



Louisiana
Lagniappe

LCA
LOUISIANA COUNSELING ASSOCIATION
ALGBTIC • LAAOC • LACES • LAGGS
LAMCD • LAMFC • LASERVIC • LCCA
LCDA • LCSJ • LHMCA • LSCA • PLPC

**LCA
Announces
the 2021-
2022
President**



Dr. Christine Ebrahim, Immediate Past President and Nominations Committee Chair

I am excited to announce that Dr. Reshelle Marino was elected by the LCA membership as the LCA President for 2021-2022. Dr. Marino is an Assistant Professor at Southeastern Louisiana University and serves as the Graduate Coordinator of the Counseling Program. She is a Past-



President of LSCA and served as Treasurer of LACES. She will begin serving on the LCA board in the summer of 2019 and will serve as Finance Chair and Membership Chair before becoming President in the summer of 2021. Thank you to all our members who took the time to vote!



**Presidential Perspective
Stronger Together!**

*Vinetta Frie, M.Ed., LPC, LCA
President 2018-2019*



What a grand celebration of our 50th year?! It was so good to meet and reconnect with so many of you! I was so glad that you took time to be with us for this conference! While I gratefully accepted your thanks for the many special touches you enjoyed, you must know that many, many others played vital roles in bringing such an outstanding conference to you.

With the rousing drumline Sunday to open our conference, the inspirational choir on Monday and the guitar at LASERVIC's Prayer Service on Tuesday, our mornings started in celebration and gratitude. The tone was set and expanded by each of our keynote speakers: Julia Cook, international author who shared her newest book with Louisiana Counselors exclusively and FIRST; Dr. Sherene McHenry, author and people I.Q. expert; Dr. Simone Lambert who not only brought us greetings from ACA, and the upcoming world conference in New Orleans this spring, but also shared with us what advocacy looks like at a national level; and Dr. Alice Cryer-Sumler a long-time LCA member who accepted my call to use her presentation to address advocacy from a more local level. My special thanks to her for modeling my theme in a special way by inviting Tara Washington and Dr. Iman Nawash to join her and share their stories of lessons learned

(Presidential Perspective, continued on page 2)



Congratulations LCA Award Winners!

*By Asha V. Murphy, Awards
Committee Chair*

Because I am part of the selection process of the wonderful counselors you see receiving awards, I know the outstanding work that caused them to be selected. I would like to take this opportunity to tell you a little about this year's winners and to ask you to do something. Think about colleagues — or even what you have accomplished — and **NOMINATE THOSE PERSONS** next year!!



Distinguished Legislative Service Award: Jamee Steele

Jamee is LCA's lead lobbyist and has played a key role in the legislative efforts of LCA. She is very knowledgeable about our role and advocates strongly for counselors in the

state of Louisiana. She's like a hawk in watching every detail related to legislative activity that may in any way impact members of LCA. She's never hesitant to go the extra mile for us.

Distinguished Professional Service Award: Dr. Laura Fazio-Griffith

Runners Up: Dr. Reshelle Marino, Dr. Christine Ebrahim, Dr. Iman Nawash, Myiesha Spears-Beard, Dr. Erin Dugan, Dr. Susan Thornton

(Congratulations Winners, continued on page 3)

when advocating for counseling and counselors.

It is also important to offer a special word of thanks to our 2018 sponsors of our historic fall conference! *The Louisiana Department of Health's Office of Behavioral Health* was our **Gold Sponsor** this year. We had two **Silver Sponsors**: *Physicians Behavioral Hospital* and *Woodlake Addiction Recovery Center*. We also had **FIVE Bronze Sponsors**: *AmeriHealth Caritas Louisiana*, *Brentwood Behavioral Hospital*, *HPSO Insurance*, *Palmetto Addiction Recovery Center*, and the *Detox Center of Louisiana and Baton Rouge Area Alcohol and Drug Center*. You will find on page 17 in this issue a bit of information about our sponsors and the services they provide year-round. We truly appreciate the support of all our sponsors!

I would also like to give a shout out to all our exhibitors (see page 16 for a complete listing) who were again ably coordinated by Lisa Launey. I have lost count of how many years Lisa has worked quietly, behind the scenes with Diane Austin to help support our exhibitors! A special thank you to Lisa for her faithful and quiet service to all of LCA!

In the pages of this issue of the *Lagniappe*, you will see how each division reconnected with their members and planned upcoming events. This quarter, each of our Divisions have submitted reports about their conference activities, beginning on page 6.

I have worked with LCA's Dynamic Austin Duo — Diane Austin our Executive Director and Austin White our Business Manager — for many years. I have new appreciation for all they do to implement our conference! Thanks to the efforts of Austin and his team, Diane and her daughter and granddaughter, we had what we needed when we needed it. I must also thank Awards Chair Asha Vyas Murphy who increased her workload exponentially by accepting the role of "Door Prize Diva!" But performing that role would not have been possible without the generous contributions from our Divisions, LCA Board members, and exhibitors! Thank you for donating the very nice prizes our members enjoyed taking home! Another group who worked tirelessly

(Presidential Perspective, continued on page 3)

Presidential Perspective, continued from page 2

were our 20 conference volunteers who were coordinated by Robin Sonnier, Audra Tousaint, and Helen Wilson. The volunteers, many of whom are grad students helped with a variety of conference tasks, as when Robin got down on the floor to help me assemble the voting backdrop! My thanks to each of our 2018 volunteers and the tireless coordinators. And speaking of grad students, I had a blast at the First-Timers Session and hanging out with the SLU students!

So many of you stepped forward to help: Ron Cathey, Christine Ebrahim, Tommy Fonseca, Iman Nawash, Eric Odom, and Adrienne Trogden. But coordination of the many special touches to commemorate our 50th Anniversary — those may not have happened without Chi Franklin and Tara Washington. Both LSCA colleagues, individually with no knowledge of the other, came to me last



*Chi Franklin, Vinetta Frie, and Tara Washington.
Photo by Gery Frie*

summer and offered to walk this path to conference with me. They helped me think through the many special details from the lovely elegant stage, to the beautiful and delicious cookies, the rousing morning musical interludes, the banners and presidential poster, the solemn color guard, all so moving and tasteful. Throughout the conference, they were never far from my side and I appreciate them more than I could ever say.

