**

*Pen Bay*

#### **Applying Attitudes and Principles to Ethical Decision Making**

Deborah Drew, Ed.D.  
Jeri Stevens, Ph.D.

From a foundation of client centered ethical thinking based on integration of Kabat-Zinn's Seven Attitudinal Foundations, the model and process of ethical decision making will be explored. Participants will have the opportunity to apply their own emerging thinking to an ethical dilemma of their own. This hour will be interactive, introspective and a different approach to exploring ethics.

Target Group=All

*Schooner*

#### **The ACT, ACT Aspire and STEM Readiness**

Sean Corcoran, ACT Coordinator

Did you know that more students took the ACT than any other college entrance exam nationwide in 2012 and 2013? Come learn about ACT's growth, the evolution of ACT Aspire and ACT's Stern Readiness Report.

Target Group=Secondary/Admissions

*Monhegan*

#### **No One Here Speaks Sign Language**

Colleen Owens, LCPC

Participants will learn about deaf culture, common misconceptions, challenges and use of interpreters. They will explore possible ethical dilemmas and how to best use supervision when working with the deaf. They will also learn about resources available for them and their clients.

Target Group=Clinical/Mental Health Counselors

and anyone who may or does work with deaf, hard of hearing, or late deafened people

Monday, April 14, 2014 – continued

*Windjammer*

**Counseling in the Marshall Islands**

Donna Seppy, LCPC, ABD

This session will introduce you to the Republic of the Marshall Islands, a small island nation located in the North Pacific Ocean. Despite strong political and economic relationships with the US, the population of this isolated and barely known nation is faced with numerous social challenges. The presenter will share personal experiences to highlight some of the challenges to effectively counsel Micmacs and provide recommendations for advancing the counseling profession to better serve the island.

Target Group=Clinical/Mental  
Health Counselors

10:15 - 10:30 am

*State of Maine Room* – Coffee Break, Visit our Exhibitors

10:30 – 12:15 pm

**Session III:**

**Bay Point Room**

**Keynote: An Amazing Time to Be a Professional Counselor Dr. David Kaplan**

The counseling profession has made extraordinary strides over the past five years and the growth spurt has no end in sight. But the downside to advancing the counseling profession is making sure that established professional counselors are not left behind in the dust. Dr. Kaplan will discuss – and celebrate - the advances in profession counseling, look ahead to where the profession is going, and discuss efforts to make sure that no counselor is left behind.

12:15 - 1:15 pm

**Rockport/Rockland - Lunch**

1:30 - 2:30 pm

**Session IV:**

*Owls Head*

**Hot off the Press: Significant Changes MeCA Members  
Need to Know About in the New 2014 ACA Code of Ethics**

Dr. David Kaplan

The latest revision of the American Counseling Association's Code of Ethics – approved less than a month ago - contains significant changes that impact Maine professional counselors. This presentation will highlight new ethical imperatives in such areas as the use of social media, the imposition of counselor personal values, defining the moment ethical responsibilities begin, and fee splitting.

Target Group=All

*Spruce Head*

**Post-Divorce High Parental Conflict and Youth**

Lynn Murphy, LCSW

A realistic and functional view of the issues involved with supporting youth of high conflict parental relationships post-divorce. Helpful strategies, new clinical considerations for co-parenting models and when does the conflict become emotionally abusive to the child and what can we as clinicians do to address this.

Target Group=Elementary/Middle/  
Secondary/Clinical/Mental Health Counselors

*Pen Bay*

**Successful Transition through Partnerships!**

Stacy Stewart, MS in School Counseling  
Mark Defrancesco, Med,  
Elizabeth Higgins, MA, Rachel Morales, BA  
Courtney Breslin, MS

Success staff, and high school counselors have created a program for admitted high school seniors identified as potentially at risk and likely to benefit from an "admitted student soft handoff" from the high school to the university to promote early student success. This session will discuss the benefits of establishing this early transitional relationship as well as the partnership between USM and School Counselors.

