



Maine Counseling Association

News & Views, Winter 2019 Edition

From the President

Ruth Ann Cowger, East Grand School

As I sit in my office at the beginning of a new year, I am already anticipating our annual conference. Like many, I look forward to seeing old friends, networking, and meeting counselors I haven't met before. Beyond that, though, there is something very special about being in the presence of so many counselors.

Mental health professionals possess a different knowledge base than any other group, but I believe we use that knowledge so consistently, that we frequently forget what others don't know. Recently, a former student of mine was involved in a critical accident: he was trapped under a piece of equipment for over eleven hours, injured and unable to move, until he was finally found by a friend. His physical injuries are substantial, but as I continue to hear progress reports from various family members, it is the psychological effects of trauma that they don't understand.

"He wakes up screaming." "He doesn't want to be alone." "He just seems to want to tell everyone the story over and over again, and his mom just can't take it anymore."

As counselors, none of those statements surprises us. In fact, those reactions are normal in the face of such an abnormal and traumatic experience. We know this, but often others don't, and we need to remember that our understanding of such situations is what makes us the helpers that we are.

"Stay with him." "Let him talk." "It's hard, but listen anyway."

Obvious to us, but not to everyone. As we move into the new year, honor the knowledge we have, and our unique role, not only with our clients, but with all the people in our lives. Come join us at conference and spend time with others who "get it!"

As a final thought, I want to share a quotation from Benjamin Franklin: "Be at war with your vices, at peace with your neighbors, and let every New Year find you a better man."

From the President-Elect

Wendy Bradstreet, Northern Maine Community College

Happy New Year to all! As we move past the holiday season and push forward towards spring (yes, I know that feels like a long ways off, but we are halfway there!), I am reminded of the ones that might not have had such a joyous season or cause for celebration. Each year around Christmas, you may hear of or even experience students and families that struggle to pay bills, put food on the table, or even wonder where they will be sleeping from one night to the next. For my husband and I, who are involved with the foster care system, we see this all too often and it reminds me of how important our school counselors really are!

We, as counselors, listen to the stories, provide shoulders for them to cry upon, do our best to find resources to help families in need and more often than not, help carry the burden for the ones who need it the most. All too often, our hearts break right along with our students, when we realize that sometimes we can't do enough to help make their world right again.

That being said, there is hope! The role we play is many times, the brightest spot in our students' lives. From the encouraging words we give them, to helping them prepare to make their lives successful, counselors help shape and mold the next generation for the better. As we move into 2019, I want you all to know that you are a much needed and important person in the lives of the students we come in contact with. Even if it may only be a brief moment, you may be the one that makes a difference on any given day in the child who so desperately needs it.

The Maine Counseling Association has been and continues to be a resource to not only develop great leaders, but to give you the resources you need to keep moving forward, even on the days we want to close our doors for a few moments and cry at the injustice of it all. The friendships we develop by being involved helps us to know we are not alone in this battle.

In closing, may 2019 be a year of blessing for you all with the hope that we will make a difference in the life of every man, woman and child we continue to serve.

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:

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From the President, Northern Maine Counseling Association

Tricia Armstrong, University of Maine at Presque Isle

Happy New Year! Hope everyone is staying warm. Those of us from the Northern Maine region have had a roller coaster of snow, warmth, sun, and flooding. Not sure that Mother Nature knows what month it is.

We are currently in full planning mode for the Aroostook County Career Fair. All of our county sophomores are invited to the University of Maine Presque Isle to participate in multiple career sessions that they are interested in learning more about. This event takes 6 months to plan and has over 40 careers to choose from. We have a great committee that spear-heads this every year. It will take place in March and I will be sure to let everyone know how it goes.

Our last meeting was held at the University of Maine Fort Kent. We learned about the Forestry program and how computer based this industry has become. The presenters did a great job explaining all the different aspects and expectations of the program.

The spring meeting will be held at the end of the month at Northern Maine Community College. I am sure that we will get to tour all of the new spaces that were completed over the summer. We look forward to having some professional development from one of our own members. Ruth-Ann Cowger, current MECA president, will be doing a presentation on effects of abuse. We all look forward to learning more about this and what how we can help our students.

For now, I bid you all adieu. Hope the rest of the winter is much calmer than the beginning.



SAVE THE DATE!!

Annual Conference

April 1 & 2, 2019

Samoset Resort—Rockport, ME

Featuring Key Note Speaker, Joyce Marter

The Keys to Success in the Counseling Profession

Joyce Marter, LCPC is the Founder of Urban Balance, a practice she grew to over 100 counselors working from nine locations during her tenure as CEO. Joyce was awarded Distinguished Alumni of the Year by The Family Institute at Northwestern University in 2008 and was selected by Crain's Chicago Business for the "40 Under 40" List of 2010. She is a two-term Past-President of the Illinois Mental Health Counselors Association, a Past-President of the Illinois Counseling Association and the Chair of the Midwest Region of the American Counseling Association. She is a Vice President of Refresh Mental Health, which owns and operates practices across the country. She is a member of the National Speakers Association and a blogger for PsychCentral and The Huffington Post. Joyce is routinely consulted as an expert by the media and has been featured in such outlets as The Wall Street Journal, U.S. News & World Report, CNN and MTV.

Public Policy Update

Stan Pelletier, Bucksport Middle School

Winter is upon us, as well as a new year, and a new political season beginning in Maine. Newly elected Governor Janet Mills has indicated that one of the first priorities of her new administration will be to complete the Medicaid expansion commanded by Maine voters and the Maine Supreme Court. According to NHELP, a DC based non-profit devoted to expanding access to affordable health care, Medicaid expansion is the single most effective action which can be taken to provide improved access to Mental Health care.

