As my term as President comes to an end, words cannot begin to express what a huge honor and privilege it has been to serve as the President of NDCA. The actual experience has exceeded in every way my thoughts of what it would be like. It is, without question, a highlight of my career that I will always cherish.

I am still feeling the singe of the ignition of my “fire within”. With everything we do every day for other people, it is hard to take a moment to rediscover our own passion, grow as a common community with our peers through shared learning, and take a moment to interact with those in our profession. As we continue to grow as an organization, we will continue to feel the growing pains of change. Many changes have happened within North Dakota Counseling Association over the last year, and as counselors, we all know that change can be difficult especially when we resist it. We also know that turning away from difficulty can lead to a loss of hope, which can give rise to feelings or resentment, shame, and defeat.

When we turn towards change and embrace it, we will also change and find hope. Sometimes it will be a smooth transition, you will probably not notice, and sometimes it may be a gap that will be very noticeable, like a long period of time between conference sessions. None the less, it gives you time to breathe, self-reflect, and think about how you can help with the transitions of change. In the spirit of facing adversity and change, NDCA is proud to be finding new ways to serve its members.

Next year we will continue to find new ways to make NDCA and all the organizations represented be known as the heartbeat to mental health across the state of North Dakota. In fiscal year 2020, we will strive towards “Creating Connections” with those around us and outside of our organization. We will STRENGTHEN our ties to counselors within and across the field of mental health. In closing, I would like to encourage you to step in and step up. Be a part of the” renewed” NDCA! Start with making a connection to your individual organization to see what you can do to help out as a member, or let them know you are ready to begin your journey towards serving your profession as a committee or board member. Remember the Power of I AM, invite goodness into your life, and know that you are worthy to be a bigger part of NDCA!

Leslie Lemke
NDCA President
WELCOME TO OUR NEW PRESIDENT ELECT-ELECT

NDCA has had the reputation of having many outstanding leaders! We have a continuation of that with our current Executive Board and Governing Board. As in years past, we will have a continuation of this brilliant leadership as we welcome our NEW President Elect-Elect, Amy Geinert. Amy has a Master of Education in Counseling, is currently enrolled in her Ph.D. program in Counselor Education and Supervision for North Dakota State University with an anticipation graduation date of May of 2021. She is a credentialed Professional School Counselor and has served as a Visiting Assistant Professor for University of North Dakota in Grand Fork, ND. Prior to this she served as an Adjunct Professor and School Counselor at Grand Forks Central High School. She has taken part in many professional presentations and has served a full term as the Executive Board of the North Dakota School Counseling Association (NDSCA), with her now holding the status of Past-President since 2018. She has also served as the NDSCA Awards Chair from 2012-2014. She supports and holds membership in many professional organizations to include; ASCA, NDSCA, NDCA, ACA, and NDACES. We are pleased to have such a talented, skilled, professional serving on our Executive Board! Please join me in welcoming Amy Geinert as NDCA’s next President Elect-Elect. We are glad that you are here Amy and we know that you will serve NDCA and it’s members well.

Leslie Lemke
NDCA President

2020 Conference

Hello ND Counselors! How about that conference?! Did you get your fire lit? I did! I was awed by the professional presenters, talented special guests, good food, and, of course, our visit from Governor Burgum. What an honor to have our Governor at our conference supporting and encouraging us, as well as a special letter written by Senator Cramer, personally read by his Representative, Rick Collin, to also let us know we are supported in Washington, DC as well. I am overwhelmed by the support from our state and national legislation, and plan on creating more and more collaborative relationships with them.

