



Government Relations Update

By *Mary Feduccia*,
 Government Relations Chair

The 2017 Legislative Session in Louisiana is shaping up to be one of the most active in a long time for LCA. This year LCA is working in tandem with LAMFT on a bill that is greatly needed by our profession. You may remember that in the 2012 Regular Session of the Louisiana Legislature, Act 636 amended the Louisiana Professional Counselors Practice Act to include mandatory consultation with a medical practitioner or a psychiatric nurse practitioner when an LPC or a PLPC has a client with one of 12 “serious mental illnesses.” This change in the law has had unintentional consequences and has caused much confusion for everyone. In some cases, access to mental health counseling has been impacted while in other situations, counselors have been restricted in their ability to help certain clients. After much deliberation, it was decided that this is the year to make every effort to have the serious mental illness language and the mandatory consultation removed from the law. We will need the active involvement of every one of you to be successful in getting this bill passed in the legislative session. **The bill number is SB 38.**

So far, the SMI Task Force has been formed to represent LCA and to work closely with LAMFT to strategically plan the steps that need to be taken for the successful passage of the bill. Cindy Nardini, Dr. Gary Gintner, Rebecca Garside, Adrienne Trog-
(Government Relations Update, continued on page 2)

From the Desk of the LCA President



What a great honor it has been to be your LCA President for 2016-2017! This year has certainly been a VERY busy year on so many fronts. With racial tensions high among various groups, catastrophic flooding, the election of a new President, heart wrenching stories from refugees, and the adoption of very important legislation, the LCA annual conference couldn’t have come at a better time. So many amazing and positive things manifested from some of our struggles. Here are some highlights:

- ✦ Our annual conference in Baton Rouge had the most national speakers at any one local conference! Our speakers included Dr. Courtland Lee, Dr. Catherine Roland, Dr. David Kaplan, and Dr. Russell Sabella. The theme centered on inclusiveness — ***Diversity, the Spice of Life***. Attendance at conference was over 50% of our total membership with 1,207 members attending. While I am excited about these numbers, we must continue to invite all counselors statewide to add their distinctiveness to ours.
- ✦ LCA held regional meetings across the state concerning the responsibilities of Louisiana

(From The Desk of, continued on page 2)



Silver Lining

By Vinetta Frie, LPC,
Newsletter Editor

The summer of 2016 was a traumatic one for Baton Rouge. In addition to the normal excitement and apprehension of classes starting in August, students, faculty and staff at Baton Rouge Community College, where I serve as Associate Professor, were shocked by the deaths of Mr. Alton Sterling and three police officers who faced an armed out-of-state gunman who came to Baton Rouge on his birthday. Soon after these terrible events the rains came, producing a historic flood which displaced many in Baton Rouge and the surrounding communities.

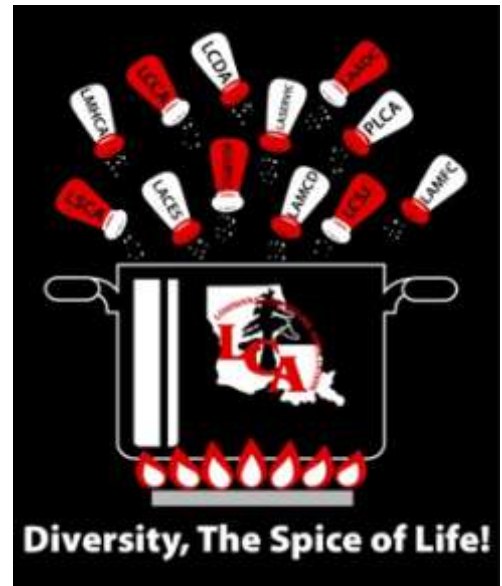
Assistant Professor of English, Mr. Clarence Nero, inspired by the movie, "Freedom Writers" wanted to help his English Composition students. He assigned his students to write first person narratives about their experiences with the recent events, with race, prejudice, and their life as young adults. The results were powerful. So much so that he recruited several colleagues to follow suit in their classes.

The result of the student reflections and faculty editing was a new book, Voices from the Bayou, now on sale for \$10 through Amazon. With a Foreword by fellow Baton Rougean, Sister Helen Prejean, 30 articulate, insightful new writers have been introduced to the world. As counselors we know the value of self-expression. This book has the potential of doing much more. If the authors have their way, it may help to heal a community. ✍

Spring 2017

counselors in facilitating open and honest discussions about diversity. This was a great start, and the goal is to have more of these meetings across the state.

- ✘ LCA partnered with DOT- *Do One Thing* to aid the individuals who were impacted by the flooding in the Baton Rouge area. School supplies were given to those impacted. Also, grants were given to 7 LCA members whose professional offices were damaged as a result of the flooding. My special thanks to LASERVIC for their contribution to DOT.



- ✘ LCA held the annual Joint legislative forum with other Louisiana Mental Health Associations to discuss proposed 2016 legislation. This event was so good; LCA will make this an annual occurrence.
 - ✘ President and President-Elect attended the ACA confer-
- (From the Desk, continued on page 3)*

Government Relations Update, continued from page 1

don, Mary Feduccia, and our lobbyist David Tatman represent LCA. Dr. Dave Spruill, an LCA and LAMFT member, also serves on the committee. A survey was sent to all LPCs, PLPCs, LMFTs, and PLMFTs and, if you participated, we thank you. The results of the survey have been used to develop talking points to use in meetings with legislators.

