



Maine Counseling Association

News & Views, Spring 2019 Edition

From the President

Ruth Ann Cowger, East Grand School

Here in The County, the snow is gone, the grass is green, and a few hardy early-blooming bulbs are starting to peek through. In other words, Happy Spring, everyone! I'm feeling very positive after our annual conference: the sessions were productive, and our keynote speaker was uplifting and energizing. I hope to build on those feelings going forward.

As we move into summer, please be aware that the Executive Board and Conference Committee, along with regional leaders, will be spending two days at NMCC this July to train new leaders and plan for the coming year. This retreat will be a departure from past Summer Leadership models, and we'll be working hard over the next few months to make it the best experience it can be.

Also, in July, Wendy Bradstreet and I will be attending ACA's annual Institute for Leadership Training in Washington, D.C. Each year, we send counselors to Capitol Hill to advocate for the counseling profession as part of ILT, and I'm confident we will be doing everything we can to push for more support for the Medicare fix that would give equity to counselors.

As this is my final article as the President of MeCA, I want to take the opportunity to recognize the time and effort those in leadership spend in the service of counselors across the state of Maine. The work of this organization is important, not only to members, but to those with whom we work, and we are truly blessed to have so many dedicated people willing to serve. I have grown both as a counselor and as a leader through my experiences with the Board over the last two years, and I am thankful for the opportunity. The new president, Wendy Bradstreet, and president-elect, Adam Smith, are ready to take the reins of this great organization and I couldn't be more excited to see where we're headed next!

Breaking news: MeCA received word on April 30 that Representative Jared Golden is going to co-sponsor HR 945, the Mental Health Access Improvement Act of 2019 (the medicare fix for mental health counselors' reimbursement). Now Maine's entire congressional delegation is on board. Thanks to those who have worked to make this happen, especially Jeri Stevens for her tireless efforts on our behalf. -- Stan Pelletier, MeCA Public Policy Chair

From the President-Elect

Wendy Bradstreet, Northern Maine Community College

The robins have arrived and the daffodils are poking through the ground, that means Spring has officially arrived in Aroostook County! As for the rest of the state, I'm sure you have all seen these wondrous things already, but for those of us that have waded through many feet of snow for almost six months, these small signs are a blessing.

Coming from a farm family, I see the anticipation of my husband and son as they anxiously await these signs as they know that planting is not far behind! Being able to turn over the soil and plant seeds that they know will create new life (for us potato plants) gives us all hope that, although the winter is long and dreary, better days are ahead!

In the counseling world, I know we feel the same way, that as spring rolls around, so does the end of an era for some students as they get closer to graduation and our students are anticipating a new beginning after high school or college. Some of these students will go on to higher education, some to the military and others directly to the workforce. No matter what direction they choose, it is with a hope of something brand new and exciting adventures to pursue.

As counselors, we have nurtured these students and encouraged them along their journey to help prepare them for their next voyage. I can't help but think that we are the mother birds nervously waiting to see what happens when they do spread their wings and venture off on their own. Alas, all we can do is hope we have given enough support so that they will fly on their own.

As graduation week approaches, just remember, amidst the smiles and the tears, you have helped to give them their wings to do great things!

From the Past-President

Andrea Hallett, Presque Isle High School

It is with a heavy heart that I bid farewell to The Maine Counseling Association Board. My time with such an outstanding group of professionals has been life changing. In my many years with the Maine Counseling Association I have learned a number of things that I want to share with you. Maybe you will see that this is a time for you to step out of your comfort zone and try something new.

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

Hello, fellow MeCA members! My name is Kevin O'Reilly and I am pleased to be attempting to fill the exceptionally large shoes of Marty Gallant! Marty has done such a great job over the years and I can only hope to do as well as he did as Historian. Please let me know of any MeCA members that will be retiring this year, and any members that may have passed away. You can either email me this information at:

Kevin O'Reilly

Oxford Hills Comprehensive HS

256 Main Street

South Paris, ME 04281

(207)493-4260

K.oreilly@msad17.org

From the Past-President *(Continued)*

Andrea Hallett, Presque Isle High School

Maybe that will even include Local or State Association leadership!

