

Focus on NDCA

what's inside

Self-Care Really Does Matter!

Midwest Region

Monthly Zoom Meetings

Fiduciary Responsibilities

2019 NDCA Conference Keynote
Speakers

Updating the NDCA Constitution

Proposed Breakout Sessions for 2019
Annual Conference

Conference Hotel Information

2019 NDCA Conference Schedule at a
Glance

Nominating Committee
Counseling Program Changes at UND

Silent Auction

Legislative Update

Nomination Deadline is Approaching

Midwest Region 2018 Institute for
Leadership Training

2019 Pre-Conference Workshops
Offered

Self-Care Really Does Matter!

April Foth, President Elect-Elect, NDSCA

It was such a great opportunity to attend the Mid-West Institute of Leadership Training in Sioux Falls at the end September. There were lots of take-aways from the weekend, but I think the thing that stood out to me the most was how important it is for us as counselors, and leaders, to focus on self-care. I know we hear it over and over at conferences, workshops, trainings, etc. and we walk away with the intention of making some positive changes, only to get swept up in the day to day once again and leave the self-care stuff on the back burner. I know that's what I do and I'm sure I'm not alone.

Throughout the weekend, there were sessions that focused on mindfulness, self-awareness, identifying supports, self-care and

even opportunities to participate in morning yoga. All this reminded me of the many times I've set personal goals and intentions of making self-care a priority in both my personal and professional life and failed, or at the very least struggled, to create a lasting change in this extremely important aspect of my life and career.

There were a couple quotes shared during a session about Becoming a Leader in Counseling that resonated with me that I'd like to pass along (I am uncertain of the authors of these quotes).

- "We can only guide our clients as far as we have come ourselves."
- "In the present is where we hear our song."
- "Don't let anyone in your head that isn't

paying rent."

As counselors, we are in a privileged position to help our students and clients heal, grow and flourish. We can't meet the challenges that this profession presents to us if we have not first taken care of our own "stuff", learned to be more "in the moment" and developed a healthy self-confidence regardless of those who try to plant doubt in us about our abilities and skills as counselors. Therefore, I challenge us all, myself included, to make room for self-care in the busy schedules we experience daily. By doing so, I believe that we can experience more peace and calm in the midst of our chaotic, and often challenging, profession.

Midwest Region

As the season began to change and the first nip of cold came in, representatives from NDCA attended the ACA Midwest Region Institute for Leadership Conference hosted by the South Dakota Counseling Association in Sioux Falls, SD. President Elect, Leslie Lemke and Past President, Jean Baird, were in attending along with three Emerging Leaders, Phil Leitner, April Foth, and Danielle Luebke.

There are many things happening with ACA and across the Midwest. ACA's membership is moving strong and is up by 900 people since July of this year. ACA has created a task force to work with licensure for the Interstate Compact and keep working actively through legislation to promote necessary issues in mental health. ACA has rolled out a new app called VoterVoice- to get members more involved. ACA continues a strong relationship with ASCA and school counselors keeping abreast of current issues that impact school counselors, such as Trauma Informed School Bill and Elementary and Secondary School Counselor Act. ACA has also won the best website feature awards and has maintained 1.6 million views on their website, which equates to 89 hundred view in a single day- if you have not checked out what ACA website can offer to providers, take a moment and do so.

Across the Midwest Region there are lots of things happening with other Branches. Illinois has started offering a discount for webinars, will be bringing on a new Executive Director, and has unfortunately experienced a split with their School Counseling