There is always a danger when one starts to name names. No matter how careful, someone is always left out. If I missed your name, please charge it to my head and not my heart. Yet. I

Article continues in next column



Presidential Perspective, continued from page 2

could not close this message of thanksgiving and gratitude without saying thank you to my family! My sisters, Elizabeth and Karen who provided morale support; Daughter Samantha who took one of the first turns selling the LCA Rock Paperweights. My son Denis who at the last moment when we realized there was no one to sing the National Anthem, put his Computer Science degree to good use! At the last second he found an instrumental version with patriotic backdrop for us to sing along with! And Gery, my husband who has been my companion, cheerleader, and support and during my time in LCA. He took many more great pictures, that you will see in this and future issues to come.

I guess it is only fitting that this article has required so many words to thank so many of you who played a role in making our 50th Anniversary such an touching tribute to our beloved LCA and its membership both mature and new. Well illustrative of the theme which came to me without very much effort: Stronger Together — 50 Years of Counseling and Advocacy. With much gratitude,

Vinetta

Congratulations Winners, continued from page 2

Dr. Laura Fazio-Griffith is an Associate Professor in the Master of Science Counseling Program at Southeastern Louisiana University. She is the President of the Louisiana Association for Play Therapy, Chi Sigma Iota Chapter faculty advisor, editorial board member for two national journals, and serves on the Association for Play Therapy Ethics and Practice, and Registration and Continuing Education committees.

She has worked with the Department of Health and Human Sciences to acquire the designation of approved provider for the Association for Play Therapy offering play therapy credit for counseling students and licensed professional counselors, as

(Congratulations Winners, continued on page 5)



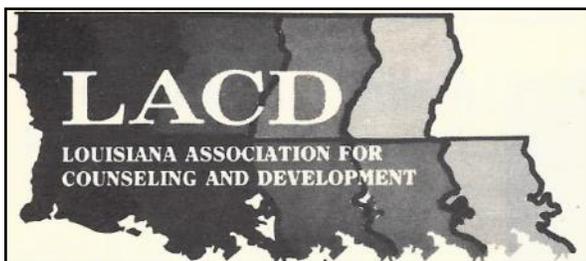
Our History in Logos

Compiled by Vinetta Frie, LCA President

This is a facsimile of our first logo when we were chartered in 1968 as the state branch of the American Personnel and Guidance Association. Our name was Louisiana Personnel and Guidance Association.



In 1988, the national association had another name change which reflected the changing perspective of the role of counselors and counseling. Our name became, Louisiana Association of Counseling and Development, LACD. This was our second logo.

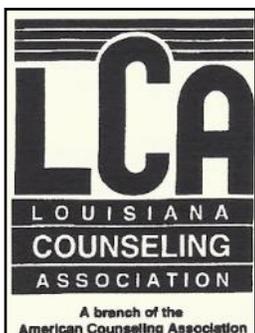


Although it was not an official logo, during the term of LACD President, Debbie Willis, 1993-94, when our association celebrated our 25th Anniversary, used a commemorative crest. This gave me the idea of creating a logo not just for our conference bags



and other materials, but to commemorate our 50th Anniversary.

In 1994, again our parent national association implemented a final name change to the American Counseling Association



Winter 2018

LCA Board Mini Minutes

Vickie Thompson,
LCA Secretary



The LCA Executive Board held the Fall Board Meeting and Leadership Training meeting on October 6, 2018 at the Crowne Plaza in Baton Rouge. The following business was addressed:

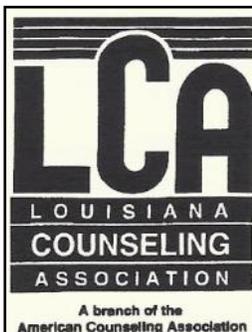
- ☞ Dr. Adrienne Trogden presented the budget and it was approved.
- ☞ Leah Rosa, Co-Chair of Strategic Planning, stated the By-laws of each division need to go to Eric Odom.
- ☞ Dr. Christine Ebrahim said that during LCA Conference 2018 the membership will vote for the President-Elect-Elect-Elect.
- ☞ Zach Hebert announced an increase in “likes” in Facebook and encouraged the use of the conference app.
- ☞ Dr. Mary Feduccia and her committee have been working on changing Bulletin 746 to include PLPC’s as counselors in the public schools. She plans to host the Mental Health Forum again in early 2019.
- ☞ LPC Nominations – Diane Austin said that on the LPC Board Governor Edwards has appointed Dr. Fazio Griffin and Dr. Roy Salgado to the LPC Board.
- ☞ Dr. Christine Ebrahim reported that the Leadership Development and Mentoring Institute was held October 6 with eight people attending.
- ☞ Dr. Tammy Welborn is working on a fact sheet on billing/insurance.

Submitted by Vickie Thompson, LCA Secretary



Our History in Logos, continued from page 4

ciation. LCA adopted our final name change and a different logo. This is actually my favorite past logo and is why I designed it into the **Louisiana Lagniappe** masthead for the last 24 years.



During LCA President Cindy



Nardini's term, 2007-2008 she worked with an artist who penned our current logo. It uniquely captures who we are. The logo brought back the image of the state, absent from our logo for 14 years and pairs it with a stylized cypress tree.

In 2013, during the term of LCA President R. Bruce Galbraith, ACA commissioned the creation of a new logo to better represent our profession and also related images for each of the state branches. During his term, LCA used both logos, to accustom the membership to transition. But your executive board decided by the end of his term to retain our present logo instead.



50

Memorials and Honorariums

Submitted by Diane Austin, LCA Executive Director



LCA continues to offer the opportunity to memorialize or honor current or prior LCA members. Lucy Rogers made the first donation to the LCA Foundation in honor of Dr. Gloria Bockrath earlier this year.

Divisions or individuals are welcome to establish such recognition for a counselor of their choice. Please contact Diane Austin, LCA Executive Director for details via lca_austin@bellsouth.net.

* Image from <http://habitatcatawbavalley.org/support/donate/honorariums-memorials>



Grad Student Award Winners Oriel Romano & Ida Ansell with Vinetta Frie. Photo by Gery Frie

Congratulations Winners, continued from page 3

well as school counselors working in different fields.