- 1) Professional connections can show up in any form.
- 2) Sometimes getting out of the office is a way to change the world for just one day.
- 3) Laughter is the best medicine.
- 4) When a group of people put their minds together on the smallest or the largest issue change will happen.
- 5) Distance is a matter of space.
- 6) See your vision, your passion, and follow it.
- 7) Chocolate helps the laughter be the best medicine.
- 8) It feels really, really good to have someone say “How have you been? Really.”
- 9) When in doubt go for the French fry “crack” sauce at the burger place. It will be life changing.
- 10) Sometimes sun, friends, good food, and a walk by the ocean is all you need to reset your soul.

No matter how busy we all are as Counselors, time can get away from us, we forget to take care of ourselves, and we give unlimitedly to others. We need to be reminded that good friends come in many shapes and sizes, mentors are hidden gems where you least expect them, and a hug from a great friend will make everything better. No matter what.

Thank you for your support during the last few years. It has been my pleasure serving you as Counselors from the great State of Maine.

From the Southern Maine President

Brenda Michaelsen, Yarmouth High School

The Southern Maine Counseling Association has had the opportunity to meet twice this year. Our first meeting was hosted by York Community College where we were treated to breakfast and had the opportunity to learn more about YCC. We also had a guest speaker, Dr. James Moran, who shared information on how to deal with difficult parents. We had great attendance and the opportunity to network with each other as well as engage in a topic that is relevant to all levels of school counseling.

Our group also had a spring meeting hosted by St. Joseph’s College. Again, we were treated to a great breakfast, learned about St. Joe’s from both admissions and current students as well as having Alice Barr, the Technology Integrator from Yarmouth, talk to us about digital citizenship. It was a great morning of sharing, learning and networking!

There seems to be renewed interest in getting together a few times a year to talk to each other and share best practices as well as support and learn from each other. Our plan for next year is to host three meetings beginning with a fall meeting at the University of New England.

If you would like to be included on our mailing list, please reach out to Brenda Michaelsen at Brenda_michaelsen@yarmouthschools.org or Melissa Fowler at mfowler@msad51.org.

From the Public Policy Chair

Stan Pelletier, Bucksport Middle School

It was great to see many of you at our recent conference. The rivers are running high right now, and I've finally managed to get my snow tires off and my bicycle back out...

For anyone who wants to refer to the public policy report I gave at the conference, it is linked [here](#). Since the conference, LD 247 "An Act to Increase the Amount of Time School Counselors and Social Workers Spend Providing Students Direct and Indirect Counseling" was passed to be enacted by both houses of the legislature and signed into law by Gov. Mills on 4/22. Also, Sen. Collins co-sponsored S 286 the Mental Health Access Improvement Act of 2019 on 4/4; the total number of cosponsors is now 13, and the house version HR 945 is up to 21. For anyone wanting to see a more detailed list of other items from the 129th Maine Legislature we're keeping an eye on, here is a [link](#).

It is good to see the Maine Legislature on the verge of passing LD 944, "An Act To Ban Native American Mascots in All Public Schools." Maine Counseling Association has formally stood with our Native communities with respect to this issue, and passage of this law is welcome and long overdue. To those who would continue to insist that retaining terms identifying Native Peoples with school mascots as a mark of "respect" or "honor", I submit that attempts to show honor or respect to anyone in a manner which directly contradicts their repeatedly expressed wishes and does not take account of their lived experience and perspective shows the exact opposite of honor and respect.