Organization. Iowa has been rebuilding with 406 members and now have their own website, they will be holding their state conference in November. They will also be placing a bid to host the 2020, ACA Midwest Region Conference. Kansas experienced a separation with their School Counseling branch as well, they have experienced a concern over their membership and state conference in April. Michigan branch has met challenges in the areas of reestablishing visibility, recruitment, and engagement as they rebuild their branch. They will be holding their state conference in 2019, the first in six years. Minnesota held their state conference in October. They continue to work on recruitment. Missouri has tackled working on a new platform and web-design to help communicate with members and will be hosting their conference in April. Nebraska is working hard to bring in Emerging leaders to gain knowledge and training of the history of their organization. They will do a trial of breaking up their state conference in the fall and spring to increase attendance. Ohio has partnered with Mental Health and will be working on a Strategic Plan for School Violence and a task force for prescription rights. South Dakota is looking to form a state board, looking at listing laws, and will be doing an upgrade to their website and membership database. Wisconsin is moving to a new website, looking forward from their past endeavors and will hold their state conference in November. There is so much to learn from other branches across the region. If you have a moment check out their websites and branch information- if you have some time- attend one of their state conferences!

Leslie Lemke
NDCA President-Elect

Annual Business Meeting

**NOTICE OF ANNUAL BUSINESS MEETING
OF THE
NORTH DAKOTA COUNSELING ASSOCIATION
WILL BE HELD DURING THE ANNUAL CONFERENCE
FEBRUARY 10-12, 2019
CHANGES TO THE CONSTITUTION WILL BE VOTED UPON.
THESE CHANGES ARE AVAILABLE IN THE LAST ISSUE OF THE
FOCUS, WHICH IS AVAILABLE ON THE WEBPAGE
www.ndcounseling.org**

Monthly Zoom Meetings

The North Dakota Association of Counselor educators and Supervisors (NDACES) is excited to announce a collaborative opportunity, open to all NDACES members, to participate in a monthly supervision (Zoom) meeting. Clinical supervisors from across the state can join to consult with colleagues and university professors about supervision-related topics. For example, if you are

supervising a student intern or an early career counselor, this meeting could be the place to process ethical concerns, discuss successes, and share creative supervision ideas. The meeting is open to school counselors, clinical counselors, addiction counselors, and other licensed mental health professionals, who are members of NDACES. If you are a member and would like to participate, please contact

me at jnevland@umary.edu. You are able to join NDACES (you must be a member of NDCA to join NDACES) on our web page at www.ndcounseling.org/membership. If you are already a member of NDCA and want to add NDACES membership, you will need to print a membership form and mail it in.

*Julijana Nevland
PhD, LP, NDACES President*

Fiduciary Responsibilities

I was very lucky to have the opportunity to attend the ACA Midwest LDA, in Sioux Falls, SD September 28-30. It was great to hear inspiring speakers and learn valuable information to help serve in my capacity as board member to the North Dakota Counseling Association.

One of the topics I enjoyed hearing about was "Budgeting & Fiduciary Responsibilities for Leaders." The presentation was led by Executive Director of the South Dakota Counseling Association, Rebecca Christiansen. As we all know, finances impact all levels of organizations ability to provide their mission. In fact, Christiansen points out that it is the duty of the board members to ensure that money and their organization's mission are directly linked.

Christiansen stressed the need to have safeguards through internal controls in place to provide a check and balances within the organization to protect the organization as well as its board members/employees. She further explained that each organization should provide transparency not only to all board members, but

members of the organization. She believed that every member of an organization should know where their organization's financial resources are going and coming from.

It should be the goal of any 501(c)(3) organization to run a balanced budget with no profit. At the end of the fiscal year excess funds not spent would carry over in to the reserve fund of the organization. Board members should review financial statements at each meeting and an annual review of the finances should be done by the Financial Committee. Budgeting decisions should be based on a few questions such as: Where do you want the organization to go? How are you going to get there? Are you on track? If not, what are you going to do?

By asking following these policies and asking questions, all organizations can be on a path to practicing proper budgeting and fiduciary responsibility. As a member of an organization you have not only the right, but the responsibility to know how your organization is fiscally run.

Phil Leitner



VOLUNTEERING


reasons to give it a try

Doing Good is Good for You
a study released by Do Good. Live Well. & VolunteerMatch reveals the benefits of volunteering

Health volunteers say they feel physically, mentally and emotionally better	Purpose volunteers feel a deeper connection to communities and to others
Stress volunteering helps people manage and lower stress	Engagement volunteers are more informed and involved in managing their health

Of adults who volunteered in the past 12 months, nearly...

