



# Maryland Counseling Association

A BRANCH OF ACA

## COMPASS POINTS

ISSUE 13 | VOLUME 2 | FALL 2020

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### Mission

“SERVING THE COUNSELING,  
GUIDANCE, AND HUMAN  
DEVELOPMENT PROFESSIONS”

### MCA Officers

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**Executive Director:**  
*Open*



## Letter from the President

Dear MCA Community Member,

In the words of Shakespeare’s Richard III, “Now is the winter of our discontent made glorious summer...” for there is much for us to celebrate even in this time of COVID -19. I hope this letter greets you in a moment of peace and transition with hope for the future months. To help boost your optimism, please find the following review of our work and plans for the future.

### **Our October 9th and 10th conference**

Our very first virtual conference was a huge success due to the high quality of our presenters and the robust talent of our volunteers. Everyone pitched in to take roles of leadership and my job as President was made easy through this enthusiastic team of caring professionals. We had many graduate students at the helm as well as practitioners, educators, and rising leaders in the field which is the perfect mix for networking, sharing, and building of new relationships.

The financial rewards of the conference were better than projected and MCA is now in a position to move forward next year with scholarships and changes that have been desired for some time. We appreciate the high volume of MCA members who registered for this conference and are still offering 21 NBCC

CEs from our pre-recorded webinars for a very reasonable \$150 fee through January 10, 2021.

Please consider volunteering for the Conference Committee that will operate under the leadership of President-Elect Sara Pula ([pelect@mdcounseling.org](mailto:pelect@mdcounseling.org)). Through early planning, we were able to run a successful “test drive” of virtual learning this year. Imagine what we might accomplish in the future with an early start for 2021!

### **New Leadership Opportunities**

We have a robust leadership team now in our MCA Executive Committee (EC) and Executive Board (EB) with EC Treasurer-Elect and EC Secretary-Elect positions that have been filled. This is a good practice that helps to prepare the next leader with knowledge and experience needed for a smooth (and hopefully stress-free) transition.



*...continued*

## Letter from the President

This means that we will need to encourage new folks to consider running for these two positions as well as President-Elect, Member-at-Large, and Executive Director roles for 2021-2022. In addition to these leadership positions, we will be looking for people who have interest in division or committee leadership that is of critical nature to the continued voice of MCA on behalf of the Maryland, DC, and Virginia region.

If you have the desire to serve in this capacity with a group of committed counselor professionals please email me at [president@mdcounseling.org](mailto:president@mdcounseling.org) or Past President, Ajita Robinson at [ppresident@mdcounseling.org](mailto:ppresident@mdcounseling.org) to “throw your hat in the ring”!

### **Vote!**

As a 501(c)(3) organization, MCA does not get involved in political campaigning or support one nominee over another, yet we are deeply interested in supporting initiatives that will benefit the mental health of our larger

community. We are passionate about advocacy that will empower the voiceless and the oppressed in our world and want to be a part of positive change to the poor, the disenfranchised, and the mentally ill.

The American Counseling Association (ACA) provides us with information related to legislation that impacts our profession and regularly encourages us to get involved with our community at a granular level. Tuesday, November 3rd, was Election Day in Maryland and we hope you were able to safely engage in this important democratic process. Please know that MCA cares about you and your family at this difficult time and welcomes ideas for advocacy that comes with this investment in our political system.

Sincerely,

Carol ZA McGinnis PhD, SIP, BC-TMH, NCC, LCPC  
[President, Maryland Counseling Association](#)  
“In the time of COVID-19”

## Letter from the Chair

Let’s all take another moment to remember that this year has been a rollercoaster for everyone in one way or another. Some of us have been so caught up in it, we still haven’t had time or space to fully process 2020. Yet, we are winding down this year and heading for the next. For me, this is typically a time of quiet, of reflection, of connection. I have felt that hesitance to process this year because I know there is so much there. And I am reminded, even in these difficult times, that making space requires taking care of self. I pass along this reminder to you: Care givers need to receive care, too. Remember to pour into yourself while you are pouring into those you support.

If you need some new recommendations or reminders of useful tools, check out the resource list on the following page. These were curated by one of our 2020-2021 Emerging Leaders, Leilani Fryauff, who has been actively supporting the Newsletter Committee.

