

Maine Counseling Association

News & Views



Sketch by Marty Gallant—MeCA Historian

From the President

Dean Collins, Madison Area High School

Greetings! It is hard to believe how fast the year is going by and whatever the role your profession may be from a graduate student to a seasoned professional counselor with many years in your position, that the stress of our jobs can at times be overwhelming. This year's conference keynote, Dr. Sherene McHenry, will discuss ways to relieve some of that stress, how to avoid burnout and having us enjoy the conference and invigorated with new energy to continue doing what we all do – helping others.

As I have stated in previous articles, our organization is only as strong as our membership. We have brought numerous new faces on to the executive board with amazing new energy leading us into our next 50 years. I applaud Amanda Card, Southern Maine Community College Admissions, in taking on the role of our WebMaster and bringing our new webpage online. We still have a long way to go and it is input from our membership that makes this happen. If you have an idea for change, let Amanda know, and if it is possible I am sure she will make it happen. Just remember that we are all volunteers and these additional responsibilities sometimes are put aside until we complete our “primary job”.

Continued on next page.....

SAVE THE DATE!!

Annual Conference, April 13 & 14, 2015

The Maine Counseling Association (MeCA) is hosting its' 51st Annual Conference at the Samoset Resort in beautiful Rockport, Maine on April 14 and 15, 2015. Our keynote speaker this year is **Dr. Sherene McHenry**. She will deliver a fast paced, humorous and heartwarming address titled **“High Stress or High Impact: The Choice Is Yours.”** Passionate about helping counselors avoid burnout and be more effective on a daily basis, Dr. Sherene McHenry runs a company called Fully Engaged. In addition to the keynote, a range of workshops will be available for all counseling professionals (clinical, school, admissions, counselor education, mental health). This conference is not one you will want to miss!

For more information about the conference and to register, go to our website at: www.tmca.wildapricot.org



From the President *(Continued)*

What we, as an organization, are looking for are potential leaders to take on regional presidency positions for both Central Maine and Southern Maine regions – not the same person. What are your commitments? Organize meetings for your region on various topics of interest; attend our summer leadership summit, normally the third week of July at Maine Maritime Academy; attend executive board meetings, October, January, and March; and if you so desire, commence the leadership ladder to potential positions on the American Counseling Association Board. We currently have three members from our organization that are on the North Atlantic Region board, John Yasenck - President, Terry Mitchell – Governing Council Representative to ACA, and myself as treasurer.

I hope that one of you will be willing to embark on this journey. It is an exciting, rewarding venture on both the professional and personal level. I have met people throughout the world and I can honestly say that being the President of The Maine Counseling Association has been one of the most rewarding endeavors that I have taken on. Please search out one of us that are on the executive board, conference committee or a past-president to find out more about leadership opportunities. I would like to personally thank Colleen Reynolds for commencing me on this journey many years ago.

Hope to meet you at the Annual Conference in April!

From the Past-President, Conference Co-Chair

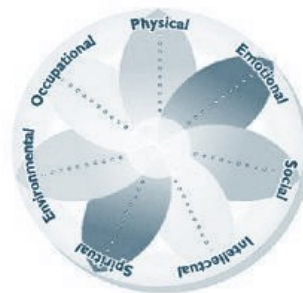
Jill Bouchard Cairns, University of Maine at Fort Kent

The Annual Conference Committee has been hard at work planning our upcoming spring conference that is being held at the beautiful Samoset Resort in Rockport, Maine on April 13 & 14, 2015. Our theme this year is focused around wellness, both as counselors and for our clients and students.

A sampling of sessions include **“Attitudes, Beliefs, and Ethical Values that Promote Client Wellness”**, **“Generating Exceptional Motivation and Success”**, **“Eating Disorders: A General Overview”**, **“What if College Were Proficiency-Based Too”**, **“Life Coaching: Useful to Counselors/Useful to Our Clients”**, and much, much more!

Coupled with our annual Fun Run/Walk, Yoga, evening entertainment and fantastic food—this year’s conference promises to leave you refreshed, energized and ready to take on the challenges and triumphs that lie ahead!

For more information about the conference and to register, go to our website at: www.tmca.wildapricot.org



A Note From Our 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 three 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: ljanter@johnbapst.org

A Note From Our Historian

Marty Gallant

Each year at the conference business meeting, the historian is called upon to read a list of those members who have retired or who will be retiring at the end of the school year. The historian also announces the names of current or past members who have died. Please contact me prior to the conference with any updates so that I might recognize the members at the conference.

Martin Gallant

Caribou High School

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mgallant@rsu39.org

From the President-Elect, Conference Co-Chair

Stan Pelletier, Bucksport Middle School

How's it Going There??

Since the announcement of the closing of the paper mill in Bucksport this fall and the accompanying loss of hundreds of living-wage jobs in the community, more people than usual have asked me some variant of the above-mentioned question, usually with expressions of genuine concern and sympathy. How to answer? I've had a few conversations with students who've been more stressed out than usual owing to anticipation of financial hardship to come within the family, and I've had more than a few conversations with adults stressing about the potential repercussions of the mill's closure. The mill workers were employed through much of December, so the week-to-week financial impacts to households and the community were not immediately felt, but will arrive in due course. A sense of shock, numbness, and for some betrayal, was a more evident response in the initial weeks following the news hitting.

