



## Rising To The Occasion!

*Dr. Reshelle Marino, Ph.D.,  
LPC-S, LCA President Elect*

Now that our first ever virtual LCA Conference is over, I am both pleased and encouraged. I am relieved that we successfully offered an awesome conference, and I am also excited about returning to a face-to-face conference in New Orleans in 2021. While COVID-19 forced us to transition to an online format, presenters and attendees rose to the occasion. While there were minor technology glitches, everyone remained flexible. I am so proud to be part of LCA and am constantly reminded how wonderful of a professional association our state truly

*(Rising, continued on page 2)*



## Welcome to our Incoming LCA President Elect-Elect!

*Dr. Adrienne Trogden, LCA President, 2019-2020*

As Past President of LCA, I have the happy privilege to announce the election of Dr. Rashunda Miller Reed, PhD, NCC, LPC, LMFT, who will become LCA President Elect-Elect summer 2021. Dr. Reed will succeed Dr. Tommy Fonseca as LCA President in 2024! Thank you LCA for participating in our online election! And welcome Dr. Reed! ☺



## Presidential Perspective Building Consensus

*W. Eric Odom, MHS, LPC-S,  
LCA President, 2020-2021*



Our 2020 conference has just ended. I am spending time reflecting on how our first virtual conference went. I was very pleased with the quality of subject-matter content that we had this year. I found that our presentations were very interesting, thought-provoking, and highly professional. My sincere thanks goes to everyone that had a hand in planning and preparing for our conference. I also sincerely thank all of our presenters.

We, expectedly, did have some technical glitches throughout the conference. We apologize to any of you that had some of these challenges. We are very interested in hearing your feedback in how the conference went this year. Please do not be shy about reaching out to us.

Over 2 years ago, when I was running for the LCA presidency, I discussed several things that I would like to specifically focus on if I were given the honor of serving as President. These things include the following:

- ☺ I want all of our Divisions to feel fully empowered to continue their remarkable work at the grass-roots level. Divisional work serves two  
*(Presidential Perspective, continued on page 2)*

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has. I hope you attended sessions that educated you and strengthened you to continue to great work with your clients. Continue to assess how you know you are good at what you do. Let's always aspire for best practices! ✎

***Presidential Perspective, continued from page 1***

distinct purposes: to educate counseling professionals and the public at-large, and to serve as the living embodiment of the quality professionals that represent our discipline. I want all of our Divisions to think



strategically, and develop a plan that helps to educate the profession and the public on issues that speak to the mission of each Division. This includes the important task of developing a track of learning opportunities at the annual conference that speak to issues that are meaningful to each Division, and exposes our membership to cutting-edge clinical strategies. What better way can a group of people get their causes heard by potentially hundreds of counseling professionals than by submitting candidates to the Conference Committee to present on issues that matter most to each Division? I also encourage each Division to engage LCA's Government Relations Committee in the task of helping to develop strategies that enable Divisions to be heard by elected officials on local and state levels on matters critical to each Division.

- ✎ To continue to educate the behavioral health profession and the state legislature that, in a side-by-side comparison to other behavioral health disciplines, LPCs are as well or better trained than our professional counterparts.
- ✎ To assure that the managed care industry continues to recognize LPC as a clinically-viable and "billable" entity.
- ✎ To educate counseling education programs around the state on what LCA is and the role it plays in assuring the clinical and economic viability of our profession.

***(Presidential Perspective, continued on page 3)***



## LCA: With Adaptation, Hope and Resolve

*Zach Hebert, MS, PLPC, NCC, and Social Media Chair*

This year has been one filled with change, adaptation, and, I like to think, a little hope, and a great deal of resolve. We've all been stretched well outside of our comfort zones in order to continue to serve our clients, our communities, and ourselves, whether that's through advocacy, tele-health, or just learning how to live in a rapidly shifting world while doing our best to be of service.

Because so much of our world has moved online this year, out of necessity, I have been in a unique position to witness the astonishing way that counselors, individually and as community, have come together, pushed ahead, and done this good work. I admit that, given all the background anxiety, I was feeling trepidatious going into our very first digital conference, but it seemed to go splendidly, minus some little issues here and there, though I've yet to have any conference not have a gremlin or two in the works.

