



Focus

on NDCA

what's inside

- NDCA President's Farewell
- ND Mental Health Counselors Association Report
- ND Award for Counseling Excellence
- Someone Appreciates Your Kindness
- Work Keys Testing Information
- ND Academic and Career and Technical Education Scholarship Application
- Moving Forward....Together in 2019
- Legislative Update
- NDCA Silent Auction Award Recipient
- NDCA Graduate Scholarship Award Recipient
- ND School Counselor of the Year Awards
- Hope You Were Able to Smile and Move
- Feeling Gratitude in Small Wins

NDCA President's Farewell

Jean Baird, NDCA President

(The following was intended to be shared during the Midwinter Conference but unfortunately there wasn't time so I wanted to share it with you now.)

Identity

Do we think about who we are?

When I started attending this Midwinter conference in 2006, I was a much different person.....

- Married to a cancer patient
- Mom and chief cheerleader for an active high school daughter
- Resident of Langdon
- Employee of Lake Region State College
- Part time graduate student

Overwhelmed by a new world and amazed at all I learned

My life has evolved to

- Single person & survivor of husband's prostate cancer
- Mother of 3 grown daughters (one of whom presented a session!) and amazed at their accomplishments and character
- Mother-in-law of 2 sons
- Grandmother of 5
- Resident of Grafton
- Employee of Devils Lake High School
- President of NDCA
- Overwhelmed by a world of amazing people whom I am privileged to associate with and still amazed at all I have learned!

Identity exploration could take an entire hour session.....breathe easy....I won't go there! But it is important to take time to see yourself and realize you are the average of the 5 people that you spend the most time with. (My principal just mentioned to students last week)

The average of the people in the room is amazing and I am humbled to be standing in front of you as your servant! I only hope that I have lived up to even a small part of what you expected and deserve from a president!

Thank you for the opportunity to represent you on the state, regional and national levels. I have not taken this responsibility lightly and know that the officers following me will continue that tradition!

Farewell...Cont. from page 1

Special thanks to my executive board members for putting up with me the past 3 years. Special thanks to Marcia Foss for keeping the business side of the board continuing so we I could concentrate on the creative side! Thank you to Jennifer Lunde for her confidence in me that I could handle this awesome position! And thanks to Anna Thompson, Jason Marotzke and Stacey Meehl for their leadership and mentoring.

And finally, thanks to all of you!

For saying yes to me when I asked

For proposing and leading sessions to make our Midwinter Conference one of the best in the nation! (according to Rich Yep)

For your friendship, guidance and expertise. . . .it's invaluable!

God bless you all!

ND Mental Health Counselors Association Report

After the Conference last year, our division got right to work planning for the upcoming year, as our 2017 Pre-Conference on Ethics grew a crowd of 74 people! Not only was our training fulfilling a CEU, it was deemed an enormous success in continuing the event each year. This year's conference brought in about 50 people, so if you have ideas or subject matters you would like us to have a training for, please send us an email at contactndmhca@gmail.com, or visit us on Facebook and Twitter!

MH division has not only rekindled a Pre-Conference but went out on a limb and decided to do a Raffle sale this year. The raffle

was 2 extraordinary seats to a Denver Broncos Football game. We sold enough tickets to pay for the cost of the tickets and made over 1,500 in profit! It was a tremendous success and the winner, Tina Bea (Mandan) and her son, had some much-needed bonding time together. They even sent selfies of themselves at the game!

Stephanie Pritchard, Soon-to-be President and myself went to Washington, DC in July to participate in AMHCA Leadership Conference and lobbying on Capitol Hill. What an amazing experience!! The American Mental Health Counseling Association was responsible for the pre-training, bus ride, and

coordination of meetings with our Senators and Legislators! What an opportunity of a lifetime!

If any of you would like to be part of ND Mental Health Counseling Association, please send us an email or message. We love to have new ideas and ways of helping the counselors in our state. I am thankful for my term in NDMHCA and all the great opportunities, education and knowledge I have gained and I look forward to becoming a leader in NDCA!

Jada Hofland

LPCC - Division President

North Dakota Award for Counseling Excellence (ACE)

The North Dakota School Counselor Association recently awarded Shana Otteson, counselor at Legacy Elementary School in West Fargo, the North Dakota Award for Counseling Excellence (ACE).

