Hello ND Counselors!!
Winter is in the air, so that means our Annual (Midwinter) Conference is being planned and every detail about the event is being finalized. It has been a very exciting and sometimes stressful process, putting together an educational, yet fun and energizing experience for all attending. I am telling you, I have a new respect for conference planning and leadership roles. Thank you so much to our new Executive Director, Jenise Wilson! She has been an amazing support and source of help and encouragement for me, despite the fact this is her first year in this huge position. Jenise, thank you!

I hope you are all ready to get excited, the “Fire Within” conference is being planned to light you up, to get you going, help you grow and find your fire! We begin the conference weekend with two great preconference topics and then TWO days of educational sessions about research, clinical training, legal issues, supervision and so much more!

We will have our Annual Awards and General Business meeting as part of a sit-down supper with guest speaker, North Dakota Native, Jessie Vedder to entertain us!! It should be a great evening! So, if you have not registered for the Conference, do so today and save money on Early bird rates…and invite someone to come with you! Come find your Fire Within!

Throughout the FOCUS, you will find some great information about the preconferences and conference! SO, keep reading!

Jada Hofland
NDCA President-Elect
Presidential News

Great strides in Moving Forward…Together as we flame our Fire Within

Helen Keller stated, "Alone we can do so little, together we can do so much." This has been my experience while being a part of North Dakota Counseling Association. It takes the drive of many to make a motion and the dream of one to make a movement. Through the efforts our Governing Board and the Executive Board there has been a string of movements. NDCA continues to represent mental health across the state of North Dakota. As we are doing so we are making a presence, putting ourselves out there, and revamping the path as we continue to move forward. I wanted to take a moment, prior to seeing all of you at this year’s conference, to give you an insider’s view of what is happening behind the scenes for our organization. Through the summer Board Meeting subcommittees were created as part of our strategic plan; Technology, Membership, and Communication. Each of the sub-committees is chaired by an Executive Board member. Each Subcommittee, proposed a list of goals, to take NDCA to a new level. There were “targeted” goals set for each Subcommittee to accomplish prior to the 2020 NDCA Annual Conference.

The targeted goal for Technology was reorganizing and updating the NDCA website and creating a new logo that would tie into other organizations NDCA represents. Well, I don’t know if you have registered for the conference or visited NDCA on the web lately, but they have done an OUTSTANDING job! NDCA now has a fresh look and a renewed presence on the web. Other areas for later focus will be; bring a stronger awareness of ethical support, stronger public awareness of divisions of mental health represented across North Dakota, Member only focused objectives through the website, providing job information, continued focus on revamping membership registration and renewals. I am overly excited to see what this Subcommittee will tackle next!

The targeted goal for the Membership Subcommittee was offering incentives for new members. We are enthused to have new members as a part of the NDCA family and want to make sure they know how important they are, so keep a look out for new members at the 2020 Annual Conference, we hope to offer a “New Member” sticker/tab to help you welcome the new faces to our organization. Other areas that this Subcommittee hopes to focus on is new member renewal options, promoting NDCA through advertisement and mailing, reaching and seeking non-members to help build and connect our organization to those not aware of NDCA presence. Also, seeking out what you, the member, would like to see happening for members as well as additional support through NDCA. So…. I am sure that you will see a survey coming in the future since you make up the foundation of NDCA.

Lastly, the targeted goal of the Communication Subcommittee, is to help all of you know who is representing you in NDCA by having at least ONE day that all Board members representing our organization in the SAME color shirt. We want all of you to know that you are important to us and want to make sure that all of you know exactly who the people are working behind the scene to make NDCA an organization you can be proud to be a part of. We are hoping that it will make it easier for you, as a member, to reach out to us with your questions, comments, and organizational companionship, as we will be seeking you out! The Annual Conference is not only a time for you to gain trends in mental health and educating yourself, it is a time to take a break, socialize, and reset in a profession that is mentally challenging. This Subcommittee also wants to offer a session where you can take a moment to do some self-care and give you a moment to be “you” and not the “Professional Counselor”.

I hope this gives you some insight of where we are now in comparison to where we have been. We are Moving Forward… Together, because it takes ALL of us to make a motion. It is with hope, as NDCA President, that you will help some of the efforts put forth by the Governing Board and Executive Board by asking questions on how you can take on a larger role within our organization. You may not feel that you can make an impact, but you have to remember you do not have to carry the motion, you just need to Smile and Move! I look forward to seeing and speaking with each of you as we Ignite our Fire Within at the 2020 Annual Conference in Bismarck. Stay warm and drive safe!!