Graduate Student Award & \$200 grant: Ida Ansell and Oriel Romano

Ida and Oriel have spent their time at Loyola University New Orleans further developing a student-run group within the Counseling Department called Students Addressing Race and Privilege (SARP). SARP began as a racial dialogue pilot program, and then Ida and Oriel earned grant funding to continue the five week processing group with an outside facilitator; they have since incorporated their program into Loyola University New Orleans Counseling Department's New Student Orientation and they are discussing bringing the racial dialogue processing group to other counseling programs in Louisiana. In addition, they are developing research and articles based upon their work with SARP. Their efforts have given counseling students the opportunity to further process their feelings and understanding of multicultural issues in a safe and intentional space. By doing so, they are enriching and strengthening not only classmates around

(Congratulations Winners, continued on page 7)





Division Presidents Detail Post Conference Activities

Submitted to Vinetta Frie, Lagniappe Editor

Thank you to the each President for submitting a second quarter report. Enjoy seeing our Association at work.



LAAOC Update

Stephanie Robinson, LPC-S, LAC, AADC, NCC, LAAOC President

LAAOC hosted a luncheon for all division members at this year’s conference. We had a great time getting to know one another and brainstorming ways to make LAAOC an even more visible and exciting division. ACA President, Simone Lambert, LCA Past- President, Christine Ebrahim, and LCA President-Elect, Adrienne Trogden joined us for the luncheon -- it was a star-studded event! It was wonderful to hear each of their perspectives about LAAOC’s future goals and plans. We had a great discussion about how to assist Adrienne in incorporating more addiction-based sessions for next year's conference. Sean Brite and Sharon Normand take the reins as President and Secretary/Treasurer of LAAOC next year. They already have exciting plans for the division to include another division meet up at the 2019 conference.

Happy 50th Anniversary LCA!



Greetings from LACES!

Dr. Tammy Lewis Wilborn, LACES President

Happy Holidays! Can you believe we are already in the holiday season? If you are like me, you are wondering where did the year go?

(Division President Reports, continued on page 7)

LDMI First Cohort Presents at LCA Conference

Dr. Christine Ebrahim, Immediate Past President and Mentoring Task Force Chair



Members of the first cohort of the Leadership Development and Mentoring Institute (LDMI) presented their projects in the form of poster board presentations and content sessions at the 2018 LCA conference in Baton Rouge last month. The following LDMI members presented poster boards:

Katie Blum (Mentor: Cindy Nardini)
A Roadmap of Increasing Knowledge and Involvement in Counselor Legislation

Sean Brite (Mentor: Dr. Thomas Fonseca)
Integrating ACT Interventions into Substance Use Disorder Groups

Jennifer M. Chamberlain (Mentor: Dr. Christine Ebrahim)
Navigating the Counseling Profession as a PLPC

Dymphna D. Davis (Mentor: Dr. Stephanie Eberts)
The Art of Mentoring: Understanding Mentoring & Mentorship

LaSonja Eleby (Mentor: Michael Ruiz)
The beneficial Relationship Between a Mentor and Mentee During the Mentee’s Commencement as a Professional

Melissa Gemeinhardt (Mentor: Dr. Thomas Fonseca)
Psychiatric First Grab-and-Go Resources

Princess Lanclos (Mentor: Dr. Judith Miranti)
Addressing Recidivism While Increasing Reintegration Strategies for Incarcerated Individuals

Eleanor B. McAuliffe (Mentor: Dr. Catherine Roland)
Ethics & Scope of Practice: Counselors and Eating Disorders

(Poster Session Presenters, continued on page 7)

Congratulations Winners, continued from page 5

them but our professional field as a whole.

Humane and Caring Person Award: Dr. Kerry Scott

Runners up: Staci Short, Dan Jurek



Dr. Scott is a clinical director and supervisor at Horizon Rehabilitation Center in Monroe, LA. He is admired for his tenacity, caring personality and his spirituality.

Dr. Scott believes that everyone can be helped and goes above and beyond his title or degrees that he has earned over the years. His adaptable personality allows him to be effective in whatever area that is needed in his agency. Recently, a colleague was diagnosed with an illness and Dr. Scott provided crucial support during her absence. Dr. Scott will meet with employees on Saturday and Sunday and odd hours to accommodate their schedules. His motto is "what God has for you is for you and no one can stop you."

2017 Best in Show Award: Laura Smestad & Tralana Eugene for their session, *Teaching Our Students How to Cope: K-8 Classroom Lessons*

Advocacy Award: Dr. Reshelle Marino

Runner up: Veronica Douglas



Dr. Reshelle Marino recognized a need and led an effort that affects PLPCs state-wide. She became aware that the equivalent of PLPCs in the social worker profession, LMSWs, could be hired for positions as mental health practitioners in schools, while PLPCs could not, according to Bulle-

(Winners, continued on page 10)



Poster Session Participants, continued from page 6

Name: Dr. Alexis Y Mueller (Mentor: Dr. Wendy Rock) Paying It Forward: Burnout Prevention for Pre-licensed Counselors and Education of Counselor Educators of PLPC Burnout Risks

Mashezia J. Vincent (Mentor: Dr. Courtland Lee) Suffering in Silence: The Unspoken Mental Health Crisis in the African American Community

Nina Stewart (Mentor: Dr. Christine Ebrahim) conducted a content session entitled Deep in the Swamp: Addressing Questions of Professional Identity, Career Uncertainty and Burnout in PLPCs and PLMFT

Congratulations to all the presenters from the first LDMI cohort and a special thank you to all the mentors!

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10 Division President, continued from page 5

Thank you to all of you who attended this year's LACES luncheon. We were lucky to have Dr. Kathy Steele, LPC Board of Examiners Chair facilitate a wonderful discussion about LPC licensure. LACES also gave out two awards this year. The first award for Senior Counselor Educator Award was given to Dr. Erin Dugan, Associate Dean of Academic Affairs, Interim Department Head and Professor in the School of Allied Health Professions and Department of Clinical Rehabilitation and Counseling at the Louisiana State University Health Sciences Center. The second award for Senior Supervisor was given to Dr. Krystal Vaughan, Assistant Professor in the Department of Clinical Rehabilitation and Counseling at the Louisiana State University Health Sciences Center. Congratulations to Drs. Dugan and Vaughn!