All of that comes down, though, to the incredibly hard work of our leadership, our support staff, and, most of all, our membership. As we move into the more contemplative seasons of autumn and winter, with whatever they may bring, I would like to personally offer my thanks to all of them, and to all of you, for the kindness, grace, and patience I've seen throughout all of this. We are all, truly, in this together, and rarely has that been more evident. Thank you. 🌀



## LCA Board Mini-Minutes

*Lisa Launey, LCA Secretary*



The Louisiana Counseling Association Executive Board conducted its second meeting through Zoom on September 25, 2020. The following business was conducted during this meeting:

**LPC Board Nominations:** Six names have been forwarded to Governor John Bel Edwards for his consideration.

**LCA Conference Report:** Final plans were discussed. The conference team was especially proud that by allowing full-time conference attendees to view the recorded session through Friday, October 9, it would be possible for them to earn 40 CE clock hours. This provides great value to our member participants.

**People's Committee for Reconciliation and Progress Report:** Keri Satterfield and Viveca Johnson highlighted the Overcoming Racism Track and thanked the LCA Division Presidents for their financial support to make this program a reality.

**Social Media Report:** Zach Hebert, Chair, explained how he would be present to offer *(LCA Board Mini-Minutes, continued on page 4)*

### *Presidential Perspective, continued from page 2*

I really hope that our Divisions continue to thrive, and I/we stand ready to help anyone with the objectives listed above.

I wish all of you a safe, happy and productive fall, even as we continue to struggle through the many challenges that 2020 has presented. 🌀



## Legislative Update Second Extraordinary Session Update

*Katie Blum, LPC, Advocacy Chair*

The 2020 Second Extraordinary Session convened on Monday, September 28, 2020 and adjourned on Friday, October 23, 2020. Extraordinary (or special) sessions are any legislative hearings that occur outside of the regular session schedule (which occurs in Spring of each year). For the most recent session, LCA did not have any specific input or interest in any of the proposed bills, however, below are some legislative actions that occurred during this session that may be of interest to Louisiana counselors.

### Education:

**Act 53-** Effective November 11, 2020. This act states that 4<sup>th</sup> and 8<sup>th</sup> grade student placement and teacher evaluation will not be based on 2020 assessments and testing.

**Act 47-** Effective December 12, 2020. This act proposes that the Louisiana superintendent of education presents the United States Department of Education a request to waive the use of the 2020-2021 school year student assessment results for school and district accountability and letter grades, teacher evaluations, and student promotion.

**House Resolution 21-** Enrolled. Commends LCA member, Destiny Jamison, on being named the 2021 Middle School Counselor of the Year by the Louisiana School Counselor Association.

### Community Mental Health:

*(Advocacy, continued on page 5)*

technical support through Facebook or email through the conference.

**LPC Board Report:** Jamie Doming, LPC Board Liaison announced the extension of the PLPC renewal until October 31, 2020. She also promised to provide clarification about credentialing Telemental Health Counselors after the November 20th LPC Board Meeting. Ms. Doming also noted there are 10 billboards and various digital boards across the state now promoting LPCs.

**Partnership with the National Board of Forensic Services:** Asha Murphy, Professional Development Co-Chair, shared data from a recent survey of LCA members. 80.% of the 327 respondents expressed an interest in obtaining training and credentialing in Forensic Counseling. As more detailed information is needed to clarify the expectations of LCA in such a partnership, the board authorized Ms. Murphy to schedule an exploratory meeting.

**LCA Succession Planning Committee Report:** Dr. Christine Ebrahim reported that the committee work was progressing. This committee is creating a plan that will help LCA continue to function in the event that Diane Austin and/or Austin White retire. ☞

**LCA Member Services:**

**1-888-522-6362**



**LCA Website:**

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

**Act 30-** Effective October 28, 2020. Permits patients within hospitals, nursing homes, and residential living facilities access to mental health and clerical services during the COVID-19 pandemic.