Target group=Admissions/  
Secondary/Career Counselors

*Schooner*

**Assisted Dying**

Valerie Lovelace, MS Human Relations  
Mikal Crawford, Ph.D.

Introduce the definition of assisted dying, the states having these statutes, what this means in Maine, and finally, review the ACA ethical guidelines regarding assisted dying as an end of life choice.

Target Group=All

*Monhegan*

**Group Proposal: Interpersonal Relationships and  
Stress Management Group for International Students**

Lucie Graves, BS  
Beverly Smith, BS  
John Yasenckak, Ed.D.

The purpose of this group proposal is for support and encouragement to be offered to international students who are experiencing some or all of the signs of culture shock due to the fact that they are far away from their native cultures and could use help to acculturate themselves into the American culture. The group addresses the need of international students that include academic, personal/social and career needs and goals.

Target Group=Clinical/Mental Health

*Windjammer*

**Getting to Students and Families Earlier**

Mila Tappan, BA

Waiting until senior year to learn about financial aid is too late. Students and families need to understand the financial aid process and start planning much earlier so they can be adequately prepared to pay for college. In this session a proposed plan will be presented identifying information and resources that could be shared as early as middle school to help families get ready.

Target=Admissions, Middle/Secondary  
Counselors

Monday, April 14, 2014 – continued

2:45 - 3:45 pm

**Session V:**

*Owls Head*

**Dr. Ruth 101**

Debra Thibodeau, M.Ed., CAS

Sexuality is a difficult topic to approach with pre-teens. Especially if that pre-teen is on the spectrum. Stop by to learn about different resources for teaching brains that process in different ways. This break-out session will focus on individuals with ASD but what you will take away from this class would be helpful for all of your students and clients! Also, you will be provided with materials from the autism society of Maine.

Target Group=All

*Spruce Head*

**Resilience Focused Brief Counseling & Therapy:  
Individual & Family Counseling**

William G. Nicoll, Ph.D.

The Resilience Focused Brief Counseling model (RFBC) is based on the resilience research and the principles of wellness promoting models including Alderian and Positive Psychology. RFBC moves away from psychopathology-focused/symptom reduction oriented models and toward a mental health promoting orientation to counseling and therapy. Participants will be introduced to case conceptualization, strategies, techniques and process in RFBC for mental health, family, and school counseling settings.

Target Group=Elementary/Middle/  
Secondary/Clinical Mental Health Counselors

*Pen Bay*

**How does the Maine Counseling Ethics Committee Work?**

Deborah Drew, Ed.D.

Jeri Stevens, Ph.D.

MECA Ethics Committee

Members of the Maine Counseling Association Ethics Committee will demonstrate the process from the recipient of the ethics question, through the processing and feedback steps, and back to the person who asked the question. The committee will work with a case to demonstrate how the process happens.

Target Group=All

*Schooner*

**College Application Week**

Mila Tappan, MaineCAN

Dean Collins, MA

This past year, MaineCAN collaborated with two high schools to pilot the "College Application Week" program in Maine. The program is designed to help increase the number of first-generation and low-income students who pursue a post-secondary education. The effort is meant to complement the work high schools are engaged in to increase awareness of college preparedness and the application process. Please join us to learn more about this program, hear feedback from the pilot schools, and participate in a discussion regarding the future of the program in Maine.

Target Group=Admissions/Secondary

*Monhegan*

**How to Set a Therapeutic Limit in Play Therapy:  
A Child-Centered Perspective**

Yung-Wei Dennis Lin, Ph.D.

Mental Health Professionals and school counselors who work with children may sometimes find it challenging when setting a limit in a playroom. This workshop will introduce the limit setting model in Child-Centered Play Therapy and discuss rationales for the therapeutic use of this model. Participants will learn: (1) how to set a therapeutic limit, (2) situations for limit setting, and (3) keys to successful limit setting.

