



Focus

on NDCA

what's inside

ND Secondary School
Counselor of the Year

Celebrating the Many Facets
of Counseling

"Smile and Move" in 2018

Memories from the ACA Conference

Division Grants to be Awarded

Options for Communicating with
Everyone!

NDCA Award Recipients

Autism Spectrum Disorder (ASD) Database Advisory Group Meeting Report

Anna J. Thompson, MS, NCC, LPCC, RPT

In the end of March, a group of providers from across the state and various mental health disciplines, gathered to provide feedback on the ASD Database. This eleven-member group was comprised of appointed providers from various associations and boards. I was appointed by Stacey Meehl, NDCA Past-President, to represent NDCA for this meeting. I am currently providing clinical counseling to children, adolescents, and adults at Red Door Pediatric Therapy in Bismarck and children with ASD are among my case load.

The purpose of the ASD Database Advisory Group meeting was for providers to provide feedback on the current reporting form. And while this was accomplished, the better part of the morning was spent being educated on the ASD Database, the history of its conception, the law as it pertains to the ASD

Database, and concerns that providers and parents have voiced. I learned a lot through these conversations. Here are some of the key points that are important for providers to know:

- The ASD Database became effective in January 2016, though little has been known about what the law requires of providers. [See ND Chapter 33-03-34 AUTISM SPECTRUM DISORDER DATABASE](http://www.legis.nd.gov/information/acdata/pdf/33-03-34) <http://www.legis.nd.gov/information/acdata/pdf/33-03-34.pdf>
- The ultimate goal on the ASD Database is to provide accurate numbers of people diagnosed with ASD to legislators in order to determine the amount of funding they provide for treating ASD.
- The law applies to anyone who is able to diagnose ASD, including

psychologists, psychiatrists, doctors, nurse practitioners, clinical nurse specialists, LICSWs, LPCCs, and LMFTs. [See Mandating Reporting of ASD by LPCCs](http://ndcounseling.org/pdf/LPCC.pdf) <http://ndcounseling.org/pdf/LPCC.pdf>

- While the law was initially interpreted by many to mean that the providers who diagnose are the only ones obligated to report, anyone who provides treatment to someone with ASD must report. Reason being: if a child was diagnosed 4 years ago with ASD, the law was not effective at that time and a report would not have been made. The administrator of the database is able to rule out duplicates, so overreporting is not the concern. Underreporting is.
- To many providers and parents, this law

Continued on page 2

has felt like an ethical violation of the person with ASD. That has been a valid concern and was noted many times by this group as well. The administrator of the database assured the group that she is the only one who sees the information and the database is protected by the same confidentiality rules that any Department of Health database is covered by. [See ND Dept of Health Chapter 23-01-41. Autism spectrum disorder database-Rulemaking-Confidentiality](https://www.ndhealth.gov/cshs/docs/Chapter%2023-01-41.pdf) <https://www.ndhealth.gov/cshs/docs/Chapter%2023-01-41.pdf>

- Keeping in mind the importance of confidentiality and to increase the likelihood of providers reporting, this group worked in the afternoon to decrease the amount of information required on the reporting form.
- The database administrator's hope

is to have a user-friendly, short form online for providers. It is also her goal to have the database system recognize if this information has already been provided and therefore subsequent reporters would not have to fill out the entire form. The report form as it is right now can be submitted online or be filled out online and printed as a PDF. [See ND ASD Database Reporting Form](https://www.ndhealth.gov/disease/autism/default.aspx) <https://www.ndhealth.gov/disease/autism/default.aspx> The take-away from this meeting was this: ongoing conversations about protecting our client's rights and confidentiality is important, but so is following the law. Whether or not we as providers agree with the law as it is written, we are mandated reporters and can be subject to a fine if we do not follow this law. We all want what is best for our clients and becoming educated

ourselves on this law and helping to educate our clients and their parents will be an essential part of this process.

The ASD Database Administrator, Kodi Pinks, made it very clear to this group that keeping the confidentiality of our clients is her goal as well. She is more than willing to provide education to providers and parents about the law and its intent. Kodi has expressed willingness to present at NDCA's MidWinter Conference next year and I ask that anyone who has a client, or the potential to have a client, with ASD attend Kodi's session and educate yourselves.

You can find more information, resources, and the reporting form on the ND ASD Database website: <https://www.ndhealth.gov/cshs/autism.htm>. Kodi Pinks can be reached by phone at (701) 328-4832 or by email at kpinks@nd.gov

ND Secondary School Counselor of the Year Award

The North Dakota School Counselor Association recently awarded Chasity Odden Heide, counselor at West Fargo High School, the North Dakota Secondary School Counselor of the Year Award.

Chasity was highly recommended for the award by both her colleagues and her students. She is credited with being not only a leader in her district but also an innovator within her school. This is apparent through her work with her counseling department; they have implemented several programs, including crisis-response protocol, student needs assessments, suicide prevention training,

counseling program evaluation tools, and school-wide community service projects. She is described by others as passionate, humble, a moral compass, data-driven, professional, and compassionate, and thus incredibly deserving of the award.

The North Dakota School Counseling Association would like to extend their congratulations to Chasity and wish her luck competing for the honor at the national level. They would also like to extend their gratitude to the West Fargo community for their support of Dr. Odden Heide and the school counseling program.

Natalie Heid

Celebrating the Many Facets of Counseling!

Counselors from around the state came together and celebrated 60 years of counseling at the 2017 NDCA Midwinter Conference at the Bismarck Radisson on February 12-14.

Highlights included:

Keynote speakers

Dr. Sam Gladding, professor from Wake Forest University, spoke on using creative counseling to better serve our clients.

