



Louisiana
Lagniappe

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

LCA President Elect Elect Candidates Announced

In fulfillment of LCA By-Laws, Past President Dr. Christine Ebrahim will manage the election to determine who will become LCA President after Mr. Eric Odom in 2022. Our leadership progression allows the person who serves as president time to observe and learn in greater detail how LCA functions and be prepared to lead when his or her term arrives.

This year is no exception. We have two great candidates, Dr. Reshelle Marino and Mr. Kenneth Schmidt.

Dr. Reshelle Marino earned her M.Ed. and Ph.D. from the University of New Orleans.

She is also a licensed professional counselor.



(LCA President Elect-Elect Candidates, continued on page 2)

Presidential Perspective And So We Begin!

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



On July 20th, I led my first LCA Executive Board Meeting. I was surprised that I was so nervous. Then I looked around the room at the faces looking at me expectantly. Faces of Division Presidents you sent to the board to represent you. Committee Chair people who I have known for some time and new people who in the last year said, "I would like to be part of your administration," and I asked them to accept a position!

My board composition is carefully crafted. For too many years, we have been served by faithful, long time volunteers from across the state who travel two or more times a year to conduct the business of our association. Colleagues who take time away from loved ones and work to serve pro bono compensated at a rate of .53 a mile and a meal! But servant leaders they have been. And while grateful for their service, it is time that we add additional voices to the table. In addition to many of the same veterans, almost all of the appointed committees will be served by a newer co-chair. This will deepen our LCA "bench" and help to pass along our traditions to a wider circle of colleagues.

The theme I have chosen for our Fall Conference is: Stronger Together: 50 Years of Counseling and Advocacy. Beginning with the Pre-Conference workshops on Saturday, October 6 at

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lor supervisor. Dr. Marino is Assistant Professor of Counseling and Graduate Coordinator of Counseling Program in the College of Nursing and Health Sciences at Southeastern Louisiana University in Hammond, LA.



Mr. Kenneth Schmitt is a Licensed Professional Counselor who also holds two additional certifications: National Certified Counselor and Registered Play Therapist. A Graduate of Point Park College in Pittsburg, PA, he earned his M.Ed., in Counselor Education at UNO. He has spent the last 8 years working in New Orleans first as a student intern then as a School Counselor, and now serves as Director of Counseling where he also provides individual, couples, and family therapy.

Mr. Schmitt is committed to professional development and service. He holds membership in four professional associations including 5 years on the LCA Executive Board where he served as Division President of the Association of Lesbian, Gay, Bi-Sexual, Transgender Issues in Counseling, ALGBTIC. Mr. Schmitt has presented or co-presented 10 content sessions at local, regional and one national conference, the American Counselor Educator and Supervisors National Conference in Denver, CO in 2013.

Again this year, the LCA membership again has two excellent candidates from which to choose! On page 3, you will find what is another LCA custom, the Conversation with the Candidates article. The Mail-In Ballot for members who will not be present at the Fall Conference in October to cast their ballot, is on page 9. But this is just the information I highlighted from their respective resumes! You will find beginning of page 5 a conversation with the candidates, where they share their thoughts about the future they envision for LCA.



Presidential Perspective, continued from page 1

the Crowne Plaza in Baton Rouge, you will have the opportunity to learn from four of the best counselors I know! You will have keynote addresses from three national speakers, including Dr. Simone Lambert, President of the American Counseling Association who is proud of her Louisiana roots. Internationally recognized author Julia Cook and author, leadership development specialist and people IQ expert Dr. Sherene McHenry have both presented at LCA were I met them. They so enjoyed Louisiana, they eagerly accepted my invitation to celebrate this milestone conference with us. Our fourth speaker is someone who needs no introduction to school counselors, Dr. Alice Cryer-Sumler who will help us to look at advocacy perhaps in a unique way that underscores why we truly are stronger together as colleagues.

I want our conference theme, Stronger Together, to continue for my year. I am asking LCA, all 2,300+ of us to commit to performing 1,000 Acts of Service before conference next year. I believe we will rise to the occasion! When advocating for counseling on Capitol Hill this summer, I saw how hungry our congressional officials were for stories about how we impact and help their constituents. The idea for this initiative started to germinate. I will provide more details in October. In the meantime, take a look at Zach Hebert's article on page 7 for a little more information!

As you know we will again be hosted by the Crowne Plaza, as they are the largest hotel in Baton Rouge. President Elect Adrienne Trogden and her team have secured a venue for her conference in New Orleans next year. We are tinkering with room assignments and the number of breakout sessions to try to accommodate larger numbers of attendees.

Happily, some things for this conference will not change! Awards to recognize those among us who have whose meritorious efforts were noticed by other LCA members will occur during general sessions on Sunday and Tuesday. See Asha Murphy, Awards Chair's article on page 13 for more details. You will have more than 50 content ses-

(Presidential Perspective, continued on page 3)




Dr. Reshelle Marino, LPC-S and Mr. Kenneth Schmidt, LPC

Meet the LCA President Elect hopefuls...

