

ACA-NY



April 2013

Upcoming Events

April **Counseling Awareness Month**

May **NAMI Walks**

Rochester, NY- May 4th

NYC- May 11th

Western Region Event

"Crisis Counseling With
Individuals in

Psychiatric/Emotional distress

Board Member Elections

June **New Board Members
Announced!**

**Downstate Event: Partnering
with AHC**

NYC-June 8th 1-3pm

More information to come!

How Did It Go?

Hopefully people were able to meet with legislators, senators, or assemblypersons to advocate for the counseling profession.

It's important that we all pull together to advocate we are all affected by this decision. Support yourself and your coworkers.

Advocacy Tips

Follow up! Show your legislator that this is a concern for you. Also, keep trying if you get an automated response.

Can't make it to the state or national capital? That's okay! Look at your legislators schedule and visit while they are in their home districts.

Follow ACA-NY

Counselingny.org



Counseling Awareness Month

April is Counseling Awareness Month! A time to recognize the hard work we, as counselors, do and to educate others about the field. We thought we would share some ideas to celebrate Counseling Awareness Month

- Join one of our ACA-NY teams in the NAMI walks
 - <http://namiwalks.nami.org/ACANYRochester> or <http://namiwalks.nami.org/ACANYNYC>
- Visit the ACA Facebook page and use the “Keep Calm and Call A Counselor” picture as your profile picture.
- Have a conversation with someone about what counseling is. Whether it is a friend, family member, or colleague- the word will spread and people will better understand our growing profession.
- Engage in political advocacy. Give your politician the opportunity to understand what we do and issues as they impact us, and most importantly our clients.
- School Counselors- Make your presence known through a classroom lesson explaining to students what you can offer
- Attend conferences and events from professions that we work collaboratively with. Not only will you learn more about their perspective, but you will be able to have dialogues with other professionals, showing them you can work together.

What are you doing during Counseling Awareness Month and all year long to raise awareness of the counseling profession? We would like to share your stories and accomplishments in our next newsletter... Email a brief description to cflec1@u.brockport.edu

ACA Conference 2013, Cincinnati

Thousands of counselors from across the nation traveled to Cincinnati last month for the annual American Counseling Association's conference. This year's conference highlighted keynote speakers Ashley Judd, and Allen and Mary Ivey. Attendees enjoyed informative presentations, networking, and social events.

The ACA-NY board had the opportunity to meet several of our members at the North Atlantic Region booth and our meeting. Thank you to everyone who stopped by!

What Interests You?

Hopefully you had the opportunity to complete the member survey, if not please do we want to know how to better serve our members.

https://docs.google.com/forms/d/1VUUHEHt3Zh_iD6Q-bxDhugKJ8FQrIbnfgXormV_YlAc/viewform?pli=1

Legislative Issues

Medicare

A new bill has been introduced within the past month. S.562 covers LPCs and MFTs under the same terms, conditions, pay rates as LCSWs. If your Representative is a Republican ask them to cosponsor a House version of S.562. Also, ask your Senators to cosponsor S.562. Versions of this bill have been passed in both the Senate and House in the past, but unfortunately not at the same time. There needs to be as many cosponsors as possible.

Some tips for educating your Representative about this issue: Comorbidity costs are 50-60% higher. If we treat Mental Health these costs will go down. The Budget Office does not give credit for savings, so we need our legislators to understand and support this. We may spend money now, but will save in the long run.

Veterans Affairs

The VA recently stated that they would employ Counselors. However, in many areas there has been resistance and lack of action to ensure this happens. ACA is recommending the following policy changes: a grandfathering provision for those without a CACREP degree, include counselors in the paid traineeship program, collaborate with ACA to help fill job vacancies, appoint a liaison to work with the counseling community, and issue a public notice to the VA healthcare system reminding them that they are empowered to hire counselors. Contact your Senators/Representative and ask them to support one of these recommendations.