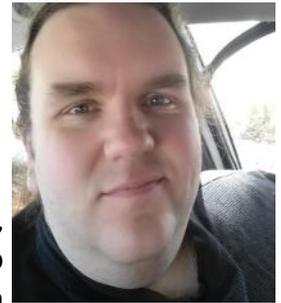
For a bit of mental health in the news, LACES President Dr. Tammy Lewis Wilborn was invited by

(10 Division Presidents, continued on page 8)



Social Media: Backs 1,000 Acts of Service

Zach Hebert, MS, PLPC



LCA President, Vinetta Frie, has challenged all of us to go out into the world and make a concerted effort to spread kindness and compassion a little more than you already do, just by being counselors. We're asking that you go out and find ways to make things just a bit better, whether through volunteer work of any sort or just by doing something kind for someone else. We're setting a lofty goal of 1,000 acts before conference next year and we have no doubt you'll all rise to the occasion.

In order to keep track of, and show gratitude for, the acts performed by our members, we're hoping to use social media to promote and recognize their work. Don't worry, though, if you don't have a Twitter account. We'll make it work.

1,000 Acts of Service

1. If you have a Twitter account:

- ✦ Perform and document, with a photo, short video, whatever you like, your acts of service.
- ✦ Get on Twitter and post about it using the hashtag #LACounselorsCare, and tag us (@lacounseling).

2. If you don't have a Twitter account:

- ✦ Perform and document, with a photo, short video, whatever you like, your acts of service.
- ✦ Email it, with a short blurb about who you are and what you're doing, to LACounselingSM@gmail.com. I'll post it for you on our Twitter account.

(Social Media, continued on page 9)

Division Presidents, continued from page 6

Huff Post to be a panelist and breakout presenter at their inaugural [How to Raise a Kid Conference](#) parenting conference in Brooklyn, New York. The one-day parenting conference was designed to facilitate children to navigate their world as confidently and competently as possible. Click link above for more information and the full video from the conference (Dr. Wilborn's panel starts at around 4:22:00). Dr. Wilborn also contributed recently to a [HuffPost article](#) on how to make the best out of family meal time. What a way to represent the counseling profession Dr. Wilborn!

As always, we look forward to hearing from you. Please send questions, comments, or feedback to LACES President Dr. Tammy Lewis Wilborn at twilborn@uno.edu.

Happy 50th Anniversary LCA!



LAMCD: Increasing Engagement

Dwayne Jacobs,
LAMCD President

Although I did not officially become President of the Louisiana Association for Multicultural Counseling and Development, LAMCD, until July 30, 2018, my first initiative was coordinating a summer workshop in Lafayette, Louisiana. Our workshop presenter, Dr. Cirecie West-Olatunji, who is a past president of the American Counseling Association (ACA), was also with us recently. Dr. Simone Lambert, current ACA President was also with us. Dr. West-Olatunji served as keynote speaker at our LAMCD Division luncheon at this year's LCA Conference.

(Division Presidents, continued on page 9)

Division Presidents, continued from page 7

Other recent LAMCD initiatives include the re-activation of our Facebook page, publication and distribution of our division newsletter, and planning for division goals for the 2018/2019 year. Fu-



ture LAMCD initiatives include the division-wide election of a President Elect-Elect, official appointment of other division officers, and filling regional representatives' positions to facilitate communications and localized training opportunities.

It is my pleasure to serve as LAMCD President this year and with your help and support it is my intention to increase division membership and engagement.

Happy 50th Anniversary LCA!



LAMFC Has Exciting Updates to Share!

Tralana Eugene, LAMFC President

The Louisiana Marriage and Family Division (LAMFC) has some exciting updates and news to share. First, we would like to thank our speaker for the LAMFC luncheon this year, Dr. Kristyn Carver.

Article continues in next column

Happy Winter Holidays!



Dr. Carver presented on Trust Based Relational Interventions: Strategies for Families with Kids from Hard Places. Dr. Carver shared a model that addresses issues of trauma from a systemic perspective. She also shared resources on how to learn more about using Trust Based Relational Interventions (TBRI) with couples and families. If you would like to know more about TBRI, please reach out and I would be happy to point you in the right direction. You can send any request to tralanaeugene@gmail.com.

LAMFC is in the process of working on ways to bring more systemic and relational presentations to LCA next year in New Orleans. We are excited and eager to collaborate with other divisions and professionals to increase access to sessions with a system focus. We are also currently in the process of electing new board members for next year who will take up the reigns in accomplishing this goal. Please look out for our announcement of new board members coming soon.

Happy 50th Anniversary LCA!

Having Hope

Brenda Eccles, LASERVIC President

Another outstanding conference has come to an end. As we celebrated LCA 2018 Conference, we experienced the power of hope that counselors provide in



(Division Presidents, continued on page 10)

Social Media, continued from page 8

That's it! We'll keep the tally. Do as many as you like. We've got a big goal, but with a little dedication, we're certain to meet it. Let's make change in the world and, as always, be safe and do good. P.S. – If you don't have a Twitter account, but you'd like to make one, we're always happy to help get you started. Just drop us an email at LACounselingSM@gmail.com.



Congratulations Winners, continued from page 7

tin 746. Dr. Marino identified the right person in the Louisiana Department of Education to approve the change and recommend the change to the BESE Board for the official change. Thanks to Dr. Marino's conviction, hard work, and commitment to the importance of equity, fairness, and service to clients, a real tangible change happened this year. **50**



Shed A Little Light

Stephanie Spengel, M.S., PLPC, NCC, School Counselor

On Sunday of the LCA Conference in Baton Rouge, Julia Cook spoke about hope. During this time, she read her new book **A Flicker of Hope** to us and I just wanted to say ... it moved me. My pre-teen stepchild struggles with hope and has expressed despair more times than I can count, especially when it comes to reading. My stepchild has said, "I'm never going to be good enough" or "I'll never be able to read."