Senator Morrell agreed to sponsor the bill and a series of Regional Town Hall meetings were conducted to inform you about the details of the bill and to enlist your support in your area and your involvement with the legislators in your district. These meetings took place in the month of March and in early April before the start of the session on April 10 and were held in Shreveport/Bossier, Monroe, Alexandria, Lafayette, Baton

(Government Relations Update, continued on page 3)



Executive Board Meeting Mini Minutes

By Vickie Thompson, LPC,
LCA Secretary

At our Executive Board Meeting, held at the Crown Plaza Hotel in Baton Rouge on February 24, 2017, the following business was conducted.

- ✎ The board voted to use the unused funds from emerging leader to ACA Leadership for Michelle Robichaux, Graduate Student Representative, to attend the ACA Conference.
- ✎ Dr. Mary Feduccia, Government Relations Chair, reported that Senator Morrell is sponsoring a bill to remove “Serious Mental Illness” from the law. Legislature begins April 10th. Town Hall meetings are set for Alexandria, Shreveport, Monroe, Lafayette, Baton Rouge, and New Orleans.
- ✎ Diane Austin presented information about the LCA Conference 2018 with only one proposal from Crown Plaza in Baton Rouge with room rates of \$103.00.

(Executive Board Mini Minutes, continued on page 4)

Government Relations Update, continued from page 2

Rouge, and New Orleans. It is vitally important that you pay close attention to the legislative e-blasts you’re receiving from LCA and answer the **Call to Action!** Without you, we cannot reach our goal of achieving success in amending this law.

This spring LCA and LAMFT co-hosted the annual Mental Health Legislative Forum to share information about our bill and learn about bills being presented by our colleagues in other mental health professions. We’ve realized over the past few years that this Forum is an excellent opportunity to network with other mental health professionals and to support each other in legislative efforts. This year it was held on Friday, March 31 in Baton Rouge. ✎

From the Desk, continued from page 2

ence in San Francisco which included many opportunities to network and connect with professionals across the country. We had over 3,500 members in attendance with Dr. Catherine Roland presiding as President.

- ✎ We’ve had a very successful legislative session, with more opportunities to have our voices heard.
- ✎ LCA nominated the **Molly Frank Foundation** for the Veterans Service Award under the Louisiana Governor’s Gold Awards and won! Congratulations!
- ✎ Our graduate student representative, Michelle Robichaux, has done a wonderful job of increasing graduate students’ involvement in LCA. They have been more active than ever! Check out the Graduate student newsletters posted under publications on the LCA website.
- ✎ Our conference APP is so much more convenient and easier to use. We plan to continue this from here on out. We are also in the beginning stages of designing a more user-friendly and lively website with the help of our Public Relations committee along with our Executive Director.



These are just a few of the highlights of this year. Our goals are much bigger, though. Before I conclude my term as President, I want to increase membership across the northern part of the state. I deeply valued all of the heartfelt, honest, and sometimes painful conversations many of us had during our Fall Conference. It is my hope that this practice will continue during future conferences.

Finally, I want to take this moment to thank the LCA Executive Board and the entire LCA membership for your continued support and encourage-

(From the Desk, continued on page 4)

Pre-Conference Preview...

TeleMental Health Provider Training Announced

Submitted by Diane Austin, LCA Executive Director

As the LPC Board continues its research on a developing trend in counseling, TeleMental Health or Distance Counseling, LCA is offering a pre-conference workshop which will offer training in this modality. Mr. Barrett is one of three national trainers certified by NBCC in this field.

Saturday, September 30, 2017

Crowne Plaza Hotel.

9:30-12:45 2:00-5:15

(6.0 CE CLOCK HOURS)

CCE TELEMENTAL HEALTH PROVIDER TRAINING SERIES PART ONE

Session Synopsis: Our clients, and the organizations with whom we collaborate, strongly depend on our competence in using technology. Imagine this example: a clinician states to her client, "What you say here, stays here. I protect the confidential-

(Pre-Conference Preview, continued on page 5)

From the Desk, continued from page 3

ment during my Presidency. We are living in times where people seem to be polarized. Either someone is for us or against us. My hope is that this will change and soon. Serving as your President has helped me to again realize the value in really hearing all comments and seeing them as opportunities to learn and grow. That ability of our profession has never been needed more!

Yours truly,

Iman

Iman Ennabut-Nawash, Ph.D., LPC-S, NCC
LCA President, 2016-2017

- ☞ The pre-conference workshops of the LCA Conference 2017 will include the following:
 - A. Ray Barnett will present the first five modules of the training of TeleMental Health, known as distance counseling. The charge will be \$100 per individual.
 - B. LSCA will have a three-hour pre-conference workshop.
 - C. Vicki Guilbeau will offer a one-day workshop on trauma.
- ☞ Registration fees for conference will **not** be increased this year.
- ☞ LCA will order 1200 canvas messenger bags with LCA logo on the flap.
- ☞ For the purpose of "going green," conference participants will mark a checkbox on the registration form to indicate if they want a printed conference program or if they wish to use the conference app. Members who want a hard-copy will receive a ticket (like the t-shirt) to receive the printed conference program.
- ☞ The board approved the Molly Frank Foundation, also known as the Patriot Dog Project as our 2017 community project for our 2017 conference. Receiving the 2016 Gold Award, this project trains dogs to be service dogs for military veterans with PTSD.