Michelle Schoonmaker, LCPC  
[Chair, MCA Newsletter Committee](#)

# Resources

## Free Apps:

7 Cups  
Anxiety Relief Hypnosis  
CBT Thought Diary  
eMoods  
Happify  
Headspace  
MindDoc Mood Tracker  
Mindshift  
MoodTools  
MY3  
notOK  
Pear reSET  
Provider Resilience  
PTSD Coach  
Quit That! – Habit Tracker  
(Recovery Record) RR: Eating Disorder Management  
Sanvello for Anxiety, Depression & Stress  
Self-help Anxiety Management (SAM)  
SuperBetter: Resilience Training  
Twenty-Four Hours a Day  
What's Up?

## Paid Apps:

IMoodJournal (\$2.99)  
MoodKit (\$4.99)

## Virtual Groups:

ADAA Online Support Group  
Alcoholics Anonymous  
Body Politic COVID-19 Support Group  
The Dinner Party  
Facebook Groups  
Meetup.com  
NAMI  
Psychology Today  
Support Groups Central  
Wisdo  
Zencare

## Professional Development (free and paid)

Eventbrite  
Facebook  
Meetup.com

## References

Nine Free Apps You Can Use To Help Your Mental Health. (2018). <https://www.independent.co.uk/life-style/health-and-families/healthy-living/mental-health-app-free-depression-anxiety-eating-disorder-meditation-a8532586.html>

Borges, Anna. (2020). 10 Online Support Groups for Anyone Struggling to Get Through 2020. <https://www.self.com/story/online-support-groups>

### Opening for Licensed Therapist

**Job Description:** We're looking for a fully licensed, part-time and/or full-time therapist in the state of Maryland to join our practice at Ross Counseling, LLC to provide individual and couples therapy. Must also have the capability to provide video-based therapy from an in-home office. The therapist will provide culturally competent mental health services to individuals and couples who are experiencing varying levels of difficulties due to life stressors or mental health concerns.

**Major Areas of Responsibility:** Provide high quality, compassionate, and ethical outpatient mental health therapy to clients as scheduled. Must see 15-27 clients per week minimum for part-time. Must see 28 and up clients per week minimum for full time. Conduct mental health assessments and develop individualized treatment plans. Lead individual and group therapy sessions, preventative mental wellness classes or workshops, and make treatment referrals. Complete clinical documentation within 24 hours of the date of service. Actively participate as a positive member of the clinic environment. Maintain good standing with the appropriate board and insurance entities. Complete all recommended continuing education requirements. Stay current with updated research and best practices. Be aware of community referral sources and refer when necessary. Secure client information per HIPAA standards. Maintain case files within electronic health record (EHR) that are up to date as described in the Job Expectations handout. Perform other duties as assigned. Must have an in-home office with virtual capabilities.

**Required Knowledge, Skills, and Abilities:** Must be licensed LCPC, LCSW-C, LMFT or LG. Must have experience working with children and adolescents. Must have skill in working with a variety of cultures! Must be successful as a mental health counselor and find it easy to connect with people and constructively discuss their problems and issues. Must have excellent written and verbal communication skills. Must have knowledge of family systems and their impact on mental health within the family. Must have skill in applying varied interventions with individuals/families in crisis. Must have skills working independently and implementing time management strategies. Must have the ability to provide necessary self-care. Must have the ability to demonstrate positive team interactions with other clinic staff. Awareness of personal strengths and appropriate timing for referrals.

**Overview:** We're looking for a therapist that is fully licensed LCPC, LCSW-C, LMFT, or LG. in the state of Maryland. The therapist that joins our team must have experience working with diverse populations and must come with a niche or specialization of their own to contribute to the uniqueness of our practice. Therapists are required to carry their own liability insurance.

*This job description is intended to convey information essential to understanding the scope of the job, general nature, and level of work performed by job holders within this job. This description is not intended to be an exhaustive list of qualifications, skills, efforts, duties, responsibilities, or working conditions associated with the position.*

## Join in the

# "What is Counseling?" Initiative!

Counselors and Counselors-in-training are invited to lend your voices on the topic of "What is Counseling?". Please take a moment to post a few words, a metaphor, or ideas that may help to convey an answer to this general question. Intriguing metaphors and descriptions are likely to result in your voice being in the spotlight in future newsletter issues! Please submit your ideas in the discussion forum on the [MCA website](#).

## Committee and Division News

### *From the Advocacy Committee*

Have you found your head swarming at times with the multitude of issues, circumstances, and situations occurring as well as surviving the pandemic? Some may feel on overload, while others drowning, and many like being in a whirlwind. It may become difficult to distribute your energy to address various aspects in your life. As a member of MCA, there are resources and supports to assist in navigating the storms we are all experiencing. The Advocacy Committee is here to assist with informing MCA members regarding policy and legislative issues affecting our clients, communities, as well as practitioners.

