



Maine Counseling Association

News & Views, Fall 2018 Edition

From the President

Ruth Ann Cowger, East Grand School

Greetings, all! The invigorating, crisp, Maine fall air has arrived, the more relaxed days of summer have slipped away, and I find myself contemplating my presidential year. The opportunity to communicate with our membership through this newsletter is an exciting but daunting task for me each time I attempt to write: I want to make these words meaningful and informative for both seasoned and new members of the organization. This time my topic comes easily, because my experience at ILT in July was both—meaningful and informative.

For those of you who may not be familiar with ILT (which I wasn't), it is the Institute for Leadership Training, a professional development experience offered by ACA each summer for branch and division leaders. Sessions focus specifically around growing and improving your organization. There is a major focus on advocacy, and a trip to Capitol Hill to lobby legislators is a significant part of the experience. In July, Past President Andrea Hallett and I were fortunate to attend the tenth anniversary of ILT in Washington. In addition to a number of relevant and thought-provoking sessions, we were able to meet with Bruce Poliquin as well as staff members working for Angus King and Susan Collins.

To be honest, I was not excited about the trip, primarily because I couldn't see myself effectively lobbying our elected officials: I have practically no experience in the political realm. My doubts about my own ability to lead this organization, which I wrote about in last spring's newsletter, were still plaguing me. (I really need to remember to trust the process.) Once again, however, my doubts were groundless. ACA did a magnificent job of not only lining up the visits, but of preparing us for our role that day. I believe the time spent was fruitful: our mission was to try to impart a sense of who counselors are, and what we do with and for our clients. Picture counselors from across the country descending on Capitol Hill en masse to advocate for our profession and our clients. Sharing that experience with folks from such a wide range of backgrounds, both geographically and in terms of practice areas, was amazing. On the personal side, if all I need to do

Continued.....

From the President (*Continued*)

is talk about how meaningful and necessary this profession is, well, that I can do with sincerity and passion!

The takeaways from the experience, professionally and personally, are these:

- (1) Put yourself out there in a leadership role, even if you aren't comfortable. There are both people and processes in place to support you and help you grow.
- (2) Advocacy for our profession is a necessary piece of being a counselor: it isn't optional. If we all participate in the process in ways that are meaningful to us, we can make a huge impact, politically and otherwise.
- (3) Leadership is energizing and empowering. Yes, it's also hard work, but the payoff is absolutely worth it!

From the President-Elect

Wendy Bradstreet, Northern Maine Community College

As I start to write my first article for the MeCA newsletter, I have sat and pondered, how did I get here? After much thought, the answer seems very clear – every counselor in the state of Maine, I believe, has a desire to change lives for the better. In my regular position as NMCC's Director of Admissions, most folks would ask, "what does admissions have to do with counseling"? My answer is simple: a lot! Every applicant that walks through my door becomes a member of our family, and every family member needs guidance and advice to achieve their goals. Whether it be an individual who is unsure as to what career path to take, to working through issues of childcare, transportation, finances and anxiety – all before they even begin taking classes! The admissions team becomes the first counselors to students at the post-secondary level as we guide them through the next phase of their journey.

When I first became a member of MeCA, the initial goal was to put faces to names throughout the state as my primary role at the time was working with high students enrolling in college courses. However, I now know that being a member of MeCA is so much more and has become a very important part of the work I do in admissions, from the professional colleagues that I interact with ensuring a smooth transition from secondary

Continued....

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 President-Elect (*Continued*)

to post-secondary, to the friendships developed over the past few years. Being a part of a group that understands the day-to-day struggles involving students of any age, has been a blessing to me as I strive to help students achieve their dreams in education.

When first approached about becoming a nominee for the president-elect position, I was very hesitant to consider, but after some soul searching I realized that this was a wonderful way to give back to an organization that has been supporting the counseling profession for many years and hopefully, for many years to come. Please know, an organization cannot be successful if we sit on the sidelines. In order to be effective, we have to be actively involved and let our voices be heard. My hope is that I can be as effective for MeCA as past presidents have been. As I move through this next year, my goal is to learn as much as I can from the current and past leadership to continue to move MeCA forward. I hope to see many of you in the coming months and get to know those I haven't had the pleasure of meeting yet.

