



Focus on NDCA

Greetings, NDCA members!

by Janis L. Wallender, NDCA President

It seems hard to believe that I am once again getting ready to start another school year. My husband always reminds me that just because school is starting, summer isn't over. Yet, for me, my seasons seem to go with the school year and once school starts I am in the "fall" mode! I did "take time" to enjoy my family this summer and spent a great deal of time in my garage sanding, staining, and varnishing old furniture. This furniture will be used as things "fall" into place for my twin daughters with one teaching in Trenton, ND and the other in graduate school at UND. Unfortunately, if you live in Alaska like my oldest daughter, you don't reap the benefits of mom's rummage sale furniture finds refurbished!

Your board had a very good summer meeting at the President's house on the campus of Valley City State University. Although things seem to be going very well with NDCA, we don't want to rest on our past success. Rather, we always want to be looking toward making our association better and stronger. With that in mind, I would appreciate your help with the following bullets:

- Recruiting new members
- Mentoring new counselors
- Encouraging counselors to serve in some capacity on the NDCA Board and/or division leadership
- Promoting the profession of counseling and our association in your area through press releases, news bulletins, radio/tv spots
- Making plans to attend and/or to present at the Midwinter Conference (see article by Bruce Wold, Conference Chair)

Although our population is small in comparison to other states, we stand tall when it comes to the accomplishments of our association. I believe Bruce Wold, Chair of this year's Midwinter Conference has captured the essence of our success in his chosen theme... "Working Together...Helping People!" I encourage you to do what you can to help Bruce in making the 2009 conference the best ever.

In closing, for those of you who are "falling" into the school mode...best wishes for a successful year. For those of you who, like my husband, are still enjoying summer because your lives are not greatly affected by the start of the school year...relish your summer days!

PRE-CONFERENCE WORKSHOP

Saturday,
January 31, 2009
in Bismarck

Speaker, Time,
Place to follow

Watch the website for
more information:
www.ndcounseling.org

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NDSCA News

by Donette Rasmussen, NDSCA
President

By now everyone is back in school and re-energized for the school year. My summer flew by very quickly, partly because of conferences I was able to attend as the new NDSCA President. Nancy Tisor and I attended the Delegate Assembly in Atlanta in June and I stayed on to attend the ASCA National Conference immediately following. Sandi Welch from the Grafton School District and Crystal Jackson from the Grand Forks School District were also in attendance. I hope they gained as many great ideas as I did. Dotti Schmeling and I attended the Leadership Development Institute in Tucson in July and have many exciting things to share with the governing board to advocate for and provide leadership for our profession. One area we'd like to provide leadership in is in the area of professional development. If any of your REAs need some help finding professional development opportunities for the counselors in your area at any time during the school year, please contact me, as the board would be happy to assist with this. We know that sometimes counselors don't get PD specific to our area and that's something we'd like to change.

There were two themes I heard over and over again this summer – the importance of implementing the ASCA National Model and the importance of collecting data to show the impact of what we're doing. Data has always scared me because it seemed like it would take

The Uncomfort Zone

“What’s Pushing your Buttons?”

By Robert Wilson

What motivates you? That's the question I'd like to ask in this inaugural column on motivation. Are you motivated by fame, fortune or fear? Or is it something deeper that fans the flames inside of you. Perhaps you are like Jeanne Louise Calment whose burning desire enabled her to do something that no other human being has done before. A feat so spectacular that it generated headlines around the globe, got her a role in a motion picture, and landed her in the Guinness Book of World Records. A record that has yet to be beaten.

Jeanne Louise, however, did not initially motivate herself. It was someone else who drew the line in the sand. But, it became a line she was determined to cross.

In motivation we talk about getting outside of one's comfort zone. It is only when we are uncomfortable that we begin to get motivated. Usually to get back into our comfort zone as quickly as possible.

Born into the family of a middle-class store owner, Calment was firmly entrenched in her comfort zone. At age 21 she married a wealthy store owner and lived a life of leisure. She pursued her hobbies of tennis, the opera and sampling France's famous wines. Over the years she met Impressionist painter Van Gogh; watched the erection of the Eiffel Tower and attended the funeral of Hunchback of Notre Dame author, Victor Hugo.