While Julia was reading her book, I immediately thought of my stepchild, and how this book would be a great tool. I purchased the book and Julia signed it to my stepchild, encouraging them to "share their unique light." I took the book home and read it to my stepchild. Upon finishing it I shared that I was always available if extra light was needed to brighten their flickering one. My heart nearly burst when my stepchild said "Stephie, I think I need some light" and we did just that. We touched our foreheads together, to share our light just as the candles did in the story. Immediately, my stepchild's smile and changed demeanor showed me our symbolic gesture it had worked. It actually worked!

Little did I realize how my own light had been flickering because of my worry that my stepchild's light might go out. In that moment, the joining of our flickering lights resulted in both shining brighter than either had before. **50**

many aspects of people's lives. Throughout the conference I was continually reminded of why our diverse membership, represented by our MANY divisions is SO IMPORTANT!

One of the benefits of being a LASERVIC member, besides meeting new friends at the conference or reconnecting with friends you have known for years, is having the opportunity to serve and see that gift that you bring to the counseling profession grow. By advocating for our profession, we can see and have seen in certain situations the importance of having hope. Knowing that you have the opportunity to spread that hope to people of all walks of life is refreshing and vital to the service we bring.

LASERVIC began the conference week with a wonderful serene prayer service that set the tone for what was to come throughout the conference. Many thanks go out to Dr. David Spruill for providing the music and songs that complimented the service with prayers and reflections expressing gratitude for where we are in life and hope for what the future will bring.

When the 2018-19 Executive Board met Monday it was a blessing to know that we were in a strong position to provide funding for several outreach organizations. We were able to bring some relief and hope to past and current hurricane disaster areas, as well as provide assistance to local, state, and national government agencies.

At Tuesday's luncheon, members at the General Meeting were in agreement with what the board had recommended and extended that generosity to a couple of additional agencies. As our guest speaker, Dr. Ron Cathey, brought the "Hope" message to life by giving an outstanding presentation.

It is so important that you consider making LASERVIC one of your selected divisions, if not your primary division in LCA. As always, you are welcome to join us when you renew your membership and experience the faith-walk with us.

Happy 50th Anniversary LCA!

(Division Presidents. continued on page 11)



LCCA: The Best Is On The Way!

Ashleigh Turner, MA, LCCA President

As the 50th anniversary of LCA has now come and passed I reflect back on the wonderful experience that was had not only for myself but being amongst other great leaders in the counseling field was priceless. LCCA hosted a luncheon with two amazing mental health presenters Mrs. Asha Murphy & Mrs. Viveca Johnson both from LSU Mental Health Center with their presentation entitled “ Mission Impossible: Combating the College Mental Health Crisis”. It was a wonderful presentation that opened the door for panel discussion on what more we can do to reach those students who need us more now than ever. Thank you again Asha & Viveca for taking time to educate us on such an important topic. As we look forward to the end of 2018 and the beginning of a new year I look forward to attending ACA in New Orleans in 2019 and bringing back all that I learn to benefit and expand LCCA. Another thing to look forward to will be LCCA has begun planning our annual summer workshop which is being planned by myself and my President-Elect Viveca Johnson. Stay tuned for more details on what’s to come next for LCCA in the future.

Happy 50th Anniversary LCA!



2018 Conference — A Success!

Dr. Mary Boudreaux,
LCDA President

LCDA would like to thank all of you who participated in our sponsored programs and sessions at this year’s LCA Conference. I believe we were able to learn from each other and our wonderful presenters and we hope to build on the momentum that began there.

Article continues in the next column



For the first time, LCDA sponsored a pre-conference workshop with a national speaker, Ms. Celeste Hall, a member of the NCDA Board of Directors. This is a practice we hope to continue beginning with our January 18, 2019 Career Connections Conference. We are thrilled to have Dr. Spencer “Skip” Niles, the current NCDA president, as our conference speaker. We have applied for 6 CEU’s. Registration is open now! Space is limited so register early. For more information and registration, visit <https://2019lcdacareerconnections.eventbrite.com>

At this time, we are accepting nominations for the offices of President-Elect and Member-at-Large for the LCDA Board of Directors. Those serving as President-Elect will have a 3-year commitment to the Board. The Member-at-Large position is for a two-year term. These officers will begin their service in July 2019. If you or someone you know is wanting to get involved as an officer, please email me at marybou12356@gmail.com. The election will be held at the Career Connections Conference on January 18, 2019.

Happy 50th Anniversary LCA!

(Division Presidents, continued on page 12)

Call for Submissions

Articles for the 2018 LCA Journal Solicited

Dr. Meredith Nelson, Co-Editor



By way of this article, we are soliciting journal submissions for 2019. Your submission must be received by July 1, 2019 Please send a full copy and a blind copy in APA format to mnelson@lsus.edu Journal Co-Editor.



Division Presidents, continued from page 11



Committing to Social Justice

John Dewell, LCSJ President

The board of the Social Justice division is continuing their work towards social justice in the state. At the LCA conference LCSJ presented a presentation titled “Courageous Conversations in Modern America – The Counselor’s Role.” The presentation was well attended and got some early career counselors involved with the organization. In response to member feedback we currently are working on expanding the presentation and making it available in an on-line format. We are also developing a presentation with ALGBITIC on working towards equity with marginalized populations and hope to further develop partnerships with like-minded groups.

LCSJ is also working on development of our annual outreach programs and overall presence in the state. If you are interested in the work we are doing, want to be a part of the divisions’ leadership team, or simply want to shine a light on the great work you’ve been doing in service of social justice send me an e-mail (jadewell@loyno.edu). In peace!

Happy 50th Anniversary LCA!



See You Soon!?

Wendy Durant, LMHCA President

It was so wonderful reconnecting and seeing many of you during the annual LCA Conference and our LMHCA luncheon.

The LMHCA luncheon was AMAZING! There were 58 individuals in attendance that had an op-

Article continues in next column

portunity to participate in Dr. Ariel Mitchell’s highly interactive topic: Playing through therapy: How clinicians can adjust play interventions to fit the entire lifespan. Additionally, two special guests and national leaders in the field of mental health attended LMHCA’s Luncheon — Dr. Sherene McHenry, author and people IQ expert, and ACA President Dr. Simone Lambert. Dr. Lambert used her national platform to tweet and highlight some of LMHCA’s initiatives including our upcoming advocacy campaign endorsed by AMHCA to encourage Medicare coverage of LPCs of our elected officials.

