



Maine Counseling Association

News & Views, Fall 2017 Edition

From the President

Andrea Hallett, Presque Isle High School

Welcome back! As the President of MeCA, and the new Director of Guidance at Presque Isle High School, I was reading the greatest article in the ASCA publication on Mindset. "Mindset Matters" by Summer Kuba was the article and I thought it perfectly fitting to the jobs I have at hand. Change is hard for people, no matter their age. Change is reflective of insecurities that both children and adults we have been able to mask and keep hidden, yet when made to embrace change brings those to the surface again. For anyone that knows me, knows that when I do change, I do it big (why not right?) "Sure I will take the Presidency. Sure I will take on a new role where the previous director is LEGENDARY." Sure..." In the past few months, I have had to reflect on change more than most. Taking on a staff, a high school population 4 times bigger than I have ever dealt with, and the changes we are all facing with the PBE transcript for the Class of 2021, this article helped to bring it all back into perspective for me. Some points to reflect on as Counselors whether you are in the educational world or private sector, reflection is necessary for change. While, in this particular piece, it speaks to reflection in a professional setting, and that is necessary, I think personal reflection (self-care is a HUGE part of this reflection!) is also necessary for professional growth. Keep in mind that in the midst of the changes we are faced with as counselors, the need to do the best thing for everyone around us is inherent, yet we are no good if we cannot see our strengths and weaknesses and work with

Continued.....

Important Notice To All Members of The Maine Counseling Association:

As many of you are aware from a recent statement, Nick Umphrey has resigned as our acting President. Working within our Association bylaws I have assumed the position effective immediately. I look forward to working with the board and continuing the initiatives set forth by my predecessors. Know with confidence that our organization will work for you, the members, and bring the change necessary to continue the amazing work MeCA has been doing for over 50 years.

*Sincerely,
Andrea Hallett*

From the President *(Continued)*

those in this process. Fixed vs. Growth (Yeah, Yeah we've all heard it) have you really ever looked at yourself and what your thoughts are? Are you the "negative Nelly" that is always saying "We can't do that?" Are you the leader that is looking at how to best support and facilitate the change? I know in education it is easy to plant our feet and say "no." We need to reflect and say: Is that the best course of action? How can I be more open to the changes? I know as a Director it's easy to take personally when someone is vocal in opposition to an idea you are fostering, (maybe that is one of my faults-just maybe) how do you continue to drive the movement? Data, education, dropping in someone's bucket? What is going to be your best plan of attack and how does it fit your personal reflection? Lastly, Kuba points out we need to sit back and watch it grow. What exactly does that mean to you? Watch it grow to me is the constant reflection (and self-care!!!). Bob and weave, bait and switch, divide and conquer; whatever you want to call it, it is necessary to decide how we, as counselors of any discipline, will foster and facilitate change. Joining your local, State, or

National organization? Running for office in one of those organizations? Stepping up and taking a job you have wanted for years and years? Working with a staff, big or small, to do what needs to be done to change the world? Ok, maybe I am getting ahead of myself, but if you take nothing from my words please decide how you will facilitate change. Will you be brakes on the wheels or will you be driving the train? Something to think about!



SAVE THE DATE!!

Annual Conference

March 26 & 27

Samoset Resort—Rockport, ME



The Maine Counseling Association is pleased to announce the dates for this year's Annual Meeting and Conference. Look for more information on our website soon!!

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

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
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South Paris, ME 04281
(207)493-4260
K.oreilly@msad17.org**

From the Past President

Tracy Corbin, Caribou Regional Technical Center

The Maine Counseling Association has had a very successful year – we have been awarded The Best Leadership Development Practice Award for the North Atlantic Region, we have secured two mini grants, and have been awarded the Five Star Branch Award. Among our accomplishments this year, I am most proud of our collaborative efforts with the Maine School Counseling Association (MeSCA) and the Maine Mental Health Counselors Association (MeMHCA) during our Summer Leadership Retreat in Castine.

When I became a School Counselor in 2009, I was very confused as to why my fellow school counselors primarily belonged to MeCA, while very few in my area belonged to MeSCA. Now nearing LCPC licensure, I've found myself asking the same question of the MeMHCA branch. It became very clear to me early in my counseling career that there exists some sort of discord between Maine's counseling associations. I asked tough questions of the veteran counselors around the state and what I discovered is that very few even remember the source of our riff, but I've concluded that it predates my birth.

At our March Executive Board meeting, we decided to make the bold move to invite the Executive Boards of MeSCA and MeMHCA to our Summer Leadership Retreat, and much to my delight, they accepted the invitation! We began our Summer Leadership with an open and honest conversation, addressing the elephant in the room and exploring the history of our associations' discord. What we discovered is that none of us really knew where the division originated from, but that we were all acutely aware that it did exist, if in no other form than folk lore. We also agreed that all of us are stronger working together than operating in isolation, and are interested in moving past this history and entering a new era of counselors working together on common goals.

