



## 2017 ACA Conference and Expo in San Francisco

*By Holly Clubb, Director of ACA Leadership Services*

Help us spread the word about the 2017 Conference & Expo in San Francisco! The decision to move the 2017 Conference & Expo was a bold move that spoke volumes about the counseling profession and the leadership of ACA. Now more than ever, we must unite in our efforts to protect the integrity of the counseling profession and the essential roles counselors play in communities nationwide. ☞



For more information, visit the ACA Website at the following address <https://www.counseling.org/>

## From the Desk of the LCA President

Greetings Counselors,

I am honored and humbled to be serving as your 2016-2017 Louisiana Counseling Association President. Since my election two years ago, I have put a tremendous amount of thought into my overall message for my year as President. This opportunity only happens once, and I certainly want to make the most of it.

As I began preparing for Presidency and deciding on my theme for the year, I started to look within. I decided on something that has always been a part of me, something that defines me.

I have learned a lot about myself these past few months. I have learned that writing an article with two children around is a huge ordeal! While I have always enjoyed writing, now it requires much more effort. While serving as your President, I am also Iman, drawing on my passion which prevents me from being neutral, unbiased, and generic. I have come to realize that when leading such an organization rich in history and representing over 2,000 members, I can still be my authentic self, but I will take greater care to distinguish between sharing my thoughts to open dialog, and speaking on behalf of the diversity of ideas and opinions present in our Association. I am representing so many different



*(From The Desk of, continued on page 2)*



**Same Time,  
THIS Year**  
By Vinetta Frie, LPC,  
Newsletter Editor

If you have not already registered for the 2016 LCA Fall Conference, you just missed the early-bird deadline. While you have missed the cheapest rate and the free themed T-Shirt, all is NOT lost, however. Preregistration is still available until September 12th!! For the first time this year, LCA will NOT accept payment by personal check for onsite registration.

In this day of webinars and podcasts and regional drive-in workshops, why should you travel to Baton Rouge or across town for several days of meetings? For one, it is cost effective! You will have your choice of 70 content sessions presented by professionals with excellent credentials! If you read Dr. Ennabut-Nawash's inaugural presidential message, you already know that you will also have the opportunity to learn from three speakers of national repute and to support the current ACA President who started her professional journey as an LCA member!

The very best reason for attending the annual conference is the opportunity to renew friendships and to create new ones. The work we do is intensely personal and confidential. With whom does a counselor get to decompress? Who else understands? I treasure the friendships I have made in LCA. It is so fun to pick up where we left off last year and share power lunches or dinners catching up with our intervening lives! Hope to see you there! ✨

people -- with different values and beliefs. The title of LCA President is significant and I will carry it with pride and represent you and the organization to the best of my ability realizing it's not about me, my views or my agenda but rather, it's about the collective group.

These past few months have been challenging to say the least for so many people. We all have different views, but the one thing I know we can agree on is that fact that human life is precious and we need to come together to help all those suffering from tragedy. We do this through reflection, understanding, acceptance and action, which brings me to the theme for conference this year: **Diversity, the Spice of Life**. This theme encompasses so much more than race. Learning to embrace, understand, accept, and work with all people regardless of race, ethnicity, religion, sexual orientation and profession is the goal of conference. I am extremely excited about this theme and providing the opportunity for open and honest discussion about our differences with the goal of understanding one another better in order to help ALL people. We can't pick and choose who we want to help -- we are on the front lines. Let's make this moment count and this conference memorable!



The conference will be held at the Crowne Plaza in Baton Rouge from September 25-27th with pre-conference on September 24th. Parking should be plentiful and the rooms spacious enough for our amazing sessions. Conference is always a time to connect and reconnect with one another and to network and I am eager to spend this time with you all.

I am also very eager to announce that our keynote speakers for conference will be Dr. Courtland Lee, the multicultural and diversity guru and Professor from the Chicago School of Professional Psychology in Washington, DC and our very own Dr. Cathy Roland, ACA President. The Executive Board is working diligently to ensure the theme of diversity is present throughout conference and that each activity is purposeful and provides an opportunity for dialogue and discussion. Please walk

*(From the Desk Of, continued on page 3)*

Have you registered for the 2016 LCA Fall Conference?

## Why Should You Indicate Your Primary Division?

By Vinetta Frie, Lagniappe Editor



When you register for the Fall Conference, be sure to indicate your primary division. When you do, your registration will increase the rebate that division receives from the profit earned from the conference!! If you do NOT indicate your primary division, your money goes into a pool which is evenly divided between all **12 divisions!** Increasing the conference rebate for your division allows your group a benefit **without** having to increase your membership dues — a win-win. Don't forget to indicate your **primary division!** ✂



*From the Desk of, continued from page 2*

around and participate in the activities as much as you can. Also, make sure you check out the new LCA App. which can be downloaded from the app store. With this new app, you will have the entire conference at your fingertips with information on sessions being offered, presenter information, a virtual map, and so much more!