LMHCA is on the move! Our first major activity of #CounselorsCare day of volunteering and paying it forward initiative occurred on Saturday, Oct. 27. LMHCA Board members volunteered to educate our servicemen and their families at the Yellow Ribbon Reintegration Program about the benefits and role of a counselor. We invited and welcomed LCA President Vinetta Frie, who joined us for a time at our table.

Upcoming Events

- #LMHCA2019SpringWorkshop: Trauma Focused Track May 3-4, 2019 We are seeking presenters experienced working with veterans & their families on the topic of trauma. If interested please email us LMHCA1@yahoo.com;
- #TogetherWeAreStronger -Initiative-day of writing, emailing, calling elected officials and posting videos/images on social media documenting our efforts to advocate for inclusion as Medicare providers -Winter/Spring 2019
- #LetsGetCertified -Forensic Mental Health Counselor Certification Fall 2019

Please be sure to follow us on social media via <https://www.facebook.com/LMHCA/> and our Instagram page: @lmhca. Let’s share the great things fellow counselors are doing throughout Louisiana by emailing a comment, photo/video to LMHCA1@yahoo.com. We will review and post to our social media platforms.

Happy 50th Anniversary LCA!

(Division Presidents continued on page 13)



Division Presidents, continued from page 12



Advocacy²

Denise Latour, LSCA President

How exciting it was to see ADVOCACY come to life at the LCA Conference!

It is always fun to catch-up with old friends and make new friends. I look forward to seeing you in New Orleans next fall.

Thank you to the members who made time to attend the board meeting on Sunday evening. It was standing room only! Our next board meeting will be from 10 a.m. to 2 p.m. on Saturday, February 16, at the East Baton Rouge Main Library on Goodwood Boulevard in Baton Rouge.

Kudos to the members volunteering to serve on committees, to proofread the newspaper, and to read for School Counselor of the Year awards. As LCA reminded us: WE ARE STRONGER TOGETHER. For those of you who haven't volunteered yet, there is still a spot for you.

Great job LSCA members who presented at the conference. School counseling topics were well represented on the agenda.

Congratulations to all of the School Counselor of the Year Nominees and Award Winners. You work hard in your profession and deserve the accolades. Watch for emails concerning nominations for next year. The deadline for submitting nominations is moving to December 31.

Congratulations to incoming board members: Keshia Simmons, President Elect Elect; Miriam Davis, Elementary VP; and Amanda Duplantier, Secondary VP.

Congratulations to LSCA Past-Past President, Dr. Marino, who was elected LCA President Elect Elect-Elect!

Happy 50th Anniversary LCA!

Article continues in next column



LACGS: Seeking to Address the Needs of Counseling Graduate Students

Ida Ansell, LACGS President



The grad student division had a productive and meaningful conference experience. Joan Gallagher, Associate Director of Student Services at LSU and former LCA board member, presented on narrowing your area of focus with an introduction by Ida Ansell who explained why this topic might be particularly informative to graduate students. Joan Gallagher offered audience members tangible ways to look inward to narrow their search. Four panelists then shared their own career journeys within the counseling field. Participants included not only graduate students, but other practitioners who were looking to change their focus. Our members seemed to gain a lot from the presentation, and we will continue to gather feedback and assess graduate students' needs to provide our members with meaningful professional development opportunities.

Our executive board is currently in the planning stages of organizing a service event for our members which will occur sometime in December or January. More details on that coming soon!

Happy 50th Anniversary LCA!

Advocating and Networking in PLPC!

Audra Tousaint, PLCP President



This past year, the Provisional Licensed Counselor Association (PLCA) has gotten more social and more involved with networking and advocacy. We

(Division Reports, continued on page 14)



Second LDMI Cohort Meets at LCA

Dr. Christine Ebrahim, Immediate Past President and Mentoring Task Force Chair

The second cohort of the Leadership Development and Mentoring Institute (LDMI) met at the LCA conference this year for an all day workshop. The new members got to know each other, discussed leadership opportunities and participated in a couple of fun team building exercises! All were excited to share their ideas of what they were looking for in a mentor and what projects they were looking forward to working with their mentor on for the year.

The 2018-2019 LDMI include the following members: Hannah Furlan (Covington), Jackie Bourassa (Lake Charles), Shari Franklin-Poydras (Baton Rouge), Danielle McAllister (New Orleans), Janel McDonald (DeRidder), Lindsey Boxie (Lafayette), Carol Quinn (Baton Rouge), Semonne' Pierre (New Orleans)

Second Cohort Back row (L to R) Hannah Furlan, Jackie Bourassa, Front row (l to r) Shari Franklin-Poydras, Danielle McAllister, Janel McDonald, Lindsey Boxie, Carol Quinn, Semonne' Pierre



Winter 2018



#Past LCA Presidents

L to R: Dr. Ken *and Jackie Benedik, Dr. Pat Thomas,* & Dr. Judith Miranti*

Division Presidents, continued from page 13

have held networking events and even a celebration for new PLPCs and Counseling graduates. Our website plcalouisiana.org is constantly updated with new opportunities and information for PLPCs and LPC- Supervisors. PLCA is also active on Facebook, at www.facebook.com/ProvisionalLCA, where we post weekly articles and upcoming events.

This year at conference, we took a different approach to our presentation and included PMFTs and LPC & LMFT-Supervisors. Our title was 'Provisional to Licensed: The licensure process for PLPCs, PMFTs and LPC/LMFT- Supervisors.' To stick with theme of conference, we chose to be inclusive and target the provisionally licensed, and also their Supervisors, and covered the licensure process for both LPC and LMFTs. Jamie S. Doming, the Executive Director of the LPC Board was the speaker for our session, and we also partnered with the LCA Government Relations Chairs, whom briefly spoke during the presentation about upcoming advocacy opportunities for PLPCs.

Because our presentation was so well received,

PLCA will continue to be inclusive in our events going forward, as we really were stronger together!





