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on NDCA

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Change. It is inevitable...the inevitable three: death, taxes and change.

Jean Baird

We know that we will change and society changes around us. President Trump won the election running on the promise of change. Technology has changed the world where we live. Those of us who work with youth can testify that the younger generation learns differently and is more stressed out than ever before. We age, we mature (at least most of us do), we gather wealth or possessions or downsize. Our families grow and shrink. It will happen. These changes are not always easy. Even though we are trained to help others deal with change, it can often be difficult for us as individuals to deal with our own personal changes. As counselors, helping others deal with change is part of our job security! Some of us have specialized training to help others change their lives to eliminate or manage destructive decisions, habits or addictions. Personally, a few of us embrace this change but many of us resist.

Change is not always undesirable.

Sometimes change is needed for something positive to happen. There are times that we know that we could improve something in our health, but it is easier to continue our routines instead of making that change which will improve our lives, especially when we are all living busy lives, usually working full time and taking care of loved ones and tending to other obligations.

Change has been a large part in my personal life recently. I resisted change for years until I was faced with a health issue so I decided losing weight would be a positive change for me. I made another choice to lose "physical possession weight" by distributing possessions and selling the family home that my husband and I designed and built and where we raised our family. My family, which had been shrinking due to the passing of loved ones, is now growing with the birth of new little ones who have been enhancing my personal life!

I took a risk a couple of years ago to answer the call to help the counselors in our state by serving in a leadership position in the North Dakota Counseling Association. I'm not outstanding. I'm just an average person who wants to help my profession. Please consider the change to enhance your life by serving in your division or state association. We need individuals who want to step forward to serve the counselors in our state and nation.

And as a postscript to this message on change, please be sure you are practicing Self Care! We deal with many heavy subjects when working with our students and clients. This work can be detrimental to our physical and emotional health so Self Care is important. It's not frivolous, it is essential! We need to set aside time and finances to take care of ourselves so we can continue to refuel our "tanks" to be able to help others. Our clients and students (as well as our loved ones) count on us to be at our best!

NDCTE Director's Award of Excellence: Career Development Grand Forks Public Schools

Grand Forks Public Schools Career Development Counselors and Career Center Staff were awarded the Director's Award of Excellence at the 2017 Professional Development Conference in Bismarck.

GFPS Career Development was recognized for continuing efforts and consistently focusing on encouraging students to base career

choices upon interests, not gender or background. Additionally, occupational experience opportunities are provided through a job shadow program, career forums, and paid internships. During the 2015-2016 school year, GFPS Career Development had 380 students participate in job shadow experiences.

Melissa Mickelson (as taken from the 47th Annual Professional Development Conference booklet)

NDACTE Outstanding New CTE Teacher: Counseling and Career Guidance

Danielle Luebke was named NDACTE Outstanding new CTE Teacher in the area of Counseling and Career Guidance at the 2017 Professional Development Conference in Bismarck.

From career critters in elementary to career exploration in high school, Danielle has developed a comprehensive K-12 Career Development program for students in the Southeast Region Career and Technical Center. Under her direction, students in Hankinson now

create a student portfolio that showcases their skills and knowledge as part of their graduation requirements. Partnering with the Richland/Wilkin County United Way has allowed these students to participate in "A Day of Caring" to fulfill volunteer hours. This year Danielle also partnered with the Bank of North Dakota to participate in College Application Month.

Melissa Mickelson (as taken from the 47th Annual Professional Development Conference booklet)

Attention Graduate Students

NDCA Graduate Scholarship

The NDCA Graduate Scholarship Application will be sent to counseling program advisors at NDSU, UND, MSU-M, University of Mary and NSU-Aberdeen to make available to students by the beginning of October. The updated application will also be available at our

website: <http://www.ndcounseling.org/>. The postmark deadline for application submission will be November 8, 2017. Questions about the scholarship may be directed to Melissa Mickelson, Graduate Scholarship Chairperson at 701-746-2429 or MMickelson280@mygfschools.org. Best wishes to all of our graduate students in their educational pursuits

Melissa Mickelson, NDCA Graduate Scholarship Chairperson

North Dakota Counseling Association Graduate Scholarship Recipient

Stephanie Braunagel
University of Mary

NDCAs Graduate Scholarship Recipient is Stephanie Bruanagel. Stephanie grew up and graduated from high school in Valley City. Stephanie has spent both her undergraduate and graduate years at the University of Mary where she is working toward completing course work for a Master's degree in School Counseling.

