



# Maine Counseling Association

*News & Views*  
*Fall 2016 Edition*

## From the President

*Tracy Corbin, Caribou Regional Technical Center*

Hello Colleagues! I'd like to introduce myself to those of you around the state who do not know me. This is my 8<sup>th</sup> year in School Counseling (yes, still playing the rookie card!) and I am also a graduate student in Husson's Clinical Mental Health Counseling program, anticipating LCPC licensure by this time next year. I became affiliated with MECA nearly a decade ago while I was working towards my School Counseling degree, and MECA has been an important part of my career ever since.

I remember very well my first conference at the Samoset and feeling quite like a fish out of water, perhaps even inferior in the shadow of the "Titans" of our profession who, for many years, have carried the torch on so many important issues. The cool thing about these titans that we walk among is that they are more than happy to welcome aboard rookies like myself, teach them the ropes, and place them into positions of leadership where they can pass along those torches of advocacy to carry forward.

I was fortunate to intern alongside one of these titans, Marty Gallant, who was a School Counselor at Caribou High School and belonged to MECA for decades. You may not know who Marty was, but you do know his artwork, as he used his exceptional talent to advocate for MECA through his artwork in our newsletters, conference brochures, on our website, and our tee shirt designs. Without a doubt, his artwork inspired many conversations about MECA and our vision. Marty was also instrumental to me professionally, in positioning me as President of the Northern Region a few years back, where I was also able to join the Executive Board and hold a voting seat alongside the titans of our profession.

During my time on the Executive Board, I heard the message loud and clear that these people who have carried the torches of advocacy for many years, desire to pass them along. Now is the time for us to step up and help carry on the great work of the leaders who have come before us. There is no need to start from scratch or to try to figure this out on our own... unless we delay and the flames begin

*Continued.....*

## From the President *(Continued)*

to dwindle. There are so many leaders in this state, holding a wealth of knowledge, and being more than happy to mentor whomever desires to step up. And there are so many of us, with so many hidden talents that can be used for the greater good of our profession.

By the nature of our professions, we are a membership of excellent advocates. But I know that there are many hidden talents among our membership as well... talents that can be used to help us strengthen and advocate for our profession. Sometimes, it may seem as though your talents don't readily link to advocacy in our profession, but I would challenge you to rethink that. For example, one of my talents is recruitment... in fact, I'm often told that I can sell ice to an Eskimo. Don't take my word for it, just ask Andrew King, who recently stepped up to the long-time vacant position of President in the almost non-existent (yet soon to be strongest) Southern Region. I plan to continue to use my recruitment talent to grow our membership, strengthen our regions, and place the right people in the right place to continue advocacy for our profession. In the past few months alone, we've been able to begin production of advocacy literature to be housed on our website, begin an online directory of resources, and continue to strengthen our regions.

I know there are people reading this right now who have hidden talents too. Maybe you are an artist like Marty, or a recruiter like me, or are really good at speaking, or graphic design, or research, or data collection, or networking, or in creating literature... whatever your hidden talent is, I encourage you to use it, because it is time for the passing of the torches. If you would like to get involved, I encourage you to email me at [tcorbin@rsu39.org](mailto:tcorbin@rsu39.org) and I can help connect you with ways that your talents can be used to advocate for our profession. You are also welcome to attend any one of our open Executive Board meetings so that you may find out for yourself where our advocacy needs lie, or even bring forth to the Board your own suggestions. The Executive Board exists to help you and to carry on the work of our profession. Our next meeting is scheduled for October 7<sup>th</sup> from 1:00-3:00 at Husson University. Please don't hesitate to email me if you'd like to attend or pass along suggestions.



## 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](mailto: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](mailto:K.oreilly@msad17.org)**

## Past-President, Conference Co-Chair

*Stan Pelletier, Bucksport Middle School*

Despite the warm and humid weather we've had lately, the hours my son and I spent yesterday with a wood splitter remind me of the onset of colder weather. I enjoy the autumn and look forward to some weekend explorations. As you may have noticed announced elsewhere, former ACA president Dr. Patricia Arredondo will be serving as keynote speaker at our annual conference in the spring...I hope you'll be there to hear her message about counselors as "champions for social justice." She has also generously agreed to conduct a breakout session to focus on "immigrant resilience and self-determination." I believe we are fortunate indeed to have such an eminent leader and scholar from our profession visit Maine to share her views with us on these important topics. As the year rolls on, please send us your thoughts about the upcoming conference...we want to know what's important to you. Thanks for your time and attention.