My First LCA Conference!

Andrew Cowan, SLU Graduate Student

Since I began my Master’s program at Southeastern Louisiana University, my professors were urging us all to attend the LCA Conference. There would be email reminders, it would be posted in the syllabus, and classes would be canceled because of it. For my first year, prior obligations prevented me while many of my cohort had attended without me. They came back raving about how interesting and fun the conference was and how excited they were to return. I believe it's safe to say that I had high hopes for the conference. Thankfully, this experience exceeded my expectations.

The entire atmosphere of the conference was one of excitement and a deep desire for growth. I’ve always strived to better myself within the counseling profession, so this kind of atmosphere is one that truly fits me. I attended talks that pushed me to excel in the profession I’m passionate about, including talks on ethics, play therapy, comprehensive programs, and so much more! There was literally something for every type of counselor at this conference and I felt like I was part of something much bigger than myself. I also felt a strong sense of belonging through connecting with other professionals that faced struggles similar to mine on self-care and imposter syndrome. I made many new friends and strong connections that I’m excited to pick back up and maintain throughout my professional career.

Lastly, I’m so grateful for the opportunity to volunteer for this conference in order to attend. As a graduate student that works two jobs, money is scarce and there are so many opportunities I’ve missed out on due to finances. Being awarded the Graduate Student Scholarship enabled me to attend this conference. The scholarship not only covered the fee of the conference but also allowed

Article continues in next column



me to give back to LCA in a more action focused way by being able to volunteer. This scholarship is something I highly recommend graduate students and PLPCs take advantage of as it’s a great way to network and grow within the profession while giving back to LCA.

50





2018 Conference Sponsors

Diane Austin, LCA Executive Director

On behalf of LCA I extend a heart-felt "THANK YOU" to each of following sponsors and exhibitors at our 2018 Annual Fall Conference. This year we were honored to have one Gold Sponsor, two Silver Sponsor and four Bronze Sponsors. Take a look!



GOLD SPONSOR:

Louisiana Department of Health – Office of Behavioral Health manages and delivers the services and supports necessary to improve the quality of life for citizens with mental illness and addictive disorders.

The agency acts as monitors and subject matter consultants for the children’s Coordinated System of Care program and the Medicare Healthy Louisiana managed care plans, which manage behavioral health services. OBH also delivers care through hospitalization and has oversight of behavioral health community-based treatment programs through the human services district and authorities. Services are provided for Medicaid and non-Medicaid eligible populations.

SILVER SPONSOR:



Physicians Behavioral Hospital is a 24-bed behavioral health unit that offers both psychiatric and chemical dependency treatment in addition to extensive outpatient services

through our partial hospitalization program and intensive outpatient program. As a pillar of our community treating psychiatric concerns since 2008, we have successfully treated and transitioned over 1500 patients back into the community. A commitment to excellence in diagnosis, treatment and education-

Article continues in the next column

these concepts are at the core of Physician’s Behavioral Hospital’s mission. Offering the most advanced behavioral health treatments for individuals ages 18 and older, physicians is a place where lives are turned around and hope is restored. Individuals and families are placed on a path to healing, enabling patients to lead more productive, fulfilling lives.

SILVER SPONSOR:

Woodlake Addiction Recovery Center

views alcoholism and/or addiction to be a manifestation of underlying issues that, if not addressed, the person will not recover or remain in recovery. Consequently, treatment involves an holistic approach addressing the interrelated components of the personality which includes the spiritual, mental, emotional, social, physical and the volitional or will power of the person.



BRONZE SPONSOR:

AmeriHealth Caritas Louisiana
AmeriHealth Caritas Louisiana is part of the AmeriHealth Caritas family of companies, a national leader in managed care.

The name Caritas stands for care. That's because care is the heart of our work. Our name shows our commitment to our #1 priority: the health of you and your family. AmeriHealth is an expert in providing quality health care to people covered by publicly funded programs. These programs include Medicaid, Medicare, and Louisiana Children's Health Insurance Program (LaCHIP). AmeriHealth Caritas Louisiana helps members get the care they need when they need it. We do this with: a coordinated approach to health care, leading-edge technology solutions and



(2018 Conference Sponsors, continued on page 17)

Innovative community programs. Our goal is to improve health outcomes for our members and build healthy communities across Louisiana.



BRONZE SPONSOR:

Brentwood Behavioral Hospital offers behavioral health and chemical dependency treatment for children, adolescents, and adults.



BRONZE SPONSOR:

HPSO Insurance takes care of counselors as they take care of their clients. HPSO offers a simple, affordable solution to help safeguard the professional's assets, license, and career.



BRONZE SPONSOR:

Palmetto Addiction Recovery Center is a residential treatment center for males and females located in Rayville, Louisiana. Palmetto provides treatment for drugs and alcohol and co-occurring disorders. Palmetto is privately owned and operated and is in the network with many insurance companies.



BRONZE SPONSOR:

Detox Center of Louisiana and Baton Rouge Area Alcohol and Drug Center has joined forces to offer a lifeline to individuals suffering from alcoholism and addiction. Dr. Robert V. Blanche, MD is the medical director and psychiatrist who conducts the medical detox. Dr. Thomas Buchman, LAC, ND is the clinical director of the 28 day In Patient and Family Program.



Audra Toussaint and Robin Sonnier who with Helen Wilson coordinated 20 graduate student volunteers during the fall conference!

With Heartfelt Thoughts and Prayers

 Dr. Ken Benedict a former LCA President is recuperating from a major surgery in October. Please remember him and his wife Jackie who has managed the PAC Silent Auction at conference for many years. They also welcome your prayers for Ken's full recovery. Submitted by Diane Austin.

 Please remember Nikolya Spears, LCA Archives in your prayers in a special way on December 5 as she faces the final in a series of surgeries and smooth recovery! Submitted by Vinetta Frie

We need your help to acknowledge the serious illness, grief, or recent death of any LCA member. Please share the information with either Vinetta Frie, frieneews@yahoo.com or Diane Austin lca_austin@bellsouth.net. Thank you!



