



LOUISIANA COUNSELING ASSOCIATION
 AGLBTIC • LAAOC • LACES • LAMCD
 LAMFC • LASERVIC • LCCA • LCDA
 LCSJ • LHMCA • LSCA • PLPC

Louisiana Lagniappe

Volume 38 Number 2

LCA is the state branch of the American Counseling Association

Winter 2015

Remembering the 2015 LCA Conference

Photos by Joyce Fields



Above, L-R: John Crawford, Dr. Richard Wong, ASCA Executive Director, Tim Fields, and Dr. Iman Nawash

Below: Interconnectedness experienced by many by using finger puzzles...



Dr. Sherene McHenry, Keynote speaker

Below: Tim Fields with Dr. Thelma Duffy, ACA President



Left: Mayor-President of Baton Rouge, the Honorable Melvin Kip Holden with Dr. Iman Nawash

Presidential Perspective... The Way We Were

By: Tim Fields, LCA President



You will soon see our new, post conference *Louisiana Lagniappe* newsletter. I hope you will soon re-live your conference experiences! If you could not be with us, I hope you will vicariously experience a sense of it in our retelling. Our conference theme **Interrelationships: The Ties That Bind** was played out in many scenarios — from the intimate (i.e. *tightly packed*) content sessions, to the creative parking that taxed even veteran hotel staff, but our counseling compassion and energy to learn, share, and celebrate pulled us through until the early evening hours of the last of September when the last of the 80+ door prizes left the Renaissance in tired hands.

Our burgeoning numbers exceeded even our greatest expectations of 2015 but all survived, hopefully enriched by old friendships, laughter, and a few more additions to our counselor toolboxes. There were signature moments -- the trumpeted *Stars & Stripes Forever*, BR Mayor Holden's witty welcome to BR and my honorary doctorate (:<{}); finger tortures that bind and reminders to lean downstream and give in sometimes to those we love and those we serve; ACA President Thelma Duffey's call to action against bullying and violence; Dr. Sherene McHenry's touching and humorous challenge to be strong and assertive despite the growing pains of change — all led beautifully by your President-Elect Nawash and her pictures from home. There was *A Very Happy Brain*, a *President's Award* for Dr. Nardini, pretty darn good food at the Reception, enlightening business meetings and luncheons for our hard-working divisions and com-

(Presidential Perspective, continued on page 2)

Secretary's Report

Mini Minutes from LCA Executive Board Meeting

By: Vickie Thompson, Secretary

The winter meeting of the LCA Executive Board was held at the Renaissance Hotel, Baton Rouge, LA on September 26, 2015. Tim Fields presented the Conference Report that 1129 were pre-registered for the LCA Conference.

- ✦ Diane Austin discussed the possible locations of the LCA Conference 2017: Cajundome in Lafayette and the Pontchartrain Convention Center in Kenner. The board voted against each location. A discussion of Hilton Riverside in New Orleans was also discussed as a possible location but more research is needed.
- ✦ A donation fee to Operation Hero of \$500 was added to the Budget 2015-16.
- ✦ According to the ADA, LCA must supply reasonable accommodations for those disabled. The Commission for the Deaf has funded the eight interpreters this year.

(Mini Minutes, continued on page 3)

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The Way We Were, continued from page 1

mittees; and a countless string of generous and invaluable volunteers and sponsors.

All told, a record nearly 1,200 participated and attended the 3 day LCA conference, and LCA increased its membership to an all-time high of 2, 236 members. I wish to recognize and thank our LCA business leadership — Executive Director Diane Austin and Business Manager Austin White; LCA President-Elect Dr. Iman Nawash; tech extraordinaire Dr. Matt Lyons, our Strategic Planning Chair, and my LCA first lady, Joyce W. Fields, for their memorable attention to detail and unending contribution and support.

The 2016 LCA Fall Conference returns to Baton Rouge in September at the Crowne Plaza Hotel off I-10 at College Drive. In the meantime, I challenge every member to find your niche! Can you share your skills in a content session next year? Will you boldly leave your comfort zone and volunteer your help to your Division President? Will this be the year that you make a difference, in a way ONLY you could in your division or my administration? Fear of rejection is real, yet I cannot imagine any servant leader in our association turning down your offer to help!

