



Focus

on NDCA

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Presidential News

Moving Forward... Together

As we wispily move closer to fall, we will start preparing ourselves for the change of the seasons. The air will become crisp, the days will become shorter, and the leaves will begin to take on beautiful hues of brunt oranges, brilliant reds, and savory yellows. On the winds of change we also move into a new fiscal year within our organization.

In continuation of the theme of the 2019 NDCA Annual Conference, Moving Forward... Together, my vision, as your President of ND Counseling Association (NDCA), is for our organization to take on a new form and a new life. Together, we will be able to reach new heights as the NDCA Board and Executives bring new ideas, transparency, and reorganization to ND Counseling Association. Behind the scenes flames are “Igniting” and some have even taken form. This summer’s Board meeting garnished a lot of great ideas and conversation about where ND Counseling Association’s needs are and how we can serve our members better than ever before as we Move Forward... Together.

This fiscal year NDCA will streamline and evaluate how we operate by continuation of changes to the Constitution and Bylaws, with the help of ACA. We will also reconnect ties with NBCC, as they are doing great things, which as a whole NDCA will want to be a part of. Likewise, this relationship will open opportunities for a unity in our profession and bring benefits to our members. Members will be able to see changes to NDCA starting with a fresh look to our organization, with new branding, a new logo, and a refreshed website.

As a member of NDCA, we want to *flame* the appreciation we have for members by offering membership certificates, and online webinars. It is important to NDCA to spark advocacy for change within the mental health profession. Through authentic dialogue with members and opening the channels of communication by way of social media, such as Facebook and Instagram you will be set ablaze.

We would also like to open more opportunities for members to be a part of giving back to their profession by making the NDCA Board

members more visible and approachable for new and old members. We want YOU to LOVE being a part of what North Dakota represents in mental health, a unified profession and it starts with NDCA! I challenge each of you to reach out to a Board member at the 2020 Annual Conference and let them help IGNITE “The Fire Within”. Coupled with NDCA, your voice, passion, and commitment for mental health will spread when you volunteer to make a difference within your organization. It is a place where we can come Together and make a movement for what we have devoted ourselves to. Be a part of NDCA Moving Forward, there are many opportunities to engulf yourself as change spreads like *wildfire*. Seek opportunities, we are ready to hear from YOU!!



Leslie Lemke
 NDCA President

Moving Forward with Changes from Within!

It is with regret and sadness that I announce that Marcia Foss has tendered her resignation as Executive Officer of North Dakota Counseling Association. Marcia has been an integral part of NDCA for the past 22 years and has seen it evolve and change through each phase of its development. Marcia has made the tough decision that now is the time to move on. The Board worked this summer to identify a suitable replacement for Marcia. We received three viable applications who were excellent candidates. By vote, the Board made the decision to welcome Jenise Wilson as the new Executive Director of NDCA.

Jenise graduated with her undergraduate in Psychology, with a minor in Business Administration; she continued on the graduate level with a Master's of Science in Counseling, and is working on her PhD in Counselor Educator and Supervision. She has worked as an Assistant Professor since 2016, has served as Board President of Invisible Innocence Council, has served as the Secretary of the ND Mental Health Association, and worked as a Behavioral Group Therapist.

Her skill set includes; communicate and support in decision-making, organization, structure and implementation of meetings and collaborating with Boards, proficiency in writing and grants, as well as organization and implementation of events and fundraising. These are just a few of the many talents that Jenise brings to NDCA and we are very pleased to have her on board!

On behalf of everyone at NDCA, please let us all wish Marcia good luck for the future and bid her a happy farewell. We hope that Marcia will be able to join us for the 2020 NDCA Annual Conference so we are able to recognize her commitment and dedication for all she has done at NDCA.



Leadership!

“Leadership and learning are indispensable to each other.” – John F. Kennedy

The NDCA path I have followed for the last few years has been a challenging one; however, I would not change a thing. As many of you know, it began when Anna Thompson asked if I would be willing to run as president-elect. I didn't even have to think about it as I said, “Yes.”

“I expect my counselors to assume leadership roles, so, I must set the example,” is what I thought.

Every year has brought new challenges and growth opportunities, and yes, every year has pushed me WAY out of my comfort zone, but there have been benefits. Planning a conference and running meetings, helped develop my organizational skills. Writing for the FOCUS, allowed me to reflect on my roles. Last but not least, the travel to national conferences allowing me to network with fellow colleagues from all over the United States. Looking back, I have no regrets in my decision to serve.

In one of my previous articles, I summarized ways to get involved in the North Dakota Counseling Association. From helping on a committee, to serving as an officer to the Executive Board, there is something out there for every one of you.