Conversation With The Candidates

Submitted by Vinetta Frie, Newsletter Editor

Imagine sitting with a cup of coffee in hand and chatting with not one, but two professional counselors who each want to serve as president of your state association. That is the scenario for this article. Listen in as we begin again in alphabetical order...

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

RM: I was inspired early in my graduate school journey to get involved with LCA and remain actively involved in professional organizations. I had wonderful mentors and professors who believed in me and provided me with opportunities to collaborate on research and who instilled, genuinely encouraged and infused throughout my graduate curricula the necessity to seek leadership opportunities.

I would bring to this position many varied professional counseling experiences. I have worked in a psychiatric facility, as a middle school counselor, teaching as an adjunct, supervising PLCPs, private practice, Assistant Professor and Counselor Educator. I can identify with a broad cross-section of counselors due to my varied work experiences. And in my 12 years, I have benefited from leadership experiences from secretary of Chi Sigma Iota during my master's and Doctoral programs, LACES Treasurer 2014 -15, LCA Graduate Student Representative in 2009, LSCA Post-Secondary Vice President in 2014-2015, to LSCA President in 2016-17.

(Conversation, continued on page 4)



Presidential Perspective, continued from page 2

sions reviewed and approved for your counselors from your division and association leadership. We will continue the First Timer's session, followed by the President's Reception with food, music, and the second appearance of the Photo Booth! Who doesn't like shopping with the exhibitors who have brought great resources and more for our consideration. You will find a listing of this year's exhibitors on page 15. And finally, you will still have the opportunity to win at least one very nice door prize donated by our Divisions and Exhibitors.

Fall Conference is also when you will have the opportunity to continue to shape what LCA will become in our second century. You will "meet" the candidates for LCA President Elect-Elect in 2022. (See other column for details). If you will not be attending conference, please cast your ballot by mail (see page 9) otherwise you will vote at conference.

If you have already registered for conference, great! I hope to shake your hand personally! If you have not yet registered, you can register on-site, but not with a personal check. See our website for details: www.lacounseling.org

This brings me to the end of my first Presidential Perspective article!! One down, three more to go! See you soon?

Sincerely,

Vinetta

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






Conversation, continued from page 3

I have been an LCA member since 2006. 12 years later, informed by my work with counseling colleagues and clients, as a servant leader at increasing levels of responsibility, I think I am ready to run for President Elect-Elect!

KS: While still earning my Master at the University of New Orleans, I realized my strong desire to promote the counseling profession and to connect with the larger professional counseling community. I fulfilled both of these goals when I joined LCA. Its importance in my professional growth has been significant. While still a student member, I became President of the ALGBTIC division and served in that role for three years. I also assisted the founder of the current PLCA (formerly CIAL) division in her desire to advocate for new professionals and for them to have a voice in Louisiana. I witnessed LCA's support and desire for this new division and gladly served as President of PLCA for two years. I know that LCA is a community of knowledge and support for me and as President of LCA, I would work with its members and leadership team to continue build and grow LCA as our profession does.

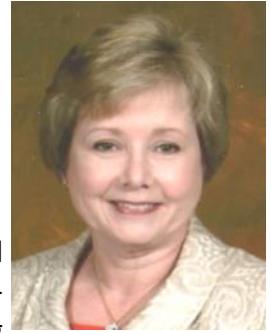
 *To maintain the integrity and economic stability of LCA and counseling as a viable profession, what initiatives would you undertake to educate the public and the Legislature about the importance of LCA?*

KS: The President position of LCA is not only a leader and advocate for LCA but for the entire counseling profession. As President, I would make sure that LCA has a voice in legislature and try as best I could to rally all members to get involved in any way to help promote our chosen profession. Also, I would hope to bring awareness to the general public about our scope of practice and how valuable counselors are to Louisiana by reaching out to oth-

(Conversation, continued on page 5)

LCA Board Mini Minutes

*Vickie Thompson,
LCA Secretary*



The LCA Executive Board held the Summer Board Meeting and Leadership Training meeting on July 20, 2018 in Baton Rouge and the Crowne Plaza. The following business was addressed:

- ✎ LCA Business Manager, Austin White presented the end of the fiscal year, 2017-2018 Financial Report. LCA ended the year in the black.
- ✎ Leah Rosa, Chair of Strategic Planning Committee said she will give to everyone who has a role in the strategic plan his/her assignments to be completed by conference.
- ✎ LPC Board Appointment – Diane Austin updated the board on the status of the two vacancies on the LPC Board. LCA has sent Governor Edwards the nominations for the Counselor Educator of Dr. Betsy St. Pierre, Dr. Erin Dugan, Dr. Christine Ebrahim, Dr. Roy Salgado Dr. Laura Fazio-Griffin, and Dr. Jackie Mims, who is eligible to be reappointed.
- ✎ LCA Mentoring Institute – Dr. Christine Ebrahim commented that in February the first Leadership Development and Mentoring Institute was held. The mentees will present their project during the poster sessions at the LCA Conference. The goal of the institute is to encourage new professionals and graduate students to take an active part in leadership. Applications to be a mentee are on line at the LCA website.
- ✎ The board approved the motion to continue using the 2017-18 budgets until the October Executive Board meeting.
- ✎ Government Relations – Dr. Mary Feduccia stated that while LCA did not introduce any new bills in the 2018 Regular Legislative Session we did track 21 bills that potentially had an impact on mental health counselors and