We will have so many other things in store for you. Please register early. Early Registration ends September 12th. I'm really looking forward to this year's conference, but even more so I am looking forward to connecting and learning more about each and every one of you!

Sincerely,

*Iman*

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



## Louisiana Lagniappe

### LCA Announces Candidate for LCA President 2018-2019

By Tim Fields, Past President



Tim Fields, Past President of LCA and Committee Chair of Nominations and Elections has announced the candidates for the 2018-2019 LCA Presidential Election. The election will be held at the 2016 LCA Annual Conference in Baton Rouge at the Crown Plaza Hotel. If you are not attending the conference, you will be able to vote by mail prior to the conference. The ballot and candidate information is being published in this issue of the *Lagniappe*. This year, there is a single candidate running. Meet Adrienne Trogden!

### Brief Bio

Adrienne Trogden, LAC, CCA, LPC-S, is currently enrolled at UNO in pursuit of a PhD in Counselor Education. Prior to that she earned her M.A. in Counseling at Indiana Wesleyan University.



Ms. Trogden has a varied work history. Currently she is the owner and consultant of Trogden Consulting, LLC, directs Wellness and Recovery for Sinfonia Family Services, and is Co-Instructor of Advanced Counseling classes preparing graduate students for their Practicum experience for the University of Malta.

Ms. Trogden has received several honors and awards. She won Best of Show Award for her LCA Conference presentation in 2012 and was also nominated that year for a Chi Sigma Iota Fellowship. The following year, Chi Sigma Iota also nominated her for their Outstanding Practitioner Supervisor Award.

Ms. Trogden has been very active in professional organizations. She currently holds or has held leadership roles in state, local and national profes-

*(LCA Candidate, continued on page 4)*



### LCA Mail-In Ballot

Cast one vote by using this ballot by mail, OR in person at the Annual Fall Conference, **but not under multiple venues.**

#### FOR PRESIDENT-ELECT ...

See pages 3—6 for more information about the candidate.

#### CHOOSE ONE OF 2 WAYS TO VOTE...

1. Print this page of the newsletter and mark the ballot. **Mail it to Tim Fields by September 17 at 1310 Ashland Drive, B.R., LA 70806 OR**
2. Vote in person at the LCA Annual Fall Conference at the Crown Plaza Hotel beginning September 25.

**Late ballots will be disqualified.**

#### LCA President Elect-Elect

(Select ONE only)

- Adrienne Trogden, LAC, CCA, LPC-S**
- Write In Candidate

(who must be a current LCA Member):

E-mail address \_\_\_\_\_

sional associations as well as civic associations in Jefferson Parish. Ms. Trogden currently serves LCA as co-chair of Social Media.

Ms. Trogden has numerous professional memberships, including: American Counseling Association, ACA; International Association of Addictions and Offender Counselors, IAAOC; International Counseling Association; IAC; LCA; LAAOC; LACES; Southern Association of Counselor Educators and Supervisors, SACES; LA Association of Substance Abuse Counselors and Trainers, LASACT; and Eye Movement Desensitization and Reprocessing International Association, EMDRIA; National Acupuncture Detoxification Association, NADA.

**❖Elaborate how your background and qualifications have brought you to your decision to first become an LCA member, and now seek this leadership position.**

As I reflect on my career thus far, I'm struck by what a vital role LCA has played in my development as a professional, counselor and leader. I was originally encouraged to join LCA by a fellow colleague and I honestly didn't know much about the organization prior to joining, but felt it was my professional responsibility to be apart of my state trade association. Upon joining LCA, I was impressed by all the functions it performs for our profession, from advocacy to training, leadership development to support for each other in the counseling work we do with clients. My own identity as a professional counselor has been shaped by my involvement with LCA, first by attending the annual conference and being able to network as well as draw support from my fellow professionals throughout the state, and then by being able to give back to the profession through service on committees and leadership throughout LCA. LCA has given me so much in my professional development thus far and I feel that it's time to give back to LCA through service as president. I strongly support LCA's mission to be the voice of counseling professionals in Louisiana and feel that I can con-

*(LCA Candidate, continued on page 5)*



tribute to it's continued growth and success. I have had the opportunity to serve in several organizational management and leadership positions in my career, train and educate new and seasoned counselors, work with clients in multiple clinical settings, and contribute to advocacy efforts as well as research to push our profession forward. I bring all of this experience and knowledge to my service as president of LCA.

❖ **To maintain the integrity and economic stability of LCA and counseling as a viable profession; what initiatives would you undertake to educate the public and Legislature about the importance of LCA?**

Regarding the education of the Louisiana Legislature, I would expand upon the work that the government relations committee is already doing by meeting with legislators personally, continue engagement with the LPC Board, continue involvement with related professional associations to create strong alliances to combat threats to the integrity of our profession, and use the LPC white paper to explain the counseling profession to our legislators.