Stephanie currently is completing her internship in school counseling within

Bismarck Public Schools as well as working as a substitute teacher in Bismarck Public Schools and as a part-time graduate assistant at the University of Mary. After graduation, Stephanie plans to apply for school counseling and teaching jobs in North Dakota, hoping to stay in the Bismarck area but open to moving. Stephanie enjoys spending time with her family which consists of her mom and dad, 2 sisters, 3 nieces and 1 nephew; spending time with friends; running in her first half marathon and hoping to run many more; and working on puzzles.

Stephanie says that during one of her practicum experiences, she observed a school counselor who made a profound impact on a student and upon this began exploring the idea of earning her master's degree in School Counseling. Stephanie took additional opportunities to observe school counselors and decided that School Counseling was the career path she wanted to pursue.

Stephanie's advisor is Dr. Julijana Nevland at the University of Mary's Counseling Program.

Melissa Mickelson, NDCA Graduate Scholarship Chairperson

North Dakota Counseling Association Silent Auction Scholarship Recipient

Amanda Ockert
North Dakota State University

NDCAs Silent Auction Scholarship Recipient is Amanda Ockert. Amanda was born in Bismarck, raised on a farm near Cathay and graduated from New Rockford-Sheyenne High School. Amanda earned her undergraduate degree at NDSU and is currently attending NDSU working on completing course work for a Master's degree in Clinical Mental Health Counseling.

Amanda is currently completing her internship at Solutions Behavioral Health Professionals as a Skills Therapist. After graduation,

Amanda plans to work toward becoming an LAC, LPC, and LPCC with hopes of working with adolescents struggling with addiction. Amanda describes her family as amazing and consisting of her dad and mom, 2 sister and her furbaby dog names Dottie. In her free time, Amanda enjoys spending time with her family, reading, yoga, and board games.

Amanda says that graduate school has been a place for her to work toward her dream job of counseling.

Amanda's advisor is Dr. Brenda Hall at NDSU's Counseling Program.

Melissa Mickelson, NDCA Graduate Scholarship Chairperson

Leadership Training Attended

North Dakota was represented at the American Counseling Association Institute for Leadership Training on July 16-19, 2017 at the Hyatt Regency Crystal City by Kelly Pierce (President Elect) and Leslie Lemke (President Elect-Elect).

ACA CEO Richard Yep presented on Big L Leadership: What does it take to be an effective leader and ACA President Gerard Lawson presented on Looking to the Future.

Guest speaker Alex Sheen, Founder of "because I said" I would gave an excellent presentation on his organization. Because I said I would is a social movement and nonprofit dedicated to bettering humanity through promises made and kept. Sparked by the loss of his father, Alex and his organization send "promise cards" to anyone anywhere in the world at no cost. Alex is someone who truly honors commitment. He once walked over 240 miles across the entire state of Ohio in 10 days to fulfill a promise. In just two years, because I said I would has sent over 3.15 million promise cards to over 153 different countries. The promises written on these cards have made headlines around the world. His charitable projects and awareness campaigns have been featured on ABC World News with Diane Sawyer, CNN, The Today Show, NPR, The Los Angeles Times and many other programs.

Small group sessions included topics on: A Shared Vision- Help Us Help You, The Finances of Leadership, Leaders Learning from Leaders, and Managing Your Digital Footprint. Participants in the Institute for Leadership Training (ILT) were able to meet with representatives from their respective states to lobby for support on The Big Block Grant (Title IV), which are grants designed to fund well-rounded education of students, a priority in Every Student Succeeds Act (ESSA). In 2016, Congress fell short of funding, in 2017, Congress appropriated only 25% of funding, and currently the 2018 recommendation is no funding for the grant at all. Distribution of Title IV, Part A block grant funding to states is governed by a tiered formula which is then distributed to school districts- a percentage of this is then distributed out across programs, one of which is safe and healthy school activities- this includes school counseling programs. Participants also Lobbied for co-sponsorship of H.R.3032, the "Mental Health Access Improvement Act of 2017", which would authorize Medicare reimbursement for seniors who "age-out" and lose their access to counseling services. Medicare beneficiaries don't enjoy the same access to outpatient

mental health professionals as those with private health insurance and Medicare does not reimburse Licensed Professional Counselors (LPCs) for the quality, cost-effective treatment that they provide. H.R. 3032 – the "Mental Health Access Improvement Act of 2017", would establish Medicare coverage for LPCs. Kelly and Leslie went to Capitol Hill and met with Senator Heitkamp, a representative from Senator Hoeven and Senator Cramer's office to discuss the importance of these two issues as representatives for all counselors across North Dakota.