The people of the greater Bucksport area have rallied. They are looking forward, attempting to envision a future beyond the mill that leverages the strengths and resources of the municipality and its people. The evidence of this may be followed in the local newspapers and, interestingly, also coincides with coverage of recognition of the recent successes of the Bucksport High School. BHS has been recognized as a national leader, becoming a model school for the Building Assets, Reducing Risks (BARR) program, after a 4-year implementation has led to a 20% increase in the graduation rate. Educators from around the country and the state are now planning to visit Bucksport to see this program in practice; my congratulations go out to the Bucksport High personnel who have been behind this effort, including school counselors Katie MacLeod and Heather Kuhl, whose participation has been instrumental. At present, we are piloting an effort to extend BARR into the middle school as well.

The current experiences of the greater community in Bucksport and our school community offer compelling parallels. Undercurrents of hope and optimism support efforts to forge a future of opportunity in spite of trying circumstances. It is a fine time to be involved as a member of the greater Bucksport community and school system. So, let's consider this discourse the "long answer" to the title question. The short answer? "It's OK."

Open Positions!!

Would you like to be part of a dynamic, hard working and fun team? Look no further than the MeCA Executive Board and Conference Committee.

There are several open positions on both the Executive Board and Conference Committee this upcoming year. We would love to have you!

Anticipated openings include:

President-Elect, Southern ME President, Central ME President

Please contact our current President if you are interested:

Dean Collins, dean.collins@msad59.org, (207)696-5654



North Atlantic/ACA News

John Yasenachak, NAR Chair, Husson University

The North Atlantic Region will be holding its bi-annual meeting at the American Counseling Association Orlando Conference in March. Since the last region meeting in July 2014, two of our branches have held successful conferences. The Pennsylvania Counseling Association held their conference in November. In October, the Vermont Counseling Association, with the support of ACA, held its first conference ever. Congratulations Vermont! The Maine Counseling Association has been collaborating with Vermont in a mentoring role. I had the privilege of keynoting the Vermont Conference and ACA's Executive Director, Richard Yep, gave encouragement to the group of about fifty attendees. The conference was held in beautiful Springfield, Vermont. Other branches will be holding their annual conferences in the spring and early summer.

Branch Development funds are still available for the purpose of promoting branch membership and professional counselor identity. Last year, MeCA was provided funds that enabled us to set up a vendor table at the Maine Association of Physician's Assistants Conference. The purpose of that activity was to promote counseling among medical providers. New York was the first branch to conduct an activity like this the previous year. So far, only two state branches have applied for Branch Development Funds. There is still time.

Nominations for the annual ACA best innovative practice and best innovative leadership event were submitted before the end of the year. Decisions will be announced at the ACA Conference in Orlando.

Please check the ACA website for information about the upcoming conference and other professional news. The website contains current information on not only the conference but advocacy issues as well as opportunities for continuing education. Your membership is what makes our organization and identity as professional counselors strong.

Congratulations to John Yasenachak!!!

The North Atlantic Region Association for Counselor Education and Supervision awarded John Yasenachak the 2014 Social Justice Award at the NARACES bi-annual conference in September. The Social Justice Award is given to a counselor educator in recognition of contributions to the profession in areas of social justice, advocacy, and multiculturalism. John is a past-president of MeCA and current chair of the North Atlantic Region of the American Counseling Association. He is full-time faculty in the Graduate Counseling Program at Husson University.

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Public Policy Update

Ben Milster, Mount Blue High School

As we start the 127th session of the legislature, the bills are just beginning to come in. As of now, there are a few bill requests that may be of interest to us that have not yet been printed as legislative documents, and are therefore not yet available for perusal.

They are: LR 455 An Act To Enhance Educational Outreach, LR 456 An Act To Encourage College Savings, LR 505 An Act To Protect Maine's Children from Sexual Abuse and Exploitation, LR 547 An Act To Affirm the Obligation To Support One's Children, LR 558 An Act To Reform Maine's Welfare Programs, LR 564 Resolve, To Strengthen the Administrative Provisions Relating to MaineCare Providers.

As stated, these bills may be of interest, but until we see them, I am not sure. Stay tuned.

And, for all of us school counselors, the SAT debacle continues. Last fall, I wrote about the confusion regarding the PSAT ordering, etc., and now we are being confounded once again by the SAT. Not only was there some significant confusion due to miscommunication from The College Board about having to register as a test center for the free April administration, there is also a significant question as to why we have to take a school day to administer this test. Why not just give us fee waivers for any junior who wants to take the May or June administration? When this question was posed to Charlene Tucker at the DOE, the response was that the "Powers That Be", wanted to ensure that there would be no obstacles to access the exam for students wanting to take it, so the decision was made to have it on a school day. So, let's see, we just spent several years making all (95%) of our juniors show up for the SAT on a Saturday in May, with upwards of half of them not really wanting to be there...And the DOE thinks that we can't get kids *who want to take the test* to the test center if needed? Really? Better to disrupt another school day (like we won't be disrupting enough with Smarter Balance). Let's hope we can soon get back to what used to be "normal" with this beast.

Northern Maine Counseling Association Update

Tracy Corbin, Caribou Regional Technical Center

Greetings from the County! The Northern Maine Counseling Association is working to recruit new members from the counseling field to help diversify our regional affiliation. We'd like to extend an invitation to all counselors in the area to join our meetings and participate in our professional development experiences. Our last meeting was held at UMFK in November, where we enjoyed an excellent student panel presentation and delicious scones. Our next meeting will be held at NMCC in January. NMeCA is currently working on sponsoring our 3rd annual Career Fair for all Aroostook County sophomores, which has been a great success over the past 2 years. Happy new year to everyone and we're looking forward to seeing you at the Conference in April!