(Mini Minutes, continued on page 5)

10 Division Presidents Offer Reports

Submitted to Vinetta Frie, Lagniappe Editor

Thank you to all the Division Presidents who shared the following reports.



LAAOC: Renewed Vitality Through Our Shared Mission

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


The Louisiana Association of Addictions and Offender Counselors (LAAOC) is looking forward to the 2018 LCA conference! We are excited to be [\(10 Division President Reports, continued on page 6\)](#)

Conversation, continued from page 4

er professional organizations to let them know our profession.

RM: Advocating for the Profession of Counseling is tantamount to my goals and objectives as future President of LCA. For example, I am currently working with some colleagues to advocate for the hiring of PLPCs within schools. To address the need for quality professional development, I initiated “LSCA Comes to You” during my presidency in LSCA. There have been three *LSCA Comes to You* events during my tenure in LSCA.

I understand that advocating for our profession is something that must stay at the forefront of every single one of our initiatives.

 As LCA President of 12 diverse divisions, provide a few short and long-term plans for LCA, addressing the needs of the diverse divisions to insure that each feels their collective voice is

[\(Conversations, continued on page 6\)](#)



Mini Minutes, continued from page 3

consulted with our lobbyist David Tatman about them throughout the session. LCA Government Relations hosted the Mental Health Legislative Forum with LAMFT and NASW-LA. Government Relations committee worked with the Department of Education and BESE Board for an update to the language in Bulletin 747 regarding PLPCs being allowed to be hired for mental health practitioner positions in schools, as their counterparts in Social Work could already be hired for the same positions. Mary Feduccia also reminded the LCA Executive Board of its approval to adjust Mr. Tatman’s salary annually for the next two years.

- ✎ Advertisement Ad Hoc Committee report was made by Eric Odom. The committee explored the possibility of advertisers creating a new revenue stream?” Criteria, developed with consultation from ACA and the Texas Counseling Association, was outlined by Eric Odom. The ad hoc committee was given permission to allow the use of advertisers on the LCA website as a source of income with the disclaimer.
- ✎ Diane Austin shared the results of a meeting with Dr. Kathy Steel, LPC Board President and Dr. Ron Cathey, LPC Board member and a discussion of the relationship between the LPC Board and LCA’s relationship. Exploration of past issues resulted in Dr. Steel indicating openness to suggestions from LCA and better communication. Dr. Steel also shared how the new LPC Board website will make license renewal easier by allowing counselors to upload CEU documentation as they are earned, and other innovations.
- ✎ Leah Rosa and Dr. Tammy Wilborn discussed a possible position paper or a fact page to the LPC Board about billing insurance. Permission was granted to form an ad hoc committee to address writing a position paper to clarify information about insurance billing for PLPCs.



Conversation, continued from page 5

heard.

RM: Collaboration, teamwork, and diversity are qualities I embrace. It is my belief that everyone is valuable and each division and affiliate has a place at the table when making any decision related to our shared vision as members of our profession of counseling. Comradery and building lasting relationships are absolutely perks of working alongside fellow counselors and graduate students. If we are not learning something new each day, we are missing out! It is for that reason that I feel it crucial to address the needs of the diverse divisions of LCA to insure that each feels their collective voice is heard.

Thank you kindly for your consideration of my nomination for LCA 2018 President-Elect!

(Conversations, continued on page 7)

able to offer LAAOC members a free CEU and luncheon. Please be sure to register for the luncheon on the conference website so we can get an accurate count for the free LAAOC soup and salad luncheon. Adrienne Trogden, LASACT President and LCA President-Elect, will be speaking at the luncheon. Her presentation will highlight the many ways we can better serve our clients and advocate for the addiction counseling field through professional collaboration.

We are also excited to announce that the new LAAOC bylaws were approved and have been disseminated to all LAAOC members. The revised bylaws are consistent with the LCA and LAAOC bylaws and more contemporary.

LAAOC recently held elections for 2019-2020. Sean Brite has been elected as President-Elect, and Sharon Norman has been elected as Secretary/Treasurer. Sean Brite is a recent graduate of Loyola University New Orleans and currently works in the addiction counseling field. Sharon Norman has been working in the addiction counseling field for many years.

Lastly, LAAOC is still taking suggestions for counselor trainings, events we can sponsor, outreach opportunities, and community involvement. Your participation and great ideas will bring a renewed vitality to our shared mission. Please email any ideas, suggestions or requests for information to laaocinfo@gmail.com.