The A.C.E. is a state level award preceding the ASCA RAMP award. This is a rigorous, evidence based award based on 12 professional

standards that lead to a top-notch comprehensive program.

The North Dakota School Counseling Association would like to extend their congratulations to Shana. They would also like to extend their gratitude to the West Fargo community for their support of Mrs. Shana Otteson and the school counseling program.

Gloria Odden

Someone Appreciates Your Kindness...Even If They Aren't Telling You

Overwhelmed....ACT schedules, proctor training, extra booklets, proctor packets, security, State testing, scholarships, deadlines, contracts, grades, conflicts....

Still, someone is hurting....

Needs a bottle of water or a granola bar,

Or time to play with Play-doh

A smile in the hallway

A hug

A safe place to be

Someone to believe in them

A cheerleader when they did it right (someone noticed)

A word of gratitude

Someone to share lunch with

Did you....

Steer someone toward housing that they can afford

Help someone get a scholarship

Encourage someone to go to college that may not have thought they could have gone

Advocate for someone

Act as a Peace-maker

Calm a family member's fears

Assist another so their pain is bearable

Recognize a kind heart

Give attention to someone who's lonely

Lift someone's self esteem

Laugh with someone

I want to tell everyone of you who is reading this article, that I appreciate you! You are helping someone else with their daily struggle. You are providing something for

someone else who otherwise may not have been able to carry on with their day. It's been proven that one small act of kindness....just one little smile or kind word....can keep someone alive at that moment when it is the bleakest! Or maybe you have been comforting a family member of a person who recently (or not so recently) died by suicide. Or maybe you are helping them make sense of it all.

Remember...you are put in "this world" to do sacred work. Don't ever doubt that! Continue to perform that role to your best ability. The overwhelming, the day-to-day struggles that we endure may be miniscule compared to the struggles of the person we give a "hand up" or a kind word. Carry on that mission to make our world better. If not us, then who?

Jean Baird, NDCA President

Work Keys Testing Information

Students that have taken the Work Keys examination for the North Dakota Career and Technical Education Scholarship should mail a hard copy of the results to Jim Upgren or Karla Mittleider at the Department of Public Instruction. The mailing address is:

600 E. Boulevard Ave. , Department 201
Bismarck, ND 58505-0440

Qualifying scores of 5 or higher on the Applied Mathematics, Graphic Literacy, and Workplace Documents sections are required in order to be considered for the CTE Scholarship. Please contact Jim Upgren at 701-328-2244 or Karla Mittleider at 701-328-2597 with any questions in regards to the Academic or CTE Scholarships.

ND Academic and Career and Technical Education Scholarship Application

Applications are open for the North Dakota Academic and CTE Scholarships! Seniors can apply for the scholarship on the DPI website. Scholarship applications will be accepted until June 1, 2018. Please encourage students to apply early, as we can review applications and assist schools where needed. With questions on scholarship applications, please contact please contact Jim Upgren at 701-328-2244 or Karla Mittleider at 701-328-2597.

Moving Forward...Together in 2019

The 2019 NDCA Annual Conference is scheduled for February 10-12, 2019 (Radisson, Bismarck). With the state of affairs being so intense, we have seen a lot of unrest within our community members, state, and country. As professional mental health providers for people in our community, in our schools, and representatives of mental health for our state, we have an ethical obligation to see beyond the opinions and basis that has encompassed those that we serve.

It is hopeful that the 2019 NDCA Annual Conference will serve you in a way to help renew, rejuvenate, and refocus as we realign our vision and continue to provide the best of us for others. Potential key note speakers for next year's conference consist of; Gerard Lawson, Ph.D., LPC, NCC, ACS is an associate professor in the counselor education program at Virginia Tech in Blacksburg, Va. his area of specialty is trauma and disaster mental health. Dr. Lawson's published work includes articles exploring the experiences of professional counselors and clinicians in the aftermath of natural disasters such as the Gulf coast hurricanes Katrina and Rita and traumatic events such as the 2007 shootings at Virginia Tech. He is the author of the Virginia Tech disaster behavioral health plan.



Previously, Dr. Lawson served as the chair of the American Counseling Association Taskforce on Crisis Response Planning. He is a past president of the Association for Counselor Education and Supervision and the Virginia Counselors Association.