Education

As many already know most school counselors have caseloads that are significantly higher than the recommended level. This impacts their ability to adequately assist students. Representative Barbara Lee has introduced legislation entitled The Student Support Act, in an attempt to remedy this situation after the tragic events at schools in America. Contact your Representative and ask him/her to sign as a co-sponsor to the Student Support Act.

NYS Scope of Practice Update

Thank you for all of your advocacy efforts surrounding scope of practice in New York State. Unfortunately, inclusion of “diagnosis” in LMHC scope of practice was rejected. NYMHCA plans to align with other legislation to create greater visibility of LMHC’s. The exemption of implementation of NYS law that all mental health professionals be licensed has been extended for an additional three years. For 2013 legislators agreed to consider a requirement that LMHC’s earn continuing education credits and that the period allowed to earn 3,000 post-masters hours be extended from 24-36 months. We are urged to continue to meet with legislators and create more visibility of LMHC’s.

Crisis Counseling Events

We are hosting an exciting professional development opportunity in the Western region. On Friday, May 3 2013 the Josh Maldonado, MS, LMHC, NCC will present "Crisis Counseling with Individuals in Psychiatric/Emotional Distress" at Genesee Community College in Batavia, NY. This informative presentation will focus on interventions for veterans, their families, and others facing psychiatric and/or emotional distress. Josh is a Health Science Specialist at the Department of Veterans Affairs where he works as a Crisis responder for the National Veteran's Crisis/Suicide Hotline.

All ACA-NY events are free to members. There are also opportunities to obtain CEUs. So join us to further develop your knowledge within the field and network with other counselors from your area.

<http://www.surveymonkey.com/s/W8SBKBY>



The Student Perspective



What does ACA-NY offer for students?

Network, Network, Network!

ACA-NY events provide students with opportunities to meet local practicing counselors and create connections that can foster future career options!

Meet Fellow Students!

Students from all over the state come to events. Make connections now and create opportunities to work together to create a cohesive profession and unite to advocate.

Fun Times & Amazing Learning Experiences!

Encourage friends, coworkers, and fellow students to come as a group and enjoy the conference atmosphere together!

Create experiences that you will remember for years to come!

Share what you learn in your classes.

Student Spotlight

Counselor Educators

Do you have a student who excels both professionally and in the classroom?

ACA-NY would like to recognize your students! Please email your nominations to Cassandra Fleck, cflec1@u.brockport.edu including the student's name, email, and a brief description why you think they deserve recognition.

Leadership Profile

Heather Robertson President Elect



What was your best experience in ACA-NY?

My best experience with ACA-NY has been that I have been a part of the organization since its inception, and I have watched the incredible things we've accomplished in just two years. I can't choose one event or activity that was the best for me. Being a part of it, getting connected to other counselors, reaching out to graduate students and new professionals - those are all the best things to me.

What is the most important lesson you have learned in this position?

In my position as Downstate Coordinator, I learned that there are no stupid questions. I also learned that you need to ask for help when you need it. I was new to the organization and new to leadership, so I learned very quickly that I had a whole team of other counselors on the board and within the organization that I could reach out to and ask for help. As the President-elect this past year, I think I've really learned the necessity of collaboration with other state counseling organizations.

What do you wish you had known a year ago?

I wish I had known what a great time I would have at ACA in Cincinnati this year and how many professionals I would have collaborated and connected with, as well as how great the education sessions were. I met other state leaders who provided me with great insights and ideas for ACA-NY and our future. I wish I had known about ACA's Leadership Institute in Washington D.C. last year. While I hope to go this summer, I think it would have been extremely helpful to have training on legislative issues and advocacy before this year. This is/was such a big year for counselors in New York State regarding scope of practice legislation; we all need to take an active role with advocating for our profession.



We Did It So Can You!

**Get involved in ACA-NY
Support your profession right here in your area.**

We have representatives and members from all regions