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Greetings to Everyone,

I would like to take the time to introduce myself and my vision for the NDCA as we move forward in celebrating our 60th year of making counseling a proud profession in the state of North Dakota. I have been counseling for 20 years this upcoming spring. I have provided counseling services in many different realms in the states of South Dakota, Minnesota, and North Dakota. Presently, I have a private practice in Oakes that is seeing individuals on a very limited basis at this time. I also work for Northeastern Mental Health Services in Aberdeen, SD.

Counseling has been a big part of my family's life. My children learned at an early age their mom's job was to help others. They also learned real quick what the word confidentiality meant which is always an interesting word in the counseling field in a small rural town. I have been blessed along the way in my counseling adventure with support of my husband, Gary who was there when I was finishing my doctorate to this point now. My two children, Samantha and Joshua have been the bright spot in my days when they are long.

As I look at celebrating our 60th year as a counseling association, I can't help but look at amazement as to what we have accomplished in our state. Without my predecessors in the field there would be no licensure to help legitimize the profession, the insurance battles, getting more counselors in school, and meeting the needs of future generations. In my 20 years, I have seen the association continue to grow as we have come together to tackle every issue that has come our way to continue to grow the profession.

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At this time, our association is tightening our financial budget to make sure that we are sustainable in the years ahead. The board has made some tough decisions that will address our financial spending and look at the makeup of the board to provide effective leadership into the future. As we move into the future our association needs to grow in our membership numbers. As present members, we each need to ask those not part of our association to join. Our association must also continue to address legislative issues to make sure our profession continues to grow. We need to make sure that we continue to protect our profession as we have in the future. We have much to do yet in our next 60 years of counseling in the state of North Dakota. It will be a pleasure to help the state lead the way in counseling.

Over the year feel free to contact me about any questions or concerns.

*Stacey Meehl, PsyD,LPCC,NCC,CCMHC
NDCA President*

Silent Auction

The Silent Auction is an event at the Midwinter Conference that benefits graduate students with the Silent Auction scholarship. The silent auction is a fun way for our NDCA members to give to the graduate students. Last year we had so many wonderful items to bid on. I am hoping that this year is bigger than ever. Get your creative juices flowing and create a fun item to donate for the auction or feel free to come up with a fun basket, or buy something fun. We are asking that every member of the NDCA board donate one item and each division donate one item. Feel bring to the conference any item you feel that would be a great item to bid on. The item can be brought to registration table of the conference. We will holding it similar to last year. The auction will be open from Sunday afternoon until Monday at noon. If you have any questions feel free to contact me.

Stacey Meehl

North Dakota Mental Health Counselors

As a division, we have been undergoing many changes to improve our focus and mission within this wonderful state we live, work and play in. One of the biggest changes we Mental Health Counselors have made is revising our by-laws, to include 2 year terms for the Past President, President and President-Elect. We hope this will give our leadership more stability and improve our "hand off" to the next person in line. If you or someone you know is/or on the road to becoming a Licensed Professional Counselor or Clinical

Counselor and interested in becoming part of our division or in any of our leadership roles. Please send them our way! The NDMHCA is going to be partnering with NDACES for a Pre conference training this February! We are excited to be able to bring Ethics and Supervision trainings to the Clinical Counselors and Supervisors in North Dakota! Keep a look out for all of the changes as well as our integrated and updated website . . . www.ndmhca.org . . . IF you have any questions, please don't be afraid to ask!

Jada Hofland, President of NDMHCA

Counseling Education in North Dakota: A Call for Collaboration

North Dakota is a great place to earn a counseling degree! Students can choose from several options, including the University of Mary (Bismarck and Fargo), University of North Dakota (Grand Forks), North Dakota State University (Fargo), and University of Jamestown (Jamestown) and MSUM (Moorhead, MN), all of whom offer Master's level degrees in the fields of school, clinical, and/or addiction counseling.

In my role as Chair of the Graduate Counseling program at the University of Mary, my team and I frequently discuss our teaching methods, update course syllabi/program materials, and engage in extensive program evaluation, to ensure we are on the cutting edge of counseling education. We do this not just to maintain the integrity and rigor of the program for our students, but for the clients they serve in practicum, internship, and our communities.

As an ex-officio board member of the NDCA, I often ponder if other universities are engaged in the same process, what their process looks like, and what we could all learn from one another. Why reinvent the wheel if one of the universities has an impeccable supervisor evaluation form? Professional collaboration and exchange of ideas is what many of us seek, but how do we translate this desire into something more concrete and palpable? Below are several ideas for how counselor educator could promote a culture of teamwork, consultation, and mutual support, within our state:

1. Semester Meetings: Counseling programs across the state could organize three meetings each year, to coincide with the spring, fall, and summer semesters. Each university would take a turn in planning and running a meeting. The

meetings could take place in person or via Skype, Zoom, or GoToMeeting, allowing us to consult, learn, and discuss potential advocacy efforts, on behalf of the counseling profession.