As summer fades and fall sets in, I hope you take the time to enjoy the beauty around us!

Are you looking for ways to **increase your knowledge** of career development?

Peak-Careers Consulting provides *professional development for career practitioners*.

- Facilitating Career Development (FCD) course (since 2001) which leads to a nationally recognized career credential
- Online seminars to make continuing education easier and more affordable
- Onsite professional development on a wide variety of career topics

Learn more and sign up for our career newsletter and receive the “*Top Ten Tips When Working with an Undecided Person*” at <https://peak-careers.com/>



PEAKCAREERS
Professional Development for Career Practitioners

Public Policy Update

Stan Pelletier, Bucksport Middle School

Fall is (nearly) here, not a moment too soon for me. A reminder, as passed by the 126th legislature, beginning January 1, 2020, both newly licensed and renewing mental health clinicians seeking licensure in Maine [psychologists, social workers, and mental health counselors] must meet new coursework requirements relating to family or intimate partner violence. The exact text may be seen in Maine statute, Title 32, chapter 13858, section 2C pertaining to Licensed Clinical Professional Counselors. See the link below:

www.mainelegislature.org/legis/statutes/32/title32sec13858.html

We are now comfortably within the license renewal biennium during which LCPC's will need to meet this requirement! Our allied organization MeMHCA has recently partnered with the Maine Coalition to End Domestic Violence to offer a two part workshop focused on Domestic Violence issues...a registration link is available via the MeMHCA website. Maine Counseling Association will endeavor to connect our membership with information regarding this and other training/educational opportunities as they are available.

Watch your email in the coming weeks for legislative alerts as we approach election day, November 6. Thanks for your time and attention.

Yours in service,
Stan Pelletier
Public Policy Chair, MeCA



SAVE THE DATE!!
Annual Conference
April 1 & 2, 2019 @ the Samoset Resort in Rockport

***The Maine Counseling Association is pleased to announce the dates for
this year's Annual Meeting and Conference.
Early bird registration is now available online!***



REACH HIGHER MAINE

SEPT. 28, 2018 9:00AM

ATTEND LIVE OR VIRTUALLY

BURTON CROSS BUILDING
ROOM 103, 111 SEWALL STREET
AUGUSTA ME 04330

NAVIGATING EARLY COLLEGE OPPORTUNITIES

Maine students have access to more early college opportunities than ever before. Colleges are scrambling to provide different options that will allow more students access to higher education, and the Maine DOE Aspirations program supports much of this activity for our public school students. While the benefits of early credit are wonderful, we also must acknowledge and be ready for the challenges these students may face before and after they leave high school. Colleges rely on the school counselor to solicit students and help administer these programs. In this session we will look at recent trends in early college both nationally and in Maine, highlight key aspects of quality experiences for our students, identify emerging pitfalls, and discuss ways to make early college choices that match your school culture and student needs.

Join us for a discussion that will cover available options for students who want to matriculate credits earned in high school and strategies for working with supporting students through their first year of college.

Presenters:

- Amy Hubbard, PhD, Early College Lead Coordinator, University of Maine System
- Jason C. Libby, Higher Education Specialist, Maine Dept. of Education
- Mercedes Pour, Director of College Access, Maine Community College System

Free Professional Development Webinar

**Attend live or virtually.
Webinar will be recorded and stored on the Reach Higher Maine Google Classroom**

**Go to
[Google.Classroom.com](https://classroom.google.com)
Join Code 1bs991n**

See the Google Classroom for other recorded webinars

REACH HIGHER MAINE
ReachHigherMaine@gmail.com

REGISTER AT:

<https://bit.ly/2PH9zTq>

Career Education Pathways Through School Advisor-Advisee Programming
Facilitated by Mary Ellen Bell

WHEN:

Wednesday, October 3rd, 2018 from 1:00pm-3:00pm

LOCATIONS:

Bates College, Lewiston, ME – live presentation

SMCC, USM (Portland), UMaine (Augusta) and other locations (details coming soon) – Streaming webinar and discussion

COST:

Free for current MCDA members

\$20 for non-members (includes annual membership for 2018-19)

MaryEllen Bell from Wiscasset Schools will provide a two-hour instructional and practical workshop entitled ‘Career Education Pathways Through School Advisor-AdviseeProgramming’. This interactive webinar is geared toward high school level educators and administrators who are interested in creating or deepening career pathway work in Advisor-Advisee programs.

