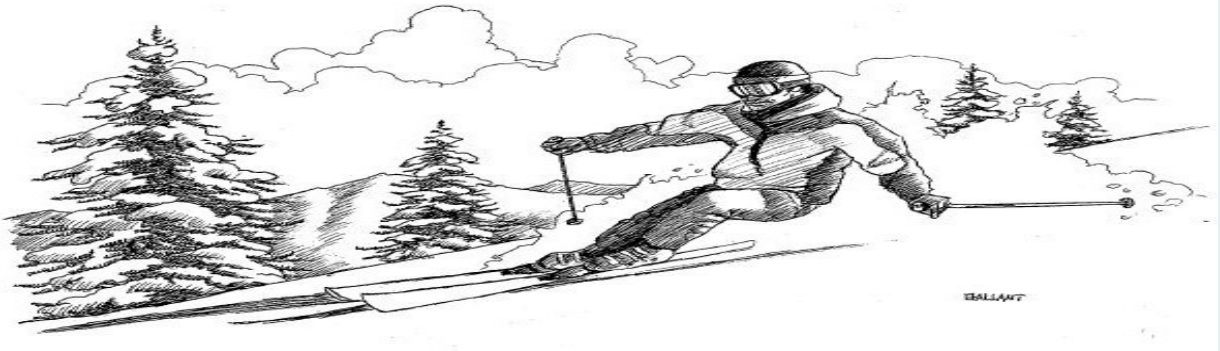




Maine Counseling Association

Spring 2016 Edition



Sketch by Marty Gallant

From the President

Stan Pelletier, Bucksport Middle School/RSU 25

Looking forward: growing, staying strong, and speaking up.

[parts of a draft version of this letter were shared at the annual business meeting of the Maine Counseling Association at our recent conference on April 5.]

I'm recently returned from representing the Maine Counseling Association at the American Counseling Association conference in Montreal, where we experienced a variety of workshops, ACA business meetings, social events, and opportunities for cultural exchange. I want to recognize the standout contributions of Maine Counselors at the regional and national level within our professional organization; we are well-represented in service leadership by folks like Jeri Stevens, Deb Drew, John Yasenchak, Dean Collins, and Terry Mitchell, to name a few. Also, a tip of the hat to our grad students who were in attendance.

As I reflect on my time as MeCA president, I see three priorities for our organization and membership as we go forward. First, we need to continue our efforts to grow and strengthen our organization in ways most helpful, supportive, and beneficial to our membership. Our membership needs continued growth in terms of diversity, geographic regions within our state, and by counseling specialty, so that we are truly representative of and responsive to *all* counselors in our state. Second, we need to acknowledge and prepare for generational transition of leadership as many of our longtime leaders approach retirement. We must attract, recruit and prepare leaders who represent new generations of counseling professionals, retain the best of our traditions, and be guided by the wisdom of our outgoing mentors. We will need to be responsive and adaptive to the vision of a new leadership with different ideas of what our organization will look like going forward. And lastly, my paramount concern is continued advocacy for our clients and our profession. As professional counselors, we are not only empowering

Continued....

From the President *(Continued)*

but also supportive and protective of our clients and students. We need to extend this same support and protection to our professional organizations as well, as this is where much of our collective strength lies. Our professional organizations, in turn, are among our best and most effective advocates for our clients/students and our profession. Erosion of gains made by counseling professionals are constant and must be addressed, even as we make efforts to consolidate these gains and strengthen our profession. Examples of this include the medicare reimbursement issue (and all the attendant fallout connected to that) for clinical counselors and also the current lack of effective protections for certified school counselors to administer comprehensive school counseling programs. Our professional organizations need our active involvement, as we need them; we are interdependent.

We're in a time when there's an awful lot of turmoil going on in our culture, and expressions of fear, anger and hatred abound. We need to be watchful and engaged, and speak up individually and collectively to advocate for the principles which we as counseling professionals represent. We must continue in the tradition of our organizations and leadership to stand with people who are oppressed and marginalized. One of the ACA conference workshops I attended was also attended by a Muslim-American woman named Iman, who experienced racial profiling while travelling to the conference, and was subjected to detention for extensive, invasive & demeaning security checks. Workshop leaders and attendees developed an action plan and took steps via social media to confront the situation before we left the room. Next year's ACA conference is no longer scheduled to take place in Nashville; the Tennessee legislature passed a measure which allows counselors to legally discriminate by not taking clients because of the counselor's own beliefs (a violation of our code of ethics). ACA leadership engaged in a thoughtful process to insure an appropriate response, and is now seeking a new venue for our 2017 conference. In our own state, an effort is underway to strip reference to sexual orientation out of the Maine Human Rights Act; this could very well end up before voters in the 2017 election cycle. Individually and collectively, our voices are strong, and it is vital that we use them to prevent the voices of fear and anger from being the ones which carry the day.