There was so much excitement and energy at Summer Leadership. We came up with a plethora of ways that we could collaborate going forward, explored the possibility of a joint conference or creating an ambassador position to our three associations, and also borrowed many tips and tricks of the trade from each other. Our collaboration continued long after our meeting, extending to our networking down on the pier and continuing during our dinner and into the evening. Even after our return to own areas of the state, we continued to stay in touch via email, telephone, and Facebook.

I believe we find ourselves in an era when collaboration among associations becomes essential to strengthening our professional identity and advocating for our profession and those we serve. To fully integrate ourselves in this work, we may find ourselves in a position where we have to begin to think outside of the box and explore the potential of restructuring or altering the status quo of how we've been conducting business for decades. Change can be scary, but it also brings about the opportunity for growth. As counselors, we are all agents of change and I'm confident that there exists no better group of individuals to embrace change than us!

MeCA is now live on social media! You can follow us on Twitter ([click here!](#)) and tag along on Facebook ([right here](#)) to stay up to date on the latest news regarding all things counseling, all across the state of Maine.

Please show your support by liking, re-posting, commenting, retweeting, etc. As our social media presence grows and evolves, we hope to provide lots of varied content, and in the meantime, we'd love to hear your thoughts and questions. You can email us as social_media@maineca.org.

See you online!

Public Policy Update

Stan Pelletier, Bucksport Middle School

Medicaid Expansion in Maine?

September has arrived, and though the 128th Legislature session ended in early August, lawmakers are having work group meetings this month concerning the Opioid crisis in Maine and the implementation of the newly enacted legalization of recreational Marijuana in Maine. Ben Milster's final detailed report concerning legislation of interest to the Maine Counseling Association members during the 128th session may be found [here](#).

In November, Question 2 on the statewide ballot will read "Do you want Maine to expand Medicaid to provide healthcare coverage for qualified adults under age 65 with incomes at or below 138% of the federal poverty level, which in 2017 means \$16,643 for a single person and \$22,412 for a family of two?" This ballot initiative comprises an effort to expand Medicaid in Maine, similar to what has been done in over 30 other states, in order to improve access to health care coverage, including mental health care, to those Mainers most in need. Too many of our working poor have fallen by the wayside with respect to affordable health care. The governor and his legislative allies have repeatedly worked against expansion in Maine, despite bipartisan support for a measure that would expand coverage to about 70,000 Mainers in need. Now, it is up to the voting citizens of Maine to claim our voices on this issue. The measure up for consideration on our ballot is supported by the Maine Equal Justice Partners and the Maine Hospital Association (among other groups), and enjoys broad bipartisan support. The requisite 61,000 signatures to put this measure on the ballot were obtained almost entirely in one day. Let us take this opportunity as voting citizens to do what our elected leaders are struggling with; let us stand with, not turn our backs on, impoverished Mainers in need of more, not less, opportunity for quality mental health care. Whether you agree with my stance or not, as the Public Policy Chair of the Maine Counseling Association, I encourage you to look into this issue and let your voice be heard this November.

Service Opportunities are Available!!

Thinking about getting involved? Or "nudging" someone else?

The Maine Counseling Association is looking for members to step up and claim positions of service and leadership in our professional organization for the coming year. "What would I have to do?" MeCA officers are happy to discuss leadership positions and responsibilities with any who are considering them.

Open positions currently include the MeCA President-Elect & College Admissions Representative.



Please contact current President Andrea Hallett
if you are interested!



Save the Date! Maine School Counselor Conference!!

**Harraseeket Inn, Freeport
Thursday, November 9, 2017
7:30am-4:00pm**

This year's theme is *Supporting Students and Staying Effective*

Keynote speaker, Julia V. Taylor, Ph.D., is an Assistant Professor of Counselor Education in the Curry School of Education at the University of Virginia in Charlottesville, VA. She worked as middle and high school counselor for eight years and served as the Dean of Student Services for Wake County Public School's first single gender academy. The majority of her research is focused on body image, media literacy, relational aggression, and girls' leadership development.

She has authored several books, including "The Body Image Workbook for Teens," "The Bullying Workbook for Teens," and "G.I.R.L.S: Group Counseling Activities for Enhancing Social and Emotional Development."

REGISTER TODAY!!



MEMHCA Annual Conference 2017- Diving Deep and Resurfacing: Clinical Applications of Depth Psychology

**Maple Hill Farm, Hallowell
Friday, October 27, 2017
8:00am—5:00pm**

Explore the boundaries of Depth Psychology! Join us for a full day at the beautiful Maple Hill Farm in Hallowell and learn new clinical tools inspired by Depth Psychology. This will be an interesting, fun, unique, and inspiring clinical training event!