As I begin my last year of leadership for NDCA, my task is to chair the nominating committee. My goal for this assignment is to have more than one candidate. I know there are some of you that have thought about getting involved in this way. With that in mind, please contact me if you are interested in serving the North Dakota Counseling Association in a leadership role.

“Leadership is a choice, not a position.”

– Stephen Covey

Kelly Pierce
NDCA Past President

Greetings Fellow Counselors!

I am excited to catch you up on what has been going on in the ND Counseling association from my end. Becky Meidinger and I attended the Institute for Leadership Training (ILT) in Washington, DC this July. In case you were wondering, YES, it was while the record high heat and humidity was also there!! UGH....*that was something*. The highlight of the trip was learning that **Senator Cramer became a cosigner** for the Medicare reimbursement Bill!!



WOW, I do believe we are one step closer to getting this Bill passed and join the ranks of other mental health professionals that are allowed to see folks on Medicare (the elderly and disabled) and be reimbursed. It has been 30 years in the making and I feel like the lobbying and advocating on Capitol Hill is really working.

I am also planning the 2020 Annual Conference, which is coming along nicely. We have some great training, sessions, and entertainment coming your way! If you are interested in being a presenter, please go to NDCA website and fill out a request form. I look forward to seeing you all in February!!

Jada Hofland
NDCA President - Elect

A Big, Hearty Hello!

Hello, everyone! My name is Jenise Wilson, and I am honored to be the new Executive Director for the North Dakota Counseling Association! I am so grateful to be able to represent NDCA and all of its members and I look forward to serving everyone. I know Leslie introduced me earlier in the newsletter, but I wanted you all to know a little more about me. I am a North Dakota native, and have been in the counseling field for a little over five years. I have an amazing set of parents, two older brothers, one sister-in-law (with one on the way), two nephews (with one on the way), and one niece. My spare time is spent with my family, friends, and pets! I have two basset hounds and a cat that are my world! I love learning, and I am so excited to be a

part of NDCA as your Executive Director. Please know I am here to serve and accommodate in any way possible, and I look forward to getting to know everyone. Thank you for your grace in this transition period and for being such wonderful members! Please reach out with any questions, comments, or concerns!



Jenise Wilson
Executive Director

“The Fire Within” 2020 Conference/Membership

Mark your calendars for February 9-11, 2020! The 2020 Annual Conference will be here before we know it! This year’s theme is “The Fire Within,” and we are really looking forward to what Jada has planned! Please plan on joining us for the conference this year to partake in a time of collaboration, cohesion, and learning with other counselors throughout North Dakota.

“THE FIRE WITHIN”

The conferences are the wonderful success they are because of everyone’s hard work, dedication, and commitment! Speaking of that! If you desire to speak at the annual conference, please make sure to fill out the program proposal form and send to Jada Hofland. The program proposals are due October 15, 2019. Please see the pg. 9 for the proposal form or visit: <http://www.ndcounseling.org/annualconference.php> for proposal information.

One last reminder that if you haven’t signed up for a 2019 membership, there is still time! We offer half year memberships for a discounted price, and it is a STEAL! Please visit <http://www.ndcounseling.org/membership.php> to sign up! ☺

NDCA Executive Board

North Dakota Mental Health Counselors Association Report

The AMHCA leadership was a great experience and I am thankful for such a wonderful opportunity.



Currently, the AMHCA is in a state of restructuring and continued development both focused on building a strong association as well as professional development of clinical mental health counselors. The Prepublication edition of the Essentials of the Clinical Mental Health Counseling Profession was provided highlighting the key components of the profession and a career development guide.

TABLE TALK: Leadership from different areas shared what they were doing in their state.

FOCUS GROUPS: Reinstatement and Retention; the questions we should be asking.

- * **Reinstatement:** Do you currently run reinstatement campaigns? What strategies do you currently use? Do you budget for reinstatement campaigns?
- * **Retention:** What renewal process works/finding a

renewal process that works? Renewal emails: How much do is too much? Auto-renew- Pros and Cons.

There was a big focus on what AMHCA can do for you as a resource. This included the ability to have a blog on AMHCA.org, list an event on that website, ask the regional director for resources needed, and use the expert directory.

For our members, AMHCA offers: public policy work, insurance and malpractice protection, AMHCA annual conference, mentor program, continuing education, career resources and practice resources.



“Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful”

-Albert Schweitzer

*Angela Wolff
Treasurer*



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 9-11, 2019

Where: Radisson Hotel, Bismarck, ND

Why: To support our graduate students as money raised goes into scholarship funds that NDCA awards

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 ☺

*Melissa Mickelson
Grad Scholarship Chair*

Scholarship Information!!