The first regular session of the 129th Maine Legislature convened on December 5, 2018. A look at the Preliminary Lists of Working Titles of legislative subcommittees and working groups (posted on January 8), reveals many (179 pages worth!) legislative initiatives which bear monitoring. Among the notable inclusions which concern professional counselors: career and technical education (over 10 proposed legislative items); protective legislation focused on those targeted by domestic violence, sexual assault, and sexual harassment (at least 4); conversion therapy bans/protections for minors (4); no less than 15 items relating to substance abuse prevention and the opioid crisis; a dozen measures regarding child protection; numerous proposals for increased attention to early behavioral and developmental screening and education services; and finally 2 measures which mention professional counselors in the title, LR 653 which seeks to increase the amount of time school counselors and social workers spend providing direct and indirect counseling services to students, and LR 2032 which seeks to amend the law regarding counseling clinical supervisors. The Maine Counseling Association Public Policy committee will continue to monitor these legislative initiatives as they develop.

Finally, let's not forget our ongoing efforts to amend medicare legislation. We have initiated dialogue with our newly elected second district congressional representative Jared Golden, and hope to obtain his support with our legislative efforts to include professional mental health counselors with other medicare reimbursable providers, as we have had from his fellow members of Maine's congressional delegation as well as his predecessor. I hope each of you finds hope and renewal in 2019, balancing self-care with care and advocacy for our students and clients, as we continue upon our journeys.

ATTENTION GRAD STUDENTS!

MeCA has partial scholarships available for you to attend the 2019 Annual Conference! We'd love to hear from you. If you are a grad student at Husson, UMO, or USM, please inquire about our scholarships with your counseling faculty. If you are a grad student in another program, please email me directly at past-president@maineca.org. All graduate students are invited to attend the President's Reception on Monday night and will receive a complimentary beverage voucher. We welcome you to use this time to connect with the Executive Board to talk about ways that you can get involved in our organization. We also encourage you to attend the session on Professional Identity and Association Leadership. Regardless of whether or not you intend to apply for a scholarship, please reach out to me and let me know if you plan to attend so that I can keep you all updated on special events exclusive for our grad students!

Looking forward to seeing you there!

2018 Maine Counseling Association Awards

The Maine Counseling Association is accepting nominations for the 2018 **Distinguished Counseling Professional** and **Service to the Profession of Counseling** awards.

These awards honor Maine Counseling Association members working in a variety of settings across the profession including K-12 schools, colleges and universities, Community-based agencies, clinical facilities, and private practice. Counselors considered for the awards are ethical, effective, and diligent advocates for clients or students. They are leaders, mentors, and positive examples of professionalism within the counseling community, with consistent accomplishment throughout their careers. They exemplify integrity, patience, and compassion in their empowering work with students, clients, families, or colleagues. They advance the reputation of our profession by their work and example. Recipients of the "Service to the Profession" award, particularly, have demonstrated a high level of involvement and commitment to our professional organizations.



***To nominate a member for one of these awards, please contact the
Maine Counseling Association, Andrea Hallett
halletta@sad1.org
764-7721
Deadline for nominations is February 15, 2019***



Professional Development Opportunity! NEACAC and the Margaret Addis Memorial Scholar Program



The Margaret Addis Memorial Scholar Program fund enables secondary school counselors from underrepresented areas to attend our Annual Meeting and Conference. (The scholarship covers full attendance – registration, meals, and lodging.) "Underrepresented Areas" are defined as rural or urban secondary schools, EOP/TRIO programs, agencies and community/technical colleges in New England. To qualify, candidates should work in settings adversely impacted by budget cuts or limitations, and as such, cannot afford the cost of NEACAC membership or attendance to the Annual Meeting and Conference. It is a primary goal of NEACAC and the IDEA Committee to find ways of providing access to professional development opportunities and the Margaret Addis Memorial Scholarship assists in this effort. The 2019 Annual Meeting & Conference will be held this year at **The University of Rhode Island** from **May 29-31. The application for the Margaret Addis Memorial Scholarship is available now!** Nominate yourself or a deserving colleague. Nominations are due by March 1. Decisions will be released in late March 2019. This is an outstanding opportunity!

**ACE's TRAINING WITH INTERNATIONAL TRAINER AND AUTHOR
SARAH PEYTON**

Point Lookout Conference Center, 67 Atlantic Hwy, Northport, ME

THE NEUROSCIENCE OF TRAUMA & ADDICTION

March 17-19, 2019 \$375 for all three days, lunch included

FAMILY CONSTELLATIONS IN ACTION

MARCH 20, 2019 \$160 stand alone or \$125 if added to March 17 - 19

Certificates of Attendance and General CEU's available. We maintain the necessary documentation for those applying for professional contact hours.



Deeply rooted in the science of Interpersonal Neurobiology, Sarah Peyton offers learning experiences that help participants integrate an understanding of trauma and how to work with it. Both Nonviolent Communication (NVC) and recent findings in the field of neuroscience will be included to support participants in experiencing why and how resonant language works to heal brains.

FMI: <http://opencommunication.org/SP2019-flyer.pdf> or call 1-877-833-1372
To Register online: <http://opencommunication.org/sp2019payment.html>

www.clarityservices.us



1-877-833-1372

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A State Branch of the American Counseling Association

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