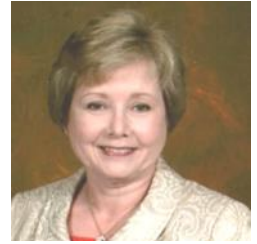
Education of the public involves creating awareness in the community. I would seek opportunities for outreach to universities throughout the state with counseling programs to educate incoming professionals on LCA's functions and importance. I would expand social media engagement to include regular posting on a variety of social media sites to promote awareness and activities of LCA. I would seek to support and promote local community events that raise awareness, promote social justice, and de-stigmatize behavioral health disorders. Finally, I would seek to create a series of PSA's and/or billboard advertisements on the benefits of counseling and LPC's to raise the public's awareness of our profession and it's importance as a service to the community.

❖ **As LCA President of 12 diverse branches, provide a few short and long term plans for LCA – addressing their needs and issues to ensure that each feels their collective voice is heard.**

In the short-term, I would seek to meet with each LCA division president to identify the unique needs and initiatives each division has for itself as well as how LCA leadership can support the initiatives of each division. Secondly, I feel it's

*(LCA Candidates, continued on page 6)*

## Mini-Minutes of the LCA Executive Board Meeting



*Submitted by Vickie S. Thompson, LPC, LCA Executive Board Secretary*

The Louisiana Counseling Association Executive Board met at 9:30 A.M. on Friday, July 8, 2016 at the Crown Plaza, Baton Rouge, LA.

- ✎ Austin White presented the financial report. The balance for eleven months ending May 31, 2016, was \$78,680.74.
  - ✎ A motion was passed to authorize Austin White to pay bills based on the budget for 2015-16.
  - ✎ Iman Nawash read the note by family of Harry Albert and by Joe and Rachelle Marino.
  - ✎ Tommy Fonseca created and recorded the seminar offered in June for online CE Clock hours. A motion was passed to continue the CEU offering as a member benefit and to charge non-members.
  - ✎ Roy Salgado volunteered to locate, organize and pursue LCA members of each ethnicity and religion to offer prayer/reflection at the
- (Mini-Minutes, continued on page 6)*



## New and Improved Conference App!

By Adrienne Trogden, Public Relations Co-Chair

We are unveiling our new App for conference this year that is a fully branded App within the Apple and Android App Stores. It's still in production at the moment, but you will be the first to know when it is available for download. Here are some of the features about the app that we are excited to share with you:

- ✦ Create your own personalized schedule that syncs to your smart phone calendar and Outlook calendar
- ✦ Get live, up-to-date information about workshop & location changes while at conference
- ✦ Network with speakers, exhibi-

*(Conference App, continued on page 7)*

## Mini-Minutes, continued from page

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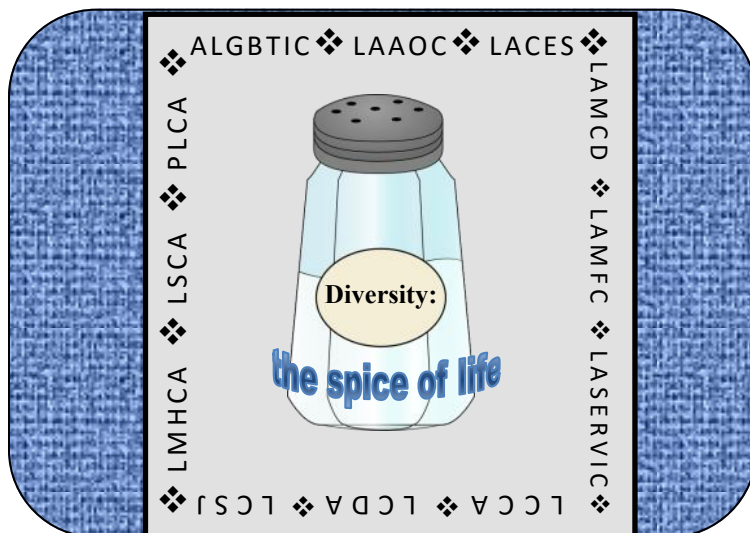
opening session.

- ☞ The Administrative Council (AC) is composed of elected officers and one person to represent the twelve divisions. The AC can make decisions if there is not time for the Executive Board to meet. Roy Salgado, LAMCD President, was chosen to represent all the Divisions.
- ☞ A motion was passed to spend up to \$2,500.00 for the nested conference app.
- ☞ Iman Nawash led the board members in leadership activities. ☞

## LCA Candidate, continued from page 4

important to recognize excellence within our profession and I would like to specifically promote the LCA awards each year that recognize outstanding professionals and students in our state. Finally, I would like to see more cohesion on social media efforts linking our divisions to the LCA organizational social media accounts, so that LCA as a whole can help promote activities and initiatives from each of its divisions.