Target Group=Elementary/Clinical/  
Mental Health Counselors

*Windjammer*

**Home Based Counselors in Maine:  
Exploring Perspectives of Their Professional Experience**

Jonathan Bowen, LCPC, ABD

This dissertation explores how home-based counselors in the State of Maine perceive their professional experience. Currently, the preponderance of counseling education research explores topics relevant to the office-based setting. There is a need for my study because home-based counseling in general has been overlooked. Related goals include expanding what is known about home-based counseling in Maine in regards to: a) professional experiences, b) perceived advantages and disadvantages of providing services, c) perceptions of preparedness upon entering the modality, d) colleague isolation, e) engagement in professional development activities, f) access to professional supports, g) ethical challenges, h) safety concerns and i) differences in experience, if any by gender.

Target Group=Clinical/Mental  
Health Counselors

4:00 - 5:00 pm

**Fun Run/Walk** – with *Sandy Glynn* **OR**

**Yoga** – with John Yasenck in the Schooner Room (bring a blanket or towel)

5:00 - 5:30 pm

*Free Time*

5:30 - 6:15 pm

*State of Maine Room* – President's Reception

6:15 - 7:30 pm

*Rockland/Rockport* – Dinner and Graduate Student Recognition

8:00 - 11:00 pm

*Rockland/Rockport* – Entertainment "Just Teachers"

Target Group: **EVERYONE!!**

**TUESDAY, April 15, 2014**7:00 - 8:30 am *Rockland/Rockport - [Breakfast](#)*7:00 - 10:00 am *State of Maine Room - [Registration](#)*8:00 - 9:00 am **Session VI:***Owls Head***The Ethics of Self Care: “When it all hits the fan!”**

Mikal Crawford, Ed.D.

Counselors experience crises, losses and other challenges in life just as our clients and students do. We are the “go to” people for others, yet where do we turn when “it all hits the fan”? This program invites participants to examine the personal challenges that impact their lives and professional work. We will explore how we make meaning of these struggles for ourselves, and how personal crises can actually strengthen our professional work.

Target Group=All

*Spruce Head***Academic “Pre-Habilitation:”**

Jonathan Henry, M.Ed.

**Making the Case for Extended Orientation Programs**

As Maine’s colleges strive to enroll larger numbers of first-generation students, higher education institutions need to be prepared to offer expanded support services for students who may be at a higher risk for success. This session will offer two case studies on one such service – extended orientation programs – that are targeted for at-risk first year college students.

Target Group=Secondary/Admissions

*Pen Bay***DSM 5 Changes: Diagnostic Revisions to the Sexual Disorders**

Dr. Don Lynch, LCPC, CSW-IP

This workshop will focus on the DSM 5 changes related to the diagnosis of sexual disorders. It will cover the revisions to the sexual disorders including the new category of paraphilic disorders as well as the sexual dysfunctions and gender dysphoria. The associated changes to the specific diagnosis criteria are significant and profound. We will also discuss the effects of the change related to the former DSM IV categorical nosology to the new dimensional approach currently being used in the DSM 5.

Target Group=All

*Schooner***Responding to Tragedy**

Mary Gagnon, LMFT

Cindy Mailhout, LCSW

Tragedy – whether a larger-scale tragedy that affects hundreds or a smaller-scale tragedy that affects a few – is a shocking, somber event that often overwhelms the affected and those who care for them. For the school counselor, dealing with both the immediate response to the tragedy and the aftereffects is something that falls on her or his shoulders. In this presentation, we will discuss planning for tragedy, counseling children and adolescents through both the immediate and long-term effects of the tragedy on their lives, and caring for ourselves and our colleagues.

Target Group=Elementary/  
Middle/Secondary, Clinical/  
Mental Health Counselors*Monhegan***Naviance – Using in Advisory & With Seniors**

Dean Collins, MS

The new Buzz is Naviance. What is it, how can I use it, and what will it do for me?