 100% felt good and happy	 75% felt physically healthier	 80% experienced lower stress levels
--	---	---



How to start

Learn more about the health benefits of volunteering by reading the "Doing Good Is Good for You" study:

<http://bit.ly/2ljf3c9>

Then find a way to get involved by visiting www.ndcounseling.org

Volunteering Within North Dakota Counseling Association

Would you like to be involved with the mechanics of the association, but you are not sure serving as an officer is the right fit? Well, worry no more, NDCA has several committees you could part of for a shorter period.

Conference Committee – chaired by Leslie Lemke

- Assist in completing tasks related to conference planning
- March through approximately January

Scholarship Committee – chaired by Melissa Mickelson

- Reading and ranking graduate scholarship applications
- Help organize the Silent Auction
- November through December

Awards Committee – chaired by Rebecca Ringham

- Read and rank awards nominations
- November through January

Legislative Committee – chaired by Becki McConnachie

- Stay abreast of legislation effecting counselors, nationally and statewide
- Federal legislation: Year-long commitment
- State legislation: January through May, biannually

Membership Committee – chaired by Jada Hofland

- Reach out to new counselors and counseling students
- Provide information related to the benefits of membership
- Year-long

Nominations Committee – chaired by Jean Baird

- Create a list of potential candidates for NDCA president elect-elect office
- July through January

Ethics Committee – chaired by Erin Klingenberg

- Year-long

If any of these piques your interest, please, do not hesitate to contact the chair. Emails can be found on the NDCA website.

2019 NDCA Conference Keynote Speakers

Dr. Gerard Lawson – He will be speaking about “The Hero’s Journey as a Developmental Metaphor in Counseling”. There is a process of learning to become a better advocate that parallels many of the stories we are all familiar with. This session is designed to encourage and energize counselors in every setting to embrace their roles as leaders and advocates.

Laetitia Mizero Hellerud – As a four-time refugee, change and adaptation has become a way of life for Laetitia. Having to adapt to this way of thinking since childhood, she learned to rely on her own decisions, and, at the same time, accept the love and help of others to survive. In *Being at Home in the World*, Laetitia shares what she has learned about adaptation – about finding your home – in the midst of chaos and struggle. It starts with an open mind and an open heart.

Mark J. Lindquist – Mark will be speaking about “Passion! 8 Steps to Find Yours” recent studies show that only 11% of people have passion for what they do. Mark will teach you his playbook to discover your passion and live a life doing the things you love.

Dr. David Kaplan – David is the current Chief Professional Officer of the American Counseling Association. He will be speaking about, *A Taste of Deep Dive Ethics*. . . the current iteration of the ACA Code of Ethics. This presentation will highlight new ethical imperatives in two areas that leaders are asked – and sometimes confronted – about; the imposition of counselor personal values and the use of social media in counseling.

Updating the North Dakota Counseling Association Constitution

Constitution: The act, or process of setting something up, or establishing something; the composition or structure of such a thing: its makeup.

Policy: A principle of behavior, conduct etc. thought to be desirable or necessary, especially as formally expressed by a government or other authoritative body.

When looking at these definitions of NDCA’s two important documents, it became evident that some of the language in the Constitution should really be housed in the Policies and Procedures

documents, because they were statements about how to run the organization, rather than describing what the organization is based on.

On July 19, 2018, the Governing Board approved the revisions be made. However, before changes to the Constitution can formally be adopted, the general membership needs to have the opportunity to read the changes and in February 2019, vote to accept the recommendations.

As you read through the proposed revisions, I encourage you to provide feedback via my email (ckpierce@midco.net).