Twenty years after her husband passed away, she had reached a stage in life where she had pretty much achieved everything that she was going to achieve. Then along came a lawyer. The lawyer made Jeanne Louise a proposition. She accepted it. He thought he was simply making a smart business deal. Inadvertently he gave her a goal. It took her 30 years to achieve it, but achieve it she did.

Are you willing to keep your goals alive for 30 years? At what point do you give up? Thomas Edison never gave up, instead he said, "I have not failed. I've just found 10,000 ways that won't work." Winston Churchill during the bleakest hours of WWII kept an entire country motivated with this die-hard conviction: "We shall defend our Island, whatever the cost may be, we shall fight on the beaches. . . in the fields and in the streets . . . we shall never surrender."

Many of us give up too soon because we set limits on our goals. Achieving a goal begins with determination. Then it's just a matter of our giving them attention and energy.

When Jeanne Louise was 92 years old, attorney Francois Raffray, age 47 offered to pay her \$500 per month (a fortune in 1967) for the rest of her life, if she would leave her house to him in her will. According to the actuarial tables it was a great deal. Here was an heir-less woman who had survived her husband, children and grandchildren. A woman who was just biding her time with nothing to live for. That is until Raffray came along and offered up the "sucker-bet" that she would soon die. It was motivation enough for Jeanne who was determined to beat the lawyer. Thirty years later, Raffray became the "sucker" when he passed away first at age 77.

When asked about this by the press, Calment simply said, "In life one sometimes make bad deals." Having met her goal, Jeanne passed away five months later. But on her way to this end, she achieved something else; at 122 years old, she became the oldest person to have ever lived.

Dr. Lisa Boesky to be Keynote Speaker at 2009 NDCA Midwinter Conference

Dr. Boesky is a Clinical Psychologist, National Speaker and Author of *When to Worry: How to Tell if Your Teen Needs Help – and What to Do About it*. She appears regularly on CBS's The Early Show and has been a guest expert on 20/20. The O'Reilly Factor, CNN Headline News, Morning Show with Mike & Julie, Nancy Grace and more. Dr. Lisa has worked with a wide range of teens and young adults in outpatient settings, psychiatric hospitals and juvenile correctional facilities. Find out more about our speaker at: www.drlisab.com.

Her keynote presentation will be: **"Teens and Young Adults with Mental Health Disorders: Who They REALLY Are"**

Today's teens and young adults are often over, under, and mis-diagnosed. Psychotropic medication is prescribed at the highest rates ever, with some clients taking two, three or even four different pills. Evidence-based treatment is all the rage. So why do so many struggling young people still slip through the cracks? Why do so many continue to abuse alcohol/drugs or experience mental health symptoms despite receiving "treatment?" Dr. Lisa addresses how Depression, Bipolar Disorder, ADHD, Anxiety, PTSD, Conduct Disorder, Oppositional Defiant Disorder and Psychosis specifically manifest in adolescents and young adults. Key issues and current controversies over mental health diagnoses, "substance-abusing" clients, psychotropic medication, and the "acting out" vs. "mental health" distinction are also highlighted.

What Will You Do?

Dr. Gaylynn Becker

What will you do?

That is something my father used to ask me at various times in my life. This was at various times in my life when questions needed to be asked. Whether it was when I was deciding on what kind of car to buy upon graduating from college or when I was out of work.

During his Eulogy in April, I posed the question to those in attendance at his funeral, "What will you do? What will you do with the time you have left?"

My father did a lot of things in his 92 years. Some were good, some were bad and some were just plain sad.

My father did many things to help me achieve goals I had in life. I helped him achieve some of the goals he had in life too. My father also helped my three brothers and three sisters achieve goals in life. The seven of us children also each helped my father achieve some of his goals in life as well.

We each didn't do the same things in life. We each did our own little or big things in life to help out when and where we could. While in his 50's, my father had 2 heart attacks. It was a serious situation. After getting out of the hospital, how would the daily farm chores get done? How would we get the crops harvested while we were attending college over 200 miles away?

With his second heart attack, how would we deal with seeding the crops?

One of the things one of my brothers and I did was miss college classes a week at a time so that the work would get done on the farm. Wednesday was often crossover day – at least to start out. My grades really didn't suffer. In fact, it helped me to grow up more than I otherwise would have. I thought that if I could only get to classes to hear the instructors' explanations – learning the course content would be easier.