So, until LCA 2016 — strive to make a positive difference wherever you ply your craft and art; risk rejection for the possibility of finding a greater peace for those we seek to help; and lean downstream in your own lives to become the best version of yourself. In a nutshell — **Geaux Counselors!**

Tim



Tim and Iman at the opening session

Congratulations to LCA 2015 Award Winners


What a wonderful conference we had----crowded yes but it was a wonderful experience for networking and learning. The LCA annual awards were given to several deserving individuals:

LCA Graduate Student Award: Chris Lauer

LCA Advocacy Award: Dr. Alice Cryer-Sumler

**LCA Distinguished Professional Service Award:
Dr. Reshelle Marino**

**LCA Distinguished Legislative Award:
Louisiana State Senator Yvonne Dorsey-Colomb**

Congratulations to each of our recipients. 



LCA Announces the LCA President 2017-2018

By John R. Crawford, Past President

John R. Crawford, Past President of LCA and Committee Chair of Nominations and Elections has announced the winner of 2017-2018 LCA Presidential Election. Mrs. Vinetta Frie, editor of the LCA newsletter, The **Louisiana Lagniappe**, was selected as LCA President Elect-Elect. She will serve as LCA President in 2017-18.



Vinetta Frie

Thank you to all members who took the time to cast your vote! ☞

Mini Minutes from LCA Executive Board, continued from page 2

- ✦ In the Membership Report Tim Fields offered that LCA sent letters to LPC's who did not renew membership. There are two members with Organizational Membership with a \$300 cost. The cost of the annual fee for the organization membership was raised from \$300 to \$350 and will include one registration fee of \$260.00 as Early Bird registration.
- ✦ The motion passed to increase by increments the budget for legal fees by \$500 each year until a minimum balance of \$5000 is reached.
- ✦ In the Election Report John Crawford reported the candidates for President Elect Elect are Brenda Eccles and Vinetta Frie. A discussion ensued regarding the security of voting online and the paper ballot in *(Mini Minutes, continued on page 5)*



Sign-Up to Become a Volunteer!

By Alexis Ray, Program Monitor-Volunteer Management

Past events, including Hurricanes Katrina and Rita, and the terrorist attacks of September 11, 2001, have increased the national attention given to public health emergency preparedness. These events underscored the need for an emergency "surge" or supplemental health care workforce that can be mobilized to respond immediately to mass casualty events. Emergency System for Advance Registration of Volunteer Health Professionals (ESAR-VHP) provides a systematic process for statewide medical volunteer coordination in the event of an emergency. Louisiana's approach to ESAR-VHP is Louisiana Volunteers in Action (LAVA).

Scan to Register



LAVA establishes a pool of pre-credentialed, ready-to-deploy volunteer health professionals that could be utilized during emergencies. To date the program has over 6,000 medical and non-medical volunteers registered with the program. Of the total registered volunteers, less than 2% consist of Mental Health Professionals. The LAVA Program is housed in the Louisiana Department of Health and Hospitals, Office of Public Health – Center Community Preparedness.

Interested Marriage and Family Therapists, School Counselors and Mental Health Counselors should contact Alexis Ray at 225-354-3500 or alexis.ray@la.gov. Please register at www.lava.dhh.louisiana.gov to become a part of the state's volunteer database. Your community and state need YOU!



LCA President Tim Fields with 2015 LCA Award winners Dr. Reshelle Marino, recognized for Distinguished



Professional Service and Dr. Alice Cryer-Sumler, who was presented with LCA Advocacy Award! Congratulations to both of these very deserving winners!

Thank You, LCA!



Each year, we as an Association spotlight a local agency, cause, or concern as our Community Project. We are proud to announce that thanks to your generosity, \$1,009 dollars was donated to Eden House. \$300 dollars of that donation was a generous gift from LASERVIC.

Dr. Susanne Dietzel, Eden House Director, wants you to know how honored Eden House was to be selected as LCA's 2015 Community Project. Eden House opened its doors to provide wrap-around services to women and now provides residential support as well. Your donation represents the very best of what LCA is by both mission and our daily and ongoing work as mental health professionals. ✍



Tim Fields presenting the Presidential Award to Cindy Nardini for her many years of work in LCA on Government Relation, as a former President and other positions on the LCA Executive Board during her many years of membership.