Maine Career Development Association Update

Jim Peacock, Peak Careers Consulting

Maine Career Development has had a very successful fall offering two successful workshops with plans for another great workshop in April. We have a full day workshop on SkillScan Card sorts which can be used to discover a student's skills and how they relate to occupations. Card sorts are a great tactile way to help people discover their talents. SkillScan Tuesday April 17th. More information can be found at www.Maine-CDA.org

We are also excited to have Dr. John Krumboltz as our keynote speaker for the annual conference on Friday June 19th. Call for Proposals are out now and registration will be up soon. Stay current with us at www.Maine-CDA.org

You can also "like" us on our Facebook page and join in on the conversation on our LinkedIn Group page.



ATTENTION ALL MECA MEMBERS WIN \$100 CONFERENCE CREDIT!!!!

The Maine Counseling Association logo (as seen on our Webpage) is a little outdated and in need of a serious overhaul. The Executive Board would like to hold a Logo Design Contest and the winner will receive a \$100 credit towards the cost of the MeCA Conference at the Samoset along with recognition for designing the new MeCA logo! The winning design will also be presented at this year's conference and will be used on our website, newsletter, and future MeCA publications! Contest is open to all MeCA members, counselors, and counseling graduate students. Entries should be submitted in jpeg or gif format and may be in the form of a logo or a logo incorporated into a header/banner.

Please submit your designs to Dean Collins, MeCA President at dean.collins@msad59.org by March 4, 2015. We're looking forward to seeing all your creative entries!



Jim Peacock, Peak Careers Consulting

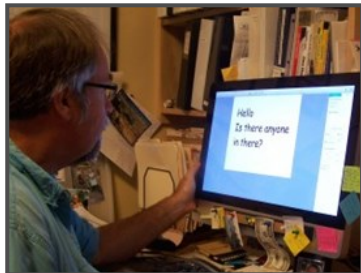
LinkedIn—Now What Do I Do?

"I HAVE A LINKEDIN PROFILE BUT NO IDEA WHAT TO DO WITH IT."

"There is no time for LinkedIn in my life."

"I need a career change and have applied to 100's of jobs but there is nothing out there."

Recently I was working with a young man who was desperate to get out of his current job. My first question was, **"What have you done so far to find work?"** His response was a combination of all of the above statements rolled into his 3 minute overview of what he'd done. My response to him, **"What you have done is a huge waste of time."**



Pause for effect...

"What?" And then the session began.

Rule number 1, people hire people. This young man was applying for jobs every night, literally every night, all night until he went to bed. He was SO BUSY that he felt he was being productive.

Rule number 2, see Rule number 1. So how does LinkedIn help you in Rule number 1? And what can you DO on LinkedIn? You can use LinkedIn, as much or as little as you want, as a tool to:

- *create an online professional presence
- *identify people who can help you discover new career pathways you had not thought of before
- *learn about an industry and their keywords used in that industry
- *generate ideas for jobs
- *research companies
- *improve your own LI profile by checking out other peoples profiles

The power of LI is that in our digital age, you **must have a professional online presence**, even if you don't DO anything in LI, you need to have a way for people to learn about the "professional you." Even in those industries that are NOT really using LI very much, you should have:

- *a profile that allows people to see you are indeed a professional
- *a vision of where you are going
- *skills they might be interested in

For you minimalists, once you create your profile (see my blog for what I think is a minimum. [BLOG](#)), **you can walk away from it and merely update it occasionally. For you others, read on.**

Back to the young man I was working with above.

His efforts were 90% in communicating 'computer to computer' and we discussed how he needs to flip his percentages to more like 60-70% of his time focused on communicating with real people. The rest of his time should be on researching, *"What job am I looking for?" "Who out there can help me?" "What key words are used in this industry?"*, and *"What companies are out there?"*.

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LinkedIn—Now What Do I do? (Continued)

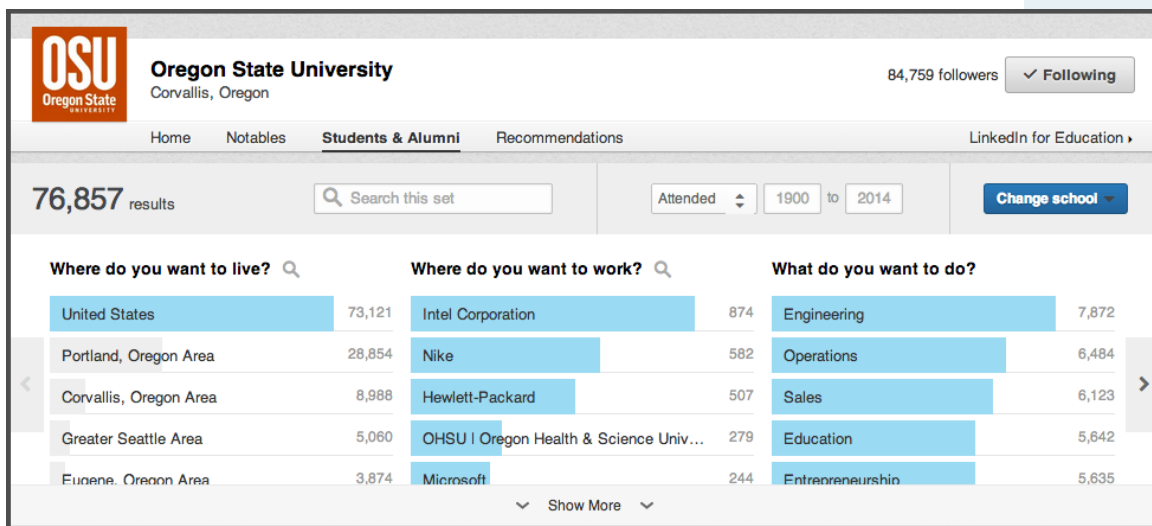
Here are 4 ways you can use LI to **find work by communicating with real live people.**