### **Maine's Entire Congressional Delegation Supports Legislation to Enable Licensed Mental Health Counselors to Bill Medicare for Services.**

On Sunday, September 11, Maine Counseling Association received notification that Rep. Poliquin supports and plans to co-sponsor H.R. 2759 (the house version of the "medicare" legislation, which would allow licensed Mental Health Counselors to bill under medicare; the Senate version is S. 1830). This notification came from Mr. Poliquin's Legislative Director, Philip Swartzfager, who states "*Congressman Poliquin supports the bill and will become a cosponsor next week. He understands the need for more mental health access in Maine and hopes this bill will increase access.*" With this, Rep. Poliquin joins Rep. Pingree, Sen. Collins and Sen. King, who have pledged their support for some months. [FYI: the only one of these 4 seats on the upcoming ballot is 2nd District House of Representatives, held by Mr. Poliquin. His opponent, Emily Cain, has also pledged support for this legislation]. On Wednesday, Sept. 28, Mr. Poliquin became the 54th co-sponsor of H.R. 2759, which means that **Maine's entire congressional delegation supports, as a co-sponsor, either the house or senate version of the legislation.** My thanks to those of our members who have been working on this for literally years. Let's keep it going!

### **SAVE THE DATE!!**

**Annual Conference, April 10 & 11, 2017**

***The Maine Counseling Association is pleased to announce the keynote speaker for our 2017 conference, renowned counselor, educational and organizational leader, and scholar, Dr. Patricia Arredondo. Dr. Arredondo has researched, written, and taught extensively in the areas of multicultural counseling competencies, organizational development, and social justice advocacy, is a former American Counseling Association (ACA) president, serving from 2005-2006, and is currently a Visiting Professor at Arizona State University. Her keynote session is entitled "Counselors as Social Justice Champions Confronting Daily Injustices" and will take place Monday, April 10, 2017, the first day of our upcoming annual conference.***



## Public Policy Update

*Ben Milster, Mount Blue High School*

### **Educational funding question up for vote this November.**

Question 2, which asks, *“Do you want to add a 3% tax on individual Maine taxable income above \$200,000 to create a state fund that would provide direct support for student learning in kindergarten through 12th grade public education?”* will be on the ballot this November 8.

The organization **Stand Up For Students** certainly thinks so. John Kosinski, the campaign manager for the organization, states “The problem is that for too long now, our state tax policy has favored the wealthiest Mainers, at the expense of increased opportunity for our children. Our public schools have been underfunded, denying too many children the opportunities they need to succeed. We don’t think that’s fair. This initiative offers a solution that gives students a better future. The State of Maine is obligated to fund 55% of the cost of K-12 public education. It has never met the full 55% of the cost. Last year, the State of Maine funded only 47.5% of the cost of K-12 public education, falling short by \$154 million. Passing this referendum ensures that our children and grandchildren will receive the education they deserve, regardless of where they live”.

Organizations supporting the referendum are:

- Maine AFL-CIO
- Maine Parent Teacher Association
- Maine State Employees Association
- Maine Small Business Coalition
- Maine People's Resource Center
- Maine People's Alliance
- The Ballot Initiative Strategy Center

However, Governor LePage and the Maine Chamber of Commerce are not supportive of this at all.

Governor LePage states:

*“Mainers deserve to know why their local school budgets are going up every year, but academic results are not getting better. The MEA can’t answer that question. They just want more money. They want to add a 3 percent tax on Maine’s families and small businesses who earn \$200,000 to raise money that is not needed for education. They say it will only affect 2 percent of Mainers. These are the Mainers who already contribute the most revenue to our economy and our tax base. It would drive their income tax rate over 10 percent—and it might drive them out of the state. We’ve worked hard to reduce the income tax, but the MEA is taking us backwards. Instead of punishing our higher-income earners, they should be working to make the education system more efficient and more effective. Instead of building lavish new schools, they should be considering how to combine schools or regionalize services. Instead of paying for a top-heavy system of administrators, they should be paying our teachers more and putting more money into the classroom”.*

A very good debate on the subject from the **leftbrainrightbrain** column in the August 25 edition of the Bangor Daily News can be found here:

<http://leftbrainrightbrain.bangordailynews.com/2016/08/25/home/stand-up-for-students-yes-or-no/>



## Myth Busters

True or False

1. LCPCs are not reimbursable?
2. LCPCs cannot supervise LCSWs
3. LCPCs are not MaineCare reimbursable?
4. LCPCs can NEVER see Medicare clients?
5. Only LCSWs can work in Integrative Health Care offices.
6. Only LCSWs can be school social worker.

All of the answers are **FALSE**.