Proposed Breakout Sessions for 2019 Annual Conference

DPI Updates/Information for School Counselors
ND Academic & CTE Scholarships
ND Choice Ready Initiatives
Enhance & Simplify School Counseling Programs
Transgender Advocacy DSM-5 Diagnosis Changes
Building Your K-12 School Counseling Program
Shortage of Welders
High School Sharing session
School Counselor's Role in Supporting Homeless Students
PowerSchool Know How for School Counselors
eTranscripts
Rural School Counseling Outcomes: a 7 year time series
and suspension data
LGBTQ – Building Bridges & Bridging Gaps in Awareness
Moving Forward Together to Serve Others – Red Cross
DHM Volunteers
Moving Forward Together After Tragedy- Suicide Prevention
Moving Forward Together – Caring for Ourselves So We Can
Care for Others
Your Secret Resource
Responding to Human Trafficking – a Multidisciplinary Response
Determining the Social Emotional Readiness of Your Students
A Call to Destigmatize Counseling Among First General College
Students
Technology and the Brain
Building Resilience & Recognizing Trauma Symptoms in Youth
Moving Forward Together: Working with Students with
Emotional Struggles in the Classroom
A Road Map for Teens' Digital Well Being
Find Your Fit: Incorporating Match & Fit into your College Planning
Program
DBT & the Treatment of Anxiety & PTSD
Transitional Programming for Students with Disabilities
The Effect of Islamophobia in the Helping Professions
Thinking Outside of the Picture Book: Creative Bibliotherapy
Ideas for School Counselors
Understanding Infertility & the Client's Struggle

Perinatal Mood & Anxiety Disorders
A Creative Way to Enhance Supervisee Critical Thinking,
Decision-Making & Case Conceptualization Skills
Facilitating Difficult Conversations in Supervision & Classroom
Moving Forward Together in Technology: Online Counseling
For Rural Clients
Adapting Evidence Based Treatments for Trauma for Autism
Spectrum Disorder
Accessing the Subconscious Mind in Online Therapy
Implementing Creative Strategies in Supervision & Support of
Counseling Interns
Use of Technology in Clinical Supervision
Examining the Intersectionality of Ethical Codes & Best
Practices Utilized for Group Counseling in K-12 Schools
Mentoring to Transform School Counseling Practice
Little Children, BIG Challenges

Please take time to rate your interest in the proposals listed above. One of the complaints in previous conferences was that the room was too small to accommodate the audience. To help with some of the over-crowding, it would be helpful to know an idea of interested attendees. You can rate your interest via the link provided:

<https://www.surveymonkey.com/r/NDCA2019ConferenceProposals>

Conference Hotel Information

Radisson Hotel

605 E. Broadway Ave., Bismarck, ND 58501

Block of Rooms Held until January 9, 2019

Radisson.com or 701-255-6000

Booking Code: NDCA 19

Rates:

1 Bed: 1 person \$84.60

2 Beds: 2 people \$95.10

2 Beds: \$95.10

2019 NDCA Conference Schedule at a Glance

Sunday, February 10, 2019

9:00 a.m.	NDCDA Board Meeting; NDSCA Board Meeting
10:00 a.m.	Registration Opens – Hotel Lobby
11:00 a.m.	New NDCA Member Orientation
Noon – 5:00 p.m.	Exhibits Open; Silent Auction Open
Noon	Welcome/Opening General Session; Keynote Laetitia Mizero Hellerud
2:00 – 4:00 p.m.	100 Minute Session and Concurrent Sessions
4:00 – 5:30 p.m.	NDCA Board Meeting

Monday, February 11, 2019

6:00 a.m.	Yoga (pending)
7:30 a.m.	NDACEs Division Meeting
Breakfast on your own	
9:00 a.m.	Day Opening Ceremony
9:30 a.m.	Keynote
11:00 – 12:00	Concurrent Sessions
12:00 – 1:40 p.m.	Lunch/Keynote
1:40 – 2:30 p.m.	Concurrent Sessions
2:30 – 4:30 p.m.	Keynote
4:45 p.m.	NDMHCA Division Meeting; NDCDA Division Meeting

Tuesday, February 12, 2019

6:00 a.m.	Zumba (pending)
7:00 a.m.	Breakfast
8:00 – 10:00 a.m.	Concurrent Sessions; NDCA Business Meeting/Awards
11:00 – 12:30	Endnote Speaker