Target Group=Secondary

*Windjammer***Taking Your Skills Abroad:  
Adapting Counseling Skills for International Application**

Annette Nelligan, Ed.D.

Counselor Ed, LCPC, LMFT, LSW

If you have ever considered an international counseling position or have ever been faced with clients from other cultures, you may have confronted the issues of adapting your skills in multicultural competence. Counselors are increasingly being recruited for both jobs outside the US and for jobs that require working with diverse clients. In this session, a panel of counselors who have provided both school and mental health counseling abroad will discuss their experiences and challenges and answer your questions about counseling in other countries.

Target=School/Mental Health

9:15 - 10:15 am

**Session VII:***Owls Head***Suicide Prevention Training Opportunities**

Greg A. Marley, LCSW

All Maine Public school staff must receive suicide prevention education and each district will be required to have a minimum number of suicide prevention gatekeepers or staff to learn about training opportunities from MSPP staff and how you can access training near you.

Target Group=Elementary/  
Middle/Secondary/Clinical  
Mental Health Counselors



Tuesday, April 15, 2014 – continued

*Spruce Head*

**Chair Yoga & Breath Techniques for Every-Body**

Todd W. Glacy, School Counselor,  
NBCC, Yoga/Workshop facilitator

Physical/emotional stress and anxiety are strong contributing factors towards behavior issues, learning difficulties, illness and burn-out. When our minds are relaxed we are more able to stay calm, think clearly, stay focused and feel good! In this workshop you will learn quick and simple techniques that can be used to help promote relaxation, focus, and physical/emotional well-being for yourself, staff, students and clients.

Target Group=All

*Pen Bay*

**Guidance and Admissions Roundtable**

Carlena Bean, MSB  
Ben Milster, M.Ed.

The focus of this discussion will center on issues common to guidance counselors and admissions personnel. What do colleges want to know; what do guidance counselors need to know from colleges; and what common challenges do we face? (NCC credit only)

Target Group=Admissions/Secondary

*Schooner*

**How Old Do You Feel? Impact of Ageism**

Cheryl Crabtree, BS Ed  
John Yasenachak, Ed.D.

A brief overview of social impact of ageism, including internalized expectations. Workshop activities including sketches of elderly, creating personal web diagram of functional, social, subjective, and chronological ages. Concluding discussion defining subjective age through accepting, adapting, goal setting, and social connections.

Target Group=All

*Monhegan*

**Key Elements to Student Success in the College Transition**

John Lowe, Ph.D.  
Mikal Crawford, Ed.D.

This program invites participants to explore the adolescent's journey from high school to college. We will discuss general transition issues as well as the particular challenges for first generation students. Come learn about "curling" parents, teachers, and counselors, and how you can help lessen the impact of a "cultural mismatch" between the student and the institution.

Target Group=Admissions/ Middle/  
Secondary/Career Counselors

*Windjammer*

**Art School and the New Economy**

Jessica Tomlinson, BA

According to the US Department of Labor, 65% of America's school children will eventually be employed in jobs that have yet to be created. An arts education teaches skills for a new, entrepreneurial economy: critical thinking, creative problem-solving, risk taking, collaboration, and innovation. (There are no NCC credits for this program)

Target Group=Career Counselors

10:15 - 10:30 am

*State of Maine Room – Break*

10:30 - 11:30 am

**Session VIII:**

**Division Meetings**

*Monhegan* - Eastern Maine Counseling Association – Stan Pelletier

*Spruce Head* – Admissions – Carlena Bean

*Windjammer* - Downeast Maine Counseling Association – Cara Cirillo

*Pen Bay* - Southern Maine Counseling Association - OPEN

*Schooner* - Central Maine Counseling – Julie Libby (MeASGW meeting to follow at 11:30 AM)