I am aware there were some issues with the booklet this year and some hotel issues out of our control, but in making changes, trying new ideas, and dealing with the unforeseen of life, there will inevitably be bumps in the road and snags in the system. Thank goodness we are all trained and schooled in resiliency, right? Despite these issues, based on the positive feedback about the caliber of the presenters, selection of education topics, the variety of special guests, and the tear-jerking awards program… I will call NDCA 2020 Annual conference a burning success! The silver lining in the storm cloud of planning, preparing, and putting a conference together is you get different ideas each year and an opportunity to learn and experience new ideas. Our leadership chain is top notch and I am confident we will continue to modify, change, and professionalize our state in all aspects, as we work very hard each year to bring the best quality education and trainings to you.

During our upcoming July meeting, we will continue to discuss our bylaws and mission statement, our ‘framework,’ and budgeting ideas, which will ensure NDCA is here and fully operational for years to come. We are looking for others wanting to be in leadership and roles. If you are interested or wish to be part of the leadership team, please reach out and let us know!

Jada Hofland
NDCA President-Elect
March 2 is the birthday of Theodor Seuss Geisel. With that in mind, *Oh, the Places You’ll Go!* comes to mind as I write this article. Perhaps it is because this will be my last article as an officer for the North Dakota Counseling Association. Using this famous book as an inspiration, let me leave you with this:

> You have brains in your head.
> You have feet in your shoes.
> You can steer yourself any direction you choose.
> ....
>
> And when things start to happen don’t worry. Don’t stew. Just go right along. You’ll start happening too.
> Oh! The places you’ll go!
> You’ll be on your way up!
> You’ll be seeing the sights!
> You’ll join the high fliers, who soar to high heights.
> You won’t lag behind, because you’ll have the speed.
> You’ll pass the whole gang and you’ll soon take the lead.
> Wherever you fly, you’ll be best of the best. Wherever you go, you will top all the rest.
> ....
>
> Then the Lurch, the Slump, the Waiting Place, and Alone (Through all of this you will succeed)
> ....
>
> So...be your name Buxbaum or Bixby or Bray or Mordecai Ali Van Allen O’Shea,
> You’re off to Great Places!
> Today is your day!
> Your mountain is waiting.
> So...get on your way!


I am on my way back to serving counselors through my position at the North Dakota Department of Career and Technical Education. I hope your path is to find a way to serve the profession in a way that also fulfills your passion.

Thank you one more time for letting me serve you as an officer.
In thinking about the conferences I have attended in the past, the number one thing that always sticks in my mind is the connections I have the opportunity to make with others. It can be as short as waiting in line for the restroom during breaks and making small talk to having an hour-long conversation with a friend I haven’t seen in way too long. The connections we have as counselors are what keep us grounded in our work.

The theme for the 2021 Conference is “Creating Connections” to remind us all to focus on those connections with our colleagues, our students or clients, and other resources we utilize in serving others. I am so excited to chair a conference that will allow you to create connections with those around you while developing your skills and knowledge as a counselor. I hope you all are already planning on attending our next conference in February 2021!

Please reach out to either me or Jenise Wilson if you are interested in volunteering in assisting in planning or running the conference next year. My hope is that this can be the best conference yet as we call come together to Create Connections!

I will leave you with a quote that hopefully helps to show just how important it is to Create Connections. “Everything you do has an impact. Who you are – that you are – actually matters. In an interconnected world (the only kind we have), our actions and the actions of others are inextricably linked- we are always and forever in a dance of mutual influence with those with whom we directly and indirectly participate….We matter to each other.” Paul Greiner

Becky Meidinger
President-Elect
North Dakota Mental Health Counseling Association

NDMHCA has been busy doing many things this past year. We started planning our Pre-Conference for 2020. Our topic was “Mild Traumatic Brain Injury: The Counselors Role in Identification and Treatment.” We had 41 people attend the Pre-Conference. The attendees learned a lot about how to screen for traumatic brain injury, how to refer for services, and how to work with the client families of persons with mild traumatic brain injury. If you have ideas for the topic for next year’s preconference, please send an email to contactndmhca@gmail.com or visit us on Facebook!