Life is full of surprises and things that occur that aren't planned. Unexpected happenings are part of the human condition. It isn't always so much what actually happens. It is more how we react to and what we do about the unexpected and unplanned things that happen in life. Of course, our attitude is an important part of how we react to things in life. For many people – not all – a positive attitude can help to make a difference on how people react to us.

So I ask the graduating seniors and anyone else who is reading this, "What will you do? What will you do, with the time you have left?"

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a lot of time (which none of us has) and seemed like it would be a never-ending task. Many presenters at the National Conference shared their expertise on these topics and I came away with many new ideas. Most presenters shared their presentations electronically or on CDs, so I, too, will share some of these ideas with you over the course of the year on the listserv. That way I can pass on their ideas directly to you electronically and you can get the same materials I was able to get. I will also share some ideas I got on transitioning – transitioning from middle to high school, from elementary to middle school, and transitioning new students. I will start with the ideas for new students, since that is the effort we can make in the fall. Most of the other efforts must start in the spring or earlier so I will share those later. Thanks so much to NDSCA for sending me to these wonderful conferences. Now it's time for me to pay it forward to you by sharing as much as I can with all of you.

World Mental Health Day 2008

Making Mental Health a Global Priority

World Mental Health Day

(October 10), is a day for global mental health education, awareness and advocacy. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries. The World Federation for Mental Health organizes World Mental Health Day each year on October 10th. It is the only global public awareness campaign focusing exclusively on major mental health topics.

The theme for this year's World Mental Health Day – 'Advocacy for Global Mental Health: Scaling Up Services through Citizen Advocacy and Action' – was chosen partly to gather together the hundreds of grassroots mental health organizations that participate in the World Mental Health Day so they can plan and carry out awareness and advocacy events within their own communities and countries. We can be part of this Awareness Campaign by celebrating Mental Health Day on October 10th where ever we live and/or work.

For more information on how you or your organization can become involved in the 2008 World Mental Health Day please visit the website of the *World Federation for Mental Health*.

Medicare Mental Health Copay Parity Becomes Law After Veto Override

ACA Public Policy

A few hours after the president vetoed HR 6331, Medicare reform legislation, on Tuesday the Congress easily achieved the two-thirds majority needed to override his veto, with the House of Representatives voting 383-41 to enact the legislation and the Senate following suit by a 70-26 vote. The president sought to stall the legislation, which postponed a significant pay cut for Medicare physicians, because it reduced payments to private sector "Medicare Advantage" plans, which are paid on average nearly 15% more than traditional Medicare to cover enrollees' health care.

Physicians were scheduled to take a 10.6% pay cut on July 1, but the passage of HR 6331 freezes payments for the rest of 2008 and increases them by 1.1% in 2009. The patch unfortunately expires in 2010 when physicians are scheduled to take a 20% pay cut.

The legislation also took an initial step toward improving Medicare's outdated mental health benefit which has remained largely unchanged since 1965, by reducing the discriminatory 50 % copayment requirement for outpatient psychotherapy to the same 20% copayment required for all other medical services. In order to defer costs, the reduction will be phased in over 6 years; beneficiaries will continue to pay a 50% copay until 2010 and will then pay 45% in 2010 and 2011, 40% in 2012, 35% in 2013 and 20% starting in 2014.

ACA applauds Congress' efforts to secure Medicare's future by making the program more fiscally sound and addressing mental health discrimination. Nevertheless, we have been vocal about the importance of establishing Medicare coverage of licensed professional counselors. ACA and the American mental Health Counselors Association will be working diligently over the coming months to significantly increase support in Congress – and from grassroots counselors – for making this important change.

WATCH FOR THE CALL FOR PROGRAMS FOR THE 2009 MIDWINTER CONFERENCE

**THEY WERE MAILED OUT THE FIRST
WEEK OF AUGUST! ALL OF YOU HAVE
THINGS TO SHARE – DON'T HESITATE!**

SEND IN YOUR PROGRAM IDEA NOW!!

**WATCH THE NDCA WEBSITE:
ndcounseling.org**

“Whatever your chapter chooses to do, do it well.”

By Helena Gregoire, LPCC, NDMHCA President-Elect

This is one of the many meaningful statements which I gleaned from the American Mental Health Counselor Association Leadership Training in San Diego, July 16-17, 2008. I continue to be in awe of the personable and caring approach created by the national leaders.