In the long-term, I want to be cognizant of the issues and needs of each division and continue meeting regularly with each division president to support their division initiatives. Specifically, I would seek to build on the success of the LCA Leadership Academy to inspire intentional, motivated leaders, and I would support its growth in continuing to mold the next generation of leaders in LCA. I would like to see it expand to include representation of each division, service opportunities that incorporate division initiatives, annual conference involvement, and a government-relations hands-on experience. Additionally, I would work to continue the economic stability of LCA and look for opportunities for additional funding as well as effectively managing the existing budget to ensure LCA is fiscally responsible and responsive to the changing landscape of our field. Finally, I would like to put forth educational opportunities representing topics from each division throughout the year engaging in online educational opportunities outside of the annual conference. ☞






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

## **Conference App, continued from page 6**

- tors, sponsors & fellow attendees through the app
- ✦ Get speaker bios, workshop descriptions and CEUs offered for each session
  - ✦ Post to your social media sites about all the fun you're having at conference through the app
  - ✦ Fill out satisfaction surveys about the workshops you attend so you get your CEU credit
  - ✦ Take notes during sessions you attend so you don't have to carry around a notebook
  - ✦ Access an interactive map that helps you get where you're going easier while at conference
  - ✦ And much more!

Are you getting excited yet??? Look for an e-blast for when the app is available in the Apple & Android App Stores as we get closer to conference! 

## **7 Division Presidents Report**

*Compiled by Vinetta Frie, Lagniappe Editor*

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

### **To Love, Not Just a Conjugation**

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

Mario Moreno Cantinflas, an iconic comedic figure in Mexican and Latin American cinema, once said, "I love..., you love..., he/she loves..., we love..., you love..., they love...; were it not just a conjugation; but a reality." All too often in today's society it appears that we think of the aforementioned as only a conjugation. Many of us today seem to be clamoring to be heard by the other, crying out to express to others what we think, believe, and feel. We think ourselves and those most similar to us to be unique in our hurt, in our struggle, in our pain, in our experiences, in our having been mistreated, in our insecurities, in our having been wronged. We don't necessarily take into account that those different from us, too, experience life's various forms of difficulties and that those challenges are part of the experiences that shape cognitions and ideas; ideas that in many instances differ from our own.

We live in a world with differing ideas that are shaped by experiences - good and bad, and this diversity of thought is to be understood, valued and respected, not stifled, rejected, or eliminated. This aspect of diversity enriches us all. Benito Juarez (26<sup>th</sup> President of Mexico) once said, "Between individuals, as between nations, respect for the rights of others is peace." What might the world be



*( 7 Division Presidents Report, continued on page 8)*



**LCA Graduate Students, This is a Conference for You!**

By: Michelle Robichaux, LCA Graduate Student Rep

Hello my fellow LCA Members! My name is Michelle Robichaux and I am entering my third year in the Louisiana State University Counselor Education program with a concentration in clinical mental health counseling. As the new Graduate Student Representative for LCA, I am so excited to announce all of the exciting opportunities that I and the Graduate Student Committee, GSC, have been working on for LCA's student members.

This year is especially exciting for graduate students who plan to attend the upcoming conference because of TWO events, which are specifically designed to help graduate students increase their professional development.

The first event, the Graduate Student Networking Night, will take place after the opening ceremony on the first day of the conference. Students will have a chance to meet with counseling professionals in a variety of fields and all working professionals are welcomed to attend. The second event, which is a Resumé Workshop, will teach students how to customize their resumé for the field of counseling that they are most interested in.

In addition, at this specific event

*(Grad Students, continued on page 9)*

like if each of us were to make an effort to be swift to listen, slow to speak, slow to anger (Ecclesiastes 1:9) and respect the rights of others to think what they think? The call is not to necessarily agree with others or to believe what others believe, just simply to learn about or from the other and to understand the other, to value the other and to respect the other.

Let each of us make an effort to be swift to listen to the others' ideas. Let each of us make an effort to be slow to speak and slow to anger when exposed to different ideas. Let each of us make an effort to console, understand, and love the other as opposed to seeking to be consoled, understood, or loved. If we do, we just might realize that we are not so different from one another and we might find ourselves working toward peace and perhaps TO LOVE would become more than just a conjugation.



**LAMFC: Looking Forward to Seeing you at the LCA Conference!**

By Melissa Thomas, LPC, LMFT, LAMFC President



The Louisiana Association of Marriage and Family Counselors, LAMFC, is excited to announce that at this year's LCA conference we will have Dr. Catherine Roland, President of the American Counseling Association, presenting at our annual luncheon. Her presentation will be on "Creating and Sustaining Families over the Lifespan." This incredible speaker is not to be missed.

Thank you for renewing your membership this year. Remember, you can belong to as many divisions as you would like. LAMFC is an organization dedicated to building better relationships. If you are interested on the ever changing family unit, understanding multiculturalism within the family, improving marital communication, working with military families or blended families, and parenting skills, you will be in great company with LAMFC. You do not have to be currently working with couples or families to join, just have a shared interest in those issues.

Our 2016-2017 executive board consists of Melissa Thomas, President; Rashunda Reed, Past President; and Donnie Under-

*(7 Division Presidents Report, continued on page 9)*



wood, Treasurer. We will be holding elections for the executive board positions of President, Treasurer, and Secretary at the membership meeting that will be held at the LCA conference. If you are interested in being a part of LAMFC's executive board, or you would like to nominate someone, please contact Melissa Thomas at melissabay@aol.com.