The Choice to be Grateful

Excerpt from Counseling Today article by Dr. Thelma Duffey, ACA President



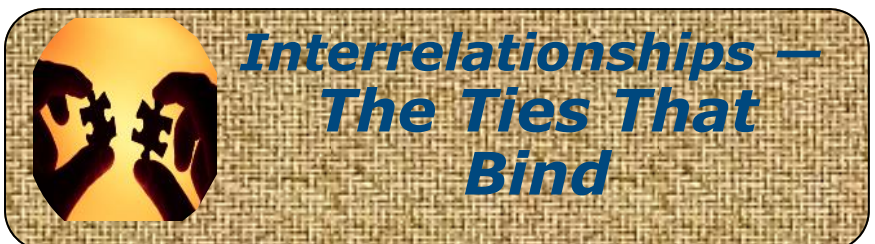
Above: Dr. Iman Nawash, LCA President Elect and Dr. Thelma Duffey, ACA President

Gratitude is an amazing feeling. Although it is not always easy for us to connect to this feeling, particularly during disappointing or frustrating times, I have found its positive impact to be very real. ...

November is a month that encourages messages of thanksgiving and gratitude for many of us. It also serves as a point of reference to reflect on our blessings. As I reflect today, I am truly grateful for so much. I am grateful for my beloved family and friends. I am grateful for my colleagues, near and far, and for the work we do for our profession and communities. I feel tremendous gratitude for our clients, who trust us to be partners in their journeys, and for our students from whom we learn so much. ...

I recently had the pleasure of traveling to the Louisiana Counseling Association Conference. It was a wonderful conference that highlighted the good that comes from the ties we form and the bonds we experience with one another. I am grateful for the strong ties within our profession, the ties we have an opportunity to strengthen through our challenges and the binding ties that result when we meet one another from a place of openness and understanding.

Wishing you all the best,
TD ✍





Division Presidents at the July Executive Board Meeting.

L-R, first row: Adrienne Trogden, Tara Washington, Nikolya Sparks (LMHCA President Elect), Rashunda Reed, Dan Jurek

L-R, back row:

Tiffany Cologne, Ramon Lopez, Ken Schmidt.

Not pictured: Stacey Duarte, Lynn Browning, Cindy Escandell, and Louis Lowery

10 Division Presidents Report

Compiled by Vinetta Frie, Lagniappe Editor

You will hear from some outgoing and some incoming Division Presidents in this section. 10 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 Baton Rouge Renaissance!

Mini-Minutes, continued from page 2

each person's conference registration ID badge pocket. To study the voting process, the committee members are Tim Fields, Eric Odom, and Bruce Galbraith.

- ✦ The next meeting of the LCA Executive Board will be February 19, 2016 at 9:30 AM at the West Baton Rouge Conference Center, 2750 North Westport Dr., Port Allen, LA.

Meeting was adjourned. ☞



ALGBTIC-LA: Raising Consciousness Across the State

By: Tiffany Cologne, President

On September 21, 2015, ALGBTIC-LA joined with PFLAG of New Orleans to conduct a workshop to educate CASA New Orleans volunteers about issues impacting LGBT+ youth. CASA stands for Court Appointed Special Advocates. CASA volunteers are regular citizens who have been trained in how to advocate for neglected and abused children in the foster care and family court systems. Topics discussed at the workshop were LGBT+ issues in schools, myths and misconceptions, associated terminology and active listening skills. The workshop was very well received and there is talk of doing a similar workshop for other CASA divisions in the area. We would like to thank Joe Melcher and Dr. Lynn Friedman of PFLAG New Orleans for including ALGBTIC-LA in this event.



☞☞☞

(10 Division Presidents Report, continued on page 6)



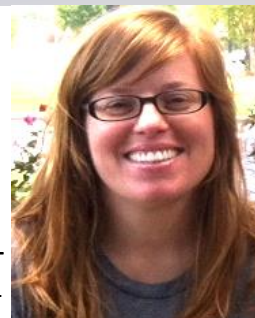
Above: Tim Fields with Melvin "Kip" Holden, Mayor-President of Baton Rouge



Above: Dr. Iman Nawash, LCA President Elect with our new Door-Prize Diva, Ann Brown!