A Note From Our Newsletter Editor

Jill Bouchard Cairns

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 three consecutive issues of News and Views. Please send your check for \$100.00 (made payable to MeCA) to:

**Jill Bouchard Cairns
U of Maine at Fort Kent
23 University Drive
Fort Kent, ME 04743**

If you have any ideas, articles or questions you can email Jill at jillb@maine.edu

A Note From Our Historian

Kevin O'Reilly

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.

**Kevin O'Reilly
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From the Past President & Conference Co-Chair

Dean Collins, Madison Area High School

Our annual conference has come and gone. I first want to once again thank; the conference committee in quickly coming together to make the conference date change happen so smoothly, to the Samoset Resort in working with us in this transition, all of our presenters in making changes in their schedules and finally to our Keynote – Peggy Smith and her associate Alton Lane in providing a very moving keynote address. As I write this, we have received 61 responses to the conference evaluation. Once again, we use your input to improve our conference and what we provide to our membership / attendees. If you have not done so, please go to this link and provide us your input: <http://goo.gl/forms/XniMsjsRy0>

With this being my final newsletter article, I look back over my past commitment with MeCA. Over the past 18 years I have attended the MeCA annual conference and have found it very beneficial from the various workshops, networking and renewing friendships. For the past 15 years, I have been a member of both the conference committee and executive board. These years have been a great value in my professional development and given me the opportunity to not only be a member at the state level but also for the North Atlantic Region (NAR) of the American Counseling Association (ACA). Over the years, I have been involved I have seen several members of our organization take on leadership roles not only at NAR but also at the national level becoming integral members of ACA. I encourage each of you to take the opportunity of becoming involved, whether it is in one of our regions, applying for an emerging leader grant and attend ACA's Summer Leadership training in Washington DC. This is a great opportunity to learn what it means to become a leader in the counseling profession. You never know where this may lead, maybe not today or tomorrow, but in the future. Reach out to our executive board, conference committee or past-presidents if you would like to learn more.

Finally, I would like to welcome Nick Umphrey as our new President-Elect. You are in for an incredible journey that will bring a lifetime of memories.

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PROFESSIONAL COUNSELING AWARDS



Marty Gallant & John Parkman

Martin Gallant Distinguished Counseling Professional Award

In honor of his 30+ years of service as a school counselor/guidance director at Caribou High School, Marty has been a mentor to many professional counselors over the years. And, he has held many service roles within MeCA including President and longtime Historian.

John Parkman Service to the Profession of Counseling Award

John Parkman is a longtime high school counselor in Camden and Oxford Hills. He was instrumental in the development of the Maine Counseling Association and has held many service positions at the state and national level within MeCA and ACA, including 2 terms as MeCA president.



Stan Pelletier, Bette Ann Buchan & Beth Doane

Martin Gallant Distinguished Counseling Professional Award

Presented to Bette Ann Buchan

Bette Ann has served 30+ years as a K-8 and middle school counselor. She has developed exemplary developmental school guidance programs and enriched the lives of students, parents, and colleagues. She has been a mentor and supervisor to many professional counselors, including providing counseling supervision for many interns from USM. She co-authored *Lessons for Life: a Career Development Curriculum for Busy Educators* and also *Beat the Stress* (a suicide prevention resource for middle school students). She has been an active and engaged professional, holding the NCC credential and having served in roles with MeCA, ASCA, and the NE Conference for Counseling and Development.



Stan Pelletier, Bernadette Willette & Beth Doane

John Parkman Service to the Profession of Counseling Award

Presented to Bernadette Willette

Bernadette is a clinically licensed counselor (LCPC) who has served as the director of guidance & counseling in RSU 70 (Hodgdon). She has had numerous leadership roles in the Northern Maine Counseling Association over the years, with a special focus on providing professional development opportunities for Aroostook County counselors. She has served as a MeCA president, and mentor to many. She is described as a “go to” person for peer supervision, and a tireless advocate for students, clients, and families.

Service Opportunities are Available!!

Thinking about getting involved? Or "nudging" someone else?

The Maine Counseling Association is looking for members to step up and claim positions of service and leadership in our professional organization for the coming year. "What would I have to do?" MeCA officers are happy to discuss leadership positions and responsibilities with any who are considering them.

Current Open Position: Southern Region President

Nominations will be accepted throughout the year until the position is filled!

Nominations should be forwarded to the Maine Counseling Association

Nominating Chair, Dean Collins.



Welcome to our new Executive Board Members!!



President-Elect
Nick Umphrey
School Counselor
John Bapst High School



College Admissions Representative
Erin Benson
Director of Admissions
University of Maine at Presque Isle



Central Region President
Lisa Ellrich
Associate Director of Admissions
University of Maine at Farmington



From the Historian

Kevin O'Reilly, Oxford Hills Comprehensive High School

Retirees

Mike Ellis started his career at Stratton Elementary School as a middle school math and science teacher. He taught for 14 years at Phillips Elementary School before becoming an elementary school counselor for Phillips and Stratton Elementary Schools, then school counselor for Phillips and Strong Schools, and principal of Phillips Elementary School. Mike spent the last 14 years as the school counselor for Mt. Abram High School. Mike plans to continue working part time at something and helping his children.