Also for your consideration: LD 1025 "An Act To Prohibit the Provision of Conversion Therapy to Minors by Certain Licensed Professionals" is presently moving through the legislature. After multiple work sessions in the Committee on Health Coverage, Insurance and Financial Services, committee members produced a divided report (written version not available to the public at the time of this writing), but the measure seems likely to make it to the full legislature for a vote. The bill made it as far as the governor's desk in the last session, but was not signed into law. So-called Conversion Therapy (meant to alter the sexual orientation or gender identity of the client/recipient) has been deemed harmful in a variety of ways by the American Counseling Association, American Psychological Association and National Association of Social Workers (among many other professional groups), and using these practices with minors has been banned in 16 states. It is a good moment for Maine that we are again at the cusp of joining these other states in banning this practice with minors. The Maine Counseling Association, in concert with the expressed communication of the American Counseling Association, asks our membership to encourage legislators to vote to enact as law LD 1025 (also known as HP 755). Per ACA: "The American Counseling Association formally opposes conversion therapy because it violates our Code of Ethics, can cause harm to patients, and attempts to provide "therapy" to something that is not a mental disorder." Please consider contacting your state senator and representative to support passage of LD 1025/HP 755. (While doing this, I happily learned that my state senator, Louis Luchini of Ellsworth, was already a co-sponsor of the bill).

Thank you to the members of the Maine Counseling Association. Your fellowship provides me hope in trying times. Best wishes to you in the coming days and months.

From the Historian

Kevin O'Reilly, Oxford Hills High School

Retirements:

Mike Tardiff: Mike Tardiff retired July 1st, 2018. Mike started as a science teacher in 1974 in Washburn District High School and spent twenty-one years as a science teacher. Mike moved into the counseling field after earning his counseling degree in 1994. Mike moved to Presque Isle High School as a high school guidance counselor and ten years ago expanded his job duties as the Student Services Coordinator for Presque Isle Career and Technical Center. Mike purchased a hard shell camper and plans to travel with his wife to visit the different national and state parks in the US.

Beverly Homich: Beverly Homich started at Ellsworth High School 40 years ago. She served as President of our organization in her words "sometime in the '80's". Beverly intends to join the ranks of the unemployed, visit Red Sox Training Camp, visit all the ballparks in the country, and go to Alaska. Beverly is also training to be a weather watcher and she tells us not to be surprised if you hear "Bev from Ellsworth reports 7 ½ inches of snow!"

Ben Milster: The man, the myth, the legend Ben Milster, is finally leaving the building after 40 years in the field. After getting his counseling degree in Illinois, Ben moved to Maine and worked at the Counseling Center at UMF for four years, as well as a very harrowing year as a child protective worker. Ben became a counselor at Mt. Abram High School, and moved to a few schools - Messalonskee, Jay High School, Guidance Director at Mt. Blue High School, before returning to Mt. Abram High School. Ben's reputation attracted the attention of Governor McKernan, who appointed Ben to numerous advisory boards related to FAME and financial aid, which resulted in the creation of the education division for FAME. Ben chaired the Maine Education Assistance Board for FAME for two years. Ben became president of MeCA in 2004, earning his new reputation as the grumpy "Say no to Maine SATs" guy, and stayed on as MeCA's Public Policy Liaison until 2017. Ben plans to spend his retirement with his two new grandkids, generally doing things outdoors (fishing, kayaking, biking), reading, working on his "Honey Do" List, and writing his masterpiece Existential Serendipity, which I am told will not be available in bookstores anytime soon.

John Yasenchak: Our resident yoga guru and teacher extraordinaire John Yasenchak is retiring. John received a Masters in Counseling from Slippery Rock in 1974 and taught at Loyola Baltimore after earning a second Masters in Philosophy from Fordham in 1982. A true lifelong student, John studied theology and worked in outpatient psychiatry at Cambridge Hospital in the 1980's. John came to Maine in 1988 and completed his doctorate from the University of Maine in 1996. He continued to teach at UMaine for the next twenty years and also work as a counselor and clinical supervisor Penobscot Nation. John moved to Husson's counseling program and taught there for the past eight years. All the while, John remained involved with MeCA as its president and NAR region rep (as well as NAR chair). John will continue to do supervision, training, writing, and yoga.

Other Important Milestones:

John "Jack" Farrar is a former president of the Association (1959-60) who retired in 1991. Currently a young 90 years old, he is the oldest living president (to his knowledge).