(Executive Board Mini Minutes, continued on page 5)



Call for Submissions

Articles for the 2017 LCA Journal Solicited *By Dr. Meredith Nelson, Co-Editor*

By way of this article, we are soliciting journal submissions for 2017. Your submission must be received by July 1, 2017. Please send a full copy and a blind copy in APA format to mnelson@lsus.edu Journal Co-Editor. ☞



A Call to All Professors of LCA Graduate Students!

By: Michelle Robichaux, LCA Graduate Student Rep

Hello my fellow LCA Members! As some of you may know, my name is Michelle Robichaux and I am 2016-2017 LCA Graduate Student Representative. I am excited to announce that I will be continuing my role as the Graduate Student Representative for the 2017-2018 year with the addition of a new Co-Representative, who will be chosen by LCA's very own President Elect for the 2017-2018 year, Dr. Christine Ebrahim!

Last year, as some of you may recall, the Graduate Student Committee offered LCA graduate students two featured events at the 2016 Conference. The first event, the Graduate Student Networking Night, took place just before the opening ceremony on the first day of the conference. Many of the students who came to the networking event were able to network with some amazing professionals in the counseling community including

(Call to Grad Professors, continued on page 6)

Pre-Conference Preview, continued from page 4

ity of our conversations." The client responds, "Since I called you for our appointment, is my contact information now on your phone? What about on your e-mail, now that I have emailed you? If your laptop was to be stolen or lost, how would you know that my chart is truly secure?"

A foundation of the practice of counseling is the confidentiality of our clients' information. Unfortunately, our graduate programs did not likely include the complexity of our current tech-

(Pre-Conference Preview, continued on page 6)

Executive Board Mini Minutes, continued from page 4

- ☞ Mary Alice Olsan, LPC Board Liaison, presented information about portability proposals and tele-counseling.
- ☞ The board voted to provide \$495 for the ACA Conference registration to the LCA Past President each year.
- ☞ The board voted to give David Tatman a bonus of \$6000.
- ☞ The board voted to raise the salary of our CPA from \$500/month to \$750/month.
- ☞ The board voted to increase webpage line item to \$15,000 to modernize the current website.
- ☞ April 1st is the deadline for conference proposals.
- ☞ The board voted to allocate \$5,000 this year to the Government Relations Committee for expenses and \$5,000 to the Government Relations Committee for the Town Hall meetings.
- ☞ The board voted to add \$1000 to the Gratitude Project. ✂



LCA February Board Meeting at the Crowne Plaza, l-r: Jessica Aslin, LCCA; Dr. Roy Salgado, LAMCD; Dr. Thomas Fonseca, LASERVIC; Austin White, Business Manager; Vickie Thompson, Secretary; Diane Austin, Executive Director, Photo by Joyce Fields, Archives Chair.

nology. Clinicians are receiving more requests for online counseling from prospective clients, insurance companies, and organizations.

Twenty years ago, NBCC provided the first standards for Telemental Health Counseling. Now, through the Center for Credentialing and Education, they are now offering a certification which can make an LPC more marketable.

This Pre-Conference Event will provide 5 of the 9 modules needed to become a Board Certified Telemental Health Provider. You will benefit from our conference discount rate and be able to complete the remaining four modules online and then apply for the certification. The 5 modules included in the pre-conference include:

1. Introduction to Telemental Health: An Overview of the Industry, Market Forces, Practice Requirements, Funding and Growth of Telemental Health
2. Best Practices in Video Telemental Health: Ethical and Legal Considerations from State Licensure Laws and Mental Health Disciplines
3. Crisis Management: Protocols for Managing Psychosis and Duties to Warn and Protect
4. Settings and Care Coordination: Understanding of Clinic and Direct-to-Consumer Differences, Factors and Terms
5. Information Privacy Security and HIPAA-HITECH: HIPAA Training Related to Tele-

(Pre-Conference Preview, continued on page 7)

ACA's own current President, Dr. Catherine Roland! The second event was a "Résumé Workshop" focused on teaching graduate students and new professionals how to customize their résumés for the field of counseling that they are most interested in and attendees were given a chance to have their resumes reviewed by professional career counselors from LCDA as well.

While both of these events last year were quite successful, I am excited this year to announce that LCA will be offering graduate students their own designated "Graduate Student Day" at the 2017 Conference and their own personalized "track" of sessions for them to attend. Some of the events LCA graduate students will have a chance to participate in include a "Jump Start Your Job Search" session, that will be hosted by LCDA and a "Meet Your Potential Supervisor" event that will connect graduating students with local PLPC Supervisors. In addition, we are hoping to include a LinkedIn photo booth as well for students to use to take a professional head shot from their LinkedIn profile while at the conference.