**Senate Resolution 50-** Enrolled. Requests the Department of Children and Family Services and the Louisiana Department of Health to study further ways to protect certain developmentally and physically disabled Temporary Assistance for Needy Families (TANF) recipients from sexual and physical exploitation or abuse by certain caregivers.

**Senate Resolution 52-** Enrolled. Requests the re-establishment of the Task Force on Prevention of Human Degradation and Exploitation of Vulnerable Individuals in Community-Based Residential Settings. This taskforce would study and develop a plan to protect vulnerable populations from mistreatment by certain property owners or landowners.

**Senate Resolution 49-** Enrolled. Requests that the Louisiana Department of Health, Governor's Office, and Louisiana Department of Insurance study the decline in insurance coverage for Louisiana children.

### **Substance Use Counseling:**

**Senate Bill 59-** Referred to the Committee on Health and Welfare, pending. Adds language to the current opioid treatment laws to require behavioral health treatment facilities to provide opioid treatment to pregnant women.

If you have particular interest or expertise on any of the listed bills, resolutions, or acts or other mental health related legislation that you would like the Government Relations Committee to address, research, or pay particular attention to, please contact me, Katie Blum, through text at (337) 936-0522 or email [katieblumlpc@gmail.com](mailto:katieblumlpc@gmail.com).



### **Holiday Greetings!**

**Kellie Falterman, Awards Chair**



Although the 2020 conference was a first in many ways, one thing that remained unchanged was the presenting of the Presidential plaque, several President's awards, and LCA awards to individuals who contribute positively to our profession. Congratulations to the following awards recipients:

#### **President's Awards:**

Wendy Durant  
Zach Hebert  
Viveca Johnson  
Keri Satterfield

#### **LCA Awards:**

Advocacy Award-  
Zach Hebert  
Research Award-  
Dr. Katie Fetzer  
Humane and Caring Person Award-  
Dr. Kathleen Levingston  
Graduate Student Award-  
Tiffany Decou  
Distinguished Professional Service Award-  
Donnie Underwood

Award nominations are now being accepted for the 2021 LCA conference. See LCA website for details or contact the LCA Awards Chairperson, at [shepherdsheart23@outlook.com](mailto:shepherdsheart23@outlook.com), Mrs. Kelle Falterman. ☎

### **Internship Hours Available**

Available internship hours for graduate students or PLCPs. The Internship is with a Victim/Witness grant in Lafitte, LA. Are you interested? Contact Marianne Terrebonne at (504)287-8049.



### LA LPC Supervisors Offer Assistance

Lisa Launey, LCA Secretary

LCA members who have obtained supervision credentials are ready and willing to work with PLCPs AND PLCPs who have inquired about how to find a possible supervisor have both asked LCA for assistance. We are happy to announce that soon there will be a recurring column in the Lagniappe to respond to both concerns.

This listing will be current LCA members in good standing who are also LPC-S and certified by the LPC Board to use Telemental health. While



this listing should not be interpreted as an endorsement of any person listed, we plan to offer it as a service to both LPC-S and PLCP members. Check back next issue! 🌀

### Unplug

Dr. Susan Thorton, LPC-S, RPT-S, NCC, LPP, Certified TeleMental Health Counselor, Public Relations Chair



Do you ever feel drained from being on social media too much? Does it ever feel like it is everywhere? Social media is any digital tool that allows users to quickly create and share content with the public. Social media encompasses a wide range of websites and apps. Some, like Twitter, specialize in sharing links and short written messages. Sometimes we should consider; take a moment to simply unplug. We should take breaks from everything we use or everything that we do, that includes work, social media, working out, etc. Taking a break or unplugging from something that we typically engage in can be difficult/challenging at first but it can be done. We all love a little about social media, but as we may tell our clients, to remember to not let it run your life. Everyone does not feel the need to disconnect, but consider logging off every once in a while. As other addictions,

*(Unplug, continued on page 11)*

When gambling is more than a game,

## NO ONE'S A WINNER



A variety of options for the treatment and prevention of problem and compulsive gambling now exists. The following includes free help for Louisiana residents:

State Office of Behavioral Health: (255)342-2540

Louisiana Association on Compulsive Gambling (318)227-0883

Local Human Services: Ldh.la.gov/OBH\_LGEs

Live Chatting: helpforgambling.org

Louisiana Problem Gamblers Helpline: 1-877-770-STOP(7867)

Toll-free, confidential and available 24 hours a day, seven days a week

Center of Recovery (CORE), Shreveport: 1-318-424-HELP (4357)

Residential treatment for problem and disordered gambling

# Division President Reports



## LACES: Join Us!

*Dr. Christine Ebrahim, LACES  
President*

Hello from the Louisiana Association for Counselor Education and Supervisions (LACES)! We hope all of you are doing well and finding time to care for yourselves during these challenging times. Although we were disappointed that this current pandemic did not allow us to see our friends and colleagues in person at conference this year, LACES was proud to still be able to offer our members the full LACES track. Thank you to all of our presenters including T'Airra Belcher, Kellie Camelford, Christian Dean, Michelle de la Paz, Christine Ebrahim, Laura Fazio-Griffith, Sola Kippers, Joey Pistorius, and Krystal Vaughn.

The LACES board is busy planning a virtual lunch and CEU event in the early spring, followed by a 1-day conference later in the spring. We encourage you to keep up with us on our Facebook page Louisiana ACES and on our IG page @louisiana\_a.c.e.s

As always, we encourage anyone who is interested in sitting on a LACES committee or being involved in other ways with board activities, to please email me at [cebrahim@loyno.edu](mailto:cebrahim@loyno.edu).



## Notes from LAMCD: Great LCA Conference!

*Nikki D. Lee, M.MFT, LPC-S,  
NCC, LAMCD President*

Greetings! I hope everyone is safe and healthy given rising COVID-19 cases in our

beautiful state in recent weeks!

This year's LCA Conference was incredible, especially with how quickly LCA had to pivot with TPN to facilitate a safe online environment for us to gather, fellowship, and learn. The workshops and sessions were highly engaging and informative, particularly the Racial Equality session, which prompted some lively and much needed dialogue. A very special thank you to all the presenters, committees, and organizations who helped make it as seamless as possible under unprecedented circumstances.

We are always looking for new members. If you are interested in joining LAMCD to promote increased knowledge in multiculturalism, please reach out to me [NLee@solacechateau.com](mailto:NLee@solacechateau.com), as your participation is highly valuable. We truly are one!

Wishing you all a happy and safe holiday season!



## Bittersweet Memories and Updates

*Tralana Eugene,  
LAMFC President*



On behalf of the members of the Louisiana Marriage and Family Counselors' Division, I bring you greetings! It is always a pleasure to engage with you and to inform you of all the great things happening in our association. I deeply missed seeing all of you at this year's conference. However, it is more important that we all do our part in supporting each other during these unprecedented times. Although it feels wonderful to reconnect in person, I thoroughly enjoyed attending our first virtual conference. This year the LAMFC

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from page 7**

division hosted its first Marriage and Family Counselor's track at the LCA Conference 2020. It our vision to ensure that there are presentations at every conference going forward that are specifically developed to address the needs of counselors that are working systemically with our community.

This year we also collaborated with other divisions and committees such as SAIGE (formerly ALGBTIC) and The People's Committee for Reconciliation and Progress in order to provide presentations that are that are diverse in topics and that are intermediate and advanced. We want counselors that are working with a systemic lens to receive the continuing education that is aligned with the population they are working with. We want to ensure that we are meeting the needs of our novice and seasoned practitioners that are a part of our division. If you are interested in submitting a presentation for our MFC track next year, or if you have any suggestions about which topics you are interested in learning more about at next year's conference, please send your ideas to [lamfc.lca@gmail.com](mailto:lamfc.lca@gmail.com).

I hoped to engage with you all more this year, but the unforeseen challenges 2020 brought to our doorsteps forced everyone to press pause and reevaluate. However, please look out for more opportunities for CEU's coming next spring. We are also open to ideas for speakers this spring.

