



Focus

on NDCA

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Presidential News

As 2020 comes to a close, I think it is safe to say, no one is sad to see this year be over. This past year has tested our resiliency, our trust, our sense of safety, our ability to focus on the positive and on and on, but the important thing is we are still here, and we are still strong.

NDCA is growing, learning, and adapting to new norms, and I believe we are overcoming the challenges and are becoming stronger than ever, even in uncertain and difficult times. For the first time ever, we will be having our Annual Conference via web-based video portals and telehealth platforms in order to continue **“Making Connections”** in our state.

So, if digital learning has not been something you have been experienced in, now is the time to learn, enjoy and connect with your peers in a safe and educational environment. Joining, participating, and **making connections** in our NDCA organization is now easier than ever! Contact one of our board members to get involved today. May 2021 be our best year yet!

Jada Hofland
NDCA President

Ohhh...2020...What A Year

2020 is almost done, and I am sure everyone is hoping 2021 brings renewed hope, rejuvenation, and connection with colleagues, family, and friends. It seems like just yesterday we closed the state down and everyone had to adjust to a new “normal.” Your NDCA family has been working hard to make sure things are still coming your way, that you’re feeling as supported as possible, and that we are bringing you all the information you need for the upcoming conference. Please see information from Dr. Becky Meidinger about the upcoming conference below. ☺

With the holiday season coming up and a new year right around the corner, I wanted to take a moment to discuss gratitude, even in the midst of the 2020 chaos. As we all know, gratitude is vital to our mental health and sanity. A colleague shared this YouTube clip on gratitude: <https://www.youtube.com/watch?v=kN4Eb4Tpl18>. Take a couple minutes and check it out! It is wonderful. Moving into the new year, I am hoping we can continue to remember things, places, and people we are grateful for. Here are my top five:

- 1) The Executive and Governing Boards. They work SO hard to keep NDCA alive.
- 2) My family and friends. Blessed to have them.
- 3) My physical health. It has been a rough year for too many people, and I have taken my health for granted way too much.
- 4) My safe places and people. I have needed them more than ever this year.
- 5) And last but not least! The members of NDCA! You all are absolutely wonderful and life-changing.

Please take time to tell those you love that you love them and embrace the little moments as we enter into another busy holiday season. Grateful for you!

Jenise Wilson
NDCA Executive Director

2021 Conference Going Virtual

Hi Everyone! I hope you all have been enjoying the summer and spending time refreshing your soul in the sunlight. It feels strange to be already planning something that occurs typically during a snowstorm or sub-zero temperatures. Still, Jenise Wilson and I have already been hard at work planning the 2021 NDCA Conference. We are so excited to announce that Jessie Veeder will be joining us to share her beautiful story with music, tears, and laughter on our opening day, Sunday, February 7th.

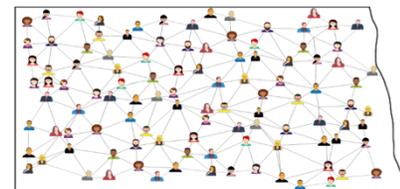
If you are a sports fanatic, or married to one like me, you know that our conference is taking place over Super Bowl weekend. Please don't worry as we are already in the planning stages of a great Super Bowl party to cheer on whoever ends up in the Championship game (fingers crossed for the Dolphins, I mean, it has to happen eventually)!

Additionally, we are pleased to announce that Dr. Carli Kody from Woodbury, MN, will serve as our closing speaker on Tuesday, February 9th. Be on the

look-out for the call for proposals to be released. Please submit proposals to share the fantastic things you are doing every day. This year we are going to integrate more Graduate Students into the conference, so Graduate Students be on the look-out for more information coming from your programs!

Thank you all for the opportunity to plan your conference. I hope you all can join us February 7th-9th!

Creating Connections



2021 Conference

Rebecca Meidinger
NDCA President-Elect

CALLING ALL PROPOSALS!!

I have always appreciated the connections that are created at the Midwinter Conference and the learning that takes place. As I look back on the conferences I have attended, I cannot help but appreciate those who took the time to prepare proposals and present. I recall the first time someone invited me to present with her at the Midwinter Conference. I was not so sure (that is an understatement!) about it. That first session was nerve-racking. I was nervous, hoping that I would not trip while presenting, and that the information I had prepared would be beneficial for attendees.