1. CONTACTS

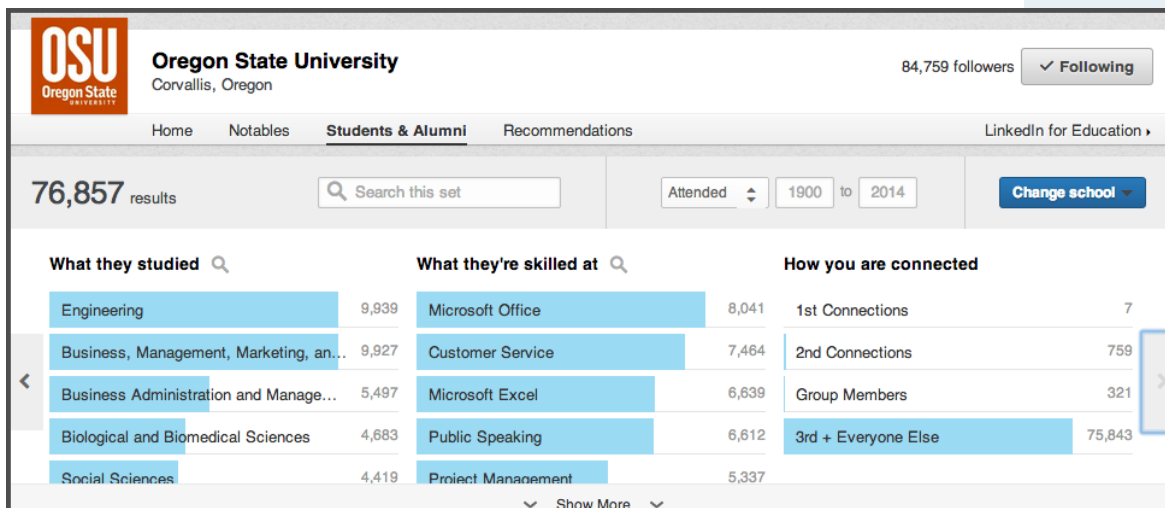
Go through your LI contacts. Who have you not talked to in awhile and might be able to help you in some way? Maybe you had the same major. Or they are doing something you find interesting. Or are they in an industry that could be a good move for you. Call them up or email them for a time to chat face-to-face, by phone, or Skype / Facetime. Note: you do NOT have to use LI messages, you can go 'old school' and call them on the phone because they are a friend of yours or you can google their company and get a phone number.

2. ALUMNI

On LI, go to CONNECTIONS tab and select FIND ALUMNI. You have a database of 76,857 people here at your fingertips. Click on the ARROW on the far right side to view WHAT THEY STUDIED.



On the next screen below you can see that **4,419 people studied Social Sciences.** (bottom of the list – click on the picture to make it bigger). If you studied Social Sciences, click on that major and peruse some of the profiles that will appear below this chart. **Look for current jobs and their path to their current job.**



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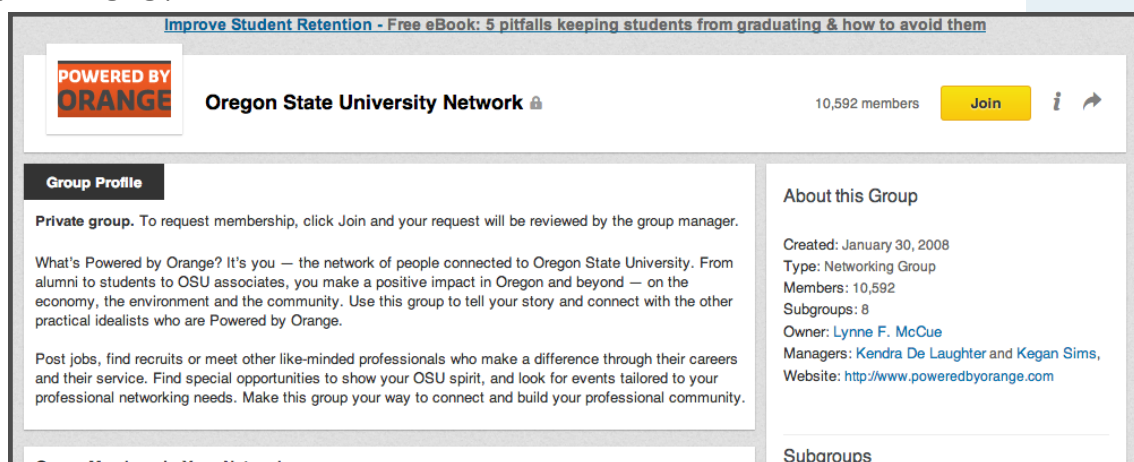
LinkedIn—Now What Do I do? (Continued)

If someone has an interesting position or career pathway, reach out to them and see if they will give you some advice on how to get into this field / occupation / industry. **Remember, you do not need LI to reach them via phone or email, you only used LI for idea generation.** But it is indeed always easier to reach out to alumni of your college.