Sandy Robinson started substituting and teaching part time in 1984 at Katahdin Elementary School. Over the years she taught art in Benedicta, Kingman, Millinocket, and Katahdin. Sandy became a school counselor and worked at Millinocket, Katahdin, Southern Aroostook, Mount View, and most recently, Deer Isle Stonington High School. In retirement, Sandy might work part time if she can find something interesting. The rest of the time she plans to travel, spend time with the grandchildren, garden, keep bees, and fish.

Bette Ann Buchan has spent 28 years as a school counselor at Woolwich School, with a 3 year stint at Brunswick Junior High School before that, and 6 years as a part time counselor in Southport before that. Bette Ann is a published author, having coauthored *Lessons for Life* and *Beat the Stress*, both of which were translated into Korean. In addition, Bette Ann helped write three innovative school grants and was an educator for suicide prevention at the middle school level. Bette Ann will not be doing any of those things in retirement. She and her husband plan to cruise the coast of Maine in their 28' Bayline cruiser while they mend their house and their rental. She plans to plant gardens and flowers, and generally do whatever she wants. Suggestions are welcome!

Colleen Fitzgerald began her career as an elementary school teacher in Rutland, MA in the '70's before earning her counseling degree and moving to Bangor in 1979. From there Colleen worked in a number of different occupations, first as an alcohol counselor, then again as an elementary teacher, and then as a member of the University of Maine's Bureau of Labor and the Good Samaritan Agency school program. In 1991, she joined Old Town High School as a school counselor and never looked back. Colleen plans to read, knit, and travel, as well as care for goats, chickens, bunnies and cats at the Sunflower Knoll Farm in Newburgh.

Kathleen Tremblay started her career as the Dean of Student Affairs at White Mountain Community College in 1985, moving to Great Bay Community College in 2000 as the Dean of Academic Affairs, and settling in the South Portland area in 2004, taking a position as Career Assistant in the Guidance Office at South Portland High School. In 2005, Kathleen became a guidance counselor for South Portland High School.

From the Historian *(continued)*

Kevin O'Reilly, Oxford Hills Comprehensive High School

Those Who Have Passed

Donna Godfrey passed away on May 13th, 2015. She was 71 years old. Donna spent many years in private practice and then as a Guidance Counselor in the Old Orchard Beach school district. While working at Old Orchard Beach, she maintained a part time private practice.

Edward Ranaghan passed away on May 5, 2015. He was 90 years old. Edward started in the Navy, taught for many years, and finished his career as a Guidance Counselor at King Jr. Elementary School.

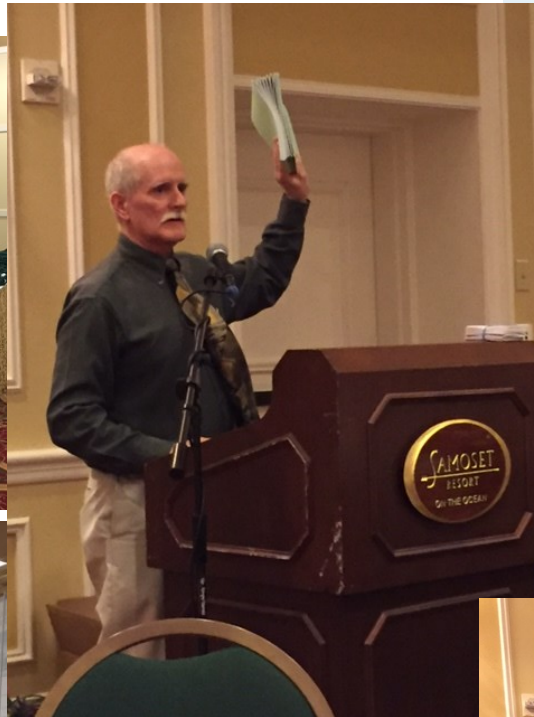
Timothy Adams started his career as a teacher and was a Guidance Counselor at both Massabesic High School and Middle School from 1969 - 2005. He passed away on September 16th, 2015, at the age of 77.

Vaughn Steadman died on July 14th, 2015. He was 82 years old. Vaughn was a professional baseball player for four years, served in the Army for two years, and was a teacher and Principal before finishing his career as a Guidance Counselor at Nokomis High School.

Nathaniel Crowley, Sr. was the Guidance Director of Lewiston School District and later the Dean of Students at University of Maine at Fort Kent. Before that he was a semi-pro baseball and basketball player, and served in the US Army during World War II. He was inducted in a number of local Hall of Fames for his athletic and coaching successes. Nathaniel was a State Representative for 12 years. He passed away on January 31st, at the age of 98.

Dr. Robert Southworth earned his PhD after serving in the military. He started the Counseling Education Program at the University of Southern Maine, and also served as a Guidance Counselor for Cape Elizabeth High School. Dr. Southworth passed away on November 25, 2015 at the age of 87.

Conference Faces & Fun!!



Road Race Winners!!



Special thanks to Sue Pierce for her efforts in helping to organize this year's race!!





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A State Branch of the American Counseling Association

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