

# MAINE COUNSELING ASSOCIATION NEWS & VIEWS

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SPRING 2013



Sketch by Martin Gallant - MeCA Historian

## From the President

### By Jill Cairns

My little girl came home with a letter from the school a few weeks ago. Their Kindergarten class had the opportunity to put together a time capsule that will be stored at the school only to be opened during the last week of her senior year. As I excitedly began to put some thought into what exactly I would add to the envelope, I truly had no idea what kind of journey this project would take me on. Now, space is limited – only a 9 X 11 envelope – how does one even begin to sort through what goes into this precious amount of space? I started to gather a few items such as her first report card, her first level assessment from her dance studio, an art project that has her hand print on it and a few other special items. I knew I wanted to write a letter to her as well. I must have written six or seven drafts of this letter before settling on the final version. Getting to this final version came with lots of great memories and laughs and an equal amount of tears! One other item I decided to add was an advice book. I asked our family and friends to each write a little note to her. I'm not sure exactly what I was expecting but what I did get was a wonderful stack of beautifully hand written notes from some very special people in her life. One particular story struck me that I'd like to share:

#### *The Law of the Garbage Truck*

One day I hopped in a taxi and we took off for the airport. We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us. My taxi driver slammed on his brakes, skidded, and missed the other

car by just inches! The driver of the other car whipped his head around and started yelling at us. My taxi driver just smiled and waved at the guy. And I mean, he was really friendly. So I asked, 'Why did you just do that? This guy almost ruined your car and sent us to the hospital!' This is when my taxi driver taught me what I now call, 'The Law of the Garbage Truck.' He explained that many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you. Don't take it personally. Just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home, or on the streets.

As I reflect on this past year as the President-Elect and Conference Co-Chair, I am incredibly thankful that the Maine Counseling Association is filled with so many compassionate, wonderful, thoughtful individuals who are dedicated to the counseling profession. From college admissions to school counseling to educators, Maine is fortunate to have the counselors it does. As counselors, we have the capacity to change lives....this is a tremendous responsibility that we all must take seriously.

I look forward to continuing to lead, support and know each and every one of you. As Rosalynn Carter once said "A leader takes people where they want to go." I hope to take this association where you want to go this year!

## To the MeCA Membership

### By Grace M. Eaton, MESCA President

I've procrastinated writing this letter for a month. I can think of lots of excuses. It is a busy time of year and it just seems like it gets busier each year. Sometimes I feel overwhelmed trying to manage my daily responsibilities as the only school counselor in a K-5 school of 425, my role as MESCA president, my personal efforts to assure the legislative passage this spring of LD609, my role as wife to a recently retired educator (lucky guy!), and 'Grammie' to now eight grandkids. I apologize for my procrastination - but suspect (sadly) that many of you can identify with much of what I've described.

So, belatedly mustering as much fortitude as I can, I am writing at this time to bolster both my and your courage in the remaining two months of the school year. After all, we are our school and community's "counselors". Daily we find ourselves performing 'on demand' as we attend to the wide range of student, staff and community needs – complete with legal procedures, confidentiality obligations amidst rumor mills, and fluctuating morale as resources and job security dwindle.

*Continued on page 6*

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## FROM YOUR NEWSLETTER EDITOR

**Lisa Manter**

Please do not hesitate to send articles for our next newsletter. As a counseling organization we believe it would also be exciting to hear from some of our students of any age. Additionally, if you would like to submit an advertisement, send or email a camera-ready ad. Your advertisement will run in 3 consecutive issues of News and Views. Please send your check for \$100.00 (made payable to MeCA) to:

Lisa Manter, John Bapst. Memorial High School, 100 Broadway, Bangor, ME 04401. If you have any ideas, articles or questions you can email Lisa at: [lmanter@johnbapst.org](mailto:lmanter@johnbapst.org).



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# Public Policy Update

## Ben Milster, Executive Board Public Policy

First of all, congratulations to Grace Eaton, President of the Maine School Counselor Association and school counselor at Livermore Falls Middle School for championing the cause of suicide prevention. Grace worked with local legislators to get a bill into this year's session (LD 609) which would require schools to have personnel trained in Gatekeeper Training, which is an excellent educational program provided by the Maine Youth Suicide Prevention Program. The bill successfully made it through, and was signed by the Governor on April 25<sup>th</sup>.

Listed below is an update on other bills that MeCA has been watching this session.