LAAOC: Reducing the Stigma of Addiction

By: Adrienne Trogden, LAAOC President



LAAOC is excited to unveil it's new logo – simple and to the point!!! We have wonderful things planned this year at LAAOC! We have entered the world of social media, are sponsoring a RecoveryRun, unveiling a new logo, and planning our first CEU event of the year! Check out our new Facebook page – facebook.com/LAAOC! Come by and like our page! LAAOC is a sponsor of the RecoveryRun Baton Rouge on Sunday, December 13th at 8:00am. Reducing the stigma of addiction is a primary objective of LAAOC and we are excited to be a sponsor of this wonderful event! Come out to support, get some exercise and check out our table while you're there (www.recoveryrunBR.org)! We are in the process of planning our first CEU event, so look for more information to come in the next few months!



LACES: Changes Underway!

By Stacey Duarte, President

LACES (Louisiana Association for Counselor Education and Supervision) is excited to announce the upcoming news for our division! We enjoyed seeing everyone at the conference and are hopeful about all of the upcoming events.

We are looking forward to adding new members to our board and a call for elections will be sent soon! We are hoping for members who are interested in caring for the development of

(10 Division Presidents Report, continued on page 7)



future counselors and the support of educators and supervisors. Please consider yourself or those you know for these elections.

Also, in the upcoming months we will begin planning another Supervisor Training. We will follow the same format as the previous training where an LPC can receive the full 25 hour workshop to become a supervisor as well as single day workshops so that those already possessing the credential can obtain their CEUs. This provides a wonderful setting for everyone to collaborate and build a network of supports.

Visit us at lacesonline.org



LAMCD: Somos Felices or We Are Happy!

By Dalia Chatelain, LPC, NCSC, LMFT, LAMCD President

On behalf of LAMCD members, I thank all staff and volunteers who worked tirelessly at the recent fall conference to continue to unite Louisiana counselors. Just like LCA's membership grew, so did LAMCD's membership! We are on a roll!

21 new and old members gathered at our annual LAMCD Luncheon to hear Dr. Salgado provide a dynamic speech. Dr. Salgado has a mission to spread the project: "Somos Felices" or "We are Happy." LAMCD supports his stance to educate and extend a helping hand to individuals in need of support. **Welcome all our new members!**

Our state has long welcomed and connected with immigrant families. Among a new generation of immigrant workers, counselors are observing numerous mental health issues to consider such as emotional disturbances, minors without caregivers, trauma before and during travel, and homelessness. The need for bilingual mental health professionals is growing. I would like to use this opportunity to mention an excellent resource: **Duolingo** which is a free app for language learners. You may learn more about it at the following address: <https://www.duolingo.com/courses>.

I invite you to email me at dalia2450@gmail.com or the secretary, Aimee Dupuy, at aimeedupuy83@gmail.com with articles of interest to publish on "The Connection" related to Multicultural themes. Thank you in advance!

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Conference App Report

By Erin Duggen & Adrienne Trogden, Public Relations Co-Chairs

The conference app was a resounding success this year! We had 284 conference attendees create profiles and personal schedules on the app, and many more people used the app to find their workshop locations during the conference. We heard wonderful feedback from attendees on the design and ease of use, so we definitely plan to continue using an app for the conference each year. If you like technology, be on the lookout for announcements about the conference app in 2016!



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All About Relationships

By Rashunda M. Reed, LPC, LMFT, NCC



Wow... what a great conference and message. Interrelationships: The Ties that Bind. Our hope is that we can continue to enhance our professional and personal ties. The conference continually echoed our need to work with each other toward building, bonding, and creating healthy boundaries. Let's challenge ourselves to do these things.

LAMFC would like to thank our members, luncheon speaker, and executive board for their contributions. A special appreciation to Calvin Williams, LPC for his expertise concerning "Addictions in the Family." The board welcomes our newest members Triplane Martinez, 2015-2016 secretary; ShaLacey Bertrand, 2015-2016 graduate student; and Laura Hernandez, secretary for 2016-2017.

Let's keep up our relationships.