Leslie Lemke
NDCA President
Merry Grinch-mas

Some of you who know me, may know that I am a HUGE fan of the Grinch, and if you did not, then now you do. So, in the desire to include the Grinch in my message this month, I did a Google search and found this wonderful article addressing six lessons we can learn from the Grinch. You can read the entire article at https://www.abetterlifelived.com/6-lessons-from-the-grinch-change-world/ by Kira.

6 Lessons From The Grinch That Can Change Our World

1. Care more for people than things.
   Our society has gone the opposite direction on this one. The importance of people, family, and friends has taken a nose-dive. We value what can be bought. We need to adopt the attitude of the Whos whose Christmas had been stolen and celebrate life itself and the people in it. Not the things we fill it up with.

2. Show compassion and empathy to even unsavory creatures and situations.
   The Grinch is an unsavory creature for sure. There is virtually nothing to like about him. However, that didn’t stop the Whos from welcoming him into their lives with open arms. They knew he was a bad character in the past, but they empathized with him and had compassion for him.
   How much better of a world could we live in if we chose not to hold grudges? If instead of getting mad or upset, we try to understand what might be going through the other person’s mind?

3. Respect one another’s cultures and traditions.
   I get that the Grinch had an axe to grind. He didn’t celebrate Christmas, he wasn’t part of the community, and their joy drove him crazy. Fortunately for us, we don’t live in quite those extreme circumstances. There is absolutely no reason why we can’t accept, and treasure, various cultures and traditions within our community. One tradition doesn’t kill another.

4. Share your joy—not your hatred.
   The Whos all experienced a devastating sight when they awoke Christmas morning. However, rather than everyone gathering in the town square to complain and cry about it, they celebrated what they did have. They shared their joy with each other, not their sorrow.

5. View humanity through the eyes of a child.
   Too often, we forget what life looked like when we were children. Through the eyes of a child, the world is a lot brighter, and innocent. We learn a lot as we grow up and some of it isn’t for the best.
   Cindy Lou Who didn’t question the Grinch. She didn’t fear him, she trusted that he was not there to harm her and believed his story. She was wrong. And sometimes we will be too. However, she was no worse off for having been wrong. What is the worst that can happen from believing the best in people and giving the benefit of the doubt? You might get let down, but you might not.

6. Welcome others, regardless of differences.
   Despite their differences, the Whos welcome the Grinch into their festivities, their homes, and their lives and let him carve the roast beast.

How do you plan to adopt these lessons and work them into your life in the coming year? Do you think it will make a difference?

Kelly Pierce
NDCA Past President
Creating Connections with Others

Just a couple of weeks ago, I had the opportunity to attend the NDSCA Fall Workshop on the new ASCA National Model in Bismarck. At my table was a bunch of school counselors from Grand Forks, who had traveled HOURS to attend a professional development opportunity. I then felt silly about being tired when my commute was 15 minutes.

As we look forward to our Annual Conference in February, I am reminded of the amazing counselors working everywhere in our state. From Pembina to Ambrose to Bowman to Hankinson, we have counselors traveling to Bismarck, in February, to learn with each other. Let’s be honest, the weather is not always the most hospitable but still we have colleagues willing to make the drive through snowstorms, polar vortexes, and every other winter weather advisory.

As counselors, we thrive on connection. Connection to our clients or students, connection to our profession, connection to other counselors, and connection to ourselves. The Annual Conference is the best time to create and nourish our connections. I know the Annual Conference is my time to catch up with counselor friends while meeting the new amazing counselors within our state.

Jada Hofland has been hard at work creating an amazing conference for you all. Hopefully, it lights a fire within during the cold months!

Becky Meidinger
NDCA President – Elect-Elect

NDSCA Preconference – Building Resiliency

Resilience is generally described as the capacity to press beyond challenging risk factors. More specifically, educational resilience is defined as becoming academically successful even though numerous barriers are present (Bryan, 2005). Focusing on methods that build resiliency can help students dealing with various risk factors both in and out of school to improve their classroom achievement and result in positive social/emotional development. Learn about the factors that impact resiliency in children and different interventions to use in your comprehensive school counseling program to enhance your students’ capacity for exhibiting both personal and educational resiliency.