### 126<sup>th</sup> Legislature Bills – MeCA, Update May 4, 2013

#### **LD 95 – Resolve, To Create the Task Force on the Prevention of Sexual Abuse of Children**

##### **SUMMARY**

This resolve establishes the Task Force on the Prevention of Sexual Abuse of Children, which is directed to study issues regarding child sexual abuse in Maine and to recommend policies to address those issues. The policies may include age-appropriate curricula for school children from prekindergarten to grade 5 and methods to increase teacher, student and parent awareness of the issues regarding child sexual abuse. The task force is also directed to submit a report to the Joint Standing Committee on Health and Human Services, and the joint standing committee is authorized to introduce a bill to the Second Regular Session of the 126th Legislature based on that report. Public hearing was February 13 – Committee not yet reported out.

**Update – Passed as amended (Fiscal Note) by both House and Senate May 2.**

#### **LD 164 - An Act To Provide MaineCare Reimbursement for Pastoral Counselors**

##### **SUMMARY**

This bill requires the Department of Health and Human Services to provide reimbursement under the MaineCare program for services provided by a licensed pastoral counselor beginning January 1, 2014.

Public hearing was February 21 , work session was February 28. Reported out March .

**Last Senate action March 7, placed in Legislative Files (Dead)**

#### **LD 338 - Resolve, Directing the Department of Health and Human Services To Amend Its Rules Governing the Use of Certain Antipsychotic Drugs by Children Enrolled in MaineCare**

##### **SUMMARY**

This resolve directs the Department of Health and Human Services to amend its rules governing the use of atypical antipsychotic drugs by children enrolled in MaineCare to require that the prescriber of a drug beyond the recommended period provide documented justification and perform a timely assessment and ongoing monitoring of metabolic and neurologic variables in accordance with the American Academy of Child and Adolescent Psychiatry's Practice Parameter for the Use of Atypical Antipsychotic Medications in Children and Adolescents.

Public hearing was March 7, work session is March 14. **Update – Passed by both House and Senate as amended (Fiscal Note) May 1.**

#### **LD 487 - Resolve, To Establish MaineCare Eligibility for Young Adults Who Were Formerly in Foster Care**

##### **New Summary with amendment**

This amendment is the majority report of the committee. This amendment replaces 2 the resolve and directs the Department of Health and Human Services to undertake an identification and outreach initiative for young adults who were formerly in foster care, to enroll those eligible in MaineCare and to provide them with a card indicating that the 5 coverage begins on January 1, 2014.

**FISCAL NOTE REQUIRED Update – Assigned a second reading in the Senate May 2.**

#### **LD 528 - An Act To Require Parental Consent for a School To Conduct Mental Health or Behavioral Screening on a Student**

##### **SUMMARY**

This bill requires a school administrative unit to obtain written consent from a student's parent or guardian before conducting any mental health or behavioral screening or testing of the student.

Public Hearing was March 7. Work session is March 13. **Update – Last Senate action April – Placed in Legislative Files (Dead)**

#### **LD 539 - An Act To Ensure Parity in the Ability To Counsel Patients**

##### **SUMMARY**

This bill adds licensed clinical professional counselors to the list of persons who may provide counseling to a minor in connection with the minor's decision regarding pregnancy.

Public hearing is March 19. **Update – Last senate action in April – Placed in Legislative Files (Dead)**

Continued from page 3

### **LD 609 - An Act To Increase Suicide Awareness and Prevention in Maine Public Schools**

#### **SUMMARY**

This bill requires the Department of Education to adopt rules on standards for schools and school administrative units for suicide prevention education and training. The training and education will include suicide prevention awareness education for all personnel and more advanced suicide prevention and intervention training for at least 2 persons per school district.

Public hearing is March 11. **Update – Passed and signed by Governor April 25, 2013. (Maine Counseling Association provided testimony)**

### **LD 750 - An Act To Make the Completion of an Internship a Requirement for High School Graduation**

#### **SUMMARY**

This bill requires completion of an internship for high school graduation.

No public hearing set to date. **Update – Public hearing was April 18.**

### **LD 802 - An Act To Encourage Alternative Forms of Treatment for Opiate or Opioid Addiction by Prohibiting MaineCare Coverage for Medication-assisted Treatment for Addiction**

#### **SUMMARY**

Current law limits to 24 months MaineCare coverage or reimbursement for buprenorphine and naloxone combination drugs, also known as Suboxone, for the treatment of addiction to opioids and for methadone for the treatment of addiction to opiates. This bill, beginning January 1, 2015, prohibits all MaineCare coverage or reimbursement for Suboxone and methadone for treatment of addiction to opioids and opiates, respectively.