I was surprised to find that presenting at the conference was one of the best professional activities I took part in that year. It pushed me to research the topic and to take the leap into presenting to my colleagues.

Will you consider presenting at the conference

this year? I bet there is something that excites you about your work, a topic that others consult with you about, or a topic you have been hoping to research more. I encourage you to take time to think about what proposal (or proposals!) you want to submit. Do not hesitate to contact a colleague (or two) and see if they want to present with you. We look forward to hearing from you and learning from you at the conference this year.

Proposals can be submitted online at
<https://ndcounseling.org/proposals>.

Amy Geinert
President-Elect-Elect

How Is YOUR Self-Care?

I don't know about you, but these last nine months have been rough. I have struggled to incorporate consistent self-care, even though I am quick to remind the practicum and internship students I work with that they need to make it a priority. I thrive on having a schedule and planning my days; filling out my paper planner used to help me feel collected and calm. Looking at my planner these days doesn't bring the same calm; there are items crossed out, everything is written in pencil now since it's hard to set plans far in advance, and my to-do list keeps growing.

I can appreciate ACA's encouragement to "Burn Bright Not Out", but how does anyone actually do this? With so much uncertainty, tension, and change occurring throughout the state and nation, it can be difficult to prioritize self-care, when that is exactly what we need.

I invite you to take some time to think about what would be best for you regarding self-care in the coming days, weeks, and months. What can you consistently implement? What will it be like to say "no" to certain activities and duties and "yes" to others? What would it be like to interact with others who are energizing, rather than draining? What about taking even five minutes in between clients/students and breathing? What about spending some time outdoors (when it's not too snowy and cold!)?

Now is the time to prioritize your self-care. Do something good for yourself today. We encourage you to
#BurnBrightNotOut.

Amy Geinert
President-Elect-Elect

Counseling
Awareness Month

North Dakota Mental Health Counselors Association Preconference

We are excited to announce our Pre-conference workshop for 2021!! Join us on February 6th at the Radisson in Bismarck. We will have two separate topics presented by the same speaker. Our speaker will be Lucas Mitzel, LCSW. Lucas works at Dakota Family Services in Fargo ND. Lucas provides outpatient therapy for children, adolescents, and adults ages 5-30. He typically practices CBT but also implements other forms of therapy with clients. Lucas earned his master's degree in Social Work from the University of North Dakota. He believes building relationships with clients is the most important piece of successful therapy.



Our morning session will be **The Impact Of COVID-19 On Mental Health**. We will discuss the role the mental health community has had during the COVID-19

pandemic and how COVID-19 has and will affect things now and in the future. That session will be

offered from 8:30am-11:30am. Three CEUs will be available from a variety of boards.

Our afternoon session will be **Internet Safety: What the Kids Are Doing These Days**. We will look at different Internet apps and sites that kids are participating in and what the risks are overall. That session will be offered from 1:00pm-4:00pm. Three CEUs will be available from a variety of boards.

We are planning to have the conference in person at this time. As we know, things could change. If possible we will offer the conference both in person and virtually. If necessary, we will move to virtual only. We are following the lead of the NDCA Annual conference for those decisions.

The sign-up link for the Pre-conference will be available through www.ndcounseling.org if you want to pay electronically through PayPal. A registration form is also available to print and mail at www.ndcounseling.org. It will be listed under ND Mental Health Counselors Association Pre-Conference.

*Lory Hellman
NDMHCA President*

NDSCA Preconference

Greetings from NDSCA!

I just wanted to give a brief update on the NDSCA pre-conference plans for 2021. We will be hosting our conference online with the help of ASCA. In light of social distancing efforts and slowing the spread of COVID-19, ASCA began researching



platforms for virtual conferences last summer and have offered to assist state associations in hosting their state conferences! This is such great news!!

We are in the planning stages, trying to determine exactly what this conference will consist of, but we are excited about the possibilities this may offer us in terms of providing a very meaningful and worthwhile professional development opportunity, even from a distance!!

We are in the process of booking a speaker, so as soon as the booking is finalized (probably by the end of next week), an email will go out to let everyone know the focus of this PD opportunity. We really hope you will consider joining us from home on February 6th for our NDSCA pre-conference event!!