NDCA Graduate Scholarship

The NDCA Graduate Scholarship Application was sent to counseling program advisors at NDSU, University of Jamestown, University of Mary, UND, and MSU-M to make available to students. The deadline for application submission is November 7, 2018. Each student who submits an application will be notified by phone or email by the end of December in regard to the Scholarship Committee's decision on the awarding of the scholarship. This

year's scholarship committee readers include: Haley Jeannotte from Williston High School, Holly Kersten from Max Public Schools, Erin Klingenberg from Valley City State University and Jen Lubinski from Grand Forks Central High School. If you are interested in joining our committee, please email me at mmickelson280@mygfschools.org or call me at 701-746-2429. On behalf of NDCA, best wishes to all of our graduate students in their educational pursuits.

Nominating Committee

The Nominating Committee, headed by Jean Baird, NDCA Past-President, will soon be contacting NDCA members searching for our next President-Elect to join the NDCA Executive Board. The requirements for an officer of the North Dakota Counseling Association is an interest in serving the counselors of our state as an officer for 4 years, attend all meetings of the NDCA

governing board and executive board, as well as attending and representing North Dakota at national conferences. This person will also chair the Midwinter Counseling Conference as President-Elect as well as assist the President and work with others on the Executive Board. According to Section IV of the NDCA Policies and Guidelines "All officers of the Association must have served at least a one-

year term on the NDCA board." We are looking for individuals who are passionate about counseling and are excited to work with others in the field to advance the profession. If you are interested or would like to volunteer for a position on a committee on the governing board, contact Jean Baird (jean.baird@dlschools.org). The Nominating Committee would like to wrap up the search in November.

Counseling (K-12 School Counseling Emphasis) Program Changes at UND!

The UND Counseling faculty are excited to share two important changes to our Counseling (K – 12 School Counseling Emphasis) program. One, beginning with our spring 2019 admission class, the M.A. Counseling (K - 12 School Counseling Emphasis) program will move from a 48 to 60 credit hour program, while likely not changing the estimate time to completion. This change is being made to be compliant with the North Dakota Education Standards and Practice Board's requirements. Two, we now have a flexible Graduate Certificate program in Counseling (K – 12 School Counseling), which will lead to School Counselor credentialing in North Dakota – as well as some other states. One application requirement for this Graduate Certificate Program is that applicants already have a master's degree in Education (or related field) or Counseling (or related field). The latter requirement is for individuals with a master's degree in Counseling (or related field) who want to specialize in School Counseling. For more information on these programs, please contact the M.A. Counseling Program Coordinator, Dr. Katherine Colles at katherine.colles@und.edu or 701.777.2394.

Silent Auction!

Invitation to use your creativity!!! Let's make this the best silent auction to date!!

Who: All NDCA members

What: Silent Auction

When: Midwinter Counseling Conference February 10-12, 2019

Where: Radisson Hotel Bismarck, ND

Why: To support our graduate students as money raised goes into scholarship funds that we award

If you have any questions or to confirm your support in providing to the silent auction, please contact Melissa Mickelson, Grad Scholarship Chair at mmickelson280@mygfschools.org

Thank you in advance!

Nomination Deadline is Rapidly Approaching

Is there someone you admire for their capabilities, techniques, ideas, practices, or approaches? Please show them by nominating them for a NDCA award! We love honoring those who excel in their field!

Hurry! The deadline to submit nominations is November 30th!

The criteria and guidelines for each award and the submission forms listed below are located on our webpage: www.ndcounseling.org under Awards.

Glenn Dolan Award – An individual who has demonstrated able leadership, excellent rapport and service to the community,

outstanding contributions to their organization

Innovations Award – An individual who has made innovative contributions in research or published articles in the field of counseling

Friend of Counseling Award – An individual who has demonstrated support for counseling in the state of North Dakota through his/her profession

Outstanding New Professional Award – An individual who has developed an outstanding program and demonstrates exceptional interpersonal skills

Member Emeritus Award – for NDCA members who have retired

Please submit award nominations by November 30, 2018 to: Rebecca Ringham, Minot State University, Registrar's Office, 500 University Ave W, Minot, ND 58707 or Fax: 701-858-3386 or Email: rebecca.ringham@minotstateu.edu

If you are interested in helping select winners from the nominees submitted, please let us know! We are building the Awards Committee and would be delighted to include you as a member. If interested, email Rebecca Ringham – Awards Chair.