**No public hearing set to date.**

### **LD 843 - An Act To Promote the Financial Literacy of High School Students**

#### **SUMMARY**

Current law requires the Commissioner of Education to develop a program of technical assistance that promotes the importance of financial literacy and encourages school administrative units to implement an integrated model for instruction in personal finance that may be used in secondary schools as part of the instruction in social studies or mathematics. This bill amends the system of learning results to require each student to study and become proficient in personal finance, including instruction in purchasing, using credit, budgeting, saving and investing, banking, simple contracts, state and federal income taxes, personal insurance policies and renting or purchasing a home. The bill takes effect beginning with the 2014-2015 school year and requires all secondary schools to include the personal finance course as part of the mathematics instruction required to obtain a high school diploma.

No public hearing set to date. **Update – Voted on in committee with a divided report May 1.**

### **LD 908 - An Act To Limit MaineCare Reimbursement for Suboxone and Methadone Treatment**

#### **SUMMARY**

Current law limits to 24 months MaineCare coverage or reimbursement for buprenorphine and naloxone combination drugs, also known as Suboxone, for the treatment of addiction to opioids and for methadone for the treatment of addiction to opiates. The Department of Health and Human Services may authorize an extension of the 24-month limit for Suboxone or methadone. This bill removes the ability of the department to authorize an extension of the 24-month limit for either Suboxone or methadone and specifies that the 24-month limit on Suboxone is a lifetime maximum limit. This lifetime limit is already in place for methadone.

**No public hearing set to date.**

### **New Bills as of March 8, 2013**

#### **LD 951 - An Act To Repeal the 2-year Limit on Methadone and Suboxone Treatments under MaineCare.**

##### **SUMMARY**

Current law limits to 24 months MaineCare coverage or reimbursement for buprenorphine and naloxone combination drugs, also known as Suboxone, for the treatment of addiction to opioids and for methadone for the treatment of addiction to opiates. This bill repeals the 24-month limit.

**No public hearings or work sessions have been set.**

#### **LD 958 - An Act To Establish a Database To Prevent Individuals Involuntarily Admitted or Committed to a Mental Health Institution from Being Issued Concealed Handgun Permits**

##### **SUMMARY**

This bill directs the Department of Public Safety, State Bureau of Identification to establish and maintain a database of individuals admitted or committed involuntarily to a mental health institution who present a substantial threat of physical harm to themselves or to others. The database may only be used for the purpose of issuing permits to carry concealed handguns.

**Voted on in committee as Ought Not To Pass May 2.**

**LD 962 - An Act To Increase Access to Higher Education****SUMMARY**

This bill establishes a merit-based scholarship program for eligible students who graduate from high school in Maine and who are admitted to one of the institutions of the University of Maine System or the Maine Community College System. Students must have graduated in the top 25% of their classes in high school and family income must be less than \$30,000 a year. The scholarships are for the full or partial 1 cost of tuition less any financial aid, awards or grants that reduce the level of tuition. Students must maintain a 3.0 grade point average in college in order to remain eligible for the scholarship. This scholarship program will be administered by the Finance Authority of Maine. The Finance Authority of Maine, which is given routine technical rule-making authority, may adjust these eligibility requirements to control expenditures or increase participation in the program.

**Voted on in committee April 11 with divided report.**

**LD 963 – An Act To Expand Access to Early Postsecondary Education****SUMMARY**

This bill makes the following changes to the early postsecondary education programs statutes:

It creates a permanent Commission on Expanding Early Postsecondary Access for High School Students; It clarifies that adult education students, home school students and students from private schools are eligible for state subsidy for postsecondary courses. It also clarifies that a student may be eligible if the parents, school administrative unit and postsecondary institution approve; It requires high schools to grant academic credit for postsecondary courses rather than allowing discretion; It requires postsecondary institutions to provide information to students on the transferability of academic credit between postsecondary institutions; It requires the Department of Education to pay 50% of tuition for up to 12 credit hours in an academic year rather than only the first 3 credit hours up to a possible 6-credit-hour maximum; It adds instructors of postsecondary education courses 1 that are offered in secondary schools to the list of personnel that are subject to the fingerprinting and background check requirements; and It requires career and technical education centers to serve as sites for the administration of assessment tests to determine college-level academic skills. The bill also requires the Department of Education and the Commission on Expanding Early Postsecondary Access for High School Students to establish and maintain a single publicly accessible website with information on early postsecondary education programs and research as well as hyperlinks to those programs and the research.

**Public hearing was April 19.**

**LD 1029 - Resolve, Directing the Department of Health and Human Services To Amend Its Rules Pertaining to a Request for Mental Health Records****SUMMARY**

Current rules of the Department of Health and Human Services allow a recipient of mental health services or the recipient's parent or legal guardian to review the recipient's mental health records within a reasonable amount of time. This resolve directs the department to amend its rules to allow for reviewing those records on a daily basis.