*April Foth
NDSCA President*

Updates from DPI and CTE

Coordinated Plan of Study

The North Dakota Department of Career and Technical Education (NDCTE) has reconfigured the look of the [CTE Coordinated Plan of Study Chart](#) for the 2020-2021 school year. The title for each plan is now located in the middle of the chart, below the courses common to several plans and above the courses specific to that plan. Please note that this is just a reconfiguration of the actual chart, and the same columns listing each coordinated plan are still current. Please contact [Jim Upgren](#) at 701-328-2244 with questions.

School Scholarship Presentations

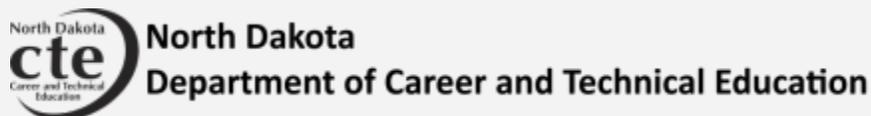
For schools that might be interested, Jim Upgren is willing to give presentations to parents and/or students on the North Dakota Academic/CTE Scholarships at the request of any school that is interested. Presentations can be either face-to-face or virtual, it is the school's choice. If you are interested in a student or parent presentation on the Academic/CTE Scholarship at your school, please contact [Jim Upgren](#) at 701-328-2244.

Academic and CTE Scholarship Facebook Live Event

Jim Upgren will be conducting a Facebook Live event on the North Dakota Academic and CTE Scholarship on Thursday, December 3 at 7:30 PM Central Time. The target audience is students and parents, and Jim will be answering questions that students and parents might have throughout and after the presentation. To access the Facebook Live event on December 3, please visit the NDDPI Facebook page. Please pass this information on to students and parents, and contact [Jim Upgren](#) at 701-328-2244 with questions.

North Dakota Academic/CTE Scholarship Only Available for Students Attending a North Dakota College or University

Just a friendly reminder that the North Dakota Academic and CTE Scholarships can only be used by students attending a North Dakota College or University. No out-of-state colleges or universities are eligible for use of the North Dakota Academic/CTE Scholarship. The North Dakota Academic and CTE Scholarships will be paid on behalf of qualifying students only to qualifying NORTH DAKOTA institutions. North Dakota will not issue payment to out-of-state colleges. For questions regarding the Academic/CTE Scholarship, please contact [Jim Upgren](#) at 701-328-2244.



NDACES

NDACES has resumed monthly meetings via Zoom and we have been working on featuring a specific mental health related topic for each meeting. At the October meeting, Aaron Suomala Folkerds, a professor at MN State University, discussed his work as an embedded mental health professional/wellness coordinator with the Moorhead Police Department. He talked about his position and offered some suggestions for how counselors might best work with police officers. On November 12th, Lisa Holter from the University of Mary will speak on tele-supervision. We are grateful for the opportunity to get together each month to learn, to connect and to share.

*Aaron Suomala Folkerds, PhD
NDACES Rep*

NDCA Awards- THE TIME IS NOW!!

The NDCA award nomination deadline is rapidly approaching! Is there someone you admire for their capabilities, techniques, ideas, practices, or approaches? Please show them by nominating them for a NDCA award! We love honoring those who excel in their field and we have received *no* nominations so far!

Hurry! The deadline to submit nominations is November 30th!

Nomination Information:

Is there someone you admire for their techniques, ideas, practices, capabilities, or approaches? Please show them by nominating them for a NDCA award! We love honoring 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

You can submit your nomination at any time; however, the deadline to submit nominations is **November 30th**! Nomination criteria and forms can be found at ndcounseling.org → Awards. Please submit award nominations to: Rebecca Ringham, Minot State University, Registrar's Office, 500 University Ave W, Minot, ND 58707 / Fax: 701-858-3386 /Email: rebecca.ringham@minotstateu.edu

If you are interested in helping select winners from the nominees submitted, please let us know! We are building the Awards Committee and would be delighted to include you as a member. If interested, email Rebecca Ringham – Awards Chair.



*Rebecca Ringham, M.S.
Awards Committee Chair*