The MCA website has an advocacy tab, this is a valuable source to locate up-to-date information on voting, congressional legislation, state legislation, position statements, and various county issues. The Advocacy Committee will focus on issues that impact the people and communities we serve as well as issues affecting licensed counselors. There will be a link to provide MCA members with the ability to share a topic concern the Advocacy Committee can review and determine action steps.

Currently, the Advocacy Committee is following and preparing information for MCA members on numerous bills being proposed and worked on in the US Congress. The MCA website will be updated to provide summaries and possible action steps. A brief overview of the bills we are posting are concerning:

- Funding for safety and health risk programs for COVID-19
- Mental health services for children separated from parents at the border
- Mental health screening for children entering foster care
- Trauma support and mental health services for children and youth in educational settings
- Department of Veterans Affairs fulfilling shortages with licensed mental health professionals
- Research on mental health disparities of minorities

The [Advocacy Committee](#) has positions available for MCA members to join. We are energized to amplify the voices of MCA to further support our profession and people we serve.

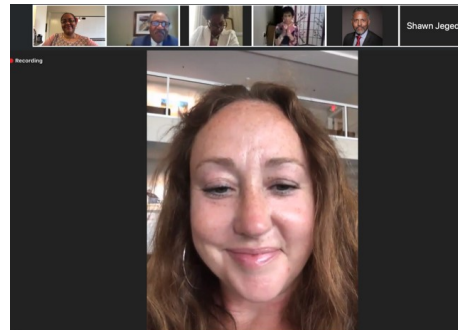
*From Maryland Association of Multicultural Counseling and Development*

### **MAMCD 2021 Awards Ceremony**

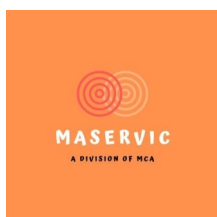
The Annual MAMCD Awards Program has been scheduled for Saturday, June 19, 2021 at 1:00pm via zoom. As in past years, the program will highlight the winners of the 5 MAMCD distinguished awards including: The Dr. Carl S. Barham Lifetime Achievement Award, The Dr. Clemmie Solomon Professional Development Award, The Dr. Rita L. Robinson Multicultural Counseling Award, The Dr. Aaron B. Stills Graduate Student Scholarship Award, and the AMCD President's Award.

The 2019-2020 recipients were: Dr. Chanda C. Corbett, The Lifetime Achievement Award, Dr. Marsha Boveja Riggio, The Professional Development Award, Dr. Thelma Thomas Daley, The Multicultural Counseling Award, Patricia Dudley, The Graduate Student Scholarship Award, and Leslie Holley, The MAMCD President's Award.

These awards were created by MAMCD to honor the lifetime and significant contributions and understanding of treating mental illness in the field of multicultural counseling. The recipients' work are characterized by a balance between culture clinical practice and evidence based education and treatment. If you should wish to make a nomination for any of these awards, send your nomination to the awards committee chair, Dr. Aaron B. Stills, [astills68@gmail.com](mailto:astills68@gmail.com). The nomination deadline is February 1, 2021.



*From Maryland for Spiritual, Ethical, and Religious Values in Counseling*



Join the ongoing Bi-Weekly Spirituality Peer Supervision & Support Group sponsored by the Maryland Counseling Association (MCA) and Maryland's Association for Spiritual, Ethical, and Religious Values in Counseling (MASERVIC). These open group meetings are held via Zoom every other week on Tuesdays 12:00—1:30 pm. We look forward to these consultation groups to offer ongoing support for all mental health professionals during these uncertain times and beyond. Students, pre-licensed and licensed clinicians are welcome. [Register on the MCA website.](#)

## Articles

### **Incarcerated African American Mothers: When They do the Time, We do the Time With Them** *Written by Dr. Samantha Knox, Ed.D., LPC, LCPC, NCC*