Therefore, given all the amazing opportunities students will have at this year's conference, I am asking that all of LCA's Counselor Educators and University Professors, encourage their students to attend the conference on the LCA Graduate Student Day (**Monday October 2nd, 2017**) and register for LCA as a student member, if they have yet to do

(Call to Grad Professors, continued on page 7)



Division Presidents and Committee Chairs at the February Board Meeting, l-r: Lisa Hibner, LCSA, Michelle Robichaux, Grad Student Rep.; Joyce Fields, Archives chair taking photo; Joan Gallagher, ADA Compliance Chair; Royce Hooks, LSCA Proxy, Dr. Meredith Nelson, Journal Co-Editor; Nikolya Sparks, LMHCA; and Adrienne Trogden, Public Relations Co-Chair.



Division Presidents at the July Executive Board Meeting. L-R, Dr. Thomas Fonseca, LASERVIC; Roy Salgado, LAMCD; Royce Hooks, LSCA President-Elect; Iman Nawash, LCA President; Jessica Aslin, LCCA; and Melissa Thomas, LAMFC. Photo by John Crawford

Pre-Conference Preview, continued from page 6

mental Health

About the Presenter: Raymond Barrett, LPC, LMHC, DCC, is the founder of the LLC. He is long-time practitioner and educator of Telemental Health Services. Mr. Barrett has shared his expertise through his top-rated courses and through consultation. *Mr. Barrett asks tough questions and helps trainees find the solutions. He offered similar training at the 2016 American Mental Health Counseling Association's annual conference and at the LPCA's North Carolina Chapter's annual conference.*

Call to Grad Professors, continued from page 6

so. If any of you have any specific questions about the LCA 2017 Conference or would like to learn more about the events I have mentioned above, please feel free to email me directly at lcagsrep@gmail.com.



February LCA Board Meeting, l-r: Diane Austin, Executive Director; Tammy Wilborne, proxy for LACES; Dr. Christine Ebrahim, President Elect; and Vinetta Frie, President Elect-Elect. Photo by Joyce Fields, Archives Chair

7 Division Presidents Report

Compiled by Vinetta Frie, Lagniappe Editor

You will hear from some outgoing and some incoming Division Presidents in this section. 7 Division Presidents summarize their terms of office or share their hopes for the future. Look for these divisions at the LCA Fall Conference at the Crowne Plaza in Baton Rouge!

Pursuit of Happiness

By: Roy A. Salgado, Jr. PhD, LPC-S, LMFT-S, NCC, LAMCD President



On July 4, 1776 a group of individuals declared that all people have an unalienable Right to pursue Happiness. This declaration unequivocally states that the pursuit of Happiness is among three fundamental Rights that all human beings have. It stands to reason that this group of individuals documented a fact that is true for all people- in all places - for all times. That the Right to pursue one's Happiness is not limited to those born

(7 Division Presidents Report, continued on page 8)

7 Division Presidents Report, continued from page 7

after July 4, 1776, nor only for those born within the borders of a specific region or given republic, but that the Right to Life, Liberty, and the pursuit of Happiness is a truth, a fact, a state of being that simply is. These individuals were astute enough and among the first to articulate said fact in written form so as to create a place on the earth where these truths could be carried out freely.

The mere fact that other places on the earth have not had the privilege of having had their predecessors articulate such truths in such a way does not make it so that some individuals do not share in these Rights. All are endowed by their Creator with these unalienable Rights as articulated and asserted in this declaration, not by their governments, their religious institutions, their politicians, their communities, their employers or their families, but by their Creator. As such, no government, religious institution, politician, organization, employer, or patriarch has the authority to limit or take away these Rights. After all as stated by the founders of this republic neither of these were granted by them in the first place, but rather by a Creator.

So go forth. Assert your Right. Pursue your happiness and pass it on to your children and your children's children. Counselors - advocate for your clients and empower your clients so that they may claim what is their Right, to pursue happiness. May they be the recipients, beneficiaries, and heirs to a legacy that has always been theirs for the pursuing. May you and they be able to assert and fully live your lives filled with the hope of happiness. May you and they be able to not only declare the Right to pursue happiness, but emphatically declare it so.



Article continues in next column



Come Grow With Us!

By Dr. Thomas Fonseca, LA-SERVIC President



Dr. Thomas Fonseca

The 2016 LCA Conference provided a wonderful chance for attendees to catch up with some amazing people. I always feel recharged after a conference, and I hope you feel the same. I would like to thank the members of LA-SERVIC for always making me feel right at home when I am away at a conference. In fact, connecting with friends of many faiths is one of the main reasons I remain a member. Of course, the other reason is to learn as much as I can in a very short period. Our annual LASERVIC luncheon, held on the Tuesday of the conference, was a memorable one indeed. Dr. Iman EnNabut Nawash, often referred to as Dr. E., was a great guest speaker as she shared stories from her faith tradition. Dr. E. is a living example of service in action.

I would also like to express my appreciation and love for all those who have served LASERVIC in the past. Thank you all so very much for establishing a community that is near and dear to my heart. I would especially like to thank Peggy Demarest, who has faithfully served as Treasurer of LASERVIC for many years. Thank you, Peggy, for serving with grace and dedication.