Standing On The Shoulders Of Others

By Dan Jurek, LPC-S, LMFT, LASERVIC President



LASERVIC enjoyed a wonderful resurgence of energy, excitement, passion and purpose at the LCA Conference in Baton Rouge! Spirituality, religion, ethics and values are on the cutting edge of growth and challenge in our profession. We are now more than ever asked to raise the bar of acceptance and understanding by integrating a professional construct for best practice in our field.

Article continues in the next column

It was a joy to be at conference. Dr. David Spruill was generous with his gift of music and led us in our prayer service on Sunday morning. I'm so thankful to all who attended and prayed with us.

Our LASERVIC luncheon was the highlight for our division. Mike Ruiz was a wonderful speaker. Mike shared with us how we all stand on the shoulders of others; those who inspire us and call us to be our better selves. He shared with us those people who inspired him to be a counselor and continue to inspire him to give to the community. He then invited us to share with the group our own stories. It was a moving and inspiring time to be together. Thank you to all who attended and I look forward to seeing even more of you at our luncheon next year.

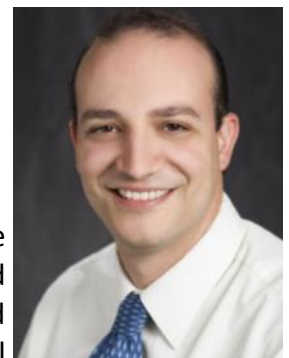
I am so grateful for all those men and women who have served the LASERVIC membership over the years. Many people came up to me during the conference and volunteered to get involved with this wonderful division. Let me encourage all of you who are reading this to contact me and say, "I want to get involved with LASERVIC as well!" I will contact you and discuss how you can make a difference in LCA. Also, please join LASERVIC when you renew your membership. We want you to be a part of the resurgence of energy and excitement we are experiencing.

With a grateful heart, I wish you all the best in the upcoming year!



LCCA Announcements and Activities

By Ramon R. Lopez, LPC, LCCA President



The Louisiana College Counseling Association would like to express its support and appreciation for the national anti-bullying campaign being supported by LCA and the American Counseling Association. This is a wonderful opportunity for college counselors to

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help reduce the hostility and isolation that so often ends in violence. These efforts can be supporting on college campuses through measures such as anti-hazing campaigns currently on LSU's campus, providing professional development for students that focuses on empathy and mutual respect, and educating students on the expansion of Title IX to prevent dating violence and stalking.

LCCA would also like to invite members to consider nominations for officer vacancies for the offices of President-Elect-Elect, Member-at-Large and Secretary. Please submit nominations to Ramon Lopez at rlopez1@lsu.edu by October 20th 2015, and feel free to contact with questions.



LCSJ: Speaking for Those Without Power, Influence, or Voice

By: *Louis Lowrey, LPC,
LMFT, LCSJ President*



The LCSJ Summit speaker at Conference was excellent. She is Marjorie Esman, Executive Director of the Louisiana American Civil Liberties Union. She spoke about several important topics, such as ways to end the mass incarceration we have in Louisiana, protecting the rights of children, and how the community needs to be actively involved not only in voting, but in the involvement of citizens in the work of government

Some people have the idea that social justice is a "soft on crime" approach. For those of you who have attended my presentations at the Conference in the past, you know that this idea is a misrepresentation. What we advocate is a restorative justice model in contrast to a retributive justice model, which approach often borders on revenge. The goal is to meet the needs of the victims of crime

Article continues in the next column

Louisiana Lagniappe

and also, when possible, to restore the offender to the community, if he or she has taken responsibility for their actions. We spend way too much money after the fact in dealing with issues in our society in Louisiana, when common sense tells us if we would spend the money up front on education and educational opportunity, we would not only save money, but we would save lives. I want to express my thanks to all LCSJ members who deal with social and restorative justice issues every day in their work with clients. In Hebrew, there is a word, *anawim*, which is usually translated into English as "poor". Actually, it is properly translated as "those without power, influence, or voice". As counselors, we are often the voice for our clients. Thank you for serving them in that way.

Please invite your friends and colleagues to join this important and growing division of LCA. Our overall LCA membership is at an all time high. Thanks to all of you for your active participation.