Rebecca Ringham

Midwest Region 2018 Institute for Leadership Training

North Dakota was well represented at the Midwest Region 2018 Institute for Leadership Training "Confidence, Attitude, and the Inner Voice of a Leader" on September 28-30, 2018 at the Ramkota Best Western Hotel in Sioux Falls, SD. Attending from North Dakota were Leslie Lemke (NDCA President-Elect), Jada Hofland (NDCA President Elect-Elect), Danielle Luebke (NDCDA President), Phil Leitner (NDSCA President-Elect) and April Foth (NDSCA President-Elect-Elect). Also attending from ND was Jean Baird (NDCA Past President) as a volunteer and presenter.

The Keynote Session was "Mindfulness, Resiliency and Stress Reduction in the Twenty-First Century" presented by Sheila Anderson (Co-chair of South Dakota School Counselors Association). Her message highlighted how mindfulness practices can help deal with stress utilizing the research and coursework for improving resiliency from Dr. Amit Sood, from the Mayo Clinic Global Center for Resiliency and Well-being.

Other sessions included:

"Budgeting & Fiduciary Responsibilities for Leaders" (Rebecca Christiansen, SDCA Executive Director),

"Motivating & Mentoring Volunteers to Keep Things Moving

Forward" (Joyce Marter, ACA Midwest Region Chair & Michele Kerulis, ACA Midwest Region Governing Counselor Representative)
"Creating Webinars, Application of CE's and Evaluations" (Dr. Sandra Kakacek, Past President of Illinois Counseling Association & Dr. Amy Mooney, President of ACA of Iowa)

"Becoming a Leader in Counseling: The Psychology of Success" (Joyce Marter, ACA Midwest Region Chair)

"Engaging Your School Counselors" (Dr. Michele Kerulis, Midwest Region Governing Council Rep, Jean Baird, NDCA Past President, Dr. Sandra Kakacek, Past President of Illinois Counseling Association & Jason Marotzke, former ACA Midwest Region Chair)

"Using Technology to Connect with Members & Volunteers" (Dr. Stacy Solsaa, President of SD Association of Counselor Educators & Supervisors and PJ Young, President-Elect, Wisconsin Counseling Association)

"Advocacy & Government Affairs" (Dr. Michele Kerulis, ACA Governing Council's Liaison for the Public Policy & Government Affairs Committee & Dr. Victoria Sepulveda, ACA Midwest Region Chair-Elect)

"Leadership Panel Q & A" (Dr. Victoria Sepulveda, Dr. Amy Mooney & Dr. Michele Kerulis)

Legislative Update

Legislative Update:

The 66th ND Legislative Assembly will begin January 3, 2019. At this time I am not aware of any specific bills or legislation that will be introduced that is expected to affect the counseling profession. I will make contact with the Board of Counselor Examiners to find out if they are aware of any legislation that will affect our profession. I will try to track legislation weekly. If members are aware of legislation now or become aware of any legislation that is of interest to NDCA or will have an impact on our profession or our ability to practice in the state, please contact me at bmcconna@bis.midco.net

Statewide initiatives that are of interest:

Governor Burgum continues to identify mental health priorities. On 9/28/18 he announced the Zero Suicide Initiative a key concept of the 2012 National Strategy for Suicide Prevention based on the foundational belief that suicide deaths for individuals under care within health and behavioral health systems are preventable. Burgum noted that North Dakota saw the largest suicide rate increase in the nation from 1999 to 2016, at 58 percent. Alison Traynor, North Dakota's suicide prevention director, cited national research showing up to 45 percent of individuals who die by suicide have visited their primary care physician within a month of their death. Using best practices in the Zero Suicide approach, such as standardized screenings and risk assessments, health care systems can decrease their patient suicide death rate by 80 percent. There was no specifics outlined in this press release about the specifics of this program, how much funding is being directed to it or what agencies or implementing it as it appears to be in the early stages of development.