Francis Boothby, formerly of Westbrook High School and a past secretary of our association turned 103 this fall, making her the oldest living member of the association.

From the Historian *(Continued)*

Kevin O'Reilly, Oxford Hills High School

Deaths:

Isabell Minnot (Cross): Isabell Minnot died on December 19th, 2018, at the age of 60. Most people may have known Isabell as Issy Cross. Issy graduated from the University of Maine Machias with a degree in Recreation Management and later graduated from the University of Maine with a degree in counseling education. She spent seventeen years as a counselor in schools in Maine, where she also coached. Issy then moved to Colorado with her husband Chuck to start a new business. She played volleyball in dozens of national tournaments around the country before moving back to Maine.

Tony McLaughlin: J. Anthony McLaughlin passed away on August 18th, 2018, at the age of 76. Tony attended a few schools, graduating from the University of Maine and obtaining his master's degree from there. Tony taught at Houlton High School, worked at admissions at Ricker College, and was the director of Admissions at the University of Maine at Presque Isle before finding his home at the University of Maine at Farmington in 1972. After retiring from UMF, Tony became a coach for MELMAC and helped many schools with their grants. Tony collected sports memorabilia in his spare time.

Jerry Nadeau: Jerald Nadeau died on May 11th, 2018, age 67. Jerry served as an intel analyst during the Vietnam War and retired with the rank of captain after earning numerous awards for his service including the Vietnam Campaign Medal with three stars, the Army Commendation Medal, and the Joint Services Commendation Medal. After graduating from the University of Maine at Fort Kent, Jerry taught social studies at Fort Kent High School and eventually moved to the University of Fort Kent, becoming its director in 1982. He retired in 2011. Jerry was involved in the Fort Kent community, being active in several service organizations. One highlight for Jerry was being able to attend the Salt Lake City Olympics as biathlon event judge.

Carol Norcross: Carol Norcross Willette passed away on November 2nd, 2018, age 73. Carol graduated from the University of Maine and earned her master's degree at the University of Southern Maine Graduate School of Education. Carol worked in a number of high schools during her career and retired from Winthrop Middle School. Carol enjoyed trips to the New Hampshire mountains and to the Maine coast, as well attending the Maine State Music Theater.

Stanley Kenneth Mathieu: Stanley Mathieu passed away on November 24th, 2018, at the age of 83. Stanley began his career teaching French and History in Groveton, NH. He moved to Waterville and spent the rest of his career in the Waterville school systems, teaching French, being a guidance counselor, and then the Director of Adult Education until his retirement in 1999. Stan served in the Air Force, was a member of the Maine Air National Guard, and retired as a major. Stan built and remodeled homes in the summer, as well as Fort Halifax when it flooded. He was president of the local credit union and general manager for Pine Ridge Golf Course for many years. He spent time officiating school and college games. Stan sponsored and chaperoned many trips to Montreal and Quebec for his students.

From the Historian *(Continued)*

Kevin O'Reilly, Oxford Hills High School

Deaths:

Marvin Rosenblum: Marvin Rosenblum died on December 29, 2018, at age 89. Marvin was president of our Association from 1967-1968 when it was known as the Maine Personnel and Guidance Association. Marvin graduated from UCLA while living the west coast lifestyle surfing and working at Yosemite Park. Marvin began teaching in California, spent a year abroad, then moved to Maine, where he and his wife settled in Boothbay Harbor. Marvin was an eighth grade teacher and principal at Boothbay Center School, and he became the first guidance counselor at Boothbay Regional High School. Marvin shifted his focus to teacher preparation and professional development, and developed innovative methods to train teachers as a response to the teacher shortage of the 1970's. He earned a Ford Fellowship, teaching at Stanford, the University of Hawaii, and Harvard. Returning to Maine, he became the Assistant Commissioner of Labor for Governor Brennan, then founded the KIDS Consortium. Marvin was an avid fan of the arts, starting the Boothbay Region Arts Foundation.