The Midwest Regional delegates shared conference tips and provided recommendations on recent guest speakers. The delegates also shared information on possible webinars and the use of digital media to help within branches. Kelly and Leslie appreciate this opportunity to advance their leadership skills and knowledge, and to network with leaders from other states.

*Leslie Lemke
President-Elect-Elect*



North Dakota School Counselor Association NDSCA Outstanding Counselor Award

Nominations for the North Dakota School Counselor Award, which is presented in February at the NDCA Mid-Winter Conference, are due by January 5, 2018.

Eligibility for Nomination:

1. The nominee must be a current member of NDSCA.
2. The nominee must be a school counselor who currently spends half his/her school time engaged in counseling activities at any grade level (pre-K-12) in a public or private school in ND.
3. The nominee must have a minimum of five (5) years of counseling experience.
4. The nominee must hold a current ND Professional Guidance Credential.

Guidelines for Nomination:

1. *Any individual of school or community at large may nominate* a guidance counselor for this award.
2. *The nominee must complete the information form* which asks for:
 - (a) leadership in conducting counseling and guidance activities in his/her school;
 - (b) leadership involvement in community activities, volunteer organizations or religious groups;
 - (c) professional leadership involvement in counseling at the local, regional, state or national levels and;
 - (d) other experiences, honors or recognitions that support candidacy for the award.
3. *Nominations must be accompanied by a minimum of two (2) letters of recommendation.* Letter may be from colleagues, administrators, PTA representatives, parents, students, former students or community members.
4. *All nomination materials (completed nomination form, candidate information form and letters of recommendations) should be returned to the NDSCA Awards Chair by the nominator by January 6th.*

To nominate an individual please go to: <http://ndsca.schoolcounselorawards.org>

Any Questions can be addressed to:

NDSCA Awards Chair

Gloria Odden

301 1st St. N.

Strasburg, ND 58573

701-336-2667, Ext. 214

gloria.odden@k12.nd.us

The Role of Ethics Chair

What is the role of the ethics chair? The role of the ethics chair of the North Dakota Counseling Association is to be a resource to the association and to disseminate information. I will regularly submit updates on changes to the ACA Code of Ethics guidelines through the FOCUS publication.

I presented a 4-hour midwinter pre-conference February 2017. The presentation was entitled "Code of Ethics and Ethical Challenges". This workshop covered updates to the ACA

Code of Ethics, along with scenarios concerning ethical decisions, boundary crossing, and/or boundary violations. Approximately 65 professionals from across the state attended the workshop.

Any NDCA member that has an ethical issue may contact me to discuss the situation and possible resolutions. I can be reached at 701.845-7424 or erin.klingenberg@vcsu.edu. The ACA ethics committee is also available to any ACA member. As the NDCA Ethics

Chair, I have contacted them several times and always found them helpful and timely with responses. Their contact information is: 1-800-347-6647, Ext. 321. If you are not an ACA member, you can contact your insurance provider directly.

*Erin Klingenberg, PhD; LPCC; NCC
Ethics Chair*

2017 National ASCA Conference

The annual ASCA National Conference took place in Denver, Colorado in July. This year was the largest ASCA conference to date, with over 3,400 attendees. Attending the ASCA conference is a wonderful opportunity to meet counselors from across the United States and around the world, receive professional development on new and trending school counseling topics, and catch some very inspiring keynote speakers.

This year's keynote speakers were, once again, exceptional. Captain Mark Kelly, a highly decorated NASA astronaut spoke on endeavoring to succeed. Carol Dweck, Ph.D. discussed how to promote a growth mindset. Lastly, Calvin Mackie, Ph.D, explained

how to overcome obstacles and how to do our personal best. The wide array of breakout sessions available are great ways to continue your professional development as a school counselor. Topics of the breakout sessions include: Executive Functioning Strategies, Group Interventions for Students with Anxiety or Depression, Improving At-Risk Students' Academic Success, A Creative Multisensory Solution-Focused Approach for Schools, and so many more.

We highly encourage attending the ASCA National Conference, as it is an amazing experience. The 2018 conference will be held July 14th – 17th in Los Angeles, California. We hope to see fellow North Dakota school counselors there!