ATTENTION GRADUATE STUDENTS

NDCA Graduate Scholarship

The NDCA Graduate Scholarship Application will be sent to counseling program advisors at NDSU, UND, MSU-M, and University of Jamestown, and University of Mary 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 deadline for application submission will be November 6, 2019.

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
Grad Scholarship Chair*

Nominate for Awards!!

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

You can submit your nomination at any time;
however, 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, and 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, 2019** 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
Awards Chair*



Updates from DPI

Do You Have a Plan of Study? Important Information!

School counselors working on a plan of study need to complete five semester hours of coursework each year until all counseling coursework is complete. There is no renewal application that needs to be submitted, however, transcripts of coursework completed during the past school year need to be submitted to NDDPI for review and approval.

If you are on a plan of study and have completed all of your coursework, please apply for the School Counselor Credential on [NDTeach](#).

Please contact [Jim Upgren](#) at 701-328-2244 with questions regarding school counselor credentialing.

Legislative Report!

Medicare Reimbursement Mental Health Access Improvement Act HR 945 and S 286

ACA is working to get Medicare reimbursement for counselors. This has been a fight that has been ongoing for many years. Please make contact with your congressional delegates and ask your family members to do so as well. Senator Cramer has signed on as a co-sponsor for S 286. I have been in contact with Guila Todd with ACA and Bree Vculek with Senator Cramer's office and have expressed our gratitude for his support. I have also been in contact with Senator Hoeven and Representative Armstrong's offices and though they have both agreed to consider the legislative, expressed concern for the mental health shortage in rural areas, and offered support, they have not committed to supporting the legislation or agreed to co-sponsor it. I have sent multiple messages and they are probably sick of hearing from me. They need to hear from more people from across the state. Which is why not only why counselors need to make contact, but so do our spouses, children, brothers, sisters, and parents. It is when that many people make contact with them that it will make a difference. So, please consider talking to your family about following the link below. It only takes a minute.

Jada Hofland and Becky Meidinger attended the Leadership Training in Washington DC in July and advocated for this legislation with all three

congressional delegates. Thanks for all your hard work, Jada and Becky. I was recently invited to join a telephone town hall meeting with Congressman Kelly Armstrong on September 3. It might be opportunity to find out where he stands on this legislation and if there is any chance he would be willing to co-sponsor it.

Important Points to Share

140,000 Licensed Professional Counselors across the United States **CANNOT** serve their clients that are age 65 and above because Medicare doesn't cover Mental Health services from Licensed Professional Counselors.

LPC Training and Licensure
Master's Degree in Counseling.
Licensed in every state.

LPC's have a minimum of 3,000 hours of supervised clinical training.

LPC's have a minimum of 2,000 hours of direct one-on-one counseling with clients, and additional hours earned in group counseling.

Senior Citizen Facts

- * 1 in 5 senior citizens that need mental health services do not receive them. Once legislation is passed, 4 of 5 seniors will be able to access the services they need.
- * Close to seven million seniors suffer from depression or anxiety.
- * Once people in counseling reach the age of 65, they are forced to find new service providers which means beginning the treatment process again. Often, they simply give up and go untreated, especially in many rural areas where their options are very limited.

To Make a Difference

202-225-3121 House of Representatives
Switch Board/
202-224-3121 United States Senate
Switch Board

Or click on the following link

<https://www.counseling.org/government-affairs/actioncenter>

Rebecca McConnachie
Government Affairs Chair

CALL FOR PROGRAM PROPOSALS
Due October 15, 2019
2020 NORTH DAKOTA COUNSELING ASSOCIATION ANNUAL
CONFERENCE
February 9-11, 2020
“THE FIRE WITHIN”

Presenter Information:

Name: _____

Address: _____

City, State,

Zip: _____

Phone # _____

Email _____

Occupation _____

Employer _____

Highest Degree Achieved _____ **University received from** _____

Title of Presentation _____

Synopsis of

Program _____

Program Length: _____ 50 minutes _____ 100 minutes _____ Repeat Session

Day Preference: _____ Sunday, Feb. 9 _____ Monday, Feb. 10 _____ Tuesday, Feb. 11

If you require equipment, please bring your own, or make arrangements to rent it from the hotel: Brenda Mack, 701-232-3936

If there are several proposals for the same or similar topic, limitations or modifications on proposal may be necessary. This will be determined by the conference chair.

Conference Chair: Jada Hofland, LPCC, PO Box 247, Reeder, ND 58649; 605-381-9613; jada.hofland@yahoo.com