I want to extend a warm welcome to our newly elected 2017-2018 LASERVIC Executive Board. I also want to thank each person nominated for their willingness to serve the members of LASERVIC and LCA. I am confident each person will enjoy their position in the upcoming term.

I am excited to announce the results of LASERVIC's election process. The results are as follows: Brenda Eccles was elected President-Elect (which means she will serve as President for LASERVIC during the 2018-2019 term). Brenda's term as President-Elect will begin on July 1, 2017. Cathy Green-Miner, LPC-S, NCC, Barbara Green, LPC, LMFT, and Dustin Reed, PLPC (current

(7 Division Presidents Report, continued on page 9)

LASERVIC Graduate Student Representative) were elected Members-At-Large. Each Member-At-Large will officially take office on July 1, 2017. Cathy, Barbara, and Dustin's terms will last one year. Also, Beth Berger was appointed Treasurer of LASERVIC and will officially take office on July 1, 2017. Beth's term will last for three years.

Efforts are already being made to compile an election ballot for the 2018-2019 Executive Board. Please take notice that in April 2017 LASERVIC's Past-President, Dan Jurek, LPC-S, LMFT, will do a call for nominations for the 2018-2019 Executive Board so that we can open up elections in time for the 2017 LCA Conference. If you, and a friend (and you have many within LASERVIC), would like to run for a position, please contact me at tfonseca@uhcno.edu, and I would be delighted to explain the process. Trust me when I say that LASERVIC is the perfect division to put your good intentions to use. Every board I have served on within this division has been open to the different ways to express our belief in service to others.

Please know that all denominations are welcome within LASERVIC as we are made up of a community of mental health professionals that are faith-filled, fun, and welcoming. For many of us, serving others provides a meaningful way for us to rededicate ourselves to the helping profession.

Please join me in praying that more people find peace in their hearts and their minds. I pray that you come to know our creator's peaceful nearness and that your spirit continues to develop. LASERVIC's role is to help mental health professionals draw strength from one another as we acknowledge our roles as healers in a troubled world.

Moreover, when you renew your LCA membership this year, please make it a point to indicate LASERVIC as your primary division. I invite you to join us, grow with us, and share your faith. I pray that we continue to inspire one another as a source of strength as we strive to make our profession the best that it can be. Blessings!

Article continues in the next column

LCCA Updates

*By: Jessica Aslin, Ed. S., LPC,
NCC, LCCA President*



LCCA has had a productive year, and it has been a privilege to serve as president. This spring LCCA was able to contact all of the counselor education graduate programs in the state in an effort to increase graduate student membership in LCA. Emails were sent to the program coordinators including a link to the LCA member testimonial video that was shown at conference and quick pointers how to become a member that faculty can share with their classes. We hope to see even more graduate student involvement in the future as a result of this effort.

I would like to introduce the following members to the 2017-2018 LCCA Executive Board:

President Elect: Joyce Fields

President Elect-Elect: Peter Emerson

Treasurer: Andrea Jones

Secretary: Lisa Newman

Members at Large:

Leigh Potts, Ashleigh Turner, & Viveca Johnson

Social Media Chair: Maya Galathe

This board was voted on by the LCCA membership and we are excited to have them on board! Our next event is the annual summer workshop to be held May 25, 2017. The location is to be determined, but will be in Baton Rouge. This will be a day long workshop with CEU opportunities. Please visit our page on Facebook for the latest registration information.

(7 Division Presidents Report, continued on page 10)

7 Division Presidents Report, continued from page 9



Making Career Connections

Lisa Hibner, LCDA President

Louisiana Career Development Association, LCDA, had a busy few months! To close out 2016, the Baton Rouge LCDA members enjoyed a holiday luncheon at Parrain's enjoying the opportunity to reconnect after the challenges of 2016.

On January 27, 2017 LCDA hosted *LCDA Career Connections Conference* with guest speakers Dr. Debra Osborn, NCDCA Board, who spoke on Career Counseling and Mental Health and the Use of Technology in Careers; Shannon D'Gerolamo who spoke on Using Career Assessments in the Career Counseling Process; Dr. David Spruill who presented information on the Stages of Career Decision Making; and Dr. Stephanie Ebert who presented information on the Use of Expressive Arts in Career Counseling. The LCDA conference lunch was sponsored by the ASVAB Career Exploration System with guest speaker Collin Henry who shared updates on the ASVAB tool beyond its use for military placement. 46 conference participants earned 6 CEU hours and enjoyed an opportunity to engage



Article continues in next column

with colleagues while participating in a day focused on career counseling.

Next, on February 4, 2017, Lisa Hibner, President of LCDA and longtime LCDA member Mary Feduccia, Careerworks 360, provided a workshop on *Career Development for Youth with Learning Differences* for the CW Austin Learning Disabilities Conference in Baton Rouge, Louisiana. 28 parents, school counselors, and social workers attended the presentation which focused on resources and information for career development.

LCDA strives to enhance career counseling, to foster ethical practice, to encourage communication among career counselors, and to support cooperation with organizations related to career development and is actively seeking new leaders for the 2017-2018 LCDA Board. If you are passionate about career counseling and seeking a way to engage, use 2016lcda@gmail.com to contact Lisa Hibner.



What Should We Do Now?