#### **Introduction/ Brief Review of the Literature**

Chattel slavery, the 3/5ths compromise, and the One Drop rule worked to undermine the humanity of African Americans living in the early United States. Following the Civil War and with the Emancipation Proclamation, the Reconstruction Era gave African Americans a taste of equality. Unfortunately, the end of this brief era in 1877, gave credence to Jim Crow segregation laws that African Americans would face until the Civil Rights Movement in 1965. As African Americans again were given a sense of racial equality, many argue that the southern “redeemers”, who prompted the demise of Reconstruction, had shifted parties and begun to pass legislation that would disproportionately impact African Americans and stereotype them as dangerous criminals (Alexander, 2012). With the “War on Drugs” and unconstitutional practices such as “stop and frisk”, African American men are six times more likely to be incarcerated and are often given longer sentences than their White counterparts (Alexander, 2012; Graff, 2015; Sentencing Project, 2015). Thus, these social unjust criminal law policies/practices leave African American women with the double burden of providing and rearing a family alone. While the research suggests that paternal incarceration amongst African American men is normalized, incarceration rates among women are 1.5 times that of men, with African American women leading at an incarceration rate that is two times higher than their non-minority counterparts (Cox, 2012; The Sentencing Project, 2019). Moreover, 60% of incarcerated African American women are mothers who were the primary custodians of their children prior to incarceration (Cox, 2012). During the 2020 coronavirus pandemic, by the end of September, incarcerated persons made up over 138,000 cases, with at least 1,100 reported deaths (The Marshall Project, 2020). Given that African Americans make up the majority of those incarcerated, it may be safe to assume that African Americans account for many of the incarceration cases, as well as deaths that are attributed by COVID-19. Similar to African Americans on the “outside”, incarcerated African Americans face the dual pandemic of COVID-19 and racial injustice as observed through police brutality. Paired with mass incarceration and the disparities of the criminal justice system, professional counselors and mental health clinicians working with African American families must prepare to address trauma for years to come. Thus, using the findings from this author’s dissertation research on previously incarcerated African American mothers, this article will seek to highlight the disparities found within the criminal justice system; provide recommendations for mental health professionals; and emphasize the need for advocacy within the profession.

#### **Methods and Procedures**

By means of an exploratory case study approach, this author recruited previously incarcerated African American mothers from various community-based agencies (e.g. mental health agencies, community supervision programs, domestic violence shelters, homeless shelters, etc.) in the Washington, DC metropolitan area for the study. Upon gaining consent, the participants completed a demographic survey to obtain educational attainment, employment prior to incarceration, marital status, age of children in primary custody, children’s placement during incarceration, factors that led to incarceration, length of incarceration, and history of mental illness. Using a semi-structured interview, participants were prompted to respond to questions exploring their experience with reunification with their children, the impact of sentencing and the age of both mother and child(ren), coping with the stress of being away from children, the role of community-based mental health on re-entry and reunification, and the role of racial discrimination on parenting and one’s involvement with the criminal justice system. In efforts to validate the study, this author participated in prolonged engagement and observation, conducted informational interviews with participating agencies, attended several community-based meetings and events for returning citizens. Recruitment flyers were placed on a listserv for researchers and agencies who specialize in criminal justice reform and mass incarceration. Two individuals were snowballed from the listserv; both were researchers who discussed their experience in California and New Jersey. As the author is from Oklahoma, a state that has a significant role in the mass incarceration of African American women, the author conducted informational interviews with three peers who were in re-entry. However due to Institutional Review Board (IRB) concerns regarding research with vulnerable populations, participants had to be in the DC Metropolitan. Thus, six women were recruited for this study from a community-based agency in the DC Metropolitan that works specifically with previously incarcerated women. One participant was recruited via snowball sampling. Of the women who were recruited, only three participated in the study. One mother was pregnant during incarceration but was still involved with the criminal justice system at the time of her child’s birth. As the participating mothers ranged in age, severity of their crime, and the outcome of the relationship with their children following incarceration, all of the mothers expressed socio-economic issues prior to incarceration, reduced rates of recidivism following incarceration, attachment related issues due to an absent parent, emotional trauma, and stress associated with the length of their sentencing and the placement of their children.

*continued...*

## Results

Eight themes emerged from the with-in case theme analysis: incarceration, placement, importance of race, relationship changes, parenting changes, relationship with children, strengths, and lagniappe or extras that were provided by the participants. Twelve subthemes also emerged: life issues, separation, feelings and thoughts, race and parenting, race and criminal justice, cause for change, growth as a parent, parents' value in children, children's value in parent, incarceration of children, and life lessons. Following coding, themes and subthemes were analyzed using a cross-case theme analysis. In looking at the themes that came up, all of the participants reported struggling with socio-economic issues such as inadequate housing or illegal attempts to secure income. When asked specifically about what was going on at the time of her incarceration, one of the participants stated, "I got a lot of verbal abuse and physical abuse as far as from my mother and I was addicted to drugs, addicted to crack cocaine... I didn't have anywhere to go". Two of the participants associated their lifestyles with systematic racial issues. When asked about the impact of her race on her interactions with the criminal justice system, one participant responded, "It's like they, as young black people, they already have up labeled within society". The third participant later discussed negative stereotypes for African American women who are involved in sex-trafficking. Two of the participating mothers reported growing up with an absent parent