## A Message from the President

By Dr. Thomas Fonseca,  
LASERVIC President



As I begin my time as LASERVIC president, I am thankful for being associated with so many great members of this special organization. Being a member of LASERVIC has helped me realize the importance of having a connection with other mental health professionals.

William James once wrote that the greatest revolution in our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives. Through our creator's love for us, we are capable of facilitating change in ourselves and in our clients. LASERVIC offers a forum for us to gather together in fellowship and share how we distribute our creator's abundance of love. We truly have a unique task, i.e. to provide a community that is faith-filled, fun, and welcoming so that counselors are able to rededicate themselves to the helping profession

Speaking of gathering together in fellowship, please mark your calendars for LCA's Annual Conference, September 25-27, 2016, Baton Rouge, LA. While those calendars are out, please reserve some time to attend LASERVIC's Annual Prayer Service which will be held on Monday, September 26 and the LASERVIC Luncheon, September 27. During the registration process for the conference, please be sure to indicate on the conference registration form that you plan on attending LASERVIC's luncheon. Please check the confer-



**Deliberating at LCA Board Meeting at the Crown Plaza in Baton Rouge**

*(7 Division President Report, continued on page 10)*

## Grad Students, continued from page 8

we will also provide students an opportunity have their resués reviewed by counseling professionals in order to receive feedback. Your GSC has also decided to host a "Graduate Student Social" at the Crowne Plaza Hotel Lobby Bar from 5:30pm to 7pm on Saturday September 24, 2016, before the conference. Students will be expected to pay for their own food and drinks, but we hope to have a great turn out and get to know our fellow students from across the state and have them share their experiences.

Lastly, I am asking all of LCA's Counselor Educators to encourage their students to attend the conference and register for LCA as a student member, if they have yet to do so. If any of you have any specific questions for me or would like to learn more about the events I have mentioned above, please feel free to email me directly at [mrobi53@lsu.edu](mailto:mrobi53@lsu.edu). I wish everyone a safe and relaxing rest of summer and I hope to see you all at the conference this fall! ✂

### *7 Division Presidents Report, continued from page 9*

ence program guides online for specific time and room information for the prayer service as well as the luncheon. I invite you to join us, grow with us, and share your faith. May we use one another as a source of strength as we strive to make the world a better place.

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

I hope I have the chance to meet each and every member of LASERVIC at this year's conference. Please find me and introduce yourself - I am really looking forward to meeting more members of our mental health community. Blessings, Tommy Fonseca



### **Hop on Board with LCCA!**

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

I am excited to serve as the 2016-2017 President of the Louisiana College Counseling Association, LCCA. Just to recap, this past May we had a tremendous turn out for our summer workshop held at the LSU Olinde Career Center. We were able to offer 6 hours of CEU opportunities, including 1 hour of ethics and 1 hour of diagnosis. This year's theme was "We're All in This Together: Counseling College Students from Different Perspectives." Our attendance at the workshop certainly reflected this theme. We had counselors from multiple colleges and universities from across Louisiana. We also had counselors working in a va-

*Article continues in next column*

riety of settings: academic counseling, career counseling, private practice, and mental health counselors who work with students in their university counseling centers. I think it is important to learn from each other in the different ways we work with the same students. We all play our part, and we all can help in our own way.

There are many ways for you to get involved with LCCA at the 2016 LCA Conference. I am pleased to announce that June Williams, Ph. D., LPC-S, Associate Professor at Southeastern Louisiana University will be presenting at a special LCCA sponsored session on Monday, September 26<sup>th</sup> at 8:00 am at the LCA Conference. The topic will be, "When What We've Done Doesn't Work Anymore: Working with Today's College Students." Please be sure to join us as we learn what she will share with us. Another opportunity is to attend our annual meeting, Monday at 5:45 p.m. This meeting is open to everyone -- even if you aren't an LCCA member yet! We will discuss what LCCA is, where we are headed, and get input on any new ideas you may have for our organization. We will also nominate and elect our upcoming officers. Be sure to join us- there will be door prizes! Be sure to visit the LCCA table at conference.

Finally, we are always looking for new ideas and help. If you would like to be involved, or toss some ideas around, please email me at [jmor-r66@lsu.edu](mailto:jmor-r66@lsu.edu).



### **Hello to LCSJ Members**

*By: Louis Lowrey,  
LCSJ President*



There are plenty of good reasons to attend the LCA Conference in September. One of the best will be a scheduled presentation by Professor Bill Quigley of Loyola University School of Law on how we can do social justice in the twenty first century. I have heard Bill several times, and I highly respect not

*(7 Division Presidents Report, continued on page 11)*

only his scholarship, but also his dedication to social justice issues nationally and internationally.