Mini Minutes, continued from page 3

- ✂ Vinetta Frie issued a mini-issue of the Lagniappe, LCA's newsletter. The deadlines are published in this mini-issue. The first deadline is July 27, 2018.
- ✂ A motion was passed to align the LCA mileage and travel expense to the current state level. Mr. White, Business manager will review the state rate annually to keep LCA in compliance.
- ✂ LEADERSHIP activities were led by Vinetta Frie.
- ✂ Mary Boudreaux, LCDA President, announced that LCDA received the national award Outstanding State Division at the National Association for Career Education conference.

Happy 50th Anniversary LCA!

Greetings from LACES

Dr. Tammy Lewis-Wilborn, LPC-S, LPC/MHSP-S, NCC. LACES President



Greetings LACES!

I am excited to serve as President of the Louisiana Association of Counselor Education and Supervision for the 2018-2019 year!

(10 Division Presidents, continued on page 7)



10 Division Presidents, continued from page 6

As a practitioner, clinical supervisor, and counselor educator I am passionate about the work that we all do each and every day to serve our profession and community. At a time of current sociopolitical uncertainty, the counseling profession has an opportunity and an obligation more than ever to be advocates for the individuals, groups, families, and communities that make up our great nation. I invite each of you to think about how vital you are in ensuring that counselors-in-training and in practice are adequately prepared to be culturally-responsive practitioners who meet the therapeutic needs of diverse clients. Cultural-responsiveness is

(10 Division Presidents, continued on page 8)



Social Media: Making Connections

*Zach Hebert, MS, PLPC, PLCP
Manual*

This year, we're challenging our members 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. You can do this a bit more formally, by contacting any non-profit which you would like to partner with and donate a free service – show job seekers how to use online career resources, help seniors create a memory board in a retirement community, GIVE BLOOD! There is a shortage in Louisiana – be creative!

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. At conference members of the Social Media Committee will staff a table and help you create a Twitter account, if you don't have one or show you how to post to your existing account. See you then!

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KS: As past president of two divisions, I understand that sometimes divisions don't feel as important or active as other divisions. As President of LCA I would undertake a few interventions to make sure that each Division has a voice, no matter how small the membership. Below are some short term and long term goals I would have as President Elect-Elect, etc.

Short Term Goals

- Learn about each divisions mission and goals.
- Meet with each division president to discuss how LCA can better serve its members.
- Motivate divisions to be active at conference with presentations; meetings etc. to better serve its members.

Long Term Goals

- Require Divisions develop a 5-year action plan on how they are going to reach members, advocate for them and grow their divisions.
- Create awareness between divisions and have division's partner up to develop outreach plans to their members.
- Have each division represented at the annual with conference with presentations directly addressing the needs of its members.

You will find a mail in ballot on page 9 or you may vote in person at the Conference.

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Dr. June Williams, Dr. David Spruill, Dr. Howard Smith, Calvin Kelly and Dr. Pat Thomas: Past, Present, and Future LCA Presidents. Two resigned before ever serving — Do you remember which? HINT Check the Conference Booklet Insert!



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necessary not ancillary!

I look forward to seeing you in Baton Rouge at the LCA conference! Be sure to join us at the LACES luncheon Monday October 8th from 11:30 am - 1:30pm. Our guest speaker, LPC Board Chair Dr. Kathryn Steele will present information on requirements to become a Board-approved Clinical Supervisor and answer commonly asked questions. We will also have a brief awards ceremony so you definitely want to be in attendance!

Finally, I look forward to working with each of you in the coming months! My goals as president are to increase membership and membership value. Therefore, your input and participation is critical. Be on the lookout in the coming weeks for an invitation to provide feedback on ways to increase membership value to you. In the meantime, if you have questions or announcements send them to twilborn@uno.edu. I would love to hear from you! Be well.

Happy 50th Anniversary LCA!



LAMFC: See You At The Conference?!

*Tralana Eugene,
LAMFC President*

Hello, my name is Tralana Eugene and I am the President of the division for Louisiana Marriage and Family Counselors (LAMFC). I am honored to be a part of such a distinguished board and community. I would also like to introduce the other board members of LAMFC. Before I introduce the members, I would like to thank the board for the continuing support as I transitioned to this position. Donnie Underwood is our Past President and currently

Article continues in next column

serves as our Treasurer. Melissa Thomas serves as our secretary on the LAMFC board. If you are interested in being a part of the LAMFC board, send a letter of interest to tralanaeugene@gmail.com.

I would like to share what is coming up in LAMFC. We are all looking forward to another awesome LCA conference. In addition to all the exciting information we will obtain from the conference, we are also excited to announce that we have the privilege to hear Dr. Kristyn Carver present on Trust Based Relational Intervention: strategies for families with kids from hard places. Come out and learn how to provide trauma informed care from a systemic view. It is important for clinicians to learn how to provide trauma informed care to the entire family system. Dr. Carver will help us navigate the challenges of working with a unit of individuals that have been affected by trauma. We look forward to seeing you at the conference and remember to register for the LAMFC luncheon when you register. You will not be disappointed.