Our division is growing. The world is changing. Our field is evolving. The LAMFC division is made up of diverse, systemic and innovative thinkers. If you are interested in joining our board and/or committees to support our colleagues in empowering individuals, couples, and families by challenging constructs and bridging gaps in our society and our field, please reach out to us at [lamfc.lca@gmail.com](mailto:lamfc.lca@gmail.com).

**Article continues on next column**



**Reunification in the  
Pandemic**

*Dustin Reed, PhD, LPC, NCC, CRC,  
ALICE, LASERVIC President*



I want to take the time to wish everyone an early Thanksgiving. During these trying times I hope and pray that each of you may find healing and a path to reunification with loved ones during these very tough times. I want to remind everyone if you are seeing clients via telemental health that you use both the ACA Code of Ethics (2014) and aspirational ethics when providing services. While there are emergency guidelines in place it is still best practice to counsel with an ethical decision-making model in mind.

I would like to call on LCA to continue to gain more awareness and insight into practicing social justice through advocacy for yourself, your clients, and the profession. I also want to invite everyone to join LASERVIC and help bring the needs of understanding spiritual and religious values of clients to a new level of awareness, especially during these very difficult and uncertain times.

Thank you all again for taking the time to read my short article. If you have any questions, concerns, or want to reach out, my email is [dustin\\_reed70003@yahoo.com](mailto:dustin_reed70003@yahoo.com).



**Adaptability Amid  
the Chaos**

*Chris Belser, PhD, NCC,  
LCDA President*



We're finally in the home stretch of 2020, which for many will mean a long-awaited end to hurricane season and hope for not so many strange

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events in 2021. Although there's nothing wrong with having hope for a new year, we also need to remain prepared that some of the issues we've faced this year will not suddenly disappear when the clock strikes midnight.

Earlier this year, a colleague introduced me to the term *phototropism*, which refers to a plant's natural tendency to grow toward or away from light. As someone who's used gardening as a way to cope with everything going on, this process has been interesting to observe in my yard. Just as plants learn to adapt their growth patterns to their environment, so do we and so do our clients and students.

The events of 2020 have forced many to navigate a lot of changes that often have impacts on careers. Robert Pryor and Jim Bright proposed the Chaos Theory of Careers almost 20 years ago, and this theory has never been more relevant. You're probably more familiar with traditional theories that look at career planning as a linear process, but Chaos Theory takes a different approach. This theory stresses the importance of being prepared for unexpected changes, embracing skills promoting adaptability and flexibility, developing self-awareness, and reflecting on transferable skills. In times like now, these characteristics are extra important.

The 2020 LCA Conference was an example of our adaptability. I missed seeing friends and colleagues but I enjoyed being able to connect virtually and engage in professional development. LCDA was proud to sponsor a variety of sessions that addressed COVID-19, racism and inequity, changes in the workforce, and more. In lieu of our traditional in-person Career Connections Conference, we're exploring options to once again be adaptable. We'll share updates via email and social media (Like us on Facebook if you haven't already!).

Adaptability can be an individual process but can also be strengthened by having a great team. As President of LCDA, I'm very grateful for our

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## Louisiana Lagniappe

2020-2021 Leadership Team: Lauren Landry (Past-President), Tinicia Turner (President-Elect), Kayla Gros (Treasurer), Shallene Joseph (Secretary), Joyce Fields (Member-at-Large), and Janet Lopez (Member-at-Large). We look forward to continuing our progress this year and furthering our efforts to serve our members.



### **Louisiana Military and Government Counseling Association Are Moving Forward!**

***Debbie Lang, M.Ed., LPC,  
NCC, NCSC, LMGCA President***



LMGCA has submitted its By-Laws to the Military and Government Counseling Association, a division of the American Counseling Association. I heard back that their board approved our By-Laws. Check out the By-Laws posted on the Louisiana Counseling Association's website. The next step is our Strategic Plan! Until then, I would like to share the importance of membership in the division. Military culture is highly represented in Louisiana. Louisiana has four military installations located in Bossier City, Vernon Parish, and the New Orleans areas. There are two VA Medical Centers located in Shreveport and Pineville. The US Department of Veterans Affairs reported eight Mental Health Outpatient Clinics and five Community-Based Outpatient Clinics. What does that mean to the Louisiana Military and Government Counseling Association? It means that we have a tremendous amount of Mental Health Counselors and Louisiana School Counselors already working with the Military and Government population. I am excited about all Counselors who work with the Military and the Government population and how you can contrib-

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ute by sharing your wealth of information with this population to other counselors in the LCA.