By: Louis Lowrey, M. A., LPC/LMFT, President Louisiana Counselors for Social Justice



With ongoing controversy in our government, an upcoming legislative session in Louisiana, and when on many occasions, we are feeling deluged by news and professional responsibilities, what are we to do? Here are some suggestions. Continue to work on a strong ethical (or spiritual) underpinning for yourself. This will help in avoiding being swept up in the "slings and arrows of outrageous fortune." Focus on accomplishing one or two acts a day which would fit the old admonition:: "Practice random acts of kindness and senseless acts of beauty". Read selectively and voraciously. Some research indicates that over twenty percent of college graduates do not read another book following graduation! Let your

(7 Division Presidents Report, continued on page 11)

voice be heard, first of all by registering and voting, and then by actively expressing your opinions to your elected representatives. Deepen your competence in your chosen area. (Our clients expect no less) Remain active in LCA and your chosen Divisions, including LCSJ and any national associations affiliated with your profession and/or specialties. Be engaged with others in your community. Much can be done when we work together. And (in a responsible way) have fun while you are doing all of these elements in your busy life.

And if these ideas sound like they are coming from a grandfather, yes, they are! (Smile.) Thank you for continuing to practice social and restorative justice principles in your practices. Also, don't forget to thank your volunteer leaders and LCA staff for their ongoing dedication to our profession. Thank you!



Mental Health Counselors Are Unique and Necessary

*By N. T. Sparks, M.A., NCC,
LPC, LMFT, LMHCA President*

*"To succeed, one must be
creative and persistent." –*

John H. Johnson

Hello everyone! This Spring Lagniappe issue marks the beginning of the third quarter of my first year as LMHCA President. I am grateful for the opportunity to have served you this year and I am encouraged by the progress we have made. This year has garnered many challenges and many rewards. I could not have predicted, nor imagined that shortly after installation, there be a sundry of change and challenges...Board Transitioning, family

Article continues in next column

matters, illness, career transition. Across the state, many persons were impacted by flooding and tornados. I honestly believe that challenges are only road blocks to prevent one from being the best version of oneself.

Mental Health Counselors are at the forefront of every crisis, especially those nearest and dearest to us. The Executive Board has forged a relationship with the American Red Cross to enable us to lend support to the agency.

We are working very diligently to prepare for our Spring Workshop. Wendy Durant, President-Elect, will present on May 5, 2017 in Baton Rouge. The topic: "Holistic Therapy: What Does It Really Mean?" Wendy will explore how the mind, body, spirit and emotion connect and may be integrated into psychotherapy sessions. We hope to see you there!!!

The American Mental Health Counselors Association (AMHCA) will be held July 27-29, 2017 and will take place in Washington, DC this year. The Southern Regional Leadership has been challenged with 100 members per Regional Conference by May 1st. Registration is now open...let's get to DC and represent Louisiana!

Alas, Cindy Allen, has served LMHCA as a Regional Representative for several year and recently stepped down due to health reasons. Cindy will always be in our thoughts and prayers.

We are also preparing a relaunch of our web site and social media sites; more exciting things ahead!

We know that there is great diversity amongst the various work settings as Licensed Mental Health Professionals beyond the traditional therapeutic arena. We would like to hear from you. Share your interesting and/or exciting work experience with us via LMHCA1@ yahoo.com which is my email address. All the best!

"The greatest barrier to communication is the illusion that it has occurred." – Walt Eldridge, Sr.

(7 Division Presidents Report continued on page 12)



In Support of School Counselors!

By Dr. Reshelle Marino, LSCA President

Some goals for my presidency have been to advocate for our role, our profession, and our abilities as school counselors. One way of achieving those goals has been to increase visibility in school districts, with administrators, legislators, and superintendents. Part of this goal has been to reward school counselors for the work they do, and for their dedication to LSCA. As a result, LSCA has been working diligently to try to maximize members' benefits. We have started a new initiative called "LSCA Comes to You." This is a free service in which a member of LSCA presents on a topic to a school district. We receive requests and schedule a presentation per quarter. Dr. Jacqueline Broussard recently presented our first presentation on the 2016 ASCA Code of Ethics to the Lafayette school counselors. We provided the school counselors with free CE clock hours for attending the presentation. We have an upcoming fall presentation scheduled with Rapides Parish school counselors. Drs. Cryer-Sumler and Rock will present on how to implement the ASCA National Model into schools. It is our belief that providing LSCA members with free professional development opportunities is a benefit of maintaining membership, and is a service that we want to continue to provide for years to come. Next, we have gained approval for the Louisiana Department of Education (LDOE) to copy and distribute the new 2016 ASCA Code of Ethics at every school counselor collaborative scheduled for the 2017-18 school year. This is an effort that the LDOE recognizes as important, and for that we are very grateful.

Finally, another initiative we have been able to implement is providing the recipients of the School

Article continues in next column

Counselor of the Year (SCOY) awards with a free one-year paid membership for LCA and LSCA. This year we awarded Denise Peinado (Elementary SCOY), Emily Ardoin (Middle SCOY), and Ann Baker (High SCOY) with a one-year paid membership for LCA and LSCA.