LMHCA is Active and Growing

By: *Cindy Escandell, PsyD,
LPC, LMHCA President*



LHMCA now has more than 700 members!!! We are the second largest Division. As we grow in numbers, we are becoming more active. We recently gave our first Volunteer of the Year award to **Jackie Benedik**. While not a counselor, Jackie has done volunteer work for LHMCA and the PAC for many years. She works under the radar and shuns praise or recognition. After years of volunteerism, LMHCA decided it was time to publicly recognize her for her dedication. At the LMHCA luncheon during the LCA meeting in Baton Rouge, Jackie was pre-

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sented with a beautiful wooden plaque in honor of her years of devotion to our Division and the PAC.

LMHCA would also like to congratulate **Wendy Durant**. Wendy was elected President Elect-Elect of LMHCA and will take office July 2018 and will serve through 2020. Her presidency will follow **Nikolya Sparks'** term. Nikolya takes office in July 2016. As my presidency begins to wind down, I am excited for our Division and the upcoming leadership. Nikolya and Wendy both have innovative ideas and enormous amounts of energy which will take LMHCA to a new level.

Congratulations to **Gary Gintner** on being named AMHCA's Counselor Educator of the Year. This national recognition is well deserved. He has held many offices and has received many honors and awards for his dedication to our profession. Gary served as president of LMHCA from 2001-2003.

Our Spring 2015 Workshop on private practice was held in Baton Rouge in April. It was well attended and we received positive comments on the topic and location. We also received wonderful comments on our exceptional speakers: **Cindy Nardini, Ken Benedik, Brenda Roberts and Wendy Durant**. They have over 100 years combined experience in private practice. Thank you again for sharing your knowledge.

We are working to put together the Spring 2016 Workshop on diagnosis. The topic was voted on by the members at our LMHCA luncheon at the LCA conference. **SAVE THE DATE!** The workshop will be held at the Red Cross Building in Baton Rouge on *April 29, 2016*. We have two dynamic speakers lined up for this six hour CEU workshop. **Kashon Wiley and Jeff Strozier** both have extensive knowledge of and experience in this topic. We look forward to learning from you at our workshop.

In order to show pride for our growing Division, LMHCA is selling navy hoodies and gray tees with

(10 Division Presidents Report, continued on page 11)

Editor's Prerogative....

LCA Conference: The More The Merrier!

By Vinetta Frie, Newsletter Editor



Have you ever had the pleasure of planning an LCA Conference? I have, more than once! You cannot imagine the details you have to monitor! Many years prior, contracts are negotiated, a theme is chosen, and many other plans are made. We plan for modest growth in membership, but no one has a **working** crystal ball! While it was wonderful to have yet another conference with a record breaking attendance, we really had to use our counseling skills to keep focused on positives.

Before you start thinking that maybe the time has come to consider replacing the annual fall conference with a series of webinars, I urge you to reconsider. In more than two decades of LCA membership and conferences, I have enjoyed several intense, deep, touching friendships. All I have in common with these special friends is our profession and the Association we love which provides us the opportunity to gather once a year.

After a year of not being in the same room, with no or limited contact in-between, I reconnect in a matter of seconds! A deep smile or happy giggle, a warm hug, sharing pictures of our kids, we quickly begin a power conversation using the shorthand way of talking real friends use to catch up with each other. In just a few moments, our counselor intuition often kicks in. If we sense when there is something wrong behind the smile one tenderly draws the other out. So many insights have been shared during teary dinners. Through LCA one friend felt comfortable to evacuate to my home and become part of my family. This year my circle of special friends grew by two more after a hilarious across town adventure produced hours of laughter in a unique dinner venue.

How could such relationships result from a webinar? What kind of organization would LCA become without our annual, in-person and yes crowded conference? I hope never to find out! ☞

our logo on the front. Sales have been strong. If you did not buy one at the LCA conference, they are still available. The hoodies are \$35 + \$10 for shipping. The tees are \$10 + \$5 for shipping. Send an email to cindy@escandell.com to place your order.

Lastly, I want to once again thank the LMHCA Executive Board. They are a group of dedicated professionals who volunteer their time to make events like our workshops and luncheons run smoothly from start to finish. This takes months of decision making and strategic planning. Thank you again for your dedication and teamwork (and putting up with my 2 a.m. emails!). Our hard-working Regional Representatives are: **Cindy Allen** (Alexandria); **Sola Kippers** (Baton Rouge); **Barbara Perrodin** (Lafayette); **James Grimes** (Lake Charles); **Cynthia Montcalm** (Monroe); **Wendy Durant** (New Orleans); **Kristi Bierbaum** (Shreveport); **Melissa Deroche** (Graduate Student Rep); and **Jeff Strozier** (Social Media). You all make it look so easy!