Happy 50th Anniversary LCA!

It's Celebration Time with LASERVIC

Brenda Eccles, LASERVIC President



Let me begin by saying I am honored and grateful for having the opportunity to serve you as President of Louisiana Association for Spiritual, Ethical and Religion Values in Counseling, LASERVIC .

As we look forward to this year's conference, marking our 50th year celebration, I am elated with joy and gratitude to be able to see each and everyone in October to share moments of reflection, acknowledging our 50th year celebration as counselors at the upcoming LCA conference on October 6-9, 2018. This will be a year to remember to be spiritually blessed and connected to a greater power for the grace that has sustained our counseling profession for all these years and thankful for more to

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LCA Mail-In Ballot

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

FOR PRESIDENT-ELECT ...

Beginning on page 1 you will see biographies of our candidates. See page 5 for their vision statements about LCA.

CHOOSE 1 OF 2 WAYS TO VOTE...

Print this page of the newsletter and mark the ballot. **Mail it to Dr. Christine Ebrahim, 6363 St, Charles Campus, Box 66, N.O., LA 70118 by September 22**

OR

Vote in person at the LCA Annual Fall Conference at the Crown Plaza Hotel beginning September 30

Late ballots will be disqualified.

LCA President Elect-Elect
(Select ONE only)

- Dr. Reshelle Marino**
- Kenneth Schmidt**
- Write In Candidate** (MUST be a current LCA Member):

E-mail address:



10 Division Presidents, continued from page 8

come. Our profession allows us to continue the great commission that was given to us since the beginning of time; to serve others, share the good news, bring hope, peace, comfort to the disconnected and empower them with values of spirituality, ethics and religion in their practical way of living. LASERVIC welcome challenges and opportunities to foster inclusion for diversity and voices to be heard in the children, families and communities to further support their concerns and needs. We look for ways to build stronger relationships.

Let's take this opportunity to attend what I know will be one of the largest counselors' celebration in October and think of ways we can better serve our students/clients, and communities in projects and service. I want to personally invite you to join and become an active member in the LASERVIC division through LCA. Feel free to contact me at (504) 388-7647 or any LASERVIC member. Looking forward to seeing you at our 50th year anniversary as we express sincere gratitude for being able to provide professional counseling to the world in which we serve.

Happy 50th Anniversary LCA!

LCCA

Ashleigh Turner, MA,
LCCA President



As the newly elected President of the Louisiana College Counseling Association, LCCA, I look forward to working with not only LCCA but all of the divisions to help make LCA even better as we celebrate 50 years of service.

LCCA hosted our annual summer workshop, "Staying Relevant In College Counseling" on August

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9th at LSU. Our presenters provided insight which helped the advisors/counselors in attendance to have a better understanding of the diverse class of students entering the 2018-19 school year.

The annual workshop was a great kick off to the academic year. It helped us prepare to dive into the 2018 LCA conference that I know will be filled with knowledge, inspiration, and tons of insight that we all will be able to take back to our respective fields.

I want to thank Joyce Fields and Jessica Aslin for being terrific examples of what great leadership looks like as we embark on this journey into the new year.

Happy 50th Anniversary LCA!



LCDA Honored

Dr. Mary Boudreaux, LCDA President

In June, the National Career Development Association honored our Louisiana chapter with their *Outstanding State Division Award*. LCDA was cited for its focus on membership support,

community engagement, and leadership within the state of Louisiana. Immediate Past-President, Lisa Hibner was on hand to receive this prestigious recognition.

In 2017-18, LCDA looked for ways to address the needs of career professionals in Louisiana and to provide value for their LCDA membership. One goal was to develop LCDA membership options for individuals whose activities and profession align with LCDA/NCDA guidelines but who do not hold a counseling degree. Membership in LCA as a “regular” member now gives career professionals the opportunity for active membership in LCDA.

Article continues in the next column

This past year we also provided our members access to NCDA’s **Career Smart** webinars to earn CEU’s at no individual cost to the LCDA membership. Our **Annual Career Connections Conference** was held in January 2018 with Marie Zimenoff providing a day of training with the theme “Unlocking the Secrets of the Hidden Job Market.”

LCDA members presented at the Annual Louisiana Teachers Summit, the CW Austin Disabilities Conference, and the NCDA National Conference. Additionally, members served on the LDOE School Counselor’s Study Group and held leadership positions within NCDA.

We are excited to announce that **LCDA is sponsoring a Pre-Conference Workshop** at the upcoming LCA Conference! **Ms. Celeste Hall**, NCDA Trustee for School Counselors/Specialists will present, **“The Future of Work: Creating K-12 Career Development Programs With a Focus on Adaptable Career Decision-Making.”** Ms. Hall will also present a content session on Sunday. Other conference activities include our annual new professional/graduate student program and our LCDA Panel Discussion and Board Meeting on Monday evening.