For more information & to register visit memhca.org or click here: [MEMHCA Annual Conference 2017- Diving Deep and Resurfacing: Clinical Applications of Depth Psychology](#)

REGISTER TODAY!!



Reach Higher Maine Webinars Reach Higher Maine has developed this series of free webinars designed to help support school counselors in their work exposing students to career and college opportunities.

October's Webinar: Reach Higher Maine Webinar: Implementing Internships and Apprenticeships in Your School.

Description: Would you like to implement an internship program at your school or learn how to grow the program you have in place? Join us for October's webinar "How to implement an internship program at your school". Learn how these educators started a new program in their school that you can use as a guide.

Presenters:

David Dorr, Director, Somerset Career & Technical Center

Susan Dubay, JMG Specialist, Fort Kent Community High School/Valley Rivers Middle School

Catherine Sevigny, Guidance Counselor, Fort Kent Community High School

Tracie Travers, Career Prep and Financial Literacy Coordinator, Jobs for Maine Grads

Handouts include:

Program description you can use to present to administration

Course layout and timeline

"Ask" letter to business to participate

Press releases used to promote program

Map Your Career publication

The webinar is free and will provide a certificate of completion upon request as well as access to the Discussion Board where you can ask questions of the presenters or the rest of the attendees. We are hoping this will encourage attendees to share best practices they use in their own College/Career Readiness program.

Register at: <https://attendee.gotowebinar.com/register/6695632570313748483>

Webinar ID: 144-884-539

Once you are registered you will be emailed Google Classroom join code. Handouts for the presentation will be available on the Google Classroom as well as the discussion forum where we hope you will ask questions and share best practices. The webinar will be recorded and uploaded to the Google Classroom for later viewing. We have created a short [Welcome and Orientation to Education Series](#) video to help you access and navigate the Google Classroom so that you can get the most out of this experience. Note: You will need to be logged into a Google email account to get access to the Google Classroom. Upcoming webinars include: Next Gen Accuplacer, Second Semester Seniors, Summer Options for Career & College, as well as Helping Career Bound Seniors

For more information please contact Reach Higher Maine at ReachHigherMaine@gmail.com

Do you have an ethical dilemma? Need some help making a decision?

Member Benefit: Maine Counseling Association Ethics Committee

The Maine Counseling Association has an Ethics Committee as a service to its members.

Procedure for Receiving, Reviewing, and Responding to Member Questions:

Questions about ethics posed by members of Maine Counseling Association may be directed to the chair of the MeCA Ethics committee. The chair will then determine the category of the question as indicated above and hand the question off to the appropriate subcommittee for review. The subcommittee will gather information, identify the relevant code(s) of ethics, and craft a response. The information will then be sent to the entire committee for their review. Consensus on the response will be determined. The committee chair will then send a response to the person asking the question. Responses are designed to aid in making a decision, not to make the decision for you.

Maine Counseling Association Ethics Committee

Chair: Deborah Drew, Ed. D., LCPC

Specialty areas:

School Counseling

Lisa Erhardt, School Counselor

Clinical Mental Health Counseling

John Yasenchak, Ed. D., LCPC

Jeri W. Stevens, Ph. D., LCPC

Colleen Owens, LCPC

Career Counseling

James Westhoff, Career Counselor

Counselor Education

Annette Nelligan, Ed. D.

Mikal Crawford, Ed. D., Licensed Psychologist

John Yasenchak, Ed. D., LCPC

Group Counseling

John Yasenchak, Ed. D., LCPC

Annette Nelligan, Ed. D.

For more information contact Deb Drew at drewd@my.husson.edu.

Are you interested in Ethics?

Would you like to serve on the Maine Counseling Association Ethics Committee as a specialist in School Counseling, Career Counseling, Group Counseling or Clinical Mental Health Counseling? Your job would be to help give input on ethical dilemmas presented by members. See article in this newsletter on the committee and how it works. Interested counselors should contact Dr. Deborah Drew at Husson University at drewd@husson.edu.

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.

Or, go to www.mainecca.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 March 26 and 27th, 2018 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

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 (Check all that apply):

<input type="checkbox"/> Admissions	<input type="checkbox"/> Elementary	<input type="checkbox"/> Middle	<input type="checkbox"/> Secondary
<input type="checkbox"/> Clinical/Mental Health	<input type="checkbox"/> Career	<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.



MAINE COUNSELING ASSOCIATION

A State Branch of the American Counseling Association

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Open Position

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Open Position

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ME College Admissions Assoc.
Open Position

ME School Counselor Assoc.
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Woolwich Central School

ME Mental Health Counselors
Bodhi Simpson
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Conference Committee Members

Past-President, Co--Chair
Tracy Corbin
Caribou Regional Tech. Center

President-Elect, Co-Chair
Open Position

President
Andrea Hallett
Presque Isle High School

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Membership
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