The Meaning of Membership

Often times, as professionals, we are tasked with being a part of a committee or organization in some form or manner. Sometimes, out of the goodness of our heart, we accept being a part of a committee or organization, not really knowing the whys or the how's of what we are accepting. Our reasons for joining a committee or organization vary. It could be for the mere face of being a part of something bigger. Other reasons may be: it looks good on your resume, giving back to your profession, enhance your network, become a leader, or to enhance your knowledge. So it brings us to the question of why being a member of the North Dakota Counseling Association (NDCA) is important to you and your profession. As an organiza-

tion, NDCA serves as an umbrella for several counseling divisions across the state of North Dakota, which serves as a central clearing agency for information pertinent to professional counseling and human development activities in North Dakota. NDCA also promotes public confidence and trust in the professional counseling and human development profession; it unites people engaged in any phase of professional counseling and human development; it serves as a guiding post for improving professional standards in the field of counseling as well as improving professional standards in the state of North Dakota. Lastly, NDCA helps each counselor's voice be heard by disseminating information and focusing public attention on legislation

in any way affecting professional counseling and human development in North Dakota. NDCA is not just a counseling organization that will give each of us a personal gain; it is ALL of the professionals across the state of North Dakota that represents the counseling and human development profession. So let's challenge ourselves to seek out others in our profession that have not chosen to be part of something that represents what they do and who they are. Invite them to unite with us under the NDCA umbrella. Encourage them to join today as we all continue to be North Dakota strong for the counseling and human development profession.

Leslie Lemke
NDCA President Elect-Elect

Professional Development Opportunities

Do you receive brochures about upcoming workshops, trainings, educational presentations? If so, NDCA has a venue for you to share this information with our NDCA membership! Don't assume all members receive these notifications (as I often have assumed). Help get the information out to our members.

Please take the time to post this information on our NDCA website (yes, you can post these yourself) or submit the information to Marcia Foss, Executive Director for her to post on the website. Her contact information is marcia.foss@vcsu.edu

Feel free to browse the NDCA website for professional workshops and trainings. Let's all take on the responsibility to post information about trainings that are located across the state. All counselors have a need for professional development, by sharing any information we receive helps make these opportunities available for all.

If you have questions, feel free to contact Marcia Foss or me. I can be reached at 701.845-7424 or erin.klingenberg@vcsu.edu

Erin Klingenberg, PhD; LPCC; NCC

North Dakota Mental Health Division

The North Dakota Mental Health Counselor Association (NDMHCA) sent two representatives to the American Mental Health Counselors Association (AMHCA) Leadership Conference in Washington DC in July. President Jada Hoffland and President Elect Stephanie Pritchard participated in training with the goal of becoming more effective leaders for our state chapter. They enjoyed the opportunities to network with mental health counselors from around the country and

visiting Capitol Hill to advocate for our profession. Jada and Stephanie met with staff from the offices of Senators John Hoeven and Heidi Heitkamp asking for their support in allowing professional counselors to be providers for Medicare beneficiaries. Stephanie and Jada look forward to applying what they learned to help grow our state chapter and to support mental health counselors in the state of North Dakota.

Stephanie Pritchard

NDSCA Outstanding School Counselor Award Nominations Requested

Nominations for the North Dakota State School Counselor Award, which will be presented in February at the Midwinter Conference, must be submitted by January 5th, 2018.

Eligibility for nominations:

- *The nominee must be a current member of NDSCA.
- *The nominee must be a counselor who currently spends half his/her school time engaged in counseling activities at any grade level (Pre-K – 12) in a public or private school in North Dakota.
- *The nominee must have a minimum of five (5) years of school counseling experience and hold a current ND professional guidance credential.

Guidelines for nominations:

- *Nominations may be made by any school or community member.
- *The nominee must have extensive service and leadership conducting counseling/guidance activities in his/her school and preferably have involvement at the NDSCA level.
- *Nominations must be accompanied by a minimum of two letters of recommendation and support from colleagues, parents, students or community members.

Application forms may be secured through the NDSCA website, under the "Awards" drop down box:

<http://www.ndsca.org/>

Or by contacting

Gloria Odden, Awards Chair:

301 1st St. N.

Strasburg, ND 58573

701-336-2667, Ext. 214

gloria.odden@k12.nd.us

It Is Time To Nominate or Volunteer!

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

The criteria and guidelines for each award and the submission forms listed below are located on our webpage:

*www.ndcounseling.org under **Awards**.*

Please submit award nominations by November 30, 2017 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

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

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

Rebecca Ringham

Silent Auction

Now is the time to start getting your creative juices flowing and think of or make your silent auction items. The silent auction at the Mid-Winter Conferences is a fun way to support our graduate student scholarships. The more items we have to bid on the bigger the success.