Presenter: Karen Griffith, Ph.D., is a retired school counselor, with 35 years in public education. She has served as an assistant professor in the Department of Counseling and Human Development Services at the University of Georgia and now teaches as part-time faculty. She has authored several books and frequently conducts trainings around counseling and comprehensive counseling programming. Her primary areas for training include: understanding and implementing the ASCA National Model, building resiliency, delivering effective small groups, working with challenging students, understanding privilege and oppression and utilizing trauma-informed practice.

After attending this workshop, you will be able to:

- Identify and discuss the common traits and skills associated with resiliency
- Examine the benefits of the traits and skills of resiliency
- Investigate methods of using school data to identify students for inclusion in resiliency groups
- Describe a variety of activities that enhance the traits and skills of resiliency
- Review a variety of best practices for effective small group counseling

Phil Leitner
NDSCA President
The North Dakota Mental Health Counseling Association is excited to offer a pre-conference workshop in 2020. Join us on February 8th at the Radisson in Bismarck to learn about the identification and treatment of mild traumatic brain injury. Six CEUs are available from a variety of boards.

Mild traumatic brain injury and post-concussion syndrome often go undiagnosed due to unsought medical care, inconclusive screening or scans, and poor societal education regarding causes and effects of mild TBI. It is likely that a counselor could be the first professional sought by a client suffering from the effects of mild TBI, making recognition and referral to other disciplines invaluable.

It is imperative that mental health counselors work together with other related professionals, such as speech-language pathologists, in the treatment of individuals with TBI as the cognitive deficits associated can affect performance, communication, emotional regulation, relationships, and occupation. By approaching treatment of mild TBI as a team, addressing cognitive deficits and related psychosocial and emotional impact, this will facilitate their ability to achieve ultimate outcomes and mitigate barriers to treatment by either discipline.

This presentation will cover identification of symptoms, the role of the counselor and speech-language pathologist in the treatment of individuals with TBI, methods for effectively assessing and treating individuals with TBI within the counseling setting, training in specific communication and treatment strategies, and effective team collaboration.

**Presentation Title:** Mild Traumatic Brain Injury: The Counselor’s Role in Identification and Treatment

**Presenters:** Brian Smith, LCPL, NCC and Shauna Smith, MS, CCC-SLP

**When:** Saturday, February 8, 2020 from 9:00am-4:00pm

**Where:** Radisson Hotel, 605 E Broadway Ave, Bismarck, ND

**Cost:** NDCA member before January 1 $60.00
NDCA Graduate Student $25.00
Non-NDCA member before January 1 $70.00
All, after January 1, 2020 $80.00
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, 2020

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 was sent to counseling program advisors at NDSU, University of Jamestown, University of Mary, UND, and MSU-M to make available to students. The deadline for application submission was November 6, 2019. Each student who submitted an application will be notified by phone or email by the end of December in regard to the Scholarship Committee’s decision on the awarding of the scholarship. This year’s scholarship committee readers include:

- Haley Jeannotte from Williston High School
- Holly Kersten from Max Public Schools
- Erin Klingenberg from Valley City State University
- Jen Lubinski from Grand Forks Central High School.

If you are interested in joining our committee, please email me at mmickelson280@mygfschools.org or call me at 701-746-2429. On behalf of NDCA, best wishes to all of our graduate students in their educational pursuits.

Melissa Mickelson
Grad Scholarship Chair
Updates from DPI

School Counselor Professional Development Series

The North Central Education Cooperative (NCEC) is beginning a professional development series for school counselors beginning with the 2019-2020 school year. These opportunities will be available through an online format. Experts from across the state and beyond will provide training on topics that include mental health, bullying, suicide, trauma, gender issues, career counseling, and more. Any topics covered as part of the NCEC school counselor professional development series will count as counselor-related trainings for purposes of renewing the NDDPI school counselor credential. Click here to create an account and register. Please contact Aimee Erdman with NCEC at 701-228-2090 with questions.