Laetitia Mizero Hellerud ~Laetitia is an active member of her surrounding communities in Fargo, catering to refugee support among other social engagements. She enjoys educating and encouraging others to be active in their communities as well. Her life experience lends her the opportunity to help those from all walks of life to relate and understand one another. As a four-time refugee, change and adaptation has become a way of life for Laetitia Mizero Hellerud. 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. She has a

newly published book *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.

We will also have an informational session on Ethics along with all of our sensational breakout sessions. I am also working on the possibilities of some early morning relaxation with Yoga and an opportunity to leave on an invigorating beat with some early morning Zumba- stay tuned! Call for programs will be going out shortly so PLEASE keep your eyes out and hearts open for opportunities that will be beneficial for all. Some areas that were noted for more attention that we are hoping to offer are in the following areas:

Suicide, Self Injury, Top 5 MI diagnoses, Theory & Techniques in Counseling, Supervision, Sources of Strength, Acceptance & Commitment Therapy, Trauma, Working with the family, kids in therapeutic settings, adults with SMI. DBT,CBT, EMDR, how to add a license, Resiliency, Data Tracking, LGBTQ topics, Powerschool, legal issues, how to start a private practice to name a few. The division presidents all received complete lists of all the suggested topics.

I am hoping that you will join me as we work together to bring out the best in each other and our profession in 2019. Don't forget to invite your colleagues, friends, and non-member potentials to share our professional experience.

Leslie Lemke
NDCA President-Elect-Elect

Legislative Update

ACA CEO RICHARD YEP'S CONGRESSIONAL TESTIMONY ON OPIOIDS AND MEDICARE REIMBURSEMENT LEGISLATION 2/20/18

Responding to a request for policy recommendations on the opioid crisis, ACA CEO Richard Yep has written to the chairman and ranking member of the Senate Finance Committee concerning the role counselors play in fighting the opioid crisis. Mr. Yep highlighted the need for reimbursing counselors through Medicare to help seniors who may have been receiving counseling using Medicaid but can no longer afford it when they transition to Medicare.

Mr. Yep's letter says, "The 21st Century CURES Act created the Interdepartmental Serious Mental Illness Coordinating Committee (ISMICC). Its membership includes representatives from eight federal departments that support programs related to serious mental illness and non-federal members with expertise across the healthcare sector. In its initial December 2017 report to Congress, ISMICC recommends that Congress "Maximize the Capacity of the Behavioral Health Workforce." The report identifies the exclusion of Licensed Professional Counselors and Marriage and Family Therapists as eligible Medicare providers as a barrier to services and recommends the barrier be removed."

The letter goes on to encourage the passage of S. 1870, The Seniors Mental Health Access Improvement Act, which would provide Medicare reimbursement to licensed professional counselors.

Mr. Yep also provided testimony to the House Ways and Means Committee on

opioids, counseling and the importance of passing the House bill that would similarly authorize Medicare reimbursement for counselors, H.R. 3032.

You can contact your Members of Congress about supporting these bills. Ask your Senators to support S. 1879 and your House Member to support H.R. 3032.

COUNSELOR PORTABILITY

ACA portability proposal would enable a counselor licensed in one state who wants to move to another state to be considered licensed in the new state after taking a jurisprudence examination, regardless of years of experience or educational background. Resolving the portability problem so that counselors can move freely around the country is a top priority for the ACA.

STUDY SHOWS BENEFITS OF AFFORDABLE CARE ACT IN ACCESS TO MENTAL HEALTH CARE

A recent study in the AMA's Psychiatry journal found that because of the Affordable Care Act, access to care in the US has improved for adults with moderate and severe mental illness. The Vanderbilt study looked at access to mental health care for adults in 2012-2013, prior to ACA benefits being implemented, and in 2015. In both periods, adults with severe mental illness were more likely to be unemployed, have low income, and have poor or fair health, they report. After passage of the ACA. And after controlling for sociodemographic factors, there was a

decrease in uninsured adults with moderate (-8.5 percentage points) and severe mental illness (-9.3 percentage points). In addition, in 2015 there was a significant drop in the percentage of adults with moderate mental illness with no usual source of care (-3.5 percentage points), delayed medical care (-4.5 percentage points), forgone medical care (-3.3 percentage points), and forgone prescription medications (-3.6 percentage points).