Each of us can do our part every day to minimize discrimination, racism, and demonstrated bias in our town and in our state. You are doing that as you do advocacy and counseling with your clients and families. Lest you wonder if it is making any difference, I can share that I see the good outcomes daily. Please encourage your colleagues to join you as an active member of LCSJ. Diane Austin can take care of the details, and the investment is only \$5 a year! Thank you for all you do. Louis Lowrey, President, LCSJ



### Mental Health Matters: Resiliency and Service

By Nikoyla Sparks, LMHCA  
President



*"Life's most PERSISTENT and URGENT question is WHAT are you DOING for OTHERS?" – Reverend Dr. Martin Luther King, Jr.*

Greetings everyone!

I am excited to begin this journey and partnership as your newly elected President. We are each passionate about the lives we impact. It is that passion that drives our genuine empathy and unconditional positive regard, and ultimately our commitment to the process. As Clinicians, we have the unique ability and skill set to impact lives on a larger scale. As we watch the daily news, the plight of pervasive and persistent untreated mental illness is sure to be viewed on every major network...mass shootings, murder, suicides, etc. It saddens me most days to watch, as I am certain most of you. I would encourage you each to lend

Article continues in next column

support to your peers to offer emotional support and a listening ear. Let us not fall victim of caregiver fatigue and be **resilient** as we provide **service** during this time of tragedy.

LMHCA has grown to 700+ members and we are currently the second largest Division!! It is my vision to propel us forward by recruiting back inactive members and partnering with local and national organizations, like NAMI -- #IAMStigmaFree, Alzheimer's Association, Human Trafficking, Domestic Violence, etc. We can DO more, GIVE more, SERVE more, ADVOCATE for more, more importantly, SERVE more! With that in mind:

**AMHCA CONFERENCE July 14-16, 2016 NEW ORLEANS, LA**. LMHCA partnered with the **American Mental Health Counselors Association (AMHCA)** to celebrate the 40<sup>th</sup> Anniversary of the AMHCA Annual Conference. The success of our conference would not have been possible without your generous support and dedication. Your participation enabled over 400 mental health counselors and graduate students nationwide to access valuable continuing education and peer-to-peer networking. The theme of the conference was, "Building Professional Resilience in Challenging Times." The Thursday night Welcome Event was an overwhelming success...complete with a jazz band and a second line!!! As a title sponsor of this event, we could not have our colleagues leave and not have THE BEST experience of all that we have to offer...food, fellowship, and fun! **LAISSEZ LES BON TEMPS ROULE!!!**

In recognizing the challenges workplace in our various settings, it is most important to remember that self-care is equally as important. Let's build a stronger, greater, brighter, and tighter network. More to come in this regard.

The **LMHCA Spring 2016 Workshop** was held on April 29, 2016 in Baton Rouge, LA. The Executive Board would like to express our gratitude and appreciation to both for their hard work and excellence. **Kashon Wiley** and **Jeff Strozier** presented,

*(7 Division Presidents Report continued on page 12)*

## Louisiana Lagniappe

### 7 Division Presidents Report, continued from page 11

“Essential Diagnosis Techniques for Mental Health Counselors.” The conference was well attended!

**It's not too late to order:** In order to show pride for our growing Division, LMHCA encourages each member to purchase our Division Merchandise. We have navy hoodies and/or gray tees with our logo on the front. Sales have been strong. If you did not have an opportunity to purchase one at the LCA conference or Spring Workshop, they are still available. The hoodies are \$35 + \$10 for shipping. The tees are \$10 + \$5 for shipping. Simply send an email to [sparkscounseling@yahoo.com](mailto:sparkscounseling@yahoo.com) to place your order. It would be wonderful to

sport your LMHCA gear at the LCA Conference in September; we know that conference rooms may be icy!

**It's so hard to say good-bye...** Jeff Strozier, LHMCA Social Media chair, has resigned his position but was an invaluable member of our team. Jeff is currently preparing his dissertation at the University of New Orleans. We wish him great success!!

Sola Kippers has served as Baton Rouge Regional Representative. Sola has been a member of the Board approximately two years. Sola is a full-time faculty member and is growing a private practice. We wish her great success!!

Lastly, **Dr. Cindy Escandell**...words cannot express how invaluable you have been to me. We have been Batman and Robin for such a long time that I had considered running away with you (just kidding)!! I am confident that this journey will take on a life of its own. I appreciate your wisdom and



*Dr. Sola Kippers and Dr. Gloria Bockrath ... kudos to both of you!!*

*Article continues in next column*

insight. I also want to thank the LMHCA Executive Board. This group of dedicated professionals volunteered their time to make events run smoothly from start to finish. There are months of decision making and strategic planning. Thank you again for your dedication and teamwork! Our hardworking Regional Representatives are: **Cindy Allen** (Alexandria); **Barbara Perrodin** (Lafayette); **James Grimes** (Lake Charles); **Cynthia Montcalm** (Monroe); **Wendy Durant**, current President-Elect (New Orleans); **Kristi Bierbaum** (Shreveport) and **Melissa Deroche** (Graduate Student Rep). *Are you eager, passionate, enthusiastic and willing to serve as a member of the LMHCA Executive Board? If you are interested in serving on the LMHCA Executive Board, please submit your vitae to me directly at [sparkscounseling@yahoo.com](mailto:sparkscounseling@yahoo.com). I would love to hear from you.*

**Still #1:** Dr. Gloria Bockrath was honored during a celebration of her retirement. LMHCA presented Dr. Bockrath with a beautiful plaque as a token of appreciation for her tireless years of service and advocacy. We are each licensed as a direct result of her passion! Enjoy retirement Dr. Bockrath!!