As a new division, I am reaching out to ask you to share your experiences and ideas with other counselors in order to meet the Military and Government population's counseling needs.



**Same Song, Second Verse!**

**Myiesha Beard, LPC-S, NCC, LMHP, CAMS-II, LMHCA President**



This year our focus is viewed differently, yet the vision remains the same. At the 2020 virtual LCA conference, LCA hosted a **virtual conference**, to provide the opportunity for connection and professional development! The conference content sessions highlighted many skills and non - traditional counseling techniques needed to shed light on the needs of our clients. The workshops empowered and educated counselors! They helped to refuel us in a time where we needed it most.

LMHCA is continuing on its platform that focuses on visibility, advocacy and overall professional development for our mental health counselors. We are excited about our series of free quarterly webinars that will kick off on December 4rd and provide 2 Continuing Education credits. Visit this site for more information: [https://zoom.us/webinar/register/WN\\_2uTdiyfCQsG-Afl00AMW8w](https://zoom.us/webinar/register/WN_2uTdiyfCQsG-Afl00AMW8w). We've partnered with AMHCA to bring quality content to counselors in our great state.

Our new board consist of President Elect-Deatrice Green, President Elect-Elect Amy Dufrene, Secretary Brittany Hébert and Donna Barnes, social

**Article continues on next column**

media chair. In this season of thanksgiving, I am grateful for so many servant-leaders in both our Division and our Association!



**5 Keys to Active Listening**

**Dr. Ariel Mitchell, LSCA President**



Welcome back from the very first Louisiana Counseling Association's virtual conference! I hope that you enjoyed the experience. If we are being completely honest here, I had my doubts. Having attended a number of virtual presentations since COVID reared its ugly little head in March, I was accustomed to virtually attending presentations while physically and mentally attending to other things. Although this is not a good practice, I found myself easily distracted and was concerned that this would happen to me during the LCA conference. However, I am excited to share with you that engagement was at an all-time high throughout the LCA conference.

Having learned that being "present" is more of a choice than I ever wanted to admit, as I readily blamed the new normal of working from home with kids all day long as my reason for low engagement in other webinars. However, I want to share with you a few tips that helped me enjoy and engage in this year's virtual conference. I offer them to you as you continue to engage in online professional development webinars, podcasts, and more:

- ✦ Schedule your virtual conference just like you would if you were attending in person. Take off from work, if you can!
- ✦ Find a space that you can sit uninterrupted to enjoy.
- ✦ Before the webinar begins jot down 3 things that you would like to learn. Listen

**((8 Division President Reports, continued on page 11))**



## Editors Prerogative

*Vinetta Frie, Lagniappe Editor*

I was trying to unwind by binge watching my favorite TV shows of the season. EVERY ONE OF THEM had a look-what-happened-in-our-world-due-to-Covid theme. While

I was happy to resume the character stories, by the time I got to the fourth show, The Good Doctor, I was getting pretty stressed. Set in a hospital, I watched how the medical staff and citizens interacting with St. Bonaventure Hospital in San Jose, CA started to grapple which what we now know well.

Interweaved into part two of the season premier was the story of Dr. Glassman, an aging hospital president with multiple comorbidities who was reluctantly working from home through Zoom meetings. His wife, also working from home had decided to adopt a perky, “let’s-make-the-best-of-this-unexpected-opportunity-to-grow-together” attitude and you can imagine how many ways that would NOT go well. The story builds to the expected clash when Aaron lashes out at his frustrated wife Debbie. And later, when Arron is trying to counsel his protégé through a relationship problem, he finds not one but two answers. I’m not going to spoil it for you in case you want to watch.