Note: You do not have to only look at your college, you can do **this activity for any college.** Reaching out to people is more difficult but it can be a good way of generating some new thinking on your part.

3. GROUPS

If your college has an Alumni Group in LI, join it. As you can see in my screen shots of Oregon State University, below, there are 10,592 people in this group. (To the left of the JOIN button in the upper right corner). Once you are IN the group, you can ‘message’ anyone there that might be helpful to you in your job changing process.



The screenshot shows the LinkedIn group page for 'Oregon State University Network'. At the top, there is a banner for 'Improve Student Retention - Free eBook: 5 pitfalls keeping students from graduating & how to avoid them'. Below the banner, the group name 'Oregon State University Network' is displayed with a lock icon, indicating it is a private group. To the right of the name, it shows '10,592 members' and a yellow 'Join' button. Below the group name, there are two columns of information. The left column is titled 'Group Profile' and contains text about the group's purpose: 'Private group. To request membership, click Join and your request will be reviewed by the group manager.' and 'What's Powered by Orange? It's you — the network of people connected to Oregon State University. From alumni to students to OSU associates, you make a positive impact in Oregon and beyond — on the economy, the environment and the community. Use this group to tell your story and connect with the other practical idealists who are Powered by Orange.' The right column is titled 'About this Group' and contains details: 'Created: January 30, 2008', 'Type: Networking Group', 'Members: 10,592', 'Subgroups: 8', 'Owner: Lynne F. McCue', 'Managers: Kendra De Laughter and Kegan Sims', and 'Website: http://www.poweredbyorange.com'.

As you can see, in these 3 steps the theme is ‘people hire people’ and ‘people help people’. Don’t spend all your time clicking on website for job openings. Spend at least 60-70% talking with people that can help give you inside information about how to get into this industry or company. Eventually there will a job at the end of this process... a slower feeling process because you are not applying to 100 positions, but a more informative process. Note: There are 1000’s of other groups that are formed around various topics. Search for topics, industries, or organizations of interest and consider joining them...at least for awhile, you can always unsubscribe.

4. RESEARCH

Most companies have profiles on LI with information about latest news, career opportunities, and the ability to “follow” them for updates. Go to your search bar, use the pull down to the left of the bar and select COMPANIES, and search away.

On the right side of your screen. You will see “How you are connected” to the company. A great tool for identifying potential informational interviews.

You will also see a “People also viewed” section. This is a GREAT way to expand your list of potential companies. Of course, there is so much more in LI that cannot be covered here, but I hope this has given you some helpful information on how to “kick start” using LI as a tool to find work and network with like-minded people.

Conference Schedule

April 13 & 14, 2015

Monday, April 13, 2015

7:00 am – 4:00 pm *State of Maine Room - Registration*

7:00 - 9:00 am *Rockland/Rockport/Camden - Continental Breakfast*

8:00 - 9:00 am **Early Bird Session I:**

Pen Bay

Attitudes, Beliefs, and Ethical Values that Promote Client Wellness

Dr. Deborah Drew, LCPC
Dr. Jeri W. Stevens, LCPC

In this session, we will discuss the mission of the American Counseling Association and the beliefs and values of the counseling profession that help to promote client wellness. Attitudes that promote or inhibit client wellness will be explored.

Target Group=All

Schooner

Professional Counselor Identity – What do we profess?

John Yasenachak, Ed.D, LCPC

To “profess” a vocation is to stand up and say, “This is who I am!”. During this presentation we will have the opportunity to reflect upon the development of our personal and professional identity in relation to the mission of the American Counseling Association, our Regional and State Branch. We will briefly identify the components of professional identity (history, community, standards, service, advocacy, and self-care) that are guided by our overall mission as Professional Counselors. And we will hopefully touch deep within our hearts the energy that moves us to stand up proudly and say, “I am a Professional Counselor!” (Door Prize for Graduate Students!)

Target Group=All

Camden

Creating Safer Schools: An Overview for School Counselors

Mary Gagnon, LMFT
Cindy Mailhot, LCSW, ACS

This workshop will focus on what school counselors can do to aid in creating emotionally safer schools. From a broad lens, we will examine the ideas of developmental assets, progressive conformity, cooperation, and establishing prosocial behavior. We will explore what counselors can do within their own roles and within their schools to promote emotional safety.

Target Group=Elementary/Middle/
Secondary/ Clinical/Mental Health
Counselors

Ebb Tide

High School Aspirations and Dual Enrollment Community College

Wendy Bradstreet, MS

With the shift towards proficiency-based education, many students at the secondary level will quite possibly meet or exceed outcomes earlier in their high school careers. The question remains, “What is next for those students who excel early on?” Our answer is continue on to the post-secondary level of your education, not only at a fraction of the cost, but learning a career and technical occupation as you go! This can be accomplished by either taking a course directly on a college campus or by introducing the students to the regional tech centers that have transition agreements in place with the Community Colleges throughout the state for specific occupational areas, such as Allied Health, Trade/Tech and business fields.

Target Group=Secondary/Career
Counselors/Admissions

Monday, April 13, 2015 – continued

9:15 – 10:15

Early Bird Session II:

Pen Bay

Ethical Practice to Promote Client Wellness

Dr. Deborah Drew, LCPC
Dr. Jeri W. Stevens, LCPC

In this session, we will explore ethical practice that serves to promote the wellness of our clients. Topics related to counselor ethical responsibilities may include healthy relationships, dignity, welfare, harm, health insurance, treatment and diagnosis, supervision, and gatekeeping. Participants are invited to bring their questions and ethical dilemmas for discussions.