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA) GRANTS: EVIDENCE-BASED PRACTICES FOR OPIOID USE AND SERIOUS MENTAL ILLNESS

On January 17, in conjunction with the Presidential Public Health Emergency Declaration on October 27, SAMHSA announced a new Technical Assistance (TA) effort to focus on the specific needs of states and local jurisdictions to address the opioid crisis in their areas. This week, SAMHSA released \$12 million in funding to the American Academy of Addiction Psychiatry to begin the effort to utilize local expertise to provide TA and training on scientifically based evidence-based practices to combat the nation's opioid crisis. The Opioid State Targeted Response TA program aims to provide TA on evidence-based practices across the spectrum of prevention, treatment and recovery. The program is funded to support the Opioid STR program authorized by the 21st Century Cures Act. The TA program will ensure that Americans suffering with opioid use disorders will gain access to the life-

Legislative...Cont. from page 4

saving evidence-based medication-assisted treatment and psychosocial services they need. In keeping with that priority, SAMHSA has also released a new funding opportunity to develop a national Center of Excellence dedicated to the implementation of evidence-based practices to treat individuals living with serious mental illness(SMI).

SAMHSA's \$14.5 million Clinical Support Services for SMI TA Center will provide training and education to providers across the country to treat the nation's most vulnerable populations. The Assistant Secretary for Mental Health and Substance Use indicates that this is only the start of SAMHSA's new efforts to ensure that communities are well equipped with the knowledge and training needed to implement evidence-based practices for those living with behavioral health conditions.

\$52 MILLION IN GRANTS FOR PEOPLE AFFECTED BY HOMELESSNESS AND MENTAL ILLNESS

The Substance Abuse and Mental Health Services Administration (SAMHSA) is accepting applications for up to \$52 million in grants under its Treatment for Individuals Experiencing Homelessness program. The money will be used to help local service providers offer behavioral health and recovery support services to people experiencing homelessness. The purpose of this program is to support the expansion of behavioral health care for people experiencing homelessness along with a serious mental illness or serious emotional disturbance. Grantees will also

offer treatment for substance use disorders as needed. SAMHSA expects to make as many as 16 grants up to \$500,000 or \$1 million annually, depending on the grantee. The grants will be awarded for up to five years and are subject to availability of funds.

EARLY DIVERSION GRANTS

The Substance Abuse and Mental Health Services Administration (SAMHSA) is accepting applications for the Law Enforcement and Behavioral Health Partnerships for Early Diversion (Early Diversion Grants) grant program totaling up to \$13.4 million over the next five years. The purpose of this program is to establish or expand programs that divert adults with a serious mental illness (SMI) or a co-occurring (mental and substance use) disorder (COD) from the criminal justice system to community-based services prior to arrest and booking. Special consideration will be given to applicants proposing to use grant funding to support early diversion services for veterans.

SAMHSA expects to fund up to eight grantees with up to \$330,000 per year for up to five years. The actual award amount may vary, depending on the availability of funds.

SPENDING DEAL CLEARS WAY FOR ACTION ON 2018 HEALTH-CARE PROGRAMS 2/14/18

The agreement required lawmakers to spend \$3 billion to combat the opioid crisis, \$2 billion on veterans, \$10 billion on

infrastructure, \$2 billion on higher education and \$2.9 billion on child care. The bill also includes a one-time emergency allocation of \$90 billion for disaster relief from hurricanes and wildfires.

In health-care spending, the bill includes additional years of funding for several important health programs: two years of renewed funding for community health centers, \$6 billion in funding for the treatment of mental health issues and opioid addiction, \$2 billion in extra funding for the National Institutes of Health, and an additional four-year extension of the Children's Health Insurance Program (CHIP), which builds on the six years approved by Congress.

The deal would accelerate the closing of the "doughnut hole". In Medicare drug coverage that requires seniors to pay thousands of dollars out of pocket before catastrophic coverage kicks in.

The community health centers section includes more than \$7 billion in funding for the nation's federally funded community health centers. The clinics that serve 27 million low-income people saw their funding lapse last fall—a delay advocates said had already complicated budgeting and staffing decisions for many clinics.

*Rebecca McConnachie
Legislative Chair*

North Dakota Counseling Association Silent Auction Scholarship Recipient

Shelby Waliser
North Dakota State University

Our silent auction scholarship recipient is Shelby Waliser. Shelby was born, raised, and graduated high school in Lisbon. Shelby earned her undergraduate degree at Northern State University and is currently attending NDSU working on completing course work for a Master's degree in School Counseling and Clinical Mental Health Counseling.