Our division partnered with NDCA this past year for potential CE opportunities through webinar. In the coming months, we will be uploading hour long webinars to the NDCA website that can be purchased for CE credit. Topics will include Ethical Treatment for Domestic Violence Batterers, LAPC supervision, and more. If anyone is interested in recording a webinar for us to upload to the website, we are offering compensation. Contact us at the above-mentioned email for more information.

Angela Metz, NDMHCA treasurer, attended the AMHCA Leadership training in Washington DC this past July. Angela said it was a wonderful experience that involved lobbying ND legislators on Capitol Hill and speaking about the importance of Medicare reimbursement for counselors. The training includes a lot of information about growing membership and chapter organization. It was a great opportunity!!

In the next year, we will send more people to the Leadership training, work on providing webinars for CEs, and plan a wonderful Pre-Conference for 2021. If anyone wants to be part of ND Mental Health Counseling Association, please send us an email or message on our website. We are constantly thinking of ways to improve our membership and help our profession. It is a great opportunity for networking and learning about issues that affect the counseling profession. I will be President of NDMHCA beginning July 1st, 2020, and I am excited about the direction our organization is headed!!

Lory Hellman, LPCC-S
NDMHCA President-Elect

Thank You!

Dear NDCA Members!

I so thought of each and every one of you during this year's Mid-Winter conference. I'm happy to say that I was thinking of you from sunny Arizona!

Thank you so much for the lovely gift basket that was filled with wonderful treats - - chocolates and champagne - - Yum! Mostly, thank you to those of you who took the time to write a nice note in the cards - - I so enjoyed reading your messages. The counselors throughout the great state of North Dakota are what made my time as your Executive Director so great . . . . I loved meeting you, hearing about your work, learning about your family and becoming friends with you. You are the BEST!

Thank you for 20+ wonderful years with NDCA!!

Love to you all!

Marcia Foss
Congratulations to our exemplary individuals honored at the 2020 NDCA Mid-Winter Conference Awards Banquet! The presentations were heartwarming and wonderful. Thank you to all those who submitted nominations! These awards would not be possible without you noticing your colleagues’ great work and honoring them for it.

Thank you also to Ashley Michael and Jill Vollmers, the NDCA Awards Committee members, who reviewed the NDCA nominations and helped choose the winners! If any NDCA member has interest in serving on the Awards Committee, feel free to email Rebecca Ringham at rebecca.ringham@minotstateu.edu.

NDCA Graduate Scholarship Awards
Heidi Ottmar – Counselor Education-Clinical Mental Health Counseling – North Dakota State University
$1000 Scholarship Recipient

Krista Ronnevik – Counselor Education-School Counseling – North Dakota State University
Silent Auction Recipient

NDSCA High School Essay Award
Isaak Brown from Devils Lake High School

NDSCA School Counselor of the Year Award
Ashley Krinke – Northern Cass School – Hunter, ND
Elementary School Counselor of the Year

Kylie Wallander – Carl Ben Eielson School – Fargo, ND
Middle School Counselor of the Year

NDMHCA Outstanding Mental Health Counselor Award
Lory Hellman – Advanced Clinical Specialist at West Central Human Service Center – Bismarck, ND

NDACES Robert C. Nielsen Supervisor of the Year Award
James Pfeifer – Pfeifer Counseling Services – Fargo, ND

NDCA Friend of Counselor Award
Ryan Hanson – Principal at Devils Lake High School – Devils Lake, ND

NDCA Member Emeritus Award
Geraldine Cariveau – Therapist (retired) – Fargo, ND
Marcia Foss – NDCA Executive Director (retired) – Fargo, ND

Both recipients of the Member Emeritus Award have been leaders within the North Dakota Counseling Association. Geraldine served on the both the NDCA and NDMHCA and was NDMHCA President and Secretary/Treasurer in the past. She also offered breakout sessions at the NDCA conference. Marcia was the Executive Director for more than 20 years. She managed the day-to-day operations of the association, supported the executive board, and assisted in organizing and planning events.