Elementary Career Development Standards and Pillars of Career Development

The North Dakota Department of Public Instruction (NDDPI) is pleased to announce that Career Development Standards for Elementary Students have been created. These standards were written as part of the North Dakota K-12 Education Strategic Plan by a committee made up of staff from NDDPI, the North Dakota Department of Career and Technical Education (NDCTE), and professionals from the field. While these standards are not mandatory, they are intendent to serve as a guide for teachers, counselors, and administrators in assisting students with career preparation. The standards are based on Missouri’s Career Development Standards (with their permission) and wording has been adjusted to match up with our current grades 7-12 CTE career development standards. Each standard is also aligned with at least one CTE career development standard.

We have also created Pillars of Career Development for grades K-12. The purpose of these pillars is to provide a basic framework of career development goals and how parents, teachers, community leaders, and students can play a role. It also includes some career preparation resources. The main goal of these pillars is to help identify roles that all stakeholders can play in career development.

Please contact Jim Upgren at 701-328-2244 with questions.

Scholarship Webinar Now Posted on NDDPI Website

The Academic and CTE Scholarship Webinar that took place on August 29 is now posted and available to view on the North Dakota Department of Public Instruction website. From the home page, go to the Parents/Community drop down menu, click on Scholarships, and then click on Scholarship Webinar for School Counselors and Administrators.

Please contact Jim Upgren at 701-328-2244 with questions.
Membership and Conference Registration

Remember to sign up for membership to get the early bird rates for the conference and preconference!
Register at: https://ndcounseling.org/membership

Then, make sure to sign up for the conference and one of the amazing preconferences!
Register at: https://ndcounseling.org/annual-conference-registration

Here is a sneak peak of the conference!

**Sunday**

**Feb 9**

9:00 am  Silent Auction
11:00 am New NDCA Member Orientation

12:00 pm  Welcome- Presentation of Colors/Sweet Adaline
Silent Auction OPEN

12:30 pm  Keynote Brian Smith, LCPC - Mild Traumatic Brain injury
Silent Auction

2:00 pm  Biblio-therapy with Adults
Measurements that count, choosing an instrument- 100-minute
Measurements -Longitudinal Study of Rural Schools
Bringing Students and Employers together
“Won’t you be my Neighbor?”
Opioids- “This is not about Drugs”
Alternative therapies for children with Disabilities
Silent Auction

2:50 pm  Silent Auction

3:00 pm  STEM Marvels -Inspiring Women
Measurements Continued
Moving Forward Working with Students with Emotional Struggles
Silent Auction

3:50 pm Silent Auction
4:00/ 4:40 pm Silent Auction

**Monday**

**Feb 10**

6:00 am Workout ANG
Silent Auction
7:30 am Silent Auction

8:00am Breakfast on Your Own/ Opening Entertainment – HS Music
Silent Auction
9:30 – 10:30 am Cyber Career Resources
   I want to be a Nurse
   ND Academic/CTE Scholarship
   School Counselors providing Supervision and Feedback

   The Big Bad B Word (100 Minutes)
   What you need to know about Collaborative Law
   Treating Psychosis Through Manualized Treatment
   Silent Auction

11:00-11:50 Difference between Secondary trauma and burnout – Self Care
   ACES – Learning how to use this tool with your students and clients
   ACES
   School Counselors Supervision Continued
   The Big Bad “B” Word – Bullying 100 minutes
   Resiliency and Trauma
   Ethos Counseling Children
   Addiction in Veteran’s with PTSD
   Silent Auction

LUNCH 12:00 pm LUNCH- On your own

1:30-2:30 pm Difference between Secondary trauma and burnout – Self Care
   Preparing for Career of the future
   What you need to know about Collaborative Law
   Positive CBT (100 min)
   Igniting Expression – Expressive Arts therapy 100 min
   Silent Auction

2:30-4:00 pm Self Care in Supervision and Wellness in Supervision-100 min
   Resistance vs Noncompliance

4:30 pm 1 hour Break / Get Ready for Evening
5:00 pm NDCA General Business Meeting/Awards

6:00 pm Supper

6:30-7:30 pm Guest Speaker/Entertainment Jessie Vedder
Tuesday
Feb 11

6:00 am    ANG Workout
9:00 am    Biopsychosocial of Porn Use
          Updates from NDDPI (100 minutes)
          Abuse in Later Life (100 minutes)
          Overview Look at a Crisis Manual: The what, who and why
          (100 minutes)

10:00 am - 11:30 a.m. Dancers
          Governor/ Legislation Videos

11:30-12:30 pm  End of Conference
          Closing Ceremony Entertainment