Shelby is currently completing her clinical mental health counseling internship at Prairie St. John's as well as working part-time for the Lisbon Public School District at the elementariness in Lisbon and Fort Ransom. After graduation, Shelby plans to starting a career in school counseling in an elementary school or working with older children in a clinical setting. Shelby enjoys spending time with her parents and brother as well as with her friends and dogs.

Shelby says that she discovered her love for school counseling after she job shadowed with a school counselor. Shelby says that she had always known that she wanted to work with children and adolescents and kept finding herself drawn to the school setting.

Shelby's advisor is Dr. Carol Buchholtz Holland at NDSU's Counseling Program.

North Dakota Counseling Association Graduate Scholarship Recipient

Chloe Krinke
North Dakota State University

Our graduate scholarship recipient is Chloe Krinke. Chloe grew up and graduated from high school in Scranton. Chloe spent her undergraduate years at UND and graduate years at NDSU where she is working toward completing course work for a Master's degree in clinical mental counseling.

Chloe currently is completing her internship in clinical mental health counseling at the NDSU Counseling Center as well as working as a graduate assistant for the NDSU Center for 4-H Youth Development. Chloe is applying to the NDSU Counselor Education and Supervision doctoral program in hopes of gaining knowledge in advanced clinical work, supervision, research, teaching, and leadership. Chloe comes from a family of 4th generation family farmers and ranchers with both her paternal and maternal grandparents living on or near the family farm still. Chloe expresses feeling very fortunate to have a strong, supportive relationship with her parents, brother and his family, sister and her family, and grandparents and is appreciative for their constant love and encouragement throughout her undergraduate and graduate school years.

While in graduate school, Chloe has been a presenter at our conference for the past 3 years, and we look forward to her taking part and presenting for many years to come.

Chloe's advisor is Dr. Todd Lewis at North Dakota State University Counseling Program.



North Dakota School Counselor of the Year Awards

The North Dakota School Counselor Association recently awarded Tracy Hanson, counselor at Lewis & Clark Elementary School in Williston, the North Dakota Elementary School Counselor of the Year Award.

Tracy was highly recommended for the award. She is credited with being not only a leader in her district but also an innovator within her school. This is apparent through her work with her counseling department; she's involved in 504 writing, facilitates trauma trainings, active with PTO, advocates for Williston Public Schools counseling programs, and working to align her program with the ASCA model. She is described by others as having a heart of gold, professional, caring, calm demeanor, and deserving of a counselor of a lifetime award, and thus incredibly deserving of this award.

The North Dakota School Counseling Association would like to extend their congratulations to Tracy and wish her luck competing for the honor at the national level. They would also like to extend their gratitude to the Williston community for their support of Mrs. Tracy Hanson and the school counseling program.

The North Dakota School Counselor Association recently awarded Debra Boyer, a counselor at Aurora Elementary in West Fargo, the North Dakota Elementary School Counselor of the Year Award. Deb has been a leader in her school and community of West Fargo for the past twenty years. She has held leadership positions with several organizations, including Alpha Omicron, West Fargo Educator's Association, and Delta Kappa Gamma, and is currently serving as team leader for West Fargo's counseling professional development community. Deb is well known for her knowledge and use of the "Nurtured Heart" approach and is an Advanced Nurtured Heart Trainer. She is described by her colleagues as inspirational, compassionate, optimistic, and a one-of-a-kind woman who is incredibly deserving of the award.

The North Dakota School Counseling Association would like to extend their congratulations to Deb. They would also like to extend their gratitude to the West Fargo community for their support of Ms. Boyer and the school counseling program.

The North Dakota School Counselor Association recently awarded Joan Copenhaver, counselor at Carrington High School, the North Dakota Secondary School Counselor of the Year Award.

Joan was highly recommended for the award. She is credited with being not only a leader in her district but also an innovator within her school. This is apparent through her work with her counseling department; she heads several programs, including career/college fair, job shadow coordinator, mentoring program advisor, and dual credit class coordinator. She is described by others as passionate, honest, having incredible wisdom, organized, professional, and sincere, and thus incredibly deserving of the award.

The North Dakota School Counseling Association would like to extend their congratulations to Joan and wish her luck competing for the honor at the national level. They would also like to extend their gratitude to the Carrington community for their support of Mrs. Joan Copenhaver and the school counseling program.