**Public hearing is May 7.**

**LD 1165 - An Act To Improve the Safety of Workers Who Provide Direct Mental Health and Social Services****SUMMARY**

This bill requires all programs providing direct services to clients that are operated, licensed or funded by the Department of Health and Human Services to establish a workplace violence prevention program, including a workplace violence prevention and crisis response plan, to educate, train and assist direct service workers who may be affected by or threatened with workplace violence.

**Public hearing is May 7.**

**LD 1166 - An Act Regarding Records Retention by Mental Health Practitioners****SUMMARY**

This bill requires mental health agencies and mental health professionals to plan for and provide secure and private retention of client records and record destruction after specified terms or when an agency or facility ceases to operate or a professional ceases to practice.

**Public hearing is May 7.**

**LD 1213 - An Act To Reduce Costs and Increase Access to Methadone Treatment****SUMMARY**

This bill proposes to decrease costs of and increase access to substance abuse treatment services by requiring the Department of Health and Human Services to increase the number of federally qualified health centers that provide methadone treatment services, to require enrollment at the clinic closest to the person's home and to work to facilitate access to services and distribution of services across the State. The bill requires the department to amend the methadone clinic rules to eliminate the requirement that the centers be open for administration of methadone treatment on Sundays. The bill designates the rules as routine technical rules. The department is required to work with stakeholders to address current rules and policies that act as barriers to achieve the intent of this legislation.

**No public hearings or work sessions have been set.**

*Continued on page 6*

*Continued from page 5*

### **LD 1233 - An Act Regarding Cyberbullying**

#### **SUMMARY**

This bill establishes the crime of cyberbullying and makes a violation a Class E crime. It references the definition of cyberbullying in the education statutes that defines “cyberbullying” to mean bullying through the use of technology or any electronic communication device.  
**No public hearings or works sessions have been set.**

### **LD 1238 - An Act To Improve Professional Training for Licensed Mental Health Clinicians**

#### **SUMMARY**

This bill makes changes to the laws governing the licensure requirements for psychologists, clinical professional counselors and clinical social workers. It requires that, beginning January 1, 2020, applicants for licensure demonstrate to the satisfaction of their respective licensing boards that they have successfully completed a minimum of 15 contact hours of course work in spousal or partner abuse screening and referral and intervention strategies, including knowledge of community resources, cultural factors, evidence-based risk assessment and same-gender abuse dynamics. Applicants may fulfill this requirement through course work taken in fulfillment of other educational requirements for licensure or through separate course work. The bill requires that the boards accept certification from the accredited educational institution from which the applicant is a graduate that verifies the applicant’s satisfaction of this requirement within the applicant’s completed course curriculum. The bill also makes changes to the licensure renewal requirements for psychologists, clinical professional counselors and clinical social workers to require that, beginning January 1, 2020, applicants for licensure renewal in these categories demonstrate to the satisfaction of their respective licensing boards successful completion of a minimum of 15 contact hours of course work in spousal or partner abuse screening and referral and intervention strategies, including knowledge of community resources, cultural factors, evidence-based risk assessment and same-gender abuse dynamics. The bill allows the boards to accept equivalent courses in spousal or partner abuse screening and referral and intervention strategies or equivalent teaching or practice experience completed prior to January 1, 2020 in satisfaction of this requirement. The bill requires that continuing education courses taken for this purpose must be applied to the licensee’s required hours of continuing education.

**Voted on in committee as Ought To Pass April 26.**

### **LD 1261 - An Act To Improve Access for Maine Students to Postsecondary Education**

#### **SUMMARY**

This bill provides a full tuition waiver at any campus of the Maine Community College System or the University of Maine System for Maine high school students who graduate in the top 10% of their graduating class and who meet financial need qualifications.

**Public hearing was April 29, and work session is May 9.**

### **To the MeCA Membership** - *continued from page 1*

It is times like these that can truly reveal schools and community’s counselor’s courage and strength of character. Despite ample reason for discouragement and wanting to “circle the wagons” (often to shoot inward), Maine school and community counselors must stiffen to the challenges, put shoulders to the wheel, and become beacons of commitment to the skills of our profession – counseling. If my present state of mind is any indication, it’s probably safe to say that all Maine school communities could use a dose of what we do every day – creative problem solving, conflict management, programmatic planning, and stretching intellectual growth with a vision for the optimum personal development in our students and their teaching and learning environment.