I am hoping that you aced this quiz but guess what? In the past year, these are the reasons LCPCs, LCSWs, Psychologists, agencies and medical facilities have told me why LCPCs are not being hired. Some hospitals and agencies actually have prohibitions against hiring LCPCs, citing these reasons. I should be grateful that we've moved past the qualification issue and really, this is what is so disturbing. The issue is not qualification, it is misinformation around reimbursement and supervision.

So please allow me to clarify the above issues.

### **1. LCPCs are, in fact, reimbursable with almost every insurance.**

The reimbursement issues are specific to Medicare and TriCare. Both of these are federally regulated and currently there are bills in legislation to include mental health counselors in Medicare which will solve the problem. TriCare has already included mental health counselors but are having trouble with reimbursement.

The reason LCPCs are NOT Medicare reimbursable is national politics.... In some cases, waivers are available so that LCPCs can see Medicare clients but agencies must be willing to do a little extra work to make this happen.

When I ask agency HR, financial leaders and CEOs how much of their actual income is from Medicare and TriCare, the average answer is under 2%. So really, LCPCs are not being hired because this issue is confusing and it is easier to say NO than do the extra work.

**2.** It is true that LCPCs cannot supervise conditional social workers for hours of experience toward licensure per licensure regulations. After a social worker is independently licensed, **there are no provisions around who can provide general consultation and supervision.** LCPCs can provide quality supervision for LCSWs. They can also provide supervision for LMSWs but not for hours toward licensure.

**3. LCPCs ARE MAINECARE providers.** And LCPCs are taking the financial hit right along with all other mental health clinicians.

#### **4. LCPCs in some situations can see Medicare clients.**

There is a waiver that can be used when a) there is no social workers to provider services or b) there is a specialty that only the LCPC can treat. I have had several agency folks tell me that the waiver was discontinued so I called myself and learned that this is NOT TRUE. The reasons LCPCs have been denied are because the paperwork is wrong or the clinician or agency filed the waiver not the client.

**5. LCPCs can work in integrative health.** I am unsure where it was decided that LCPCs can't do integrative health work. When I inquire about why "LCSWs only do job requests", the answer I get it is "The Behavioral Health Specialist position that we have available requires the LCSW licensure only". WHY, I ask WHY? Who made this rule? Based on WHAT criteria? Medicare again?

**Because less than 2% of clients/patience are Medicare LCPCs are prohibited?**

**6. When schools are looking for "school social worker" LCPCs are equally as qualified to serve.** Often, educators do not know the difference between LCSW and LCPC so when they see the words "school social worker" it is taken literally. It is important to be educating HR and school personal and decision makers about the different mental health options.

So I have had the opportunity to talk with MANY, MANY, MANY social workers about this issue. They are not happy either because on the flip side, they feel discriminated against because the LCPCs are getting the good jobs and LCSWs have to use the Medicare and TriCare only.

We need to work together. Until the Medicare issue is resolved federally, we, ALL, clinicians in Maine need to rally so LCPCs and LCSWs can develop the best working conditions for ALL mental health consumers. WE NEED TO STEP UP AND STOP BEING THE PROBLEM. When we are not proactive, we are reactive, thus creating the problem.

What next?

- 1. Serve on a strategizing committee.** We originally established a collaboration committee between Maine Counseling Association and Maine Mental Health Counselors Association to explore these issues. Only a few people have remained focused so we are again trying to develop a strategizing committee including social workers.
- 2. SPEAK UP.** When someone tells you that an LCSW or LCPC can't apply or can't do the work, be CURIOUS. Don't rely on misinformation. We all need to get educated and be asking why or why not. "Just because" or "they are not reimbursable" are not acceptable responses.
- 3. Respond to the LCSW only ads.** Again, be curious and ask why LCPCs are not eligible. I have had the good fortune to be able to educate and bring awareness to many hiring groups and they have even reposted the positions. Thank you if you are one of those people.
- 4. Begin to advocate for the profession at large and eliminate the professional silos.** We have way more power when we stand together. As we all have been hit by the MaineCare changes, one large voice is way better than a bunch of small ones.
- 5. PLEASE SHARE THIS LETTER WITH PEERS AND COLLEAGUES.**

We are not in a war so let's stop the battle and work together. We need each other and I suspect the mental health climate is going to become more complex. It is important to let go of the excuse "Medicare" and start educating for collaboration.

## Save the Date! Maine School Counselor Conference!!

Harraseeket Inn, Freeport

October 21, 2016

8:00am-4:00pm

Registration deadline: October 7th, 2016

After October 7th, 2016 the cost will be \$155

This year's theme is *Positive Change Through Advocacy and Interventions!*

We are excited to have Sue Mackey Andrews and Dr. Wayne M. Maines as our keynote speakers this year!