Lastly, mark your calendars, as **January 18, 2019** is the date for the **Annual LCDA Career Smart**

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Good News!

Submitted by Vinetta Frie



Former LCA President John Crawford was selected for the second year to serve as ACA By-Laws Chair! Nearly everyone I met in the Southern Region, when they learned I am from Louisiana all asked me the same second question: “Do you know John? “

John Crawford is well representing LCA at the national level and making everyone excited for visiting New Orleans next year.

Do YOU have some good news to share? Send it to me at frienews@yahoo.com with Good News as the subject.



Conference to be held in Baton Rouge at the East Baton Rouge Parish Library.

Happy 50th Anniversary LCA!



Committing to Social Justice

John Dewell, LCSJ President

Louisiana Counselors for Social Justice (LCSJ) is in an exciting new phase. We are in the process of appointing new board members, revising by-laws, and rethinking how we can best serve our members. It is our sincere hope that we can be an active force for social justice within the state and offer support for all counselors working towards social justice and mental health.

With that in mind, our upcoming presentation at the LCA conference titled “Courageous Conversations in Modern America – the counselor’s role” is designed to highlight our role in facilitating difficult cultural conversations and to support clinicians who want to be a force for change within their community. We are also in the process of developing some creative ideas for presentations in the future. If you want to know more about our division 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) or stop by and see us at the conference. In peace.

Happy 50th Anniversary LCA!



See You Soon!?

Wendy Durant, LMHCA President

Dear LCA Friends and the 704 active members of LMHCA, thank you! Thank you so much for your service and dedication to promoting counseling and supporting individuals with your

Article continues in next column



passion, grace, and skill. To our trailblazers and founding members, thank you for establishing a foundation based on the principles of counseling advocacy, encouraging legislation that advances our profession, and providing a forum for counselors to learn, grow, and address the social, emotional, and developmental needs of clients throughout our state. I am so honored to serve as the President of the Louisiana Mental Health Counselors Association, and to pick up the torch and continue promoting the mission, vision, and values of LMHCA and LCA.

Allow me to introduce myself to you. I’ve been in the counseling profession since 2007, and have served as a both school counselor, therapist, play therapist, program director, clinical supervisor and the founder and owner of a multisite outpatient mental health counseling practice. My experiences, but more importantly guidance and encouragement from family, trailblazers, mentors, and professors has set me on this trajectory of continued service in this leadership role. One lesson I will always carry, is that leadership is about service and paying it forward. Thus, this year, my vision for LMHCA centers on the themes of gratitude, service, and paying it forward. I am encouraging all 704 members of LMHCA and our fellow LCA colleagues to join me and LMHCA’s Executive Board in participating in the **#LACounselorsCareLMHCA** initiative.

This year we are encouraging our members to engage in acts of service whether it be volunteering at a shelter or church, spending time with elders playing games and reading at a nursing home, offering pro bono counseling session(s) to a Veteran, military family or financially challenged client, volunteering to provide resiliency skills to children impacted by trauma in a group home or preschool, or whatever your heart and resources inspires you to do. The LMHCA Executive Board will be participating in a series of initiatives under the hashtag **#LACounselorsCareLMHCA** throughout the year,

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and we will highlight some of those experiences on our social media pages.

Please be sure to follow us on social media: <https://www.facebook.com/LMHCA/> is the LMHCA’s FaceBook page. @lmhca is our Instagram page. Join the movement by sharing highlights of your experiences and photos by emailing us via LMHCA1@yahoo.com using the hashtag #PayItForward. I look forward to connecting with you at the LCA Conference and the LMHCA luncheon in October (a very special learning opportunity in being prepared)!

Happy 50th Anniversary LCA!



Back to School!

Denise Latour, LSCA President

During summer break LSCA members were busy promoting school counseling. In late May, Tristen Bergholtz, Dr. Wendy Rock, Dr. Mariama Sandifer, and Tara Washington were presenters at the 2018 Teacher Leader Summit in New Orleans. Veronica Douglas, Royce Hooks, Dr. Wendy Rock, and I represented LSCA at ASCA’s Delegate Assembly in Los Angeles.

As we head back to school, I am challenging school counselors to advocate for the school counseling profession. We need to tell students, parents, co-workers, supervisors, and elected officials who we are and what we can do. Tristen Bergholtz, Katherine Taylor, and Tara Washington are great role models in this respect. Katherine and her co-workers at St. Scholastica Academy are currently the only Louisiana school that is a Recognized ASCA Model Program, RAMP. Tristen and Tara are preparing to submit their RAMP application for Woodlawn Middle School.