Coping with the soul-deadening nearly constant anxiety we have all endured in the last nine months exacts different costs from each of us. For some, it includes grieving the loss of a loved one or of a way of life, or a job that gave your life meaning. For others, it included guilt, if your life continued relatively unscathed. But if you find yourself becoming even more short-tempered or frustrated than usual as you try to navigate creating a non-traditional, socially distanced, viral-spread, eliminating winter holiday celebration, realize that we are continuing to fight a difficult and unrelenting battle.

This year, treat yourself and everyone around you — especially those who reside inside your bubble — with as much kindness as you can muster. It is the grace we all desperately need, in times such as these. Happy Thanksgiving. 🌀

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for those things throughout the presentation and if you don’t hear them, these learning points become great questions at the end or suggestions for the presenter.

- ✦ Engage in the webinar either verbally or via the chat, what ever is allowed. This will keep your attention and also let the presenter know that you are present.
- ✦ At the end make sure to provide feedback to the presenter because your opinion matters.
- ✦ I hope that these tips will help you as much as they have helped me. Until next time, wear your mask and stay safe! 🌀



## Unplugged, continued from page 6

social media has become an unhealthy addiction.

Reasons to Unplug:

- Refocus
- To be present with myself and clients
- Reduce anxiety
- Explore creativity
- Get more sleep

There are a few tips to help you unplug:

- Turn off notifications
- Use airplane mode
- Remove apps from your electronic devices
- Plan ahead planning ahead

I hope that (if you use social media) after reading this brief statement about unplugging, you will consider unplugging for a while. It is so worth it! 🌀

## 2020—2021 LCA Leadership Roster\*

### ELECTED OFFICERS

|  |  |  |  |
|--|--|--|--|
| <a href="#"><u>Eric Odom</u></a><br><i>President</i>                             | <a href="#"><u>Dr. Reshelle Marino</u></a><br><i>President Elect</i> | <a href="#"><u>Dr. Thomas Fonseca</u></a><br>President Elect-Elect | <a href="#"><u>Dr. Adrienne Trogden</u></a><br><i>Past President</i> |
| <a href="#"><u>Dr. Rashunda Miller Reed</u></a> , President Elect-Elect, 2021-22 |  |  |  |

### AD HOC MEMBERS

|  |  |   |  |
|--|--|---|--|
| <a href="#"><u>Diane Austin</u></a><br><i>Executive Director</i> | <a href="#"><u>Austin White</u></a> ,<br><i>Business Manager</i> | <a href="#"><u>Dr. Thomas Fonseca</u></a><br><i>Parliamentarian/Chaplin</i> | <a href="#"><u>Lisa Launey</u></a> ,<br><i>Secretary</i> |
|--|--|---|--|

### LCA DIVISION PRESIDENTS

|   |   |   |   |
|---|---|---|---|
| ACACL<br><a href="#"><u>Krystal Vaughn</u></a>                                | LAAOC<br><a href="#"><u>Sharon Norman</u></a>         | LACES<br><a href="#"><u>Dr. Christine Ebrahim</u></a> | LAMCD<br><a href="#"><u>Nikki Lee</u></a>                             |
| LAMFC<br><a href="#"><u>Tralana Eugene</u></a>                                | LACGS<br><a href="#"><u>Dan Bowen</u></a>             | LASERVIC<br><a href="#"><u>Dr. Dustin Reed</u></a>    | LCCA<br><a href="#"><u>Maya Galathe</u></a>                           |
| LCDA<br><a href="#"><u>Dr. Chris Belser</u></a>                               | LCSJ<br><a href="#"><u>Dr. John Dewell</u></a>        | LMGCA<br><a href="#"><u>Debbie Lang</u></a>           | LMHCA<br><a href="#"><u>Myiesha Beard</u></a>                         |
| LSCA<br><a href="#"><u>Dr. Ariel Mitchell</u></a><br><i>Ex Officio Member</i> | <a href="#"><u>Denise Latour</u></a><br>Voting Member | PLCA<br><a href="#"><u>Audra Tousaint</u></a>         | SAIGE-LA<br>(formerly ALGBTIC)<br><a href="#"><u>Mark Leggett</u></a> |