2. NDACES Involvement: All graduate counseling Program Directors and Chairs should consider joining NDACES and developing a listserv, where we can quickly exchange ideas, documents, articles, etc.

3. Research Projects: Some counseling programs are "research heavy" while others have a greater clinical focus. If one of us is considering a counseling-related research study, we could invite faculty from other counseling programs to take part and add their expertise to the project. Nothing builds comradery quite like conducting joint research!

So where do we go from here? How we do initiate meaningful communication, in the spirit of collaboration? If you are a Chair, Program Director, or a professor who is currently training Master's level counselors in one of the previously mentioned counseling programs, I welcome your emails, letters, and phone calls. If you are interested in semester meetings, being involved in NDACES, or conducting joint research, let's discuss these ideas and bring them to life!

jnevland@umary.edu - 701-355-8014

Dr. Julijana Nevland, University of Mary

American Counseling Association Institute for Leadership Training

North Dakota was represented at the American Counseling Association Institute for Leadership Training on July 27-29, 2016 at the Hyatt Regency Crystal City by Kelly Pierce (President Elect-Elect) and Jean Baird (President Elect). Another North Dakotan, Jason Marotzki (ND Past President) represented the Midwest Region.

President Catherine Roland presented her initiatives for the year:

Two Leadership Approaches to Diversity and Inclusion

1. LGBT Adult Lifespan Development: Counseling

2. Division/Region Partnerships: Focus on Leader Development Toward Diversity

General Sessions highlighted topics on how the Code of Ethics transitioned into our current code, using the media to influence people, and how to advocate for the Counseling profession.

One general session explored the conflict between our Code of Ethics and the new law recently passed in Tennessee. "Ethics, foundational moral principles, and professional values are central to who we are, what we believe, and how we should carry out our responsibilities to others. ACA's Code of Ethics have always put clients first, and the 2014 Code of Ethics built upon the previous codes to further clarify the expectations for ethical behavior. This code makes it clear that counseling is about the client, not the counselor. The bill that became

law in Tennessee allows counselors to refuse to work with a client based on the counselor's personal beliefs and is therefore contradictory to the ACA Code of Ethics." The panel explored the situation in Tennessee and the potential for other such bills.

Small group sessions included topics such as Non-Profit Finance 101, Six Superb Reasons You Need a Plan, #MemberEngagementMatters, The Ultimate Guide to ACA Connect for Division Leaders, Leadership Transition and Succession Planning, You have Questions: Let's Find Answers!

Since legislators were absent from Capitol Hill, due to election year, ILT participants did not visit legislators and completed the sessions earlier in the week. This allowed the regional leadership to present a Bonus Day on Saturday. Sessions explored strategic planning, communication strategies, and how to generate revenue for our branches.

The Midwest Regional delegates shared conference tips and recent guest speakers giving recommendations, when appropriate.

Kelly and Jean appreciate this opportunity to advance their leadership skills and knowledge, and to network with leaders from other states.

2017 NDCA Midwinter Conference

Come one! Come ALL! Celebrate 60 years of the North Dakota Counseling Association!

We are excited to gather mental health professionals from all corners of the state to meet, greet, exchange ideas, advance the profession.... and have some FUN! Keynote and breakout sessions will include:

Sam Gladding – Professor, Counseling Department at Wake Forest University; author of 45 books, 8 teaching videos, 80 articles in refereed counseling journals, 22 book chapters, and 45 poems in refereed counseling journals. His most recent books include: *Group Work: A Counseling Specialty* (7th ed.) (2016), *The Creative Arts in Counseling* (5th ed.) (2016), *Family Therapy: History, Theory, & Process* (6th ed.) (2015), *Counseling Theories for Human Services Practitioners: Essential Concepts and Applications* (2015).

Richard Yep – Executive Director (CEO) of the American Counseling Association. Mr. Yep is the face of ACA and will share a national perspective of our counseling organization. Leadership is his specialty.

David Kaplan – Chief Professional Officer of the American Counseling Association. Former president of the ACA, ethics is a specialty for Mr. Kaplan....and he makes it interesting!

And a variety of local experts who have much to share!

Each division will present their memories of their portion of the past 60 years at a Sunday evening banquet to reminisce about the past and plan for the mental health of the future. Look for our new logo to be presented this fall to celebrate our 60 years and NDCA clothing to display that logo.

The fun-filled Silent Auction will make a come-back so be sure to start looking for

items to donate to raise funds for our Graduate Scholarship.....and bring your checkbook so you can outbid your friends! Watch for updates on other activities in the planning stages. And last but not least, look for the return of door prizes....60 of them!!

February 12-14, 2017 are the dates! The Radisson Hotel in Bismarck is the place! Be there!