(10 Division Presidents, continued on page 13)

LCA Government Relations Needs You

Dr. Mary Feduccia, Government Relations Co-Chair



A new year is upon us and your LCA Government Relations committee needs YOU to play an active role in advocating for our profession. One of the most outstanding benefits associated with your membership in LCA is the strong advocacy campaign that is led by the LCA Government Relations committee. However, the co-chairs and eight members of the committee cannot represent our Association alone. Given the multitude of Senators and Representatives who make laws that in some cases have grave consequences for our counselors, we need your help to advocate for our profession.

Our new LCA President, Vinetta Frie, decided that committees should have co-chairs to balance the workload and more efficiently represent you. I’m happy to announce that Dr. Ariel Mitchell and I will serve as co-chairs of the Government Relations committee. Dr. Mitchell is excited to assume this role and looks forward to an active role in representing LCA at the state legislature and in our advocacy efforts. We’ll be joined by committee members Katie Blum, Brenda Eccles (LSCA), Vicki Guilbeau (LAMCD), Zach Hebert (LCA Digital Media), Debbie Lang, Cindy Nardini (past Government Relations chair), Karen Rice, and Adrienne Trogden (LCA President Elect-Elect). You are well represented and we thank these committee members in advance for their hard work throughout the year.

We’ll be in touch soon about how you can play an active role in advocating for our counseling profession, but, in the meantime, make it one of your priorities in the upcoming year to be involved in these efforts. Your involvement and active participation will make the difference in our success! **50**





Collective Self-Care: Practice What We Preach

By Asha V. Murphy, Awards
Committee Chair

The importance of **self-care** is stressed while we are in graduate school; this has become a credo for our profession, and it is usually reinforced and further indoctrinated throughout our training and supervision as we pursue licensure and continue our professional development. We all remind each other as professionals the dire importance of taking care of ourselves to battle “compassion fatigue” and decrease risk of burnout. As chair of LCA’s Award Committee, I want to thank each of you who took the time for self-care in a unique but effective way.

I believe that nominating a colleague for an award is the easiest way of acknowledging and showing gratitude for someone we value, and in turn engaging in collective self-care. We have the power to help our colleagues combat burnout and provide them an opportunity to be recognized by their peers. In 2012, the APA conducted a survey that found that “employees who feel valued are more likely to report better physical and mental health, as well as higher levels of engagement, satisfaction and motivation, compared to those who do not feel valued...”

That is not the case for the following LCA members who have been nominated for recognition. On Sunday at the General Session, the LCA Graduate Student Award, which includes a monetary grant and the Humane and Caring Awards will be presented. The Awards Committee would like to announce:

**Graduate Student Award Nominees:
Ida Ansell and Oriel Romano.**

**Humane and Caring Person Award
Nominees:**

(Collective Self-Care, continued on page 14)



10 Division Presidents, continued from page 12

Looking ahead LSCA members will have a demanding year: Preparing for the conference in October. Updating the Strategic Plan. Reworking the by-laws to comply with ASCA’s recommendations. Collaborating with the Louisiana Department of Education to evaluate the role of school counselors. Compiling survey results for LDOE Study Group. Promoting National School Counselor Week.

Happy 50th Anniversary LCA!

Graduate Student Update

Ida Ansell, LACGS President



LACGS, Louisiana Association of Counseling Graduate Student division has been busy during this Spring into Summer quarter. Our 2-part workshop in May was a great success! Panelists and participants engaged in powerful discussions around what it means to be a PLPC as well as multicultural issues and competencies. We were able to take many pictures which you will soon be able to view on LCA’s Facebook page.

Our 2018-2019 Executive Board will meet for the first time to discuss our roles and responsibilities, upcoming conference and future projects with membership in mind for the year ahead. For the 2018 conference, Joan Gallagher and I will be leading a Content Session titled, Finding (or Redefining) Your Niche: A panel discussion, where attendees will gain insights about fields of practice, networking skills & strategies, and how to select an LPC-S supervisor. I will also lead another presentation along with Kevin Foose titled, “Re-examining the Masculine Protest: Foundations and Implications” in which participants will learn theoretical

(10 Division Presidents, continued on page 14)



Collective Self-Care, continued from page 13

**Kodi Taylor, Staci Short,
Dan Jurek, and Kerry Scott.**

We will also present awards at the closing session on Tuesday. ACA President, Dr. Simone Lambert will deliver the final keynote and CEUs will be awarded for this session, so we are trying something new to end the conference on this high note, we will present awards to one of these meritorious counselors for the following awards.

**LCA Advocacy Award Nominees:
Reshelle Marino and Veronica Douglas**

**LCA Distinguished Professional
Service Nominees:
Reshelle Marino, Christine Ebrahim,
Iman Nawash, Myiesha Spears-Beard,
Erin Dugan, Laura Fazio-Griffith,
and Susan Thornton**

If you are a nominee, please check in with me or a member of my committee who will be stationed near the doors, before the session. We want to call the name of every nominee in attendance and seat you in the place of honor. Have questions? Feel free to contact Awards Committee Chair Asha Murphy at avyas2@lsu.edu



See you in
Baton Rouge
for the
2018 Annual
LCA Fall
Conference?!