So borrowing the sentiment (but not the words!) of David Ortiz’s recent emotional call to Fenway Park and all the citizens of Boston in the aftermath of yet another unfathomable tragedy, I am reminding myself and all of you that ‘these are

our schools and communities and we must “be strong” in our profession responsibilities to our communities as we work toward a much deserved summer break. I shall commit myself to this. Please do too. We are very important people.

In closing, I would like to thank John Yasenach, MeCA President who worked with me as the MESCA President throughout the year and half I served as the Maine School Counselors Association. June 30th I will become past president. As you continue your journey in the counseling field, I wish you “good luck” and “blessings” in your future endeavors.

# From the Past President

## John Yasenchak - Past President

Greetings MeCA Members!

Spring has finally arrived in Maine! This season is a time for reflection on past months and planning for the coming summer. As I reflect on the past several months, I feel a tremendous sense of gratitude and pride. I am grateful for the opportunity I've had to serve as President of MeCA for the past year. In this role I've had the chance to see and hear about the great work you are doing as well as the challenges we all face as counselors. I am grateful for the opportunity I've had to work with a dedicated Executive Board as well as an incredibly hard-working conference committee. Every year, members of the conference committee volunteer many hours of their time to produce a wonderful event. This year's conference was no exception! I am very appreciative of that work and very proud to have represented such a strong and active organization both on the State and national ACA level. Thank you so much!

I've attended every MeCA conference since 1990 with the exception of one. It's only in recent years, however, that I have been particularly moved by two moments at the conference: the historian's report of who has passed on or retired, and the acknowledgement of the graduate students as our new life's blood. Those moments have encouraged me to think about change and permanence: even though we change over time, what is it that remains the same? What draws us together yearly for a conference? What do we professionally identify with as our own lives continually change? What values do we "profess" as professional counselors? Here are a few things I came up with and I invite you to also give this some thought:

- Professional Counselors believe that every individual has within a basic goodness – a potential – that will grow into a lovely human being given the correct conditions.
- As professional counselors, we value not only specific interventions for specific issues, but we also utilize a wide range of holistic tools.
- Professional Counselors not only value remediation but also work towards prevention and education concerning daily problems of living.
- Professional Counselors value the wide range of human experience. Even though we may have our own personal values and political opinions, we do not abandon others because of differences in race, culture, gender, sexual orientation, or religious beliefs.
- Professional Counselors work toward empowerment of human beings, knowing that social justice and mental health are inseparable.
- Finally, we are a group of professionals who help all in need and who are committed to service.

I've had many opportunities this year to see these values in practice. For instance, the Executive Board took a stand on a TV ad that, under the name of "counselor", conflicted with our ethical view and values. We've worked together with MESCA and MEMCHA on a variety of legislative issues impacting both school and mental health counseling. Members of our organization testify often before the State legislative bodies on matters related to professional counseling. We've educated officials about the role of professional counselors and the contribution made to the community. And most recently, we had the opportunity to meet with Senator Susan Collins to thank her for her co-sponsorship of the bill that would allow for LCPC Medicare reimbursement and to tell her about the work of our organization. These incidents and many others were examples to me of how our values get expressed when we take a stand as professionals.

But there are no greater examples than all of you who embody our values in your work and lives. I want to acknowledge the leadership that many of you showed around the legislative issues we've had this year; Ben Milster for your legislative vigilance and Deb Drew for your passionate education, and Grace Eaton (President of MESCA) for your leadership regarding the school counseling issues. I also want to acknowledge, as we did at the conference, Dean Collins for seventeen years of service as treasurer. Thank you Dean! John Parkman was given a leadership award this year by the Humanistic Counselors Association. Congratulations John! Thank you to my co-presidents, Traci Small and Jill Carins. And a big thanks you again to all the members of the Board for all you do. A special thanks again to the members of the Conference Committee for your hours of volunteer work. You make it happen! And lastly, thank you to all of our members. Have a wonderful summer!

# NAR Report by 20/20 Delegate

John Parkman, ACA/NAR Liason for MeCA

## March. 2013 ACA Convention

- I. Meeting on March 21, Thursday from 12-5pm  
All 31 Counseling organizations represented by their Delegates.  
Two primary issues addressed:
  1. Scope of Practice (Passed with 100% of all organizations with few language changes-not yet sent out by ACA)
- II.
  2. Educational requirements (Did not pass yet. CORE and CACREP not in agreement as to single accrediting agency--more later)

II. Review each of the components that are left for the Committee to determine.

The Scope of Practice (SOP) includes the following:

1. Populations Served
2. Primary Purpose
3. Assessment
4. Consultation/Program Evaluation
5. Supervision
6. Limitations

III. Recommendations from the Education Work Group (EWG)

1. Inclusion of graduation from CACREP accredited mental health counseling or clinical mental health counseling program (Masters level)

IV.