*Owls Head* - Northern Maine Counseling Association - Mary Warren

11:30 am - 12:00 pm **Checkout**

12:00 pm

*Rockland/Rockport/Camden—Lunch, Business meeting and giveaways*

**Contact hours will be awarded for attendance at this conference at the rate of one contact hour for each hour of workshop/keynote attended. 8 contact hours are possible.**

*MeCA is an approved provider for NBCC and for State Licensure.  
Workshop offerings are subject to change.*

## ***The Annual MeCA SPRING RUN-OFF*** **5K – Run and Walk**

- Distance:** 5K (3.1 miles) wheel measured.
- Course:** START and FINISH at main entrance to the Samoset. Out and back course, miles 1 and 3 fairly flat, the middle of racecourse has a downhill (out) and an uphill (return).
- Day & Time:** Monday Walkers 4:00 p.m.  
Runners 4:30 p.m.  
Participants should check in 30 minutes before race begins.
- Prizes:** Ribbons with medals – 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places in the following categories:  
female & male walkers  
female & male runners
- Plus:** Water at halfway point, mile markers, timing, and results forwarded to the MeCA *Newsletter*.

Name: \_\_\_\_\_ Sex: M \_\_\_\_ F \_\_\_\_

Address: \_\_\_\_\_ Run: \_\_\_\_ Walk: \_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

e-mail: \_\_\_\_\_ Telephone: \_\_\_\_\_

College or Organization: \_\_\_\_\_

In consideration of your acceptance of this entry, I, intending to be legally sound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against any sponsor, their representative, successors and assigns, for any and all injuries suffered by me at said race.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please mail completed form to:** Dee Gardner  
University of Maine  
75 Clearwater Drive - Suite 202  
Falmouth, ME 04105

Late registration forms will be accepted at the conference until 12:00 noon on race day.

## Maine Counseling Association 2012-2013 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 [beth\\_doane@yarmouthschools.org](mailto:beth_doane@yarmouthschools.org))

### 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 (STU)  
 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.**

<b>MeCA Membership</b>		
___	\$40	Regular Membership
___	No Fee	Student Membership
___	No Fee	Emeritus Membership
<b>Divisional Membership</b>		
___	\$15	Maine Association for Specialists in Group Work
<b>Regional Council Membership</b>		
___	\$5	Central Maine Counseling
___	\$5	Downeast Maine Counseling
___	\$10	Eastern Maine Counseling
___	\$10	Northern Maine Counseling
___	\$10	Southern Maine Counseling
___	<b>TOTAL (Check payable to MeCA)</b>	

Mail to: Beth M. Doane  
 Yarmouth High School  
 286 West Elm St.  
 Yarmouth, ME 04096

Email: [beth\\_doane@yarmouthschools.org](mailto:beth_doane@yarmouthschools.org)

*ADMINISTRATIVE USE ONLY:*  
 Date received: \_\_\_\_\_

Check or PO #: \_\_\_\_\_

Amount: \_\_\_\_\_

## About MeCA Membership

### Member - \$40.00

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.

### Student Member - Dues Waived

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.

### Emeritus Member - Dues Waived

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.

### Membership FAQ

**Q:** What if I believe I have paid my dues for this year?

**A:** Contact Beth Doane, Membership Chair, at [Beth\\_Doane@yarmouth.k12.me.us](mailto:Beth_Doane@yarmouth.k12.me.us) and you will receive a prompt response.

**Q:** How do I get a membership card?

**A:** Membership cards are mailed to individuals after the membership fee has been received.

**Note:** All members admitted are required to:

- subscribe to the [purposes of MeCA](#),
- reside or work in the state of Maine,
- maintain ethical standards of professional conduct and
- 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.

**For questions on becoming a MeCA member, contact Beth Doane, MeCA Membership Chair, Guidance Department, Yarmouth High School, [beth\\_doane@yarmouthschools.org](mailto:beth_doane@yarmouthschools.org).**