The Importance of Good Leadership

By Tara Washington,
LSCA President

Just a few days before the start of the 2015 LCA Fall Conference, I received one of the worst phone calls you can receive. I lost my youngest brother to a truck accident. All the lists of things to do, all the plans I had made in an instant were changed. Yet nearly everything I envisioned for my division was implemented at the conference, only in my absence. This was no accident. I am truly thankful for having an outstanding board, which stepped up, shared responsibilities, and implemented our plans.

While some leaders are probably born with in-

Article continues in the next column

nate characteristics that propel him or her to the role, many of us come to it with less enthusiasm. As a rule, counselors don't tend to think of roles we play in our work as leadership roles, yet leaders, we truly are. A true leader has great ideas on how to get a job done in new and unique ways! Who among you, as counselors, embody that definition on a daily basis? All of you, I would guess! Honesty and ethical behavior are also key values to being a good leader. Aren't we governed by a code of ethics? Communication is definitely important for good leadership. Well, isn't communication our thing!?

Counselors, despite our varied work settings, display leadership every day. We are the heartbeat of our schools/workplaces. Guess what else has a heartbeat? Just about every other living thing! Leadership is also the heartbeat of LSCA and every other division. No matter how well our associations are working, isn't there always room at the table for more leaders?! As LSCA President, I have called for interested hearts in our division to tell me what role they want to play. I plan to connect them to the current leader for conversation and maybe mentoring. If you are interested in LSCA, email me at twashington97@ebrpss.k12.la.us If you are part of a different division, I am sure each of my fellow Division Presidents would welcome you to more active membership in the same way.

There is another advantage of having a lot of leaders – many hands makes the work more enjoyable and more efficiently done! Decide today to share your heartbeat with your Division AND contact your Division President ... you will find his or her contact information on page 13. ✧





Conference Exhibitors

Submitted by Diane Austin, Executive Director

Conference exhibits are a feature of our annual conference. This year was no exception. If you would like to follow up with any of them, please visit their websites:

Addiction Recovery Resources

***American School
Counselor Association***

Barnes and Noble

Children's Hospital

ITI Technical College

***Jefferson Oaks
Behavioral Health***

***Louisiana LPC PAC
Auction***

***Louisiana School
Counselors Association***

Louisiana Youth Challenge Program

MARCO Products

***National Center for
Youth Issues***

Sallie Mae

Silpada Designs

Singular By Design

***St. Elizabeth
Foundation***

***Universal Technical
Institute***

***Woodlake Addiction
Recovery Center***

2015 - 2016 LCA Leadership Roster

LCA Elected or Appointed Officers and Contract Workers

<p style="text-align: center;">Tim Fields, <i>President</i> tfield1@lsu.edu</p>	<p style="text-align: center;">Christine Ebrahim <i>President Elect-Elect</i> ChristineEbrahim@counselone.org</p>	<p style="text-align: center;">Bruce Galbraith, <i>Parliamentarian</i> gotoschoolman@yahoo.com</p>	<p style="text-align: center;">Diane Austin, <i>Executive Director</i> lca_austin@bellsouth.net</p>
<p style="text-align: center;">Dr. Iman Nawash, <i>President Elect</i> iman97@aol.com</p>	<p style="text-align: center;">John Crawford <i>Past President & Nominations Chair</i> JOHN615549@aol.com</p>	<p style="text-align: center;">Vickie Thompson <i>Secretary</i> vsthompson@suddenlink.net</p>	<p style="text-align: center;">Austin White, <i>Business Manager</i> aus-tin@northdeltamanagement.com</p>