*Change is imminent and necessary ... let us move forward together!* I look forward to seeing each of you at conference!



### LSCA: Advocate, Collaborate and Increase!

*By Dr. Reshelle Marino, LSCA President*



Greetings everyone! My name is Reshelle Marino and I am honored to hold the title as the 2016-2017 President of the Louisiana School Counselor Association (LSCA). It was a great pleasure working with such a wonderful executive board during my term as President-Elect and as Vice President of Post Secondary Education. While in charge of profes-

*(7 Division Presidents Report continued on page 13)*

sional development of LSCA, I had the pleasure of planning a summer institute in which we invited a national speaker to talk about technology and school counseling. Then as President-Elect, I had the opportunity to experience my first LCA conference in a leadership role. Now as President, I have many goals to work toward this year.

The three main goals I have while in the position of President are the following: (1) Advocate for the role of the professional school counselor to the Louisiana Department of Education and members of the school board; (2) Collaborate with educational leadership and teaching programs in the state of Louisiana to bring awareness of the role of professional school counselors to teachers and administrators specifically; and (3) Increase the membership and involvement of LSCA members.

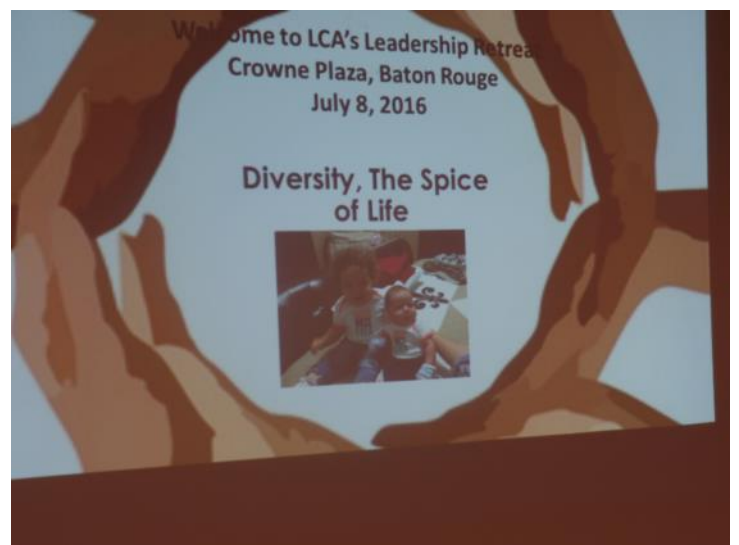
I hope to collaborate with stakeholders at the Louisiana Department of Education regularly to ensure that school counselors maintain a respectable role in which they are allowed to perform appropriate school counseling duties. If anyone is interested in working with me on this endeavor, please contact me anytime. Even if you are not a school counselor, if you have children who attend or have attended school, or if you work in private practice or agency setting with children and/or adolescents, or just have an interest in advocating for children and adolescents in a school setting on any level, we could use your voice! I can be reached at [Re-shelle.marino@selu.edu](mailto:Re-shelle.marino@selu.edu).

On a personal note, I just delivered my third and last child on July 7<sup>th</sup>. He is doing very well, but having three children under 5 years old is quite interesting to say the least. Whewww! With that being said, I did not have the most active involvement with the LCA Executive board as we transitioned to this new leadership; however, I am looking forward to scholarly dialogue and making

*Article continues in next column*

lasting friendships with everyone over the next year.

I feel grateful to have the opportunity to work as a Counselor Educator at Southeastern Louisiana University as a full-time professor and encourage counselors-in-training to embrace their passions to become culturally-competent and involved licensed professional counselors. I know that I am exactly where I should be and doing exactly what I want to do in this thing called life! It's going to be a great year! Thank you for this opportunity to serve in this capacity.



*More images from LCA Board Meeting  
L-R: Adrienne Trodgen, Public Relations, Eric Odom,  
By-Laws, and Nikoyla Sparks, LMHCA President*



## LCA Is Proud All Our Organizational Members!

*By Diane Austin, LCA Executive Director*

Welcome our newest Organizational Member:

### **ITI Technical College**

ITI believes in the old proverb "Give a man a fish, he eats for a day; teach him to fish, he eats for a lifetime." ITI believes that a technical career often provides better salary, working conditions, and self-image, which consequently result in a better life. With this belief, we exist to help men and women attain that better life, not only for themselves but also for their family. For more information contact via 1.888.211.7165.