Several leaders personally mention to me that they recognized NDMHCA as making significant contributions and that they were glad that NDMHCA members could continue to attend the annual leadership conference. In particular, Usha Singh and Kristina Long were remembered from previous trainings. I was please to recognize Kris Long and Mary Ann Brauhn who were pictured in the March edition of “The Advocate.” Indeed, NDMHCA is a dynamic group.

As the training proceeded, it became more apparent to me that the leaders of AMHCA are dedicated to the stated mission “...to enhance the profession of mental health counseling through licensing, advocacy, education and professional development”.

On a practical level, the training provided excellent ideas in the following areas:

- The importance of the role of AMHCA and local chapters in supporting mental health counselors
- Managing board meetings, managing funds, budgets, record keeping and emails
- Roles and responsibilities of individual board members
- Advocating for public awareness of mental health issues, including obtaining signatures for promoting the proposed postage stamp for mental health awareness*
- Creative ways of fund raising while meeting the needs of professionals and clients through educational programs
- Promoting Mental Health Counselor Day: May 7 and the Month of May as Mental Health Awareness Month*
- Benefits of having local chapter website
- Mentoring members new to the profession
- Providing educational opportunities for members which in turn would encourage new members to join
- Providing CEU’s for state chapter board members*
- Creating ways for board members to communicate long-distance (Would SKYPE or chat rooms be a help for NDMHCA members?)*
- Promoting our profession through public awareness and legislation

The items with asterisk indicate the areas for which I would like to pursue discussion regarding possible ways to implement in our ND Chapter. Members, please email me at hanlgreg@hotmail.com for questions, suggestions.

I would like to thank NDMHCA for the opportunity of attending this training. It was not only personally rewarding but also professionally challenging. I look forward to serving NDMHCA in the future. Also, I encourage our members to anticipate next year’s conference which will be held in Washington, D.C. in late July. The exact dates TBA.

NDEA Conference Tidbits

The NDEA Conference will be held in Fargo on October 23-25. School counselor sessions will be held Thursday afternoon, following the keynote speaker in the morning. Three 50-minute workshops will be available for your professional development. All workshops will be led by people recommended by you (other school counselors) who have heard these people speak and thought we’d benefit from their presentations. Presenters and topics will be: Dr. John Collins – strategies for working with students who are self injuring, depressed, or anxious; Mike Detloff – internet safety from the perspective of a detective investigating internet predators; Deb Dillon –alternative programming for at-risk students. The NDEA publication in early fall will have the complete details, including location of these workshops, so check them out and invite other educators in your schools to attend with you. The executive board will meet early Thursday morning and there will be a general business meeting after the Thursday afternoon sessions.



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NBCC Ethics Department Processes: NCC Applicants' Ethics Disclosures

by Holly J. Hartweig Moorhead, PhD, NCC, LPC, NBCC Ethics Officer

NBCC's Ethics Department is charged with investigating possible unethical conduct by NBCC certificants and applicants. As required on all NBCC certification applications, individuals must disclose involvement in any of the following: professional or occupational credentialing investigations, disciplinary matters, or proceedings; and indictments or proceedings of criminal or lesser offenses. As noted in the "Ethics Certification and Attestation" section of all NBCC applications, applicants who indicate involvement in any of the aforementioned situations must submit with their application a full explanation of the situation in a sealed envelope marked "ETHICS," along with a copy of the final decree, order, and/or disposition related to such disclosures. It is important to note that NCCs also are required to report involvement in any of the aforementioned matters to the NBCC Ethics Department within 60 days, as noted on the Recertification Form and Statement of Annual Maintenance Fees.

To download copies of NBCC's Code of Ethics and Ethics Case Procedures, please visit www.nbcc.org/ethics2.

For information, read articles in their entirety, go to: www.nbcc.org.

Watch for a mailing in October from NDCA.

It will include your membership renewal & conference information.

Consider making copies of the membership form and asking colleagues, co-workers, neighbors to join our professional association!

There is strength in numbers!

Invite people to attend our annual conference.

REMINDER...

at the conference – to attend the keynotes, breakout sessions, socials, meals, coffee breaks –
YOU WILL BE REQUIRED TO WEAR A NAME TAG.

Everyone in attendance must have registered for the conference as a member, non-member or guest.

There will be no exceptions!