Rebecca Ringham
Awards Chair
NDACES = Connection!

Are you a clinical supervisor or thinking about becoming a supervisor of a counseling intern or newly licensed professional? Maybe you are a counselor educator and realize that there are not many of us in the state. Statistically, what clinical supervisors and counselor educators wanting the most is connection and support. The North Dakota Association of Counselor Educators and Supervisors (NDACES) is a division of NDCA and we are working hard to provide connectivity across the state. As a member of NDACES, you can join monthly web meetings, on Zoom, over the lunch hour. The meeting is on the second Friday of each month. This time is dedicated for members to consult about supervision or education of counselors and to share resources and ideas. Members have also shared mini-presentations on new information, research, or training they have attended. YOU deserve this time of connection! If you would like more information about how to become a member of NDACES please reach out imholter@umary.edu.

**NDACES Supervision Award**

On behalf of NDACES, I would like to recognize and congratulate James “Jamie” Pfeifer as the recipient of the 2020 Robert C. Neilson Supervisor of the Year Award.

Jamie has supervised over 20 new counselors in ND! His supervisees speak very highly of his authentic approach to supervision, his knowledge, his skills, and his dedication to the counseling profession and counselor supervision.

His impact can be best stated by those that submitted the letters of recommendation:

“[He] possesses a great deal of knowledge, wisdom, and expertise in the area of counseling which he utilized not only in his practice with clients but also conveyed in his interaction with his supervisees.”

“[I] found his insights and recommendations to be based on solid knowledge and a thorough understanding of the counseling field.”

“he stays current in relation to Ethical and other counseling standards of practice.”

“he has made it easy for me to be and express myself”

“I come away from [supervision] feeling uplifted and ready for what’s next”

“[He] balances his professional life with a commitment to his professional field through his ongoing engagement in counselor supervision. Perhaps, more importantly, he extends this life balance in actions which reflect devotion to his family”

“Jamie is personable, kind, and genuine in his demeanor. … lead[ing] to meaningful, insightful, and enriched supervision”

“He inspires me to be a better person and future, professional clinical mental health counselor.”

Thank you, Jamie, for your much-needed supervision of counselors in ND. Congratulations on this well-deserved achievement!
Government Affairs Report!

H.R. 2745 was passed by the House of Representatives and it will now go to the Senate for Approval. This bill called the “Military Construction, Veteran’s Affairs and Related Agencies Appropriations Act of 2020” will provide funding for a number of VA and military programs. This includes funding for the expansion of mental health benefits to National Guard and reserves; programs that will be encouraged to use cutting edge, off the shelf technology and pharmacy management to reduce suicide, relapse and hospital visits for veterans; direction of the VA to maintain appropriate level of mental health staffing, specifically in rural areas; direction of the VA to utilize alternative therapist, such as, chiropractic care, yoga, creative arts therapy, meditation and acupuncture to treat mental health issues among veterans; and additional funding to increase telehealth in rural and highly rural areas.

S.2661 the National Hotline Suicide Prevention Act was unanimously approved by the Senate Committee on Commerce, Science, and Transportation. 9-8-8 is the hotline’s designation. It was introduced this October with the overwhelming support of the ACA community. The National Suicide Hotline Designation Act allows states to collect fees, such as those collected for the national 911 emergency hotline, and requires Congressional oversight to ensure successful outcomes and equitable access.

There has been no further updates on S. 286 in the Senate, H.R. 945 in the House which would provide Medicare reimbursement for counselors. Senator Cramer is a co-sponsor to this legislation. Contact has been made with Senator Hoeven and Representative Armstrong’s office encouraging them to sign on as co-sponsors. A plan is in place to meet with the Senator and Representative personally, or someone from their staff, in order to discuss the possibility of them signing on as co-sponsors. Members are encouraged to make contact with these Congressional delegates to urge their support for this important legislation.