National Issues:

The Mental Health Parity and Addiction Equity Act:

This October marks the tenth anniversary of the Mental Health Parity and Addiction Equity Act (MHPAEA), tells insurers to provide the same treatment for mental health and substance use disorder

(SUD) as they provide for physical health because mental health and SUD are, in fact, medical problems. Nevertheless, insurers are still finding subtle ways to make mental health and SUD benefits less available. Implementing the law and enforcing it have been challenging, primarily because of the lack of consistency in the oversight of enforcement by federal and state regulators.

For example, if a patient or a counselor thinks coverage is being denied for reasons that violate the MHPAEA or state parity laws (which are, in some places, stricter), the first step should be talking to the insurer. The reason for denials of coverage must be made available by the insurer upon request. If treatment is denied and the patient disagrees, they should contact the plan's customer relations division immediately. Under most plans they can file a written formal appeal.

Patients and counselors can also contact the state insurance commission. A few states have filed enforcement actions against insurers. And, in some states, patients have filed class action suits against insurers. The Parity Implementation Coalition offers resources for patients who believe they have been discriminated against.

Elementary and Secondary School Counseling Act

Congress is considering new legislation H.R. 6775 that would provide funding for school counselors. On Sept. 12, Senator Jeff Merkley (D-OR.) and Representative Katherine Clark (D-MA) introduced the Elementary and Secondary School Counseling Act to provide funding to states to improve the staffing ratios for school counselors, psychologists and school social workers. The Elementary and Secondary School Counseling Act would establish two five-year renewable grant programs to staff elementary and secondary schools with school counselors, psychologists and social workers, effectively by providing federal grants to states to disburse to school districts. The new formula would provide funding for all 50 states, and because matching funds are required, states receiving the grants would show a commitment to improving student mental health and wellness. As this bill moves forward I will keep you aware of further developments.

Rebecca Ringham

Legislative Update Cont.

Congress Sends Bill With New Programs and Funding to Fight Opioids to President

On October 3rd Congress sent legislation to the President that addresses the opioid epidemic in a number of important ways. The SUPPORT For Patients and Communities Act, H.R. 6, includes many new programs and revises existing ones that involve counseling and behavioral health providers. The President is expected to sign the bill. Implementation of the law then moves to the Department of Health and Human Services (HHS) and other agencies where regulations will be written to explain the details of the new programs. ACA will provide input on several where counseling is specifically involved.

President Signs Law Funding Mental Health Programs for 2019

On Sept. 28, President Donald Trump signed into law H.R. 6157, a measure to fund the Department of Health and Human Services, the Department of Education and other federal agencies for fiscal year 2019. The bill sponsored by Senators Bill Nelson (D-FL) and Marco Rubio (R-FL) to test and evaluate partnerships between universities and state and local education agencies to train school counselors and other mental health professionals for positions in public school systems serving low-income communities. ACA members and staff advocated for House and Senate approval of this new Health and

Human Services funding

\$1.5 billion for state opioid response grants

\$150 million for certified community behavioral health centers

\$105 million for the National Health Service Corps, including a provision for loan repayment for professionals working individuals dealing with substance-use issues

\$75 million for the Behavioral Health Workforce Education and Training program

\$63.8 million for the National Child Traumatic Stress Initiative

\$36.2 million for Mental and Behavioral Health Education and Training

\$24.5 million for telehealth programs, including a \$1 million increase for evidence-based grants related to school safety

\$12 million for the National Suicide Prevention Lifeline

Education funding

\$1.17 billion for Student Support and Academic Enrichment grants, which include school counseling and school mental health programs

\$10 million for the Safe Schools and Education pilot program, to test and evaluate partnerships between universities and state and local education agencies to train school counselors and other mental health professionals for positions in public school systems serving low-income communities