2. Development of Grand parenting language to be applied to graduates of CORE accredited programs and graduates from other CACREP program areas for a time period (e.g., five years). The language should specify the minimum degree requirement that will be accepted during the grand parenting period (e.g., 60 semester hour master's degree) and the expected minimum curriculum and clinical experience requirements.

V.

3. Development of rules that could be applied to licensees in good standing, who graduated prior to CACREP's existence or prior to their program becoming accredited, but due to a move must acquire a license in their new state of residence.

### Rationale

These recommendations are in line with the recent statements/decisions of the Institute of Medicine, the Veteran's Administration, and Congress (TRICARE).

The Recommendations are in support of the seven principles of 20/20 since their implementation will

a) present a clear professional identity, b) serve to unify the profession, and c) provide clarity to the public.

The recommendation to include both the CACREP mental health and clinical mental health titles in the model licensure language is to accommodate the title change that occurred (from MHC to CMHC) with the adoption of CACREP's 2009 Standards. Of note is the fact that CACREP has accredited MHC programs since the implementation of the 1988 Standards and these program area standards have always required a 60 semester hour master's degree.

The recommendation to develop grand parenting language allows counseling programs to make necessary changes to become accredited during the specified, but time-limited, transition period.

The recommendation to develop rules that can be applied to current licensees who need to transfer licenses, but have not graduated from a CACREP program, allows for the continued movement of qualified counselors who may have significant work experiences.



# Admissions

## Carlena Bean

Carlena announced that the admissions group meets here at the conference and also hope to be able to meet on the 18<sup>th</sup> of June at Husson, topics may include someone from the DoE to speak about transcripts, the new GED. They will invite Guidance Counselors and Admissions Counselors to the meeting.

### Regional Reports

#### Central: Julie Libby

Julie announced that they have Tina Cuchierier from Waterville as their new VP. Julie will stay on next year as President. They had good suggestions offered at their meeting this morning and are hoping for a great year next year.

#### Northern: Mary Warran

Our March meeting was cancelled due to our planned job/career fair held on April 3, 2013. The MNCA 1<sup>st</sup> annual job/career fair was a resounding success, delivering pertinent, engaging and meaningful experiences for our students. The keynote speaker was Mila Tappan from FAME. Students received folder packets which included lists of sample questions for the presenters, career fair guidelines for Students, an agenda for the day, campus map and a nametag with the individual student schedule for the day. The job/career fair committee worked hard at putting our job/career fair event together. The fair included all sophomores within the NMCA district, which encompassed nearly 800 students. The event was held on the UMPI campus in Presque Isle on April 3, 2013. Our next meeting is scheduled for April 24<sup>th</sup> at the Caribou Inn and Convention Center. This is an annual event sponsored by Husson University. As well as a business meeting this is an evening dinner celebration in recognition of our Administrative Professionals. We have already received 33 RSVP's and we are looking forward to a delightful time together as an ending to a year that ROCKED.

#### Eastern: Stan Pelletier

Stan said they had a lively meeting this morning and have had a number of folks who agreed.

Amy Riddell-Secretary

Nancy Eddy-Treasurer

Rena Lolar has agreed to serve EMeCA by developing our social media presence and ability to connect within our membership--maybe we should have a contest to determine what her job title should be ("web guru?"), since public relations doesn't seem to cover it. Thanks, Rena!

Stan stated they were one of the tri-sponsors for the Gatekeeper Training @ Husson, and were also able to extend a scholarship for two members to attend the MeCA conference who wouldn't have been able to otherwise.

### Division Reports:

- Maine School Counseling Association – Grace Eaton. Grace spoke yesterday as she could not be present today.
- Maine Career Development Association – Deborah Walsh

Deborah announced that MDCA has been very busy; they put on a wonderful conference in the fall focusing on working with people on the autism spectrum. May 17<sup>th</sup> is their annual conference this year. If you have ever wondered how social media affects you in your career or students in their career or career searches. Lisa Severy will be the keynote address in the morning, in the afternoon Sabrina Woods from Northeastern University will be there. Registration is \$95 for the day-long workshop.

Membership is due July 1 for MCDA. They are in an election year, Deb has been president for two years, and if anyone is looking for a leadership position they have four vacancies.

Deb encouraged people to check out the website, and attend the conference. Also, there are career café's on the website which are great opportunities to network with

Maine Association for Specialists in Group Work – Eric Rutberg

Not able to attend.