2018 Conference Exhibitors

Diane Austin, LCA Executive Director



This year we have many exhibitors returning to be with us and several new ones as well. The sponsors marked with one asterisk are our **silver sponsors** for this year; the two asterisks indicate this year's **bronze sponsors**. On page 16-17 of this newsletter, you will find more information about each of this year's sponsors.

Acadiana Addiction Center

Addiction Recovery Resources

American Addiction Centers

AmeriHealth Caritas Louisiana**

Ask Lela FAFSA Completion
& College Planning

Association for Gay, Lesbian, Bisexual
and Transgender Issues of Louisiana

Brentwood Behavioral Hospital**

Children's Hospital Behavioral Health

Compass Health

Coping Skills

Cypress Grove Behavioral Hospital

Hallway Heroes: Chicken Soup
for the Soul

HPSO Professional Insurance**

ITI Technical College

The Journey Home, Inc.

LAARK Recovery

Louisiana Association for Counseling
Graduate Students

Louisiana Association for Multi-Cultural
Counseling and Development

Louisiana College Counselors Associa-
tion

Louisiana Mental Health
Counselors Association

Louisiana National Guard Youth
Challenge Program

Louisiana School Counselor Association

Louisiana Career Counseling Association

MARCO Products

Palmetto Addiction Recovery Center**

Physicians Behavioral Hospital*

River Place Behavioral Health

Vermilion Behavioral Health System

Seaside Healthcare

Woodlake Addiction Recovery Center*

2018 – 2019 LCA Leadership Roster*

<u>Vinetta Frie</u> , <i>President</i>	<u>Vickie Thompson</u> , <i>Secretary</i>	<u>Dr. Thomas Fonseca</u> , <i>Parliamentarian</i>	<u>Diane Austin</u> , <i>Executive Director</i>
<u>Adrienne Trogden</u> <i>President Elect & Finance Chair</i>	<u>Eric Odom</u> , <i>President Elect-Elect & Membership Chair</i>	<u>Dr. Christine Ebrahim</u> , <i>Past President & Nominations Chair</i>	<u>Austin White</u> , <i>Business Manager</i>

[Zach Hebert](#), PLPC Manual

LCA Division Presidents

ALGBTIC-LA <u>Keri Satterfield</u> , Assoc. of Lesbian, Gay, & Transgender Issues in Counseling of LA	LAAOC <u>Stephanie Robinson</u> , LA Assoc. of Addiction and Offender Counselors	LACES <u>Dr. Tammy Lewis Wilborn</u> , LA Assoc. of Counselor Ed- ucators and Supervisors	LAMCD <u>Dwayne Jacobs</u> , LA Assoc. for Multicultural Counseling and Develop- ment
LAMFC <u>Tralana Eugene</u> , LA Association of Marriage and Family Counselors	LASERVIC <u>Brenda Eccles</u> , LA Assoc. for Spiritual, Religious & Ethical Values in Counseling	LCCA <u>Ashleigh Turner</u> , LA College Counseling Association	LCDA <u>Dr. Mary Boudreaux</u> , LA Career Development Association
LCSJ <u>Dr. John Dewell</u> , LA Counselors for Social Justice	LMHCA <u>Wendy Durant</u> , LA Mental Health Counselors Association	LSCA Stephanie Eberts LA School Counselor Association Board Rep.	LACGS <u>Ida Ansell</u> , LA Assoc of Counseling Graduate Students

[Audra Tousaint](#), PLCA, Provisional Licensed Counselor Association

Appointed Committee Chairs and Co-Chairs

Archives <u>Jenny Petty</u> & <u>Nikolya Sparks</u>	Awards <u>Asha Vyas Murphy</u>	Conference On-Site Chair & Finance <u>Adrienne Trogden</u>	LPC Board Liaison Jamie Doming
ADA Compliance <u>Kimberly Lachney</u> & <u>Iman Nawash</u> Co-Chairs	By-Laws <u>Ramon Lopez</u> & <u>Eric Odom</u> Co-Chairs	Government Relations <u>Dr. Mary Feduccia</u> & <u>Dr. Ariel Mitchell</u> Co-Chairs	LCA Journal <u>Dr. Peter Emerson</u> & <u>Dr. Meredith Nelson</u> , Co-Editors
Mentoring Task Force <u>Dr. Christine Ebrahim</u>	Professional Development <u>Nicole Ferrer</u> & <u>Vicki Guilbeau</u> Co-Chairs	Public Relations <u>Tara Washington</u>	Strategic Planning <u>Leah Rosa</u>

*** Editor's Note:** For the first time, I could not fit the leadership roster on a single page! With substantial editing that changes the function of this page I was successful. If you are reading this online, simply double click the name of the LCA Leader you want to contact, and you will activate the link! If you are reading a printed version, the article submitted by the leader should include their email. If you cannot find an email, please contact me, Vinetta Frie via frienews@yahoo.com

NEWSLETTER 2018-2019
NEXT SUBMISSION DEADLINE:
March 29, 2019



L to R: Austin White, Business Manager and Diane Austin, Executive Director. This picture is from 1998.

LCA Member Services: 1-888-522-6362

LCA Website: www.lacounseling.org



See you in New Orleans...

2019 Conference Theme and Contest!

Dr. Adrienne Trogden, LCA President Elect

The theme for our 2019 Annual Conference is: *Together We Thrive: Revitalize, Rejuvenate, Invigorate.* We are having a contest for the best conference logo that fits our 2019 theme. If you are a graphic designer or creative, then help us come up with a fabulous conference logo for next year. If we choose the logo you design, then you will receive a FREE conference registration for 2019! So, get those creative juices flowing and submit your designs to Diane Austin via her email at lca_austin@bellsouth.net.

New Orleans in 2019!

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 2,300+ members, 11 Divisions, and 1 Affiliate. LCA unites professional counselors from diverse work settings into a single statewide organization. LCA works to promote advocacy, collaboration, and networking amongst its membership for the good of Louisiana's multi-generational clients.

NEWSLETTER CORRECTION

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

LAGNIAPPE TEAM

Your newsletter is the result of the following team: Vinetta Frie, Editor; Diane Austin and Vickie Thompson, Contributing Editors; Dr. Christine Ebrahim & Vicki Guilbeau, proofreaders; Nikoyla Spears, photographer and Archives Co-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.