Sue Mackey Andrews, "*Elephants in the Classroom: Translating what we intuitively know into research-based action to improve the health, well-being and development of Maine children.*"

Dr. Wayne M. Maines, "*Helping Transgender Youth from Age Two to Eighteen.*"

---

### Suicide Assessment for Clinicians

**The Maine Suicide Prevention Program and NAMI Maine are partnering with MeCA to offer a day-long workshop on suicide risk assessment and management.**

Suicide is the leading cause of injury death and second leading cause of mortality in Maine youth and young adults aged 15-34. The ability for clinicians to competently assess suicide risk is a skill that benefits both clinician and the public. This is especially true for clinicians working with populations at increased risk for suicidal behavior. This day-long workshop builds knowledge and skills that inform and structure a suicide risk assessment and guide the process for decision-making for care in situations of varying suicide risk. The training focuses on the coordination of care around managing suicide in order to increase safety and ensure continuity of care following a suicidal crisis. Tools for assessment of risk, collaborative safety planning and a recommended process for assured follow-up will be included. The focus is on assessment skills for people across the lifespan. This training is for people working in clinical roles in multiple settings including schools and colleges, primary care practices and emergency departments and a range of mental health and substance abuse settings. There is no required prerequisite training needed and 6.5 licensure contact hours will be granted.

**When:** November 15, 2016 – 8:30am-3:30pm

**Where:** Husson University

For registration: <http://www.namimaine.org/event/bangorassessment>

**There is no cost for this valuable training opportunity.**

**Workshop Presenter:** Greg A Marley, LCSW  
Clinical Director, NAMI Maine

**Greg Marley** has practiced in the field of community mental health and prevention in Maine for over 25 years. Since 2007, Greg has developed and presented training and education supporting the needs of a diverse set of partners in suicide prevention and systems integration of prevention practices. He comes to this work from a background in crisis and emergency services, clinical treatment, substance abuse prevention, and program management. Greg has presented across Maine and New England to a variety of audiences in suicide prevention, substance abuse prevention, mental health and other topics.

## Many Thanks!!



*To Maine Maritime Academy for hosting MeCA's Annual Summer Leadership Retreat. As always, the accommodations were top notch, the food was delicious and the hospitality was excellent! Your support for MeCA is much appreciated!*



*Pictured above is a view of the water from downtown Castine, ME as well as members of the Executive Board who attended this year's Summer Leadership Retreat*



*To Husson University for being the host site for all of MeCA's Executive Board and Conference Committee meetings. Your support for MeCA is much appreciated!*



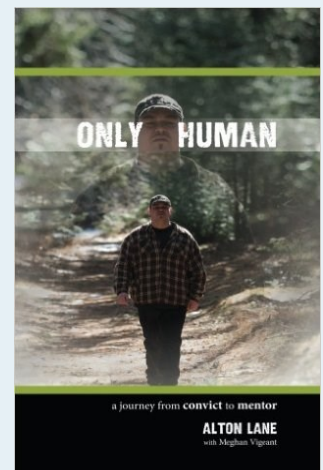
## Input Wanted!!

*As MeCA continues to move forward with our new website, our Website Chair would love to hear from you. Please contact Dean Collins at [dcollins@maineca.org](mailto:dcollins@maineca.org) with your suggestions and feedback. Our goal is to make our website user friendly, easy to navigate, informational and all encompassing. Dean is ready for your input!!*

### **Announcing the Publication of Only Human A Journey From Convict to Mentor by Alton Lane with Meghan Vigeant**

*Alton Lane met Peggy Smith when he was an inmate at the Maine Coastal Regional Reentry Center (MCRRC) in Belfast. He became so engrossed in the study and practice of Courageous Communication that he transformed his life, and is now her assistant teacher at the Reentry Center. This book tells his story. You can purchase the book on Amazon.*

*"I was a criminal for a long time, and it just doesn't suit me anymore. I spun in and out of jail and prison since the age of 12. I was angry with the world, with the man who abused me as a child, with myself. I was violent. I had drug and alcohol problems. I rejected my two kids and thought, 'good riddance.' I just didn't care about others. I welcomed the idea of overdosing; it seemed like a good way to end it all." – Alton Lane*





The Conference Committee of the Maine Counseling Association is seeking workshop proposals for the annual spring conference. Each year an array of workshops are offered ranging from ethics to counseling techniques to personal enrichment sessions. If you have an idea for a session you wish to present, then please complete the form below and return it to Kevin O'Reilly prior to November 11, 2016. Or, go to [www.maineeca.org](http://www.maineeca.org) to complete the form online!