### Affiliate Reports:

Maine Clinical Counselors Association – Doug Smith

Doug wasn't present, John called Jeri Stevens who is a committee member to the board. Right now they are working diligently on the state legislation to stop the discount for LCPC and LMFT's for reimbursement from Mainecare. Last night Senator Collins is a co-sponsor for Bill S-552 to make LCPC's able to be reimbursed by Medicare. Now the group is Maine Mental Health Counselors is footing the bill for the lobbyists that are working to get these bills passed, and everyone is encouraged to make a donation to the organization to help pay for the bill.

# Counselor Retirements

## Marty Gallant - Historian

The following counselors have announced their retirements:

Burt Barker is retiring from MDI after 38 years in education. Burt started as a PE teacher in Camden for 1 year in 1974. He then went to Spaulding Junior Senior High School in New Hampshire for 6 years where he began his school counseling career. In 1981 he became a guidance counselor at MDI where he has been for over 30 years. His former guidance director, Jim Willey, said that Burt always put kids first. Kids who needed a break (and maybe even have a rule bent a little bit) would know that Burt would work hard to help them out. Burt was also an outstanding girls' basketball coach having won 4 state championships with more than a little credit going to both of his talented daughters. And now, Burt's son is the girls' basketball coach. In retirement Burt hopes to hunt, fish and travel but mostly enjoy one day at a time.

John Parkman is retiring this year after spending over 40 years in education. He began his career as an intern at Chapel Hill Junior High in North Carolina. John's career took him to many places. His path took the following route: Guidance Director in North Carolina, Guidance Counselor in Dover, NH, Director of Guidance in Wolfboro NH, Headmaster and Counselor in Hollis, ME, Executive Director at the Mid-Coast Teachers Center in Rockport, Guidance Director for 16 years at Medomak Valley, Director of Guidance at Oxford Hills for 4 years and Guidance Counselor at Camden Hills Regional HS for 8 years. He has been an active member in MeCA, MeSCA, NAR, MCCA and ACA. He has presented at state and national conferences, chaired the Maine Counselor's Association Conference Committee for eight years and served on committees too numerous to mention. In March, John received the Humanistic Leadership Award from the Association for Humanistic Counseling. John's dedication to the profession of school counseling has been an inspiration to me and to others in our profession. John your leadership, hard work, passion and steadfast loyalty to our profession has set the bar very high for those who follow in your irreplaceable footsteps.

At this time I will read to you the names of six colleagues who have recently passed away.

- Norman Autotte, 70, passed away June 27th. Norman received his masters and doctorate from the University of Maine and worked in the Bangor area for over 30 years. He held counseling and supervision positions at Chemical Depending Institute of Eastern Maine Medical Center, Hope House, New Dawn Associates, Well Spring Inc., and Behavioral Health Center. Norman excelled and enjoyed working in the Mental Health Field.
- William Freudenberger passed away on June 6th. He was 81. William worked as a guidance counselor at Portland High School and then became a guidance director at Gorham High School for many years. He was a stand out soccer player at Westchester University in Pennsylvania where he led his team to a national title. He also was a successful soccer coach. His wife said, "He was a loving, happy and generous man", and he loved helping students.
- Patricia Ann Mucenski passed away on June 1 at the age of 35. For most of her professional career, Patti was a beloved guidance counselor in high schools in Maine and North Carolina, where she saw the potential in students and encouraged them to follow their dreams. She was an active member of Melmac and a founding member of the National Office for School Counselor Advocacy, which strives to promote the value of school counselors as leaders in school reform. She was a strong supporter of the Susan G. Komen Foundation.
- Mary Wotton Frenning passed away February 5th. Mary worked in Weston Mass as a guidance counselor for many years. She retired with her husband and moved to her retirement home in Northport where she promptly un-retired and worked as an educational consultant and as a part time guidance counselor and a co-coordinator of the Peer Leadership Program at Belfast High School. She was deeply involved in many community service activities and in 2009 was named Citizen of the Year by the Belfast Chamber of Commerce.

# MeCA Annual Conference 2013 Race Results

## 5K Walk

### Females

- 1. Beth Doane – 37:34
- 2. Christie Robinson – 38:22
- 3. Jeannie McKenney – 44:43

### Males

- 1. Dominick Varney – 37:30
- 2. Marty Gallant – 40:36
- 3. Travis McArthur – 40:42

## 5K Run

### Females

- 1. Merrily Welch – 22:04
- 2. Kristen O’Neill – 23:03
- 3. Judy Ottman – 24:48

### Males

- 1. William Osmer – 21:36
- 2. Dale Lolar – 21:59
- 3. Stan Pelletier – 22:41



# MeCa Conference - Spring 2013



# MeCa Conference - Spring 2013



## Maine Counseling Association 2012-2013 Unified Membership Application

This unified membership form enables you to make dues payments to not only MeCA, but also other related divisions and councils with one payment. Please complete the form, make your check payable to "MeCA" and mail to the address below. Membership covers ONE year (July 1 to June 30) per MeCA bylaws. (I am available to answer your questions at [beth\\_doane@yarmouthschools.org](mailto:beth_doane@yarmouthschools.org))