LCA Division Presidents

<p style="text-align: center;">ALGBTIC-LA Tiffany Cologne, Assoc. of Lesbian, Gay, & Transgender Issues in Counseling of LA tcologne@cox.net</p>	<p style="text-align: center;">LAAOC Adrienne Trogden, LA Assoc. of Addiction and Offender Counselors atrog2@uno.edu</p>	<p style="text-align: center;">LACES Stacey Duarte, LA Assoc. of Counselor Educators and Supervisors staceyduarte@yahoo.com</p>	<p style="text-align: center;">LAMCD Dalia Chatelain LA Assoc. for Multicultural Counseling and Development dalia2450@gmail.com</p>
<p style="text-align: center;">LAMFC Rashunda Reed, LA Association of Marriage and Family Counselors rtmiller00@yahoo.com</p>	<p style="text-align: center;">LASERVIC Dan Jurek LA Assoc. for Spiritual, Religious & Ethical Values in Counseling djurek@me.com</p>	<p style="text-align: center;">LCCA Ramon Lopez LA College Counseling Association rlopez1@lsu.edu</p>	<p style="text-align: center;">LCDA Lynn Browning LA Career Development Association lynn.browning@ololcollege.edu</p>
<p style="text-align: center;">LCSJ Louis Lowrey LA Counselors for Social Justice lowrey@cp-tel.net</p>	<p style="text-align: center;">LMHCA Cindy Escandell LA Mental Health Counselors Association cindy@escandell.com</p>	<p style="text-align: center;">LSCA Tara Washington LA School Counselor Association twashington97@ebrpss.k12.la.us</p>	<p style="text-align: center;">PLCA Kenneth Schmitt Provisional Licensed Counselor Association kjschmitt@gmail.com</p>

Appointed Committee Chairs and Co-Chairs

<p style="text-align: center;">ADA Compliance Joan Gallagher jgallag@lsu.edu</p>	<p style="text-align: center;">Archives: Joyce Frieles jwakef@lsu.edu</p>	<p style="text-align: center;">Awards: Dr. Jodey Edwards jodey1@msn.com</p>	<p style="text-align: center;">By-Laws: Eric Odom ericodom1@hotmail.com</p>
<p style="text-align: center;">Conference On-Site Chair Dr. Iman Nawash iman97@aol.com</p>	<p style="text-align: center;">Finance: Dr. Iman Nawash iman97@aol.com</p>	<p style="text-align: center;">Government Relations Dr. Mary Feduccia mfeducc@lsu.edu</p>	<p style="text-align: center;">Graduate Student Rep. Kerri Spears kerriterrell@yahoo.com</p>
<p style="text-align: center;">LPC Board Liaison Mary Alice Olsan lpboard@eatel.net</p>	<p style="text-align: center;">LCA Journal: Peter Emerson, Co-Editor pemerson@selu.edu</p> <p style="text-align: center;">Meredith Nelson, Co-Editor Meredith.Nelson@lsus.edu</p>		<p style="text-align: center;">LCA Newsletter: Vinetta Frie, Editor frienews@yahoo.com</p>
<p style="text-align: center;">Strategic Planning: Matt Lyon mlyons@uno.edu</p>	<p style="text-align: center;">Professional Development, Joan Fischer jfischer@ohlcc.edu</p> <p style="text-align: center;">Public Relations Co-Chairs:</p>		<p style="text-align: center;">Membership: Christine Ebrahim ChristineEbrahim@counselone.org</p>
	<p style="text-align: center;">Erin Dugan eemartin1@yahoo.com</p>	<p style="text-align: center;">Adrienne Trogden atrog2@uno.edu</p>	

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 1,800+ 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 2015-2016
NEXT SUBMISSION DEADLINE:
February 26, 2016



*L to R: Austin White, Business Manager, Diane Austin, Executive Director, Tim Fields, President, and John Crawford, Past President at the 2015 LCA Summer Transitional Board Meeting
Photo by Joyce Fields, Archives Chair*

LCA Member Services: 1-888-522-6362

LCA Website: www.lacounseling.org



With Heartfelt Thoughts and Prayers

For Christine Ebrahim, who lost her dad; for Pam Stelly, who lost her grandchild; for Tara Washington, who lost her brother just before the LCA Conference; and in remembrance of the late Mr. Wade Venissat, LPC, LMFT.

We need your help to acknowledge any member's serious illness, grieving, or recent death. Please contact either Vinetta Frie, frienews@yahoo.com or Diane Austin lca_austin@bellsouth.net. The information you provide will be shared here with our Association. Thank you, in advance.