Target Group=All

Schooner

Transitions for Success: High School to College

John Lowe, Ph.D.

Sometimes the transition from high school to college for the student feels more like a toss and catch than a hand off. In other words having to jump rather than step from the dock to the boat can be a bit precarious without good vision and supports. Not only does the student have much at stake in this transition but it influences the high school family and even small community. Conference attendees will have the opportunity to learn about the Transitions week experience at Medomak Valley High School by participating as high school seniors. They will journal, discuss and respond to prompts and yes, be rewarded with chocolate too. Conference participants will easily be able to adapt this successful program to their schools.

Target Group=Secondary/Admissions

Camden

A Taste of Motivational Interviewing

Angelina M. Maia, MS, RD

This lecture will be an introduction to the spirit and key principles of Motivational Interviewing (MI). We will discuss the skills specific to MI that help make it such a unique counseling technique that can be used in a variety of settings, from the counseling department to the classroom. Methods to improving your own MI practice will also be presented.

Target Group=All

Ebb Tide

5th Grade: A Journey Through Careers and College Exploration

Cynthia Martell
Maureen Ferritier

Do you want to inspire more passionate and motivated students? Getting them engaged through hands-on, low-cost, activities, field trips, and guest speakers, has been highly effective. We will share with you how weaving together these elements will ignite promise! The session will showcase Career Exploration Tools, College Visits, Field Trips to Local High School Technical Center, Guest Speakers – Finance Authority of Maine, Maine Educational Services, College T-Shirt Day and much more!

Target Group=Elementary/Middle

10:15 - 10:30 am

State of Maine Room – Coffee Break, Visit our Exhibitors

10:30 – 12:15 pm

Session III:

Bay Point Room

Keynote: High Stress or High Impact: The Choice is Yours

**Dr. Sherene McHenry,
Ph.D., LPC**

Feeling stressed? Wondering if you've bitten off more than you can chew? Ever feel burned out, overwhelmed or ill-equipped to deal with swelling caseloads, tragedies and the ever increasing severity of client issues? In this fast paced, humorous and heartwarming keynote you'll reconnect with your passion and purpose and set yourself and those you serve up for long-term success.

Monday, April 13, 2015 – continued

12:15 - 1:15 pm

Rockport/Rockland/Camden - Lunch

1:30 - 2:30 pm

Session IV:

Owls Head

Generating Exceptional Motivation and Success

Dr. Sherene McHenry,
Ph.D., LPC

Are you ever baffled by others? Have you noticed that what motivates one individual doesn't bring out the best in another? Do you ever get tired of giving and giving and giving, and getting little in return? Would you like to be more effective with your clients, surrounded by happier people and enjoy healthier relationships? This humorous and poignant presentation will assist you in working with clients experiencing relationship difficulties. You'll learn why individuals don't always feel valued even when others are knocking themselves out to show how much they care. You'll also leave equipped to change lives, enhance relationships and decrease discipline referrals in the schools by up to 50%.

Target Group=All

Spruce Head

Life Coaching: Useful to Counselors/Useful To Our Clients

Emily Davis, M.Ed, LCPC

This experimental workshop will engage individuals in several self-reflective exercises for the purpose of gaining first-hand experience in a role of a coaching client. Participants will leave the session having identified a personal or professional area of focus, with a related action plan. Contrasts and similarities between coaching and counseling will be identified. Potential application to the use of coaching tools with our clients will be discussed. **PLEASE NOTE: Due to the nature of this session, it will begin and end promptly and no late arrivals will be allowed.**

Target Group=All

Pen Bay

Beliefs, Attitudes, and Practices that Promote the Ethic of Counselor Wellness

Dr. Deborah Drew, LCPC
Dr. Jeri W. Stevens, LCPC

In this session we will explore the importance and ethical imperative of counselor wellness. Beliefs, attitudes, and practice that promote counselor wellness will be explored. Participants are invited to bring ideas of what they do to promote their own wellness to share with others.

Target group=All

Schooner

School Counselor and Admissions Roundtable

Ben Milster, M.Ed
Carlena Bean, MS

The focus of this discussion will center on issues common to school counselors and admissions personnel. What do school counselors need to know from colleges, what do colleges want to know and what common challenges do we face?

Target Group=Admissions/Secondary

Camden

Neuroscience: Daily Practices for Health, Happiness, and Well-being

Marj Burgess, M.Ed., LPC

The best of neuroscientific research suggests that with simple tweaking here and there, all of us can utilize new findings to benefit our clients/students and ourselves. Participants in this workshop will take away a dozen ways to participate actively in health-enhancing practices, provide calm and relaxation in the midst of chaos, and create lasting changes to support a happier brain.

Target Group=All

Monday, April 13, 2015 – continued

Ebb Tide

Saving for College: Debunking the Myths and Sharing Resources to Help Families Save

Mila Tappan, BA
Stan Pelletier, M.Ed., LCPC

Saving for college is a good thing and during this session we'll discuss the benefits of saving for college. We'll also debunk common myths that may prevent families from saving that demonstrate why saving even small amounts can have a big impact. Additionally, we'll share information on grants that are available to help Maine residents start and continue saving for college!

Target=All

2:45 - 3:45 pm

Session V:

Owls Head

College Admissions: It's All About Grades - (Isn't it?)

Wendy Thompson, MA

Colleges use a variety of criteria to evaluate applicants. This entertaining, informative, and interactive presentation illustrates the many and sometime surprising factors college admissions officers consider when they review students' application materials.

Target Group=Admissions/Secondary/
Career Counselors

Spruce Head

Experiential Activities for Enhancing Emotional Intelligence

Scott I. Goldsmith, MS, LPC

Experiential counseling utilizes a multimodal approach to promote emotional growth and development in children, teens and adults. Using engaging, fun activities creates a high level of "buy-in" from even the most typically disengaged participants, promoting conversations your groups may otherwise never have. By understanding sequencing, activity set-up and the debriefing process, counselors can use this approach immediately!

Target Group=Middle/Secondary/Clinical/
Mental Health Counselors

Pen Bay

Ethical Practice to Promote Counselor Wellness

Dr. Deborah Drew, LCPC
Dr. Jeri W. Stevens, LCPC

In this session we will explore the areas of the ACA Code of Ethics that guide the practice and importance of Counselor Wellness. Participants are invited to bring their dilemmas regarding counselor wellness for discussion and sharing.

Target Group=All

Schooner

Providing Psychological Support During Disasters and Community Emergencies

Jan Frost, LCSW

What is it like to provide mental health services during an emergency response operation? The presentation will provide introductory information on the field of Disaster Mental Health. A detailed review of specific response operations will give the participant a general understanding of the best practices disaster mental health responders engage in during a disaster or community operation. Responses to the Newton CT school tragedy, the Boston Marathon explosions, the Portland Maine Noyes Street fire, the Mechanic Falls Maine fatal hayride, Super Storm Sandy, among others will be discussed.

Target Group=All

Tuesday, April 14, 2015 – continued

Spruce Head

Self-Harm: Identifying, Supporting and Referring

Heather Carter, MA

We are seeing self-harming behaviors in children as young as 5th-6th grade. How do we support these children? How do we handle the issue of contagion, especially in our schools? Do your schools have protocols for self-harm that direct us in what to do when students are harming themselves as a coping mechanism? If not, what would these protocols look like? Come discuss these issues and more.

Target Group=All

Pen Bay

Recognizing and Responding to the Commercial Sexual Exploitation of Children in Maine

Destie Hohman Sprague, MA

Between 100-200,000 US minors are engaged in commercial sex trafficking at any given time, and in 2011, there were over fifty calls to the National Human Trafficking Resource Center Hotline originating from Maine – an almost 50% increase over the previous year. This training will help participants understand the problem of commercial sexual exploitation and sex trafficking of children in Maine, the red flags and other signs of sex exploitation and trafficking, and how to meet the needs of victims. Participants will learn about the various efforts in Maine to address this issue, and how they can play a role in ending commercial sexual exploitation of children in Maine.

Target Group=All

Schooner

How to Best Serve the Transgender Community

Einstein Hickman, LCPC-C,
CADC

This presentation will explore cultural, ethical, and best approach concerns for providers serving members of the transgender community. With 1 in 200 US citizens being transgender and this population gaining more media, social recognition, and care it is not more important than ever for mental health providers to learn the appropriate terminology, cultural sensitivities, and modalities to best serve this at risk population.

Target Group=All

Camden

Working With Children in Crisis

Wally Fraser, LCPC, LCPC-C
Ashley Estes, LCPC, LCPC-C

This session will examine the stabilization of children experiencing a mental health crisis, the crisis cycle and why we slow things down. What can you do to help your student or client?

Target Group=Elementary/Middle/
Secondary/Clinical/Mental Health Counselors

Ebb Tide

Helping Students' Career Development Using Career Transition Theory

Jim Peacock, M.S.Ed

Some students struggle with career decision making because of transition issues. The career transition theory developed by Dr. Nancy Schlossberg has many applications to the work being done in career counseling. The theory looks at the 4 S's: Situation, Self, Support, and Strategies. Each of these can be broken down and explored with the student and will help you understand where to focus your efforts in assisting them in their transition. This session will cover the Transition Theory and give you practical tools that you can use in your daily work with students.

Target=All

Tuesday, April 14, 2015 – continued

9:15 - 10:15 am

Session VII:

Owls Head

Eating Disorders: A General Overview

Dr. Seda Ebrahimi, Ph.D.

Dr. Ebrahimi will address the various types of eating disorders and the many risk factors and symptoms. There are many common comorbidities and medical complications that are associated with eating disorders that will be covered as well. A collaborative approach including therapy, nutrition and medical management are necessary for effective treatment. Dr. Ebrahimi will detail each of these components in addition to the necessary assessments that must be completed. Finally, Dr. Ebrahimi will cover the levels of care that are available to those struggling with eating disorders.

Target Group=Elementary/Middle/
Secondary/Clinical/Mental Health
Counselors

Spruce Head

Family Involvement as a Key Component of Treatment

Greg A. Marley, LCSW

Families are universal; we all have one and they establish a powerful internal narrative in each of us. For people living with mental illness, family often provides a significant level of emotional, physical and logistical support, and can play a pivotal role in a person's engagement or lack of engagement in treatment. For youth with emergent behavioral health needs family is arguably the most significant factor in successful engagement in treatment. NAMI Maine is a grassroots membership organization providing education, support and advocacy for people living with a mental illness and for their family members. Join three members of the NAMI team as we present a rationale and a model for the importance of including family into the treatment and support setting as a vital support for success.

Target Group=All

Pen Bay

LinkedIn: The Largest Career Database in the World. Now What do I do?

Jim Peacock, M.S.Ed

LinkedIn has over 300 million professionals with profiles and is used by nearly ALL Human Resource Departments and Recruiters to fill open positions and to learn more about candidates. It is so much more than merely a social media site to host your professional online presence. It can be used to explore career pathways and generate ideas on "what can I do with that major?" and more! If you are thinking about a career change yourself or want to be able to help your students/clients learn more about a career, this session is for you. The session will look at how to create strong professional online profile, identify career pathways for yourself or your students, research potential companies for employment or interview prep, utilize LI groups and your network to seek inside advice to an industry or company.

Target Group=All

Schooner

What if College Was Proficiency-based too?

Erin Benson, BFA

Linda Schott, Ph.D.

Craig Kesselheim, Ph.D.

Representatives of UMPI will describe their first-year experience of creating a proficiency-based learning environment for all incoming freshmen. We have changed our philosophy, our approaches to grading, our intervention design, and our ability to know and support our students. We have partnered with Maine high schools to help us learn. One of our presenters will be a first-year student.

Target Group=Secondary

Tuesday, April 14, 2015 – continued

Monhegan

DSM 5 Changes: Substance-Related and Addictive Disorders

Don Lynch, LCPC, CSW-IP

This workshop will focus on the DSM 5 changes related to the diagnosis of substance use disorders. It will cover the addition of several new substance use disorders as well as gambling, disorder together with the associated changes to the specific diagnostic criteria. We will also discuss the effects of the change related to the former DSM IV categorical nosology to the new dimensional approach currently being used in the DSM.

Target Group=All

Ebb Tide

Student Navigators – Community College

Carrie Dionne, Graduate Student in School Counseling, Husson University

TAACCCT grants bring more than money and new programming to Community Colleges. Student Navigators are on each campus working with select groups of students to help each person achieve success. Come learn about the supports available to students on campus.

Target Group=Secondary/Career Counselors

10:15 - 10:30 am

State of Maine Room – Break

10:30 - 11:30 am

Session VIII:

Division Meetings

Camden - Eastern Maine Counseling Association – **Rena Lolar**

Spruce Head – Admissions – **Carlena Bean**

Ebb Tide - Downeast Maine Counseling Association – **Brittany Ray**

Pen Bay - Southern Maine Counseling Association - **OPEN**

Schooner - Central Maine Counseling – **Kara Dacato**

Owls Head - Northern Maine Counseling Association – **Tracy Corbin**

11:30 am - 12:00 pm **Checkout**

12:00 pm

Rockland/Rockport/Camden—Lunch, Business meeting and giveaways

Contact hours will be awarded for attendance at this conference at the rate of one contact hour for each hour of workshop/keynote attended. 8 contact hours are possible.

*MeCA is an approved provider for NBCC and for State Licensure.
Workshop offerings are subject to change.*

The Annual MeCA Spring Run-Off

5K—Run and Walk

Distance: 5K (3.1 miles) wheel measured.

Course: START and FINISH at main entrance to the Samoset. Out and back course, miles 1 and 3 fairly flat, the middle of racecourse has a downhill (out) and an uphill (return).

Day & Time: Monday, April 13 Walkers 4:00 p.m.
Runners 4:30 p.m.

Participants should check in 30 minutes before race begins.

Prizes: Ribbons with medals – 1st, 2nd, and 3rd places in the following categories:
female & male walkers
female & male runners

Plus: Water at halfway point, mile markers, timing, and results forwarded to the MeCA Newsletter .

Name: _____ Sex: M ____ F ____
Address: _____ Run: ____ Walk: ____
City: _____ State: ____ Zip: _____
Email: _____ Telephone: _____
College or Organization: _____

In consideration of your acceptance of this entry, I, intending to be legally sound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against any sponsor, their representative, successors and assigns, for any and all injuries suffered by me at said race.

Signature: _____ Date: _____

Please mail completed form to: Sandy Glynn
Husson University
1 College Circle
Bangor, ME 04401

Late registration forms will be accepted at the conference until 12:00 noon on race day.

Maine Counseling Association

2014—2015 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)

Membership Information

Name: _____

Address you want mailings sent to:

Work Phone: _____

Home Phone: _____

Email Address: _____

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

Educational Background:

Degree: _____ Major: _____

University/College: _____

Years in Professional Field: _____

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 ME Association for Specialists in Group Work

Regional Council Membership

_____ \$5 Central Maine Counseling

_____ \$5 Downeast Maine Counseling

_____ \$10 Eastern Maine Counseling

_____ \$20 Northern Maine Counseling

_____ \$10 Southern Maine Counseling

_____ **TOTAL** (Check payable to MeCA)

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)

() Student (STU)

() Substance Abuse Counselor (SAC)

() Vocational Counselor (VOC)

() School Counselor (SC) Check level:

___ K-5 (A)

___ 6-8 (B)

___ 9-12 (C)

___ K-9 (D)

___ K-12 (E)

() Other (OTH) Please specify:

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

Email: beth_doane@yarmouthschools.org

ADMINISTRATIVE USE ONLY:

Date received: _____ Check or PO #: _____ Amount: _____

About Your 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.

MeASGW Member—\$15

The Maine Association for Specialists in Group Work is a division of MeCA. A MeCA membership is required in order to join MeASGW. Individuals who are interested in becoming a MeASGW member need to contact Joel Lavenson at joel@imagotherapist.com for registration.

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 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, 286 West Elm Street, Yarmouth, ME 04096
Email: Beth_Doane@yarmouth.k12.me.us

Executive Board Members

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SMeCA President
Position Open

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Maine Counseling Association