### COMMITTEE CHAIRS

|  |  |  |   |
|--|--|--|---|
| Advocacy<br><a href="#"><u>Katie Blum</u></a>  | ARCHIVES<br><a href="#"><u>Jenny Petty</u></a>   | AWARDS<br><a href="#"><u>Kellie Falterman</u></a>  | BY-LAWS<br><a href="#"><u>Alex Beltzer</u></a>  |
| FINANCE<br><a href="#"><u>Dr. Reshelle Marino</u></a>  | LPC BOARD LIAISON<br><a href="#"><u>Jamie Doming</u></a>   | LCA JOURNAL<br><a href="#"><u>Kellie Camelford</u></a> , <a href="#"><u>Erin Dugan</u></a> , and <a href="#"><u>Krystal Vaughn</u></a> | MENTORING TASK FORCE<br><a href="#"><u>Dr. Christine Ebrahim</u></a>  |
| MEMBERSHIP<br><a href="#"><u>Dr. Thomas Fonseca</u></a>  | NOMINATIONS<br><a href="#"><u>Dr. Adrienne Trogden</u></a>   | NEWSLETTER<br><a href="#"><u>Vinetta Frie</u></a>  | THE PEOPLES COMMITTEE FOR RECONCILLIATION & PROGRESS<br><a href="#"><u>Viveca Johnson</u></a> and <a href="#"><u>Keri Satterfield</u></a> |
| PROFESSIONAL DEVELOPMENT<br><a href="#"><u>Vicki Guilbeau</u></a> and <a href="#"><u>Asha Murphy</u></a> | PUBLIC RELATIONS<br><a href="#"><u>Dr. Susan Thornton</u></a><br><a href="#"><u>DeeDee Toney</u></a> | SOCIAL MEDIA<br><a href="#"><u>Zach Hebert</u></a>   | STRATEGIC PLANNING<br><a href="#"><u>Vicki Guilbeau</u></a> and <a href="#"><u>Sierra Williams</u></a>                                    |

\*Double click the name of the leader you wish to email

## With Heartfelt Thoughts and Prayers

✉ So many Louisiana residents are battling, COVID-19 and many have lost that fight. Please remember all LCA Members who have not been mentioned by name.

✉ Tricia Shallin has passed away . Tricia was a Jefferson Parish Schools counselor and had been very active in LCA for many years before her retirement

✉ This year we mourn the passing of the 23rd President of the Louisiana Counseling Association, the late Dr. Tom Terrell. While he was one of the founding members of the then named Louisiana Personnel and Guidance Association, whose LPC number was #2 — after Gloria Bockrath, Dr. Terrell served as president during 1990 — 1991.



✉ 2020 is also the year we lost the 29th LCA President, the late Dr. Mark Cole, who stressed the need for strategic planning in LCA as a way of positioning us for this century! Serving as president in 1996-97 he secured internet access for LCA members through LinkNet for the monthly fee of \$15 for unlimited access!



*We need your help to acknowledge any member's serious illness, grieving, or recent death. Please share the information with either [Diane Austin](#) or me [Vinetta Frie](#). If you have a photo, please share that as well. It will help us all remember. 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 2,300+ members, and 13 Divisions! 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's multi-generational clients.

### **NEWSLETTER CORRECTION**

Please contact Vinetta Frie, Editor via [frieneews@yahoo.com](mailto:frieneews@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 Lisa Launey, Contributing Editors; Dr. Christine Ebrahim & Vicki Guilbeau, Proofreaders.

### **SUBMISSIONS**

Send all submissions to newsletter editor, Vinetta Frie via her e-mail address: [frieneews@yahoo.com](mailto:frieneews@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 or .png file *is preferred*. Submission of hard copy photos or on disk or flash drives become the property of the newsletter.

**NEXT NEWSLETTER  
SUBMISSION DEADLINE:  
March 9, 2021**