### Membership Information

Name: \_\_\_\_\_

Address you want mailings sent to:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Work Phone: \_\_\_\_\_

Home Phone: \_\_\_\_\_

e-mail Address: \_\_\_\_\_

Place of Employment (please include address if different from mailing address):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Educational Background:

Degree: \_\_\_\_\_ Major: \_\_\_\_\_

University/College: \_\_\_\_\_

# Years in Professional Field: \_\_\_\_\_

Occupation (check primary one):

- ( ) Career Counselor (CAR)
- ( ) College Admissions Counselor (ADM)
- ( ) College Counselor (PSC)
- ( ) Counselor Educator (CED)
- ( ) Emeritus Member (EMS)
- ( ) Employment Counselor (EMP)
- ( ) Marriage and Family Therapist (MFT)
- ( ) Mental Health Counselor (MHC)
- ( ) Pastoral Counselor (PAS)
- ( ) School Counselor (SC) Check level:
- \_\_\_ K-5 (A)
- \_\_\_ 6-8 (B)
- \_\_\_ 9-12 (C)
- \_\_\_ K-9 (D)
- \_\_\_ K-12 (E)
- ( ) Student (STU)
- ( ) Substance Abuse Counselor (SAC)
- ( ) Vocational Counselor (VOC)
- ( ) Other (OTH) Please specify:

Be sure to check below the dues covered by your check or purchase order. **If paying by purchase order, please be sure to indicate the name(s) of the member(s) on the PO.**

#### MeCA Membership

- \_\_\_ \$40 Regular Membership
- \_\_\_ No Fee Student Membership
- \_\_\_ No Fee Emeritus Membership

#### Divisional Membership

- \_\_\_ \$15 Maine Association for  
Specialists in Group Work

#### Regional Council Membership

- \_\_\_ \$5 Central Maine Counseling
- \_\_\_ \$5 Downeast Maine Counseling
- \_\_\_ \$10 Eastern Maine Counseling
- \_\_\_ \$10 Northern Maine Counseling
- \_\_\_ \$10 Southern Maine Counseling

\_\_\_ **TOTAL** (Check payable to MeCA)

Mail to: Beth M. Doane  
Yarmouth High School  
286 West Elm St.  
Yarmouth, ME 04096

Email: [beth\\_doane@yarmouthschools.org](mailto:beth_doane@yarmouthschools.org)

*ADMINISTRATIVE USE ONLY:*

*Date received:* \_\_\_\_\_

*Check or PO #:* \_\_\_\_\_

*Amount:* \_\_\_\_\_

## About MeCA Membership

### Member - \$40.00

To be eligible, an individual's primary responsibilities must be in the area of counseling and his/her preparation or position is such to qualify him/her for membership in one of the Divisions of the American Counseling Association.

### Student Member - Dues Waived

Students Members shall be, at the time of application, students who are currently matriculated in a graduate program of study leading to an advanced degree in the field of counseling.

### Emeritus Member - Dues Waived

Upon retirement from participation in the professional activity that enabled regular membership in the Association, any member who has been in good standing in the Association for 5 years shall be transferred to emeritus status with the full rights and privileges of membership status, and shall thereupon be exempt from further dues and special assessments. Emeritus members are encouraged to notify the Membership Chair of address changes.

### Membership FAQ

**Q:** What if I believe I have paid my dues for this year?

**A:** Contact Beth Doane, Membership Chair, at [Beth\\_Doane@yarmouth.k12.me.us](mailto:Beth_Doane@yarmouth.k12.me.us) and you will receive a prompt response.

**Q:** How do I get a membership card?

**A:** Membership cards are mailed to individuals after the membership fee has been received.

**Note:** All members admitted are required to:

- subscribe to the [purposes of MeCA](#),
- reside or work in the state of Maine,
- maintain ethical standards of professional conduct and
- be approved by the Executive Board by recommendation of the Membership Chair. In exceptional cases, the status of member associate may be granted by a two-thirds majority vote of the Executive Board to persons not possessing the above qualifications but seeming significantly qualified in other respects.

**For questions on becoming a MeCA member, contact Beth Doane, MeCA Membership Chair, Guidance Department, Yarmouth High School, [beth\\_doane@yarmouthschools.org](mailto:beth_doane@yarmouthschools.org).**