*Rebecca McConnachie
NDCA Legislative Chair*

2019 Pre-Conference Workshops Offered

Register for these workshops on the 2019 pre-conference/conference registration form, found on the NDCA webpage – www.ndcounseling.org

WHAT'S NEW IN SUPERVISION

Sponsored by the North Dakota Mental Health Association
February 9, 2019 – 9:00 a.m. to 4:00 p.m. – Radisson Hotel, Bismarck
6 CEU's available
Presenters: Dr. James Korcuska and Megan Degenstein

This presentation will provide participants with a selection of current supervision models, techniques and special topics. Ethical considerations will be included for each. Case studies combined with small and large group discussions will be utilized to expand and personalize this knowledge base and its applications. Morning Session: Vygotsky's Zone of Proximal Development, Information Processing Theory, Ethical Considerations, Working with LGBTQ supervisee, Ethical considerations. Afternoon Session: Minimizing resistance and maximizing Collaboration, utilizing interpersonal process recall, motivational interviewing, ethical considerations, gatekeeping and pre-licensure supervisees, findings from supervisors in the field, ethical considerations.

Cost: Lunch is on your own.

Before 1/1/2019

NDCA Member	\$60.00
Non Member	\$70.00
NDCA Graduate Student Member	\$25.00

AFTER 1/1/19 – ALL REGISTRATIONS WILL BE \$80.00

Speaker Information:

Dr. James S. Korcuska is a professor of counseling at director of the Community Counseling Services, the counseling program's training clinic at NDSU. In addition to teaching doctoral courses on supervision, he has published and presented on the topic, as well. He is the current editor of the journal, Counselor Education and Supervision.

Megan Degenstein is a mental health counselor at Concordia College. She is currently in the Counselor Education and Supervision doctoral program at NDSU where she focuses on supervision and clinical practice. Megan is also the Clinic Supervisor for the NDSU counselor training clinic, NDSU Community Counseling Services.

Any questions, contact Geraldine Cariveau, 701-232-7374 or gerryrc@i29.net; Stephanie Pritchard, 701-710-0269 or ndmhca@gmail.com

2019 Pre-Conference Workshops Offered

Register for these workshops on the 2019 pre-conference/conference registration form, found on the NDCA webpage – www.ndcounseling.org

NDSCA SPONSORED WORKSHOP

February 9, 2019 – 8:30 – 4:00 p.m. – Bismarck Career Academy, Bismarck, ND

7 CEH's available

Presenter: Dr. Julia V. Taylor

Morning Session: SELF-HARM, SUICIDE & SOCIAL MEDIA: HELPING STUDENTS ASK FOR HELP

Students who self-harm and complete suicide have often showed warning signs or disclosed their intent on social media. This presentation will focus on helping students prevent, intervene, and break the code of silence regarding self-injurious and suicidal behavior. Participants will gain insight into the darker side of social media. Including sensitive self-disclosures and anonymous communities of support, along with school-wide strategies to encourage students to reach out for real-time help.

Afternoon Session: STRENGTHENING SISTERHOOD: EMPOWERING GIRLS TO RESIST SOCIETAL PRESSURES, FIGHT UNREALISTIC MEDIA STANDARDS, AND DEVELOP A HEALTHY BODY IMAGE

Today's standards of beauty are unrealistic and unattainable. It's not a coincidence that body image disturbances are widespread,

contagious, and toxic. Girls are inundated with confusing messages that often interfere with their ability to learn, lead, and develop authentic relationships. This session will address these important issues, with a focus on helping girls develop leadership skills to combat and revive a generation that has become exhausted by body bashing, social media saturation, and the myth of perfection.

Cost: Lunch is included in registration.

Before 1/15/19

NDSCA Member \$60.00

Non Member \$80.00

After 1/15/19

NDSCA Member \$70.00

Speaker Information: Dr. Julia V. Taylor - - <http://www.juliavtaylor.com>. Any questions, contact Becky Meidinger, bmeidinger88@gmail.com