Dr. David Kaplan, ACA past president and current Chief Professional Officer, shared his extensive knowledge of ethics with those present.

Rich Yep, ACA Chief Executive Officer, shared news from the counseling profession and the health of the American Counseling Association. Mr. Yep also gave leadership training to the boards on Saturday night to the NDCA and division leadership.

Jason Marotzke, current past-president of NDCA and past-chair of ACA Midwest Region,

talked about what makes a good counselor and what is important for a counselor to serve their clients and students in the best way possible.

Banquet

Balloons and flowers helped create a festive mood to celebrate our 60th anniversary. A full slate of award recipients defined our best and brightest. Past presidents and many guests helped celebrate the accomplishments of the counseling community. A new logo was unveiled.

Breakout sessions

Conference participants enjoyed sessions on many different topics. A number of session rooms were "standing room only" to enjoy our continuing education. Topics ranged from Elementary to Secondary to Community counseling, street drugs, sexual offenders, professional organizations, healthy aging, LGBTQ issues, suicide, military academies,

using technology, working with parents, Positive CBT, sex trafficking, ACT tests, Motivational Interviewing, well-being, self-care, and others. Someone complained to me that there were so many good sessions that they were having a difficult time choosing which session to attend!

Exhibits and Door Prizes

The exhibitors provided a myriad of information on topics of interest to the counselors of our state. President-Elect Jean's requests were honored and over 60 door prizes were showered upon the participants of conference!

Gathering together

Conference is always a time to gather with friends to exchange ideas, renew old friendships and make new friends. This year was not an exception!

Jean Baird

"Smile and Move" in 2018

Wellness and self-care were hot topics at the ACA National Conference in March, so it seems fitting to bring some of that to the 2018 NDCA Mid-Winter Conference. The theme "Smile and Move" is a concept developed by Sam Parker to remind us to be more positive in our daily lives. Five ways to "Smile" are waking up, being thankful, being approachable, complaining less, and smile more. Start early

and go long, exceed expectations, have a sense of urgency, and be resourceful and resilient are the ways to "Move."

I have created a wish list of items to incorporate to get you smiling and moving. At the top of that list is your willingness to share your passions with your colleagues. Watch for the "Call for Proposals," then submit your idea to be part of the action.

Kelly Pierce

Memories from the ACA Conference in San Francisco March 2017...

Welcome to the Conference

...from the California Counseling Association president and the Tennessee Counseling Association president. Tennessee joined in on the welcome since Nashville was the original site of this conference but the location was changed due to a bill that was passed in the Tennessee state legislature which basically allowed counselors to discriminate against clients if the counselor didn't want to counsel someone if they claimed that the client was doing something that conflicted with their values.

The San Francisco Gay Men's Choir

...since LGBTQ issues were celebrated due to the change of conference venue. The professionalism of the choir was impressive! They will be going on tour of the southern states in the near future.

The interview with Dr. Yallom on stage

...Dr. Yallom's body looked very fragile as he sat in an easy chair for his interview, but his mind was so sharp! He distinctly remembers issues from his early years and shared a few of his memorable cases. I was interested in the fact that he actually wrote a novel, not just non-fiction instructional texts. His advice for us: Remember Carl Rogers and his unconditional positive regard for the client.

Jessica Pettit entertained us

She wrote a book that was titled "Good Enough for Now" which said that what you bring to the client at this moment is just that "good enough for now." You can't be better than you are at this moment. You might be able to improve later, but the client chose you for this moment. Help him/her with the best tools that you currently have in your toolbox.

Our incoming president's initiatives

(He is from the Midwest region)

1. He would like to encourage counselors to work, partnering with the American Red Cross to treat clients who have endured trauma in tough situations.
2. He would like to unite the nation with advocacy.

North Dakota leadership dressed up as superheroes

Superman Jason Marotzke and Batman Kelly Pierce were especially super as they manned the Midwest Region "SuperBooth!"

North Dakota branch submitting a proposal for an ILT

North Dakota lost the bid to host the Midwest Region Leadership Institute so South Dakota will host the Midwest ILT in the Fall of 2018.

Jean Baird

Division Grant To Be Awarded

The Executive Board of NDCA met tonight, via conference call and it was decided that we would award \$1,000 in grants this year. The grant policies and application are available on the web page – www.ndcounseling.org.

The NDCA board will be meeting in July, and grant requests must be turned in to me before that time. We haven't finalized the dates yet, so shoot for June 15th to submit your grant proposal.

Be sure to review the grant policies and procedures and download the grant application.

Marcia Foss

Options For Communication with Everyone!

After conducting some research on listserves and best practices it was decided that gmail groups would be formed so that members can be notified very easily regarding issues, training, meetings, etc. The process has already started and will be worked on during the next couple of months. If you did not put your email on your membership form and would like to be included in this, please let me know your email address as soon as possible.

NDCA Award Recipients

Congratulations to our exemplary individuals honored at the 2017 NDCA Mid-Winter Conference Awards Banquet! Thank you also to all those who took the time to submit nominations. These awards would not be possible without you honoring your colleagues in this way!

NDCA Graduate Scholarship Awards

Stephenie L. Braunagel from University of Mary

\$1000 Scholarship Recipient

Amanda Ockert from North Dakota State University

Silent Auction Recipient

NDSCA High School Essay Award

Monica Zent from Dickinson High School

NDSCA School Counselor of the Year Award

Chasity Odden Heide – West Fargo, ND
High School

NDMHCA Outstanding Mental Health Counselor Award

Patty Teagle

NDACES Supervisor of the Year Awards

Dr. Carol Buchholz Holland

Dr. James Korcuska

NDCA Friend of Counseling Awards

Chelsey Richard