We are also hosting a LSCA Summer Institute on Saturday, June 3, 2017 at Xavier University. Dr. Ciricie West-Otalunji will present on "5-Tips on Coping with Trauma and Stress in K-12 Schools and Communities." We hope school counselors, and clinicians alike, will join us in learning more about this important topic.

Until next time folks, take care, be well, and continue to strive for success! ✂

Support LCA Organizational Members!

By Diane Austin, LCA Executive Director



Please support our growing list of organizational members which already includes the members listed below. For additional information visit the member directly using the contact information provided below or click [here](#) for the LCA website.

Allen Outreach, Inc.

Allen Outreach is a 501 C(3), not-for profit agency in Oakdale, Louisiana, which provides a variety of programs and activities to assist clients in developing strong coping skills, behaviors, and problem-solving techniques to live better lives. Contact them via 318-335-3578.



Council On Alcohol and Drug Abuse, (CADA)

CADA is a community-based health agency which was founded in 1960 that provides substance abuse prevention, education and assessment services for both youth and adults in Orleans, Jeffer-

(Organizational Members, continued on page 13)

son, St. Bernard, St. John and St. Tammany Parishes. Contact them via 504 -821-2232.



ITI Technical College

ITI believes in the old proverb "Give a man a fish, he eats for a day; teach him to fish, he eats for a lifetime." ITI believes that a technical career often provides better salary, working conditions, and self-image, which consequently result in a better life. With this belief, we exist to help men and women attain that better life, not only for themselves but also for their families. For more information contact via 1 - 888-211-7165.



Pecan Haven Adolescent Addiction Center

Pecan Haven Adolescent Addiction Center is a new residential and outpatient treatment facility for teen boys, ages 13-17, with a bed capacity of 35. Pecan Haven is located on a 35 acre pecan grove near Monroe, LA; contact them via <http://www.pecanhaven.com>



Loyola University Department of Counseling

Loyola's Counseling Program offers eligible counseling graduate students a carefully designed curriculum that will prepare them personally, academically, and professionally to become skilled clinical mental health counselors. Contact via [here](#).

Article continues in next column

LSU Health Science Center Department of Clinical Rehabilitation and Counseling

The Master of Health Sciences in Clinical Rehabilitation and Counseling (MHS-RC) program is fully accredited by the Council on Rehabilitation Education (CORE) and the Council for Accreditation of Counseling and Related Educational Programs (CACREP) and is a 60 credit hour graduate program with a strong counseling focus. The program prepares counselors to assume the full range of professional responsibilities required in community rehabilitation agencies and counseling organizations, private as well as publicly funded and non-profit, and to contribute to scholarship and service locally and nationally. Contact them via 504-556-3453.



PHYSICIANS BEHAVIORAL HOSPITAL

Located in Shreveport, LA, Physicians Behavioral Hospital is a 24-bed behavioral health unit that offers both psychiatric and chemical dependency treatment in addition to extensive outpatient services. Contact them via 318-550-0520 or 1-855-415-0040. ✂

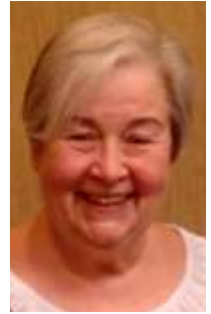


Committee Chairs attending the Board Meeting, L-R: Eric Odom, ByLaws; Joan Fischer, Professional Development; Asha Vyas, Awards; Dr. Mary Feduccia, Government Relations; Vinetta Frie, Publications; Michelle Robichaux, Graduate Student Representative; Adrian Trogden & John Crawford, Public Relations co-chairs.

With Thankfulness for our Conference Exhibitors

Submitted by Diane Austin, Executive Director

In this season of spring, one last acknowledgement for the conference exhibitors who made our conference more beneficial.



**Acadia Healthcare:
Children's Behavioral Solutions**

Addiction Recovery Resources

AmeriHealth Caritas Louisiana

American School

Ask Lela College Planning

**ASVAB Career Exploration
Program**

Barnes and Noble

Brentwood Behavioral Hospital

Center for Children and Families

**Children's Hospital Behavioral
Health**

**Department of Health & Hospital/
Office of Behavioral Health**

G.Bert Allain

**The Grove Counseling
and Wellness Center**

ITI Technical College

**Louisiana College Counseling
Association**

**Louisiana Health Information
Management Association**

**Louisiana LPC
PAC Auction**

**Louisiana School Counselor
Association**

MARCO Products

New Beginnings

**Palmetto Addiction Recovery
Center**

Physicians Behavioral Hospital

Silpada Designs (jewelry)

**Singular By Design
(original jewelry)**

St. Elizabeth Foundation

Universal Technical Institute

Youthlights, Inc.