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

### **Allen Outreach, Inc.**

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



*Article continues in next column...*

### **Council On Alcohol and Drug Abuse, (CADA)**

CADA is a community-based health agency which was founded in 1960 that provides substance abuse prevention, education and assessment services for both youth and adults in Orleans, Jefferson, St. Bernard, St. John and St. Tammany Parishes. Contact via 504 821-2232.



### **Pecan Haven Adolescent Addiction Center**

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



### **Loyola University Department of Counseling**

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



### **LSU Health Science Center Department of Clinical Rehabilitation and Counseling**

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

*(LCA Organizational Members, continued on page 15)*

*LCA Organizational Members,  
continued from page 16*

locally and nationally. Contact via 504-556-3453.



**PHYSICIANS BEHAVIORAL HOSPITAL**

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

**Louisiana Lagniappe**



*LCA's Dynamic Duo: Austin White, LCA Business Manager and Diane Austin, LCA Executive Director*

*L-R: Vickie Thompson, LCA Secretary; Vinetta Frie, LCA President Elect-Elect; Dr. Iman Ennabut-Nawash, LCA President*



**Images from the LCA Transitional Board Meeting**



*Jenny Petty, Parliamentarian; Royce Hooks, LSCA President Elect; Mary Feduccia, Government Relations Chair during the meeting.*



*A hands on team building exercise!  
L-R: Jessica Aslin, Dr. Christine Ebrahim, Joan Fischer, Eric Odom, Diane Austin and Dianne Walker*

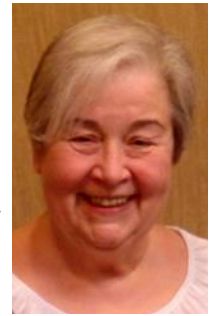


*Committee Chairs attending the Board Meeting, L-R: Eric Odom, ByLaws; Joan Fischer, Professional Development; Asha Vyas, Awards; Dr. Mary Feduccia, Government Relations; Vinetta Frie, Publications; Michelle Robichaux; Adrian Trogden & John Crawford, Public Relations co-chairs.*

*Thanks, John, for taking so many great photos!*

## Conference Exhibitors

*Submitted by Diane Austin, Executive Director*



Conference exhibits are a feature of our annual conference. This year will be no exception. If you would like to find out something about them before the conference, you may visit their websites:

Acadia Healthcare:  
Children's Behavioral Solutions

Addiction Recovery Resources

Louisiana School Counselor  
Association

AmeriHealth Caritas Louisiana

American School

Ask Lela College Planning

ASVAB Career Exploration Program

Barnes and Noble

Brentwood Behavioral Hospital

Center for Children and Families

Children's Hospital Behavioral Health

Department of Health and Hospital/  
Office of Behavioral Health

G.Bert Allain

The Grove Counseling  
and Wellness Center

ITI Technical College

Louisiana College Counseling  
Association

Louisiana Health Information  
Management Association

Louisiana LPC  
PAC Auction

Louisiana School Counselor  
Association

MARCO Products

New Beginnings

Palmetto Addiction Recovery Center

Physicians Behavioral Hospital

Silpada Designs (jewelry)

Singular By Design (original jewelry)

St. Elizabeth Foundation

Universal Technical Institute

Youthlights, Inc.



## 2016— 2017 LCA Leadership Roster

### LCA Elected or Appointed Officers and Contract Workers

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

### LCA Division Presidents

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

### Appointed Committee Chairs and Co-Chairs

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



*L to R: Austin White, Business Manager; Diane Austin, Executive Director; and Jenny Petty, Parliamentarian at Transitional Board Meeting in July.*

**LCA Member Services: 1-888-522-6362**

**LCA Website: [www.lacounseling.org](http://www.lacounseling.org)**

**Welcome!**

*Thanks to you LCA membership is now 2,000+*

### *With Heartfelt Thoughts and Prayers*

*Dr. George Hay, long time LCA Member continues in poor health. Remember him.*

We have not been notified of any specific member impacted by the historic flood which has beset so many in south Louisiana. We anticipate the fortitude counselors will summon to recover and rebuild while helping clients through the same process and keep all affected in our thoughts and prayers.

*We need your help to acknowledge any member's serious illness, grieving, or recent death. Please share the information with either Vinetta Frie, [frienews@yahoo.com](mailto:frienews@yahoo.com) or Diane Austin [lca\\_austin@bellsouth.net](mailto:lca_austin@bellsouth.net). Thank you, in advance.*

## Louisiana Lagniappe

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

### **NEWSLETTER CORRECTION**

Please contact Vinetta Frie, Editor via [frienews@yahoo.com](mailto: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](mailto:frienews@yahoo.com). To assure a speedy response, please include the words: **Lagniappe Article**, in the subject line. Electronic submission of photographs via e-mail as a .jpeg file is preferred. Submission of hard copy photos or on disk or flash drives become the property of the newsletter and will not be returned.

### **NEWSLETTER 2016-2017**

**NEXT SUBMISSION DEADLINE:**

**October 7, 2016**