Clyde Folsom: Clyde Folsom died in July 11th, 2018, at age 83. Clyde served in the Marines as a parachute rigger. After the Marines, Clyde graduated from Ricker College and began teaching at Bridgton High School. Following a move to Crosby High School in Belfast, Clyde went to the University of Pennsylvania to earn his Master's Degree in Counseling. Clyde began work after that in the Testing and Counseling Service at the University of Maine, where he earned his doctorate. Clyde spent the rest of his career at the University, the last twenty-five being in the University Counseling Center. Clyde was also a well known storyteller, appearing around the state. The highlight of his career was a performance at the International Storytelling Festival at Cape Clear Island, Ireland. Clyde was also president of the Bangor Art Society, and he indulged in watercolor painting.

Scott Rapaport: Scott Rapaport passed away on December 28th, 2018, at age 64. Scott led a dual life of private practice counseling and playing music. His music career was rich and varied, touring nationally, leading the High Holidays services as the Cantor for Etz Chaim Synagogue in Biddeford, and playing as a member of the Bangor Band. Scott earned his Master's Degree in Counseling Education from the University of Maine in 1994, and worked for a number of mental health agencies over his career.

MCDA Annual Conference 2019

Friday, June 14th, 2019
9:00am-3:00pm
University of Maine, Orono, ME



Our keynote speaker, **Rebecca Liberty**, will present on “**How Your Worldview Affects the Meaning of ‘Career.’**” Rebecca recently served as **Director of the Wilson Center for Spiritual Exploration and Multifaith Dialogue at UMaine**, and has helped countless students make decisions for their future according to their values and convictions. Rebecca is also an independent “**discernment coach.**” She helps individuals and organizations emerge from transitions in a better and stronger place, with **new habits to sustain their energy for life and work.**

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Ruth Ann Cowger
East Grand School
rcowger@eastgrandschool.org
448-2260

Membership
Beth Doane
Yarmouth High School
beth_doane@yarmouthschools.org
846-3731

EMeCA President
Jade Letourneau

ME Mental Health Counselors
Bodhi Simpson
bodhisimpson@yahoo.com

President-Elect
Wendy Bradstreet
Northern Maine CC
nwbradst@mncc.edu
768-2771

Professional Standards & Ethics
Deborah Drew
Husson University
drewd@husson.edu
992-4912

NMeCA President
Tricia Armstrong
University of Maine at PI
Patricia.armstrong
768-9533

Graduate Student Reps:
Shannon Charette
Husson University
charettes@husson.edu
Holly Khiel
University of Southern Maine
holly.khiel@maine.edu

Past-President
Andrea Hallett
Presque Isle High School
halletta@sad1.org
764-7721

Public Policy
Stan Pelletier
Bucksport Middle School
stan.pelletier@rsu25.org
469-6647

MeCA President
Brenda Michaelsen
Yarmouth High School
Brenda_michaelsen@yarmouthschools.org
846-3731

Secretary
Tricia Armstrong
University of Maine at PI
Patricia.armstrong@maine.edu
768-9533

Public Relations/Newsletter
Jill Bouchard Cairns
University of Maine at Fort Kent
jillb@maine.edu
834-7602

MeASGW Representative
Open Position

Treasurer
April LeClair
Madawaska High School
aleclair@madawaskaschools.org
728-3371

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

ME Career Dev. Assoc.
Amy Jaffe
Husson University
amyjaffe@gmail.com

ACA/NAR Representative
John Yasenchak
Husson University
yasenchakj@husson.edu
852-9756 / 941-8847

CMeCA President
Lisa Ellrich
UMaine at Farmington
ellrich@maine.edu
778-7050

ME College Admissions Assoc.
Jeremy Bouford
UMaine at Augusta
Jeremy.bouford@maine.edu
621-3062

Historian
Kevin O'Reilly
Oxford Hills High School
k.oreilly@msad17.org
493-4260

DEMeCA President
Carol Wolf
University of Maine at Machias
cwolf@maine.edu

ME School Counselor Assoc.
Nicole Hatch
Thomaston Grammar School
354-6353

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