Fall 2018

2nd LCA Leadership Development and Mentoring Institute Announced

Dr. Christine Ebrahim,
Past LCA President



The **Leadership Development and Mentoring Institute (LDMI)** connects new counseling professionals and Counselor Educators with less than 5 years of experience as well as graduate counseling students to mentors who will work together over the course of a year to collaborate on anything the mentee finds valuable to their professional development. This year, the second Institute will take place on Saturday, Oct 6th, which is the date of Preconference. Those chosen for the LDMI will be paired with a mentor during the institute and have an opportunity to work with them over the subsequent 12 months. As part of the LDMI, mentees will share what they worked on at the 2019 LCA conference in New Orleans!

If you have any questions about future LDMI sessions or have additional ideas to share, please contact Dr. Christine Ebrahim at cebrahim@loyno.edu.



10 Division Presidents, continued from page 13

foundations of Adler’s Masculine Protest, implications for clinical practice, and influence on clients’ sense of selves and wellness.

We’re excited for conference as we think our division’s members will gain a lot from these meaningful presentations and more. Our executive board members will be there to help out in any way they can.





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 17-18 of this newsletter, you will find more information about 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 Association

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*

Youthlights, Inc



2018 Conference Sponsors

Diane Austin, LCA Executive Director

On behalf of LCA I extend a heartfelt "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

Article continues in the next column



treated and transitioned over 1500 patients back into the community. a commitment to excellence in diagnosis, treatment and education- 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



(2018 Conference Sponsors, continued on page 17)

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 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.





With Heartfelt Thoughts and Prayers

 In the spring, we lost long time LCA member, Mr. William Crouch. Submitted by Diane Austin.

 Please remember LCA Secretary, Vickie Thompson and her family, on the loss of her step-mother, Mrs. Bernice Salley, in late May. Submitted by Vinetta Frie.

 Also remember LCA member and counselor educator, Dr. Mary Ballard and her family on the loss of her father this summer. Submitted by Vinetta Frie.

 Please remember the family of Dr. Kathryn Steele, LPC Board Chair, on the loss of her father, also this summer. Submitted by Diane Austin.

 And please remember the family of the late Elliot Peterson, a long-time LCA member. Submitted by Diane Austin.

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, in advance.



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 <u>Dr. Reshelle Marino</u> LA School Counselor Association Board Rep.	LACGS <u>Ida Ansell</u> , LA Assoc of Counseling Graduate Students

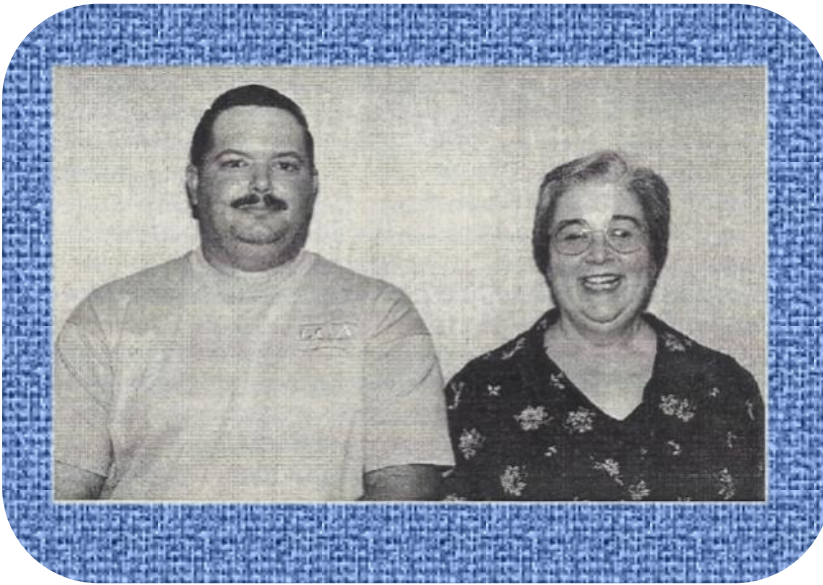
[Audra Tousaint](#), PLCA, Provisional Licensed Counselor Association

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>Vickie Gilbeau</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:
October 19, 2018



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



*Candid shot from the hall in between sessions IN 2017.
Photo by Jenny Petty*

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 13 Divisions and 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 amongst its membership for the good of Louisiana's multi-generational clients.

NEWSLETTER CORRECTION

Please contact Vinetta Frie, Editor via 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 Vickie Thompson, Contributing Editors; Dr. Christine Ebrahim & Vicki Guilbeau, proof-reader; Nikoyla Spears, photographer and Archives Co-Chair.

SUBMISSIONS

Send all submissions to newsletter editor, Vinetta Frie via her e-mail address: 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 file **is preferred**. Submission of hard copy photos or on disk or flash drives become the property of the newsletter.