Updates from DPI

American Legion Riders Scholarship
The District #8 American Legion Riders are offering up to ten scholarships of $1,000 each for ND students. This number will depend on the number of applications received prior to the April 30, 2020 deadline. The eligibility for these scholarships is to be a son, daughter or spouse of a veteran and a North Dakota resident that is continuing their education beyond high school. Please stress to students that the essay is a huge deciding factor on being awarded this scholarship. Please contact Tom Coons, District #8 American Legion Riders Director at 701-225-9130 with questions or to ask for an application.

School Counselor Plan of Study Renewal
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. Contact Jim Upgren at 701-328-2244 with questions regarding school counselor credentialing.

North Dakota Academic and Career and Technical Education Scholarship Application
The application for the North Dakota Academic and Career and Technical Education (CTE) Scholarships is now open, and will remain open until Friday, June 5. Current seniors can apply for the scholarship online. Please review student transcripts in order to make any adjustments to student schedules regarding scholarship eligibility. With questions on scholarship applications, contact Jim Upgren at 701-328-2244 or Angie Thomas at 701-328-2597.

Work Keys Testing Information
Students that have taken the WorkKeys examination for the North Dakota Career and Technical Education Scholarship should mail a hard copy of the results to Jim Upgren or Angie Thomas 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. Contact Jim Upgren at 701-328-2244 or Angie Thomas at 701-328-2597 with any questions in regard to the Academic or CTE Scholarships or on how to administer the WorkKeys exams.

Rebecca McConnachie
Government Affairs Chair
Mark Your Calendars!

I know that the members of the North Dakota Counseling Association take considerable pride in both their work and their accomplishments. All of you seek to make the importance of counseling and the role of professional counselors better known throughout North Dakota.

ACA designates April of each year as Counseling Awareness Month (CAM), a time of advocacy for the profession and celebration of the outstanding efforts of counselors, counselor educators, and graduate students. Your work to facilitate the growth and development of all people is truly humbling --- and we need to let people know of your good work!

Because April is CAM – here are 10 facts about counselors and/or counseling. Then take a minute and share it to your social media using the hashtag #CounselorsHelp.

I care about ___________________________________________________________

_____________________________________________________________________

I am a counselor.

#CounselorsHelp counseling.org/counselorhelp
Executive Director’s Report

I cannot express enough gratitude to everyone for their support, kindness, and guidance these past months as I have transitioned into the Executive Director role. I have enjoyed the conversations, getting to know the members, and working with the amazing executive and governing board of directors! The 2020 conference was an influential learning experience for me, and I appreciate everyone’s patience and feedback for how to improve in the 2021 conference. I was very impressed by Jada Hofland, President Elect, and all she did for conference! I look forward to seeing what Rebecca Meidinger does for next year’s conference, which centers around “Creating Connections.” How fitting for a time like now!

As for updates from NDCA, we have gotten the portal completed for members. Please reach out to me if you did not receive your username and password from AvidHawk. We are working on getting the member’s area complete for members, and the portal is where you will receive your discount for upcoming webinars. The portal is also the place you will see the minutes from the executive, governing, and general business meetings along with the financial statements. All of this is to increase transparency between the NDCA and its members. I am more than happy to walk you through anything and answer any questions you may have regarding the financials, minutes, and website. I am here to make everything as user-friendly as possible!

During this difficult time, please know that you all are with the NDCA board members’ hearts and thoughts. This is an especially challenging time for many people, organizations, and families. NDCA will continue to post updates on any important information that is received through social media and the website. Please keep checking those avenues for updates and information. If you have any information you want to go out, please email Jenise at ndcjenise@gmail.com. In the meantime, thank you for your continued effort to the counseling field.

COVID-19 Links and Information for Counselors:


https://www.health.nd.gov/diseases-conditions/coronavirus


https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus


https://www.sanfordhealthplan.org/nd-medicaid-expansion