2016— 2017 LCA Leadership Roster

LCA Elected or Appointed Officers and Contract Workers

Dr. Iman Nawash, <i>President</i> iman97@aol.com	Vinetta Frie, <i>President Elect-Elect</i> frienews@yahoo.com	Jenny Petty, <i>Parliamentarian</i> jpetty0926@aol.com	Diane Austin, <i>Executive Director</i> lca_austin@bellsouth.net
Dr. Christine Ebrahim, <i>President Elect</i> Christine.Ebrahim@counselone.org	Tim Fields, <i>Past President & Nominations Chair</i> tfield1@lsu.edu	Vickie Thompson, <i>Secretary</i> vsthompson@suddenlink.net	Austin White, <i>Business Manager</i> austin@northdeltamanagement.com

LCA Division Presidents

ALGBTIC-LA Alicia Kozak, Assoc. of Lesbian, Gay, & Transgender Issues in Counseling of LA aliciakozak@yahoo.com	LAAOC Brooke Keels, LA Assoc. of Addiction and Offender Counselors bkeels@pecanhaven.com	LACES Dr. Krystal Vaughn, LA Assoc. of Counselor Educators and Supervisors krysvaughn@gmail.com	LAMCD Dr. Roy Salgado, LA Assoc. for Multicultural Counseling and Development rsalgado@uhcno.edu
LAMFC Melissa Thomas, LA Association of Marriage and Family Counselors melissabay@aol.com	LASERVIC Dr. Thomas Fonseca, LA Assoc. for Spiritual, Religious & Ethical Values in Counseling tfonseca@uhcno.edu	LCCA Jessica Aslin, LA College Counseling Association jmorr66@lsu.edu	LCDA Lisa Hibner, LA Career Development Association hibnerl@bellsouth.net
LCSJ Louis Lowrey, LA Counselors for Social Justice lowrey@cp-tel.net	LMHCA Nikolya Sparks, LA Mental Health Counselors Association nikolyas@aol.com	LSCA Dr. Reshelle Marino, LA School Counselor Association reshelle.marino@selu.edu	PLCA Portia Gordon, Provisional Licensed Counselor Association portiadgordon@yahoo.com

Appointed Committee Chairs and Co-Chairs

ADA Compliance Joan Gallagher, jgallag@lsu.edu	Archives Joyce Fields, jwakef@lsu.edu	Awards Asha Vyas, ashamvyas@gmail.com	By-Laws Eric Odom, ericodom1@hotmail.com
Conference On-Site Chair Dr. Christine Ebrahim, (See President Elect)	Finance Dr. Christine Ebrahim, (See President Elect)	Government Relations Dr. Mary Feduccia, mary@careerworks360.com	Graduate Student Rep. Michelle Robichaux, mrobi53@lsu.edu
LPC Board Liaison Mary Alice Olsan, lpcboard@eatel.net	LCA Journal Dr. Peter Emerson, Co-Editor pemerson@selu.edu Dr. Meredith Nelson, Co-Editor Meredith.Nelson@lsus.edu		LCA Newsletter Vinetta Frie, Editor (See President Elect-Elect)
Membership Vinetta Frie, (See President Elect-Elect)	Professional Development, Joan Fischer, jfischer@olhcc.edu		Strategic Planning: Dr. Matt Lyon, mlyons@uno.edu
	John Crawford, Co-Chair JOHN615549@aol.com	Public Relations Latrina Raddler, Co-Chair lraddler@yahoo.com	Adrienne Trogden, Co-Chair atrog2@uno.edu



L to R: Austin White, Business Manager; Diane Austin, Executive Director; and Jenny Petty, Parliamentarian at Transitional Board Meeting in July. Inset: Vickie Thompson, Secretary. Photo by John Crawford, Publicity Co-Chair


LCA Member Services: 1-888-522-6362


LCA Website: www.lacounseling.org


Welcome!

Thanks to you LCA membership is now 2,162

With Heartfelt Thoughts and Prayers

 Charles Caron from Natchitoches, who died of a heart attack .

 Alice Voorhies, long-time counselor in Lafayette. We are not aware of any other details.

 Barbara Walley, a former LASERVIC President , LPC in private practice until 2011, and long time LCA Member who died March 28.

We need your help to acknowledge any member's serious illness, grieving, or recent death. Please share the information with either Vinetta Frie, frienews@yahoo.com or Diane Austin lca_austin@bellsouth.net. Thank you, in advance.

Louisiana Lagniappe

The **Louisiana Lagniappe** is the quarterly newsletter of the Louisiana Counseling Association, LCA. LCA is the state branch of the American Counseling Association, ACA. LCA includes 2,000+ members and 12 Divisions which serves as an inclusive umbrella. LCA unites professional counselors from diverse work settings into a single statewide organization. LCA works to promote advocacy, collaboration, and networking among its membership for the good of Louisiana.

NEWSLETTER CORRECTION

Please contact Vinetta Frie, Editor via frienews@yahoo.com. Please use **Lagniappe Error** in the subject line.

LAGNIAPPE TEAM

Your newsletter is the result of the following team: **Vinetta Frie**, Editor; **Diane Austin**, Contributing Editor; **Vicki Guilbeau**, proofreader; **Joyce Fields**, photographer and Archives Chair.

SUBMISSIONS

Send all submissions to newsletter editor, Vinetta Frie via her e-mail address: frienews@yahoo.com. To assure a speedy response, please include the words: **Lagniappe Article**, in the subject line. Electronic submission of photographs via e-mail as a .jpeg file is preferred. Submission of hard copy photos or on disk or flash drives become the property of the newsletter and will not be returned.

NEWSLETTER 2016-2017
NEXT SUBMISSION DEADLINE:
May 26, 2017