The first hour will introduce the key components of high school Advisor-Advisee programming and focus on perspectives relevant to administrators, school counselors and teachers on the “nitty-gritty” of this kind of integrated career pathway programming. Participants in each remote site will get a chance listen to stakeholder audio clips and then discuss issues and connections that come up in their own settings.

The second hour will focus on sharing out career education curriculum goals and materials that support specifically student milestones including informational interviews, job shadows, senior mentorships and the overall integration of career pathway work school wide. Learning from the best practices from the successful implementation of this strategy in Wiscasset will prepare participants to initiate similar programs in their schools.

MCDA Fall Workshop 2018
Brain-Based Career Development in Practice
Presented by Imants Jaunarajs & Erika Peyton

November 2, 2018 * 8:45 am – 3:30 pm * Bates College, Lewiston, ME

Overview: Imants Jaunarajs and Erika Peyton from the Career and Leadership Center at Ohio University will present and facilitate a day of learning and interactive practice. Imants, as the Assistant Dean for the center, is a creator of innovative and outcome driven career development best practice. He graduated from NCDA’s Leadership Academy and NACE’s Leadership Advancement Program and spent five years as the Associate Editor for Career Convergence. As Assistant Director for Employer Relations and Marketing, Erika Peyton provides career coaching and leadership coaching, while overseeing communications and marketing to all OHIO students and employers. Together, they will deliver a hands on program from which lessons can be put directly into practice.

Description and learning outcomes: For most individuals, the career development process is inherently overwhelming due to the shear amount of information and future-based thinking that goes along with making life altering decisions. This session will showcase the Brain-Based Career Development (BBCD) model, which is based on cutting edge neuropsychological research. This session is updated and includes new and more in-depth neuroscience research. Following this program, you will be able to Understand the Brain-Based Career Development model, Examine “decision making” and “taking action” from a brain-based perspective, Examine how clients become overwhelmed, Practice the seven BBCD coaching techniques and formulate a plan for how to implement the BBCD model in current career development practice.

Workshop Cost: \$95 for MCDA members, \$115 for non-members until October 6th; October 7th and after: \$105 for MCDA members and \$125 for non-members; Student rate: \$35—Continuing education hours will be available.

Save the Date! Maine School Counselor Conference!!

Holiday Inn by the Bay, Portland ME

Friday, November 30, 2018

7:30am-4:00pm

This year's theme is *Be the Buoy: Keeping Students Afloat with Data*

Featuring Keynote speakers:

Danielle Duarte

Terri Tchorzynski



Remembering Tony McLaughlin

Tony passed away this summer and the Maine Counseling Association would like to extend their condolences to Tony's family. Tony served the admissions profession for many years with dedication and love.



Are you missing this opportunity?

Contact us if you'd like to advertise in
our newsletters!!

Ads can be submitted to the Newsletter
Editor at jillb@maine.edu

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.

Or, go to www.maineaca.org to complete the form online!



Maine Counseling Association

A State Branch of the American Counseling Association



CALL TO PROGRAM

The MeCA Conference Committee announces the Call to Program for the MeCA conference being held March 26 and 27th, 2018 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: 207-493-4260 FAX: 207-493-4244 email: 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 (Check all that apply):

Admissions

Clinical/Mental Health

Elementary

Career

Middle

All

Secondary

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.



MAINE COUNSELING ASSOCIATION

A State Branch of the American Counseling Association

Executive Board Members

President 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 P.I. 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 P.I. 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	

Conference Committee Members

Past-President, Co-Chair Andrea Hallett Presque Isle High School	Call to Programs/Workshops Kevin O'Reilly Oxford Hills High School	Hospitality Dean Collins Madison Area High School
President-Elect, Co-Chair Wendy Bradstreet Northern Maine CC	Public Relations/Newsletter Jill Bouchard Cairns University of Maine at Fort Kent	Brochure Sue Pierce Houlton High School
President Ruth Ann Cowger East Grand School	Exhibitors Rani Belanger Caribou High School	Registration Beth Doane Yarmouth Academy
Treasurer April LeClair Madawaska High School	Membership Beth Doane Yarmouth High School	