Gather with your counseling friends and colleagues!

NDCA Graduate Student Representative



Hello fellow graduate students! My name is Lynsey Morrell and I am the newly appointed NDCA Graduate Student Representative for the 2016-2017 term. I am currently working on my Master of Science in Clinical Mental Health Counseling at the Uni-

versity of Mary in Bismarck, ND. It is my goal to increase graduate student membership within NDCA during my elected term. NDCA provides leadership and networking opportunities which are essential for employment or future doctoral education. I encourage you to get involved in NDCA by volunteering or presenting at the annual conference February 12th-14th, 2017. I look forward to getting to know you all in order to best represent our graduate student body. Please feel free to contact me at lnmorrell1@umary.edu for additional information or to get involved!

NDCA Award Nominations

It is time to nominate! Is there someone you admire for their processes, techniques, ideas, or actions? Please show them by nominating them for a NDCA award! We love to present awards to those who excel in their field.

The criteria and guidelines for each award and the submission forms listed below are located on our webpage: www.ndcounseling.org under Awards.

Glenn Dolan Award – An individual who has demonstrated able leadership, excellent rapport and service to the community, outstanding contributions to their organization

Innovations Award – An individual who has made innovative contributions in research or published articles in the field of counseling

Friend of Counseling Award – An individual who has demonstrated support for counseling in the state of North Dakota through his/her profession

Outstanding New Professional Award – An individual who has developed an outstanding program and demonstrates exceptional interpersonal skills

Member Emeritus Award – for NDCA members who have retired

Please submit award nominations by November 30, 2016 to: Rebecca Ringham, Minot State University, Registrar's Office, 500 University Ave W, Minot, ND 58707 or Fax: 701-858-3386 or Email: rebecca.ringham@minotstateu.edu

Rebecca Ringham

Mission of the NDCA

The North Dakota Counseling Association will provide quality professional development opportunities, facilitate networking, advocate for the counseling profession, and promote leadership activities and encourage active involvement in the organization.

PURPOSES OF THE ASSOCIATION -

- Promote public confidence and trust in the professional counseling and human development profession
- Unite people engaged in any phase of professional counseling and human development

- Maintain and improve professional standards in the field of counseling and human development in North Dakota
- Encourage the development of creative programs and activities, professional development and leadership opportunities
- Serve as a central clearing agency for information pertinent to professional counseling and human development activities in North Dakota
- Disseminate information and focus public attention on legislation in any way affecting professional counseling and human development in North Dakota

Legislative Issues

Hello Everyone! I'm your new Board Representative who is tasked with watching the legislative work being done in North Dakota. There is a lot happening in interim committee that is shaping the bills that will be presented in the January, 2017 session. These bills may affect our customers, us as professional counselors and the population impacted by mental health and behavioral health concerns.

Here are several items I'm tracking:

1. The outcomes of the behavioral health needs study. The last session asked the DHS to look at the behavioral health needs of youth and adults plus track access, availability and delivery of services.
2. The outcomes of the family caregiver support and services study. This effort is to identify policies, resources and programs available for family caregivers and encourage additional innovative and creative means to support family caregivers so that they are able to continue to provide in-home support for older adults
3. The report from DHS on the Medicaid and Medicaid Expansion cost-sharing provisions.
4. The report from DHS on the outcome of the study of statutory references to mental health professionals to determine whether changes in the law may help to more fully utilize these professionals within their scope of practice as it relates to the responsibilities of the DHS to provide services or license facilities together with any recommendations.
5. There are several tasks related to the developmental disabilities system that will come up for review in the next session.
6. A report from DHS on autism spectrum disorder program pilot project.
7. A report from DHS regarding adult protective services, including the effectiveness of the program, information on services and outcomes and funding by human service region.

8. A report from DHS regarding the rules adopted to establish and administer the voucher system to assist in the payment of addiction treatment services provided by private licensed substance abuse treatment programs.

If you have legislative questions, please call me at 701-356-5544 and we'll research your question best we can.

Gail Nelson, Legislative Representative

Pre Conference February, 2017 "Solution Focused Counseling in Schools"

The North Dakota School Counselor Association is pleased to partner with ASCA to provide "Solution Focused Counseling in Schools" on Saturday, February 11, 2017 at the Bismarck Career & Technical Academy.

The workshop focuses on practical, solution-oriented techniques that are easily implemented in the time-conscious school environment. Through the use of humor and energetic teaching, the presenter introduces participants to an efficient model of counseling designed to move students toward positive change.

Learning Objectives:

- Learn to use language and a "yes-set" vocabulary to enhance student success
- Identify achievable student goals
- Enable students to identify their own solutions and facilitate change
- Immediately implement flexible solution focused techniques
- Maximize the effectiveness of single counseling sessions.

Registration forms will be available soon the