# Maine Counseling Association



## CALL TO PROGRAM

The MeCA Conference Committee announces the Call to Program for the MeCA conference being held April 10th and April 11th, 2016 at the Samoset in Rockport, Maine. If you are interested in being a presenter at this year's conference, please fill out the information below and mail or email (prefer email) to the following address: Kevin O'Reilly, Oxford Hills Comprehensive High School, 256 Main St., South Paris, ME 04281

Telephone: 207-743-8914 FAX: 207-743-5334 email: [k.oreilly@msad17.org](mailto:k.oreilly@msad17.org)

NAME: \_\_\_\_\_

Tel: (W) \_\_\_\_\_ (H) \_\_\_\_\_

(fax) \_\_\_\_\_ (email) \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Credentials: \_\_\_\_\_

Place of Employment: \_\_\_\_\_

Program Title: \_\_\_\_\_

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

Target Group (click all that apply):

- |  |                                    |  |                                     |
|--|------------------------------------|--|-------------------------------------|
| <input type="checkbox"/> Admissions                        | <input type="checkbox"/> Secondary | <input type="checkbox"/> Middle            | <input type="checkbox"/> Elementary |
| <input type="checkbox"/> Clinical/Mental Health Counselors |                                    | <input type="checkbox"/> Career Counselors | <input type="checkbox"/> All        |

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

The Maine Counseling Association provides contact hours at the conference. MeCA is required to keep a record of our presenters' qualifications. *Please include a brief resume along with your Call to Program form. Your resume must include your educational degree and field of study.* Thank you for your support of our professional organization. A confirmation letter will be mailed to you by mid-January, 2017.

*This form is also available on our website: [www.maineeca.org](http://www.maineeca.org)*

Maine Counseling Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2020. Programs that do not qualify for NBCC credit are clearly identified. Maine Counseling Association is solely responsible for all aspects of the program.



## MAINE COUNSELING ASSOCIATION

A State Branch of the American Counseling Association

## Executive Board Members

President

**Tracy Corbin**

Caribou Regional Tech. Center  
tcorbin@rsu39.org  
493-4270

Membership

**Andrea Hallett**

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

EMeCA President

**Rena Lolar**

Private Practice  
Rena.lolar@gmail.com  
951-6115

ME Mental Health Counselors

**Bodhi Simpson**

bodhisimpson@yahoo.com

President-Elect

**Nick Umphrey**

John Bapst High School  
numphrey@johnbapst.org  
493-4270

Professional Standards & Ethics

**Deborah Drew**

Husson University  
drewd@husson.edu  
992-4912

NMeCA President

**Erin Benson**

UMaine at Presque Isle  
erin.benson@umpl.edu  
769-9453

Graduate Student Reps:

**Shannon Charette**

Husson University  
shannoncharette77@gmail.com

Past-President

**Stan Pelletier**

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

Public Policy

**Ben Milster**

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

SMeCA President

**Andrew King**

University of Southern Maine  
andrew.king@maine.edu  
780-5723

Secretary

**April LeClair**

Madawaska High School  
aleclair@madawaskaschools.org  
728-3371

Public Relations/Newsletter

**Jill Bouchard Cairns**

University of Maine at Fort Kent  
jillb@maine.edu  
834-7602

MeASGW Representative

**Joel Lavenson**

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

Treasurer

**Andrea Hallett**

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

Website

**Dean Collins**

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

ME Career Dev. Assoc.

**James Westhoff**

Husson University  
westhoffj@myhusson.edu

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.

**Erin Benson**

UMaine at Presque Isle  
Erin.benson@maine.edu  
768-9453

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.

**Jill Davis**

Great Salt Bay Comm. School  
jdavis@aos93.org  
563-3091 ext#106

## Conference Committee Members

Past-President, Co--Chair

**Stan Pelletier**

Bucksport Middle School

Call to Programs/Workshops

**Kevin O'Reilly**

Oxford Hills High School

Hospitality

**Dean Collins**

Madison Area High School

President-Elect, Co-Chair

**Nick Umphrey**

John Bapst High School

Public Relations/Newsletter

**Jill Cairns**

University of Maine at Fort Kent

Brochure

**Sue Pierce**

Houlton High School

President

**Tracy Corbin**

Caribou Regional Tech. Center

Exhibitors

**Amanda Card**

So. Maine Community College

Registration

**Jeannie McKenney**

Maine Maritime Academy

Treasurer

**Andrea Hallett**

Van Buren High School

Membership

**Andrea Hallett**

Van Buren High School