Gloria Odden

North Dakota Counseling Web Page

Do you make it a habit to check on what's NEW on the NDCA web page? Visit www.ndcounseling.org to find the latest information and news about upcoming trainings, the FOCUS, conference news, call for programs and oh so much more. Remember 2019 will be a LEGISLATIVE YEAR so you will want to be connected to your professional organization.

Hope You Were Able to “Smile and Move”: Recap of 2018 NDCA Mid-Winter Conference

How we smiled:

Being Awake. Rhonda Brinkman provided us the opportunity to begin the conference by being engaged in self-care. “When you’re wide awake, say it for goodness sake, ‘It’s gonna be a great day.’” – Paul McCartney

Being Thankful. Katie Dilse energetically reminded us to focus on the positive in our lives and remember how many lives we affect. “I love the man that can smile in trouble, that can gather strength from distress, and grow brave by reflection.” – Thomas Paine

Being Approachable. Because we are not islands, it is nice to be reminded that we have partners like Army National Guard and our many vendors, who complement the services we all provide. “However fragmented the world, however intense the national rivalries, it is an inexorable fact that we become more interdependent every day.” – Jacques Cousteau

Complaining Less. Thank you for taking the time to complete the evaluations. There are many constructive suggestions for us to consider in future conference planning. “This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being thoroughly worn out before you are thrown on the crap heap; the being a force of Nature instead of a feverish selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.” – George Bernard Shaw

How we moved:

Starting early and going long. Air National Guard and Anytime

Fitness helped us out with getting an early start to our days, by providing guided exercise at 6:00 am on Monday and Tuesday. North Dakota School Counselors Association kept us going long by sponsoring a BUNCO social. “Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness you are able to give.” – Eleanor Roosevelt

Going Beyond Expectations. This year, there were over 50 breakout sessions. Everything from “Addiction Stigma and Recovery Prevention” to “Understanding ACEs: Adverse Childhood Experiences.” Members who went beyond included graduate students, counselors, college professors, and government agencies. “The big rewards come to those who travel the second undemanded mile.” – Bruce Barton
Having a Sense of Urgency. Time is our most valuable resource, so the fact that about 250 of you were in attendance demonstrates your commitment to continual professional development. “Time is much more than money. Time is life.” – Thich Nhat Hanh

Being Resourceful & Resilient. Attorney Mike Geiermann did a wonderful job discussing our legal rights in situations that are not optimal. “I will never quit. I persevere and thrive on adversity... If knocked down, I will get back up, every time.” – U.S. Navy Seals

One event for me rolled many of the ideas from the book *Smile and Move* by Sam Parker together and can be best summarized by this final quote, “Set Your Life on Fire: Seek Those Who Fan Your Flames.” – Jada Hofland.

Kelly Pierce

Membership

Look around your work place. Are your colleagues members of the North Dakota Counseling Association? Are they aware of this professional association? Make it your goal to spread the good news about NDCA to your colleagues. Lets make 2018 the BEST year yet.

Feeling Gratitude in Small Wins

THANK you.

From the bottom of my heart.

THANK YOU for opening your hearts. And recognizing the power you have to empower. Every day. To change lives. To allow others to be heard.

If you are looking for a powerful speaker to your middle and high schools - Tasha Schuh, from Wisconsin is incredible. She is doing a North Dakota tour the last part of September 2019. Get on her calendar. She's a dear friend – and the very best person to speak at schools across the nation. www.tashaschuh.com

Counselors, celebrate your daily victories! Everyday. Find victories in moments we're too busy to notice. They are often forgotten, overlooked. And underestimated!

Check out these small wins. And feel gratitude the next time they happen in your world!

Discover these and uncover your own in 2018!

Would LOVE to hear yours katie@katiedilse.com!

COUNSELING CELEBRATIONS...

- Went to the copy machine... NO LINE!
- Break room has FRESHLY brewed COFFEE!
- Coffee drank before its cold!
- Your excellent assessment skills help with in-laws.
- Finally, people understand negative reinforcement! Banish punishment.
- Monday morning and no voicemails!
- Friday afternoon – and no crisis!
- You set a plan. And you reached the goal.

A few extras for SCHOOL COUNSELING CELEBRATIONS:

- Your toughest student makes a breakthrough!
- The student you need to test is actually in school today!
- Testing technology works on the first attempt!
- My principal writes, "come see me" and its all good!
- You get 10,000 steps just inside your school building!
- You can literally do 12 things at once.

Katie Dilse