



# Maine Counseling Association

*News & Views*  
*Fall 2015 Edition*



*Sketch by Marty Gallant*

## From the President

*Stan Pelletier, Bucksport Middle School/RSU 25*

### ***“Adventures With MeCA, Summer 2015”***

Hello, colleagues, here's hoping this letter finds you well. Summer's not quite done with us yet, as we're experiencing some of the hottest temps yet as I write this; it makes me anticipate an upcoming camping weekend in Baxter State Park that much more. I was able to make it to our “greatest mountain” once during the summer, and my kids prevailed upon me to hike up to see the sunrise from the tablelands—we set out on the Hunt trail at 2:30 AM to make Baxter Peak by 5:15. What a treasure, to experience Katahdin for many hours with no other human company than our small group! Besides the occasional excursion, my side-job running “dad's taxi service”, and lots of house projects (mission accomplished: finish my high-school aged kids' rooms before they move out), MeCA-related activities kept me busy for much of the last half of July. Our annual leadership retreat and summer business meetings were once again hosted by Maine Maritime Academy in beautiful Castine (many thanks to MMA). Among the items that came up was the notion of holding our fall meeting in Southern Maine at the SMCC campus in order to make it more accessible to folks in the southern region, which will now happen on October 16. RSVP to me if you are planning to attend to get more involved or just see more of how MeCA works. By the way, all MeCA board meetings are open and members are invited to attend our regular meetings at our home-base, Husson University, as well, just contact me or another executive board member if you plan to attend (many thanks to Husson as our long-time host).

The week after the retreat I found myself in Washington, DC, representing MeCA at the annual Institute for Leadership Training (ILT) event, which featured opportunities to meet and network with other ACA state branch representatives and also get involved with legislative advocacy on Capitol Hill on behalf of our clients and profession. Also representing Maine were ACA North Atlantic Region past chair John Yasenachak and ACA NAR governing council member Terry Mitchell (see the picture on our website, they

*Continued....*

## From the President *(Continued)*

“won” the tie-division hands-down). It is notable that the 3 issues about which we spoke with our congressional reps’ staffers are the same ones that appeared on John’s fall newsletter submission in 2012, namely Medicare coverage for services of professional counselors (H.R. 2759 and S. 1830), federal funding for the Elementary and Secondary School Counseling Program (ESSCP) [which suffered huge cuts this past year], and Veteran’s Administration hiring practices which exclude professional counselors. The process of impacting these issues in a positive way for our clients and profession is a marathon, not a sprint, and MeCA is working to strengthen our structures and alliances with other professionals in order to insure our presence at the local, state, and national level for the long haul. Also at the ILT, new ACA president Thelma Duffy presented her “Anti-bullying & Interpersonal Violence” presidential sponsored initiative for the coming year, which aligns with our MeCA spring conference keynote topic of Non-violent communication. Watch for more on this during the coming months. A final highlight for me personally was being able to stay an extra day to visit my brother and sister in law and my niece and nephew in their new home in DC, which I’d not yet done. It was nice to be able to go out for Ethiopian food, since, to paraphrase, “we can’t get [that] from heah!”

I look forward to communicating with you all throughout the year. MeCA officers will continue to do our best to insure the presence of counselors “at the table” of important discussions and decisions which impact our clients and profession, and also increasingly make available resources so any Maine counselors asking “what can I do?” will feel empowered, knowledgeable, and supported in “grass-roots” advocacy and day-to-day contacts as we carry out our duties. As Senator Elizabeth Warren reminds us, “If you don’t have a seat at the table, you’re probably on the menu.”



### Team Maine!

Members of the Maine Counseling Association visited Washington DC while attending the American Counseling Association’s Institute for Leadership Training. Pictured from left to right are John Yasenach, Assistant Professor in the Husson Graduate Counseling Program and Chair of the ACA North Atlantic Region, Terry Mitchell, ACA Governing Council Representative and Stan Pelletier, President of MeCA. The association thanks you all for your continued advocacy and support!!

### A Note From Our Newsletter Editor

*Jill Bouchard Cairns*

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:

**Jill Bouchard Cairns**  
**U of Maine at Fort Kent**  
**23 University Drive**  
**Fort Kent, ME 04743**

If you have any ideas, articles or questions you can email Jill at [jillb@maine.edu](mailto:jillb@maine.edu)

### A Note From Our Historian

*Kevin O’Reilly*

Hello, fellow MeCA members! My name is Kevin O’Reilly and I am pleased to be attempting to fill the exceptionally large shoes of Marty Gallant! Marty has done such a great job over the years and I can only hope to do as well as he did as Historian. Please let me know of any MeCA members that will be retiring this year, and any members that may have passed away. You can either email me this information at:

**Kevin O’Reilly**  
**Oxford Hills Comprehensive HS**  
**256 Main Street**  
**South Paris, ME 04281**  
**(207)493-4260**  
**[K.oreilly@msad17.org](mailto:K.oreilly@msad17.org)**

## Many Thanks!!



*To Maine Maritime Academy for hosting MeCA's Annual Summer Leadership Retreat. As always, the accommodations were top notch, the food was delicious and the hospitality was excellent! Your support for MeCA is much appreciated!*

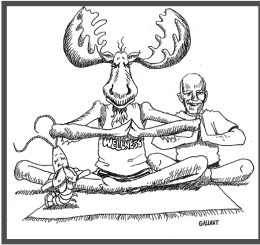


*To Husson University for being the host site for all of MeCA's Executive Board and Conference Committee meetings. Your support for MeCA is much appreciated!*

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### From the Past-President, Conference Co-Chair (Current Public Relations Chair)

*Jill Bouchard Cairns, University of Maine at Fort Kent*



What an incredibly refreshing and wonderful conference this year! My hope is that those who were able to attend returned to their offices with a fresh outlook, invigorated by the time spent with colleagues from around the state and with little nuggets of helpful information from the sessions you attended. Dr. Sherene McHenry delivered an engaging, thoughtful and humorous keynote that really set the stage for the remainder of the conference.

A very special thank you to the conference committee—**Stan Pelletier, Dean Collins, Andrea Hallett, Sue Pierce, Amanda Card, Marty Gallant, Jeannie McKinney, Beth Doane, Brian Manter, Lisa Manter & Carlana Bean** for all of your hard work and effort in organizing this year's event. You were all absolutely wonderful to work with!

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### Open Positions!!

*Would you like to be part of a dynamic, hard working and fun team? Look no further than the MeCA Executive Board. There is one open position on the Executive Board this upcoming year for the position of Southern Maine President.*

*We would love to have you!*

*Please contact our current President if you are interested:  
Stan Pelletier, [stan.pelletier@rsu25.org](mailto:stan.pelletier@rsu25.org), (207)469-6647*



## Public Policy Update

*Ben Milster, Mount Blue High School*

Here we go again. Due to the passage of LD 1276 this past legislative session, we are once again looking for a suitable instrument for the Maine High School Assessment. Since this process was such a colossal debacle the last time around when we were saddled with the SAT for a number of years, I certainly wanted to try and keep abreast of the selection process for the new assessment. I knew that a task force had been established for the purpose of selecting a new test, and on August 12, emailed the following to Nancy Godfrey at the DOE:

***Nancy: The Maine Counseling Association, as well as the Maine School Counselor Association, is very interested in the selection process for the new State assessment. I have looked at your website, and would like to know if there is a schedule for upcoming meetings of the task force, and if they are open to the public.***

***I would appreciate any information that you can share with me.***

***Thanks, Ben Milster, Public Policy Chair, Executive Board***

By August 25, I had not heard back from Nancy, so I sent a second request. That same day, I received an email from Rachelle Tome, who is the acting Deputy Commissioner. Rachelle thanked me for sharing my interest, and informed me that the task force was formed early this past summer, and that they were in the final stages developing an RFP (Request for Proposal) to post soon. Rachelle also referred me to the task force website. Rachelle did not answer my request for a schedule of meetings, nor did she respond to my inquiry as to whether or not any meetings would be public.

On August 26, I emailed Rachelle the following:

***Rachelle - So you are having no meetings that are open to the public regarding the decision making process for the new assessment?***

***Ben Milster***

Receiving no response, I sent the same email again on September 12.

On September 14, I received the following email from Debra Plowman, Director of Policies and Programs: *The task force required in LD 1276 to develop the new MEA met this summer and subsequently had 3 formal opportunities to weigh in on what the next MEA should look like. Some members reached out to their colleagues for their comments as well. Those comments and responses were posted on the DOE website. The website was used by many interested parties to share their comments as well. Further, a member of the task force shared the questions with members of the Maine Principal's Association and we received comments from 184 participants.*

*The RFP has been written and has been advertised as of last week. After the deadline for responses has come, we have a team of both educators and DOE members who will score the proposals.*

*Continued.....*



## Public Policy Update *(Continued)*

The Maine DOE website is updated regarding this process on a regular basis and you can check in at <http://www.maine.gov/doe/assessment/math-ela/task-force/index.shtm> to track the progress.

On the same day, I responded with the following:

*Debra - Thank you for your response. I have visited the Task Force site previously and again today, and can see the questions and member roster, as well as the commentary section. I cannot see, however, where the comments are posted. I have missed things before on websites, and may certainly be doing so again. Any direction would be appreciated.*

As of this writing (September 22), I have not heard back from Debra Plowman. So, I still do not know if and when any meetings of this task force will be held to review the RFP responses, nor if they will be open to the public. I also took another look at the website, and could not see where comments and responses were posted. If anyone who reads this and can find them, please let me know – As stated previously, I have missed things on websites before.

And, on a final note, during the College Board update at UMF yesterday, we learned that they have submitted a response to the DOE's RFP for consideration – The new, improved, revised, super duper, better than ever SAT. Stay tuned.



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## Mark Your Calendars

MeCA's Annual Conference at the Samoset Resort  
Monday, April 11<sup>th</sup> -Tuesday, April 12<sup>th</sup>, 2016

### ***"Building Resilience Within Conflict"***

The Conference Committee is excited to announce this year's keynote speaker. Peggy Smith is Maine's only trainer certified by the *International Center For Nonviolent Communication* (<http://www.cvc.org>). Her presentation will demonstrate how Nonviolent Communication (NVC) can help us stay connected even during conflict. Nonviolent Communication was developed by clinical psychologist Marshall Rosenberg PhD. as a practical and powerful process to enhance everyday empathy. We will explore how to avoid the common outcome of blame and judgment, disconnection and substitute the resilient behavior of needs-based thinking, thereby turning to strategies that enhance connection.

Peggy has been sharing this powerful process throughout Maine and our regional for ten years. She will be accompanied by Alton Lane, a life-long resident of the mid-coast, who has used NVC to transform a life of addiction and violent criminal behavior to a life of happiness and service.

Peggy has shared NVC in public workshops, as a UM adjunct lecturer, at the Re-entry Center in Belfast, as a facilitator at Seeds of Peace International Camp, at Riverview Psychiatric Recovery Center, and a variety of businesses and organizations. The keynote will be on Monday, April 11<sup>th</sup>, 2016.

The Conference Committee of the Maine Counseling Association is seeking workshop proposals for the annual spring conference. Each year an array of workshops are offered ranging from ethics to counseling techniques to personal enrichment sessions. If you have an idea for a session you wish to present, then please complete the form below and return it to Kevin O'Reilly prior to November 13, 2014. Or, go to [www.maineeca.org](http://www.maineeca.org) to complete the form online!



# Maine Counseling Association

A State Branch of the American Counseling Association



## CALL TO PROGRAM

The MeCA Conference Committee announces the Call to Program for the MeCA conference being held April 11th and April 12th, 2016 at the Samoset in Rockport, Maine. If you are interested in being a presenter at this year's conference, please fill out the information below and mail or email (prefer email) to the following address: **Kevin O'Reilly, Oxford Hills Comprehensive High School, 256 Main St., South Paris, ME 04281**

Telephone: 207-493-4260 FAX: 207-493-4244 email: [k.oreilly@msad17.org](mailto:k.oreilly@msad17.org)

NAME: \_\_\_\_\_

Tel: (W) \_\_\_\_\_ (H) \_\_\_\_\_

(fax) \_\_\_\_\_ (email) \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Credentials: \_\_\_\_\_

Place of Employment: \_\_\_\_\_

Program Title: \_\_\_\_\_

Please write a brief description of the presentation which will be used in the conference program brochure (3-4 sentences):

Target Group (click all that apply):

- |  |                                    |  |                                     |
|--|------------------------------------|--|-------------------------------------|
| <input type="checkbox"/> Admissions                        | <input type="checkbox"/> Secondary | <input type="checkbox"/> Middle            | <input type="checkbox"/> Elementary |
| <input type="checkbox"/> Clinical/Mental Health Counselors |                                    | <input type="checkbox"/> Career Counselors | <input type="checkbox"/> All        |

Please send a detailed description on a separate sheet. Presenters are responsible for bringing their own presentation materials (projectors, TV's, computers, flip charts, markers, etc.). If you need a screen for your presentation then please let me know.

The Maine Counseling Association provides contact hours at the conference. MeCA is required to keep a record of our presenters' qualifications. *Please include a brief resume along with your Call to Program form. Your resume must include your educational degree and field of study.* Thank you for your support of our professional organization. A confirmation letter will be mailed to you by mid-January, 2015.

*This form is also available on our website: [www.maineeca.org](http://www.maineeca.org)*

Maine Counseling Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2020. Programs that do not qualify for NBCC credit are clearly identified. Maine Counseling Association is solely responsible for all aspects of the program.

## Annual MeCA Spring Run-Off

The Spring Run-Off Road Race was held again this year during the annual MeCA Conference at the Samoset Resort in mid-April. The weather cooperated for the folks who joined in this fun event with sunshine and warm temperatures. A much needed change after the very long, cold, snowy winter of 2015.

The winners and their times in all four categories are as follows:

### Female Walkers

3 <sup>rd</sup> Place	Brenda Michaelsen & Jeannie McKenney	44.38
2 <sup>nd</sup> Place	Erin Brosseau	43.25
1 <sup>st</sup> Place	Beth Doane	38.19

### Male Walkers

3 <sup>rd</sup> Place	Eric Steeves	43.07
2 <sup>nd</sup> Place	Marty Gallant	43.06
1 <sup>st</sup> Place	Dominick Varney	38.19

### Female Runners

1 <sup>st</sup> Place	Leslie Smith	31.10
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### Male Runners

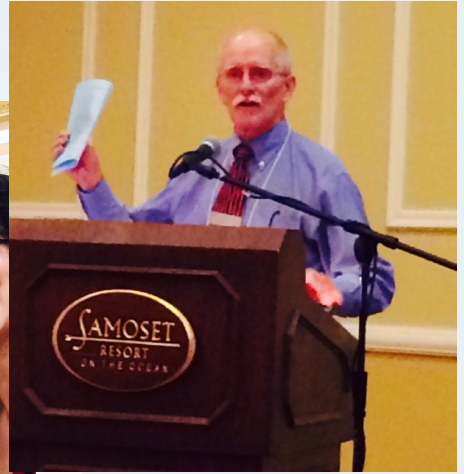
3 <sup>rd</sup> Place	Nick Umphrey	27.40
2 <sup>nd</sup> Place	Stan Pelletier	23.37
1 <sup>st</sup> Place	Andre Anderson	21.16

Special thanks to FAME for their continued support of this event by way of the race T-shirts and to Kate Goupee, Cross Country/Track and Field Coach at Husson University, for her annual donation of the numbers worn by the participants.





# 2015 MeCA Conference Photos







## MAINE COUNSELING ASSOCIATION

A State Branch of the American Counseling Association

## Executive Board Members

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Past-President

**Dean Collins**

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**April LeClair**

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CMcCA President

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NMeCA President

**Erin Benson**

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SMeCA President

**Position Open**

MeASGW Representative

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ME Career Dev. Assoc.

**James Westhoff**

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ME College Admissions Assoc.

**Carlana Bean**

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ME School Counselor Assoc.

**Kris Croteau**

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**Lois LeBlanc**

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**Rachel McIntosh**

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## Conference Committee Members

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Madison Area High School

President-Elect, Co-Chair

**Tracy Corbin**

Caribou Regional Tech. Center

President

**Stan Pelletier**

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**Kevin O'Reilly**

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**Carlana Bean**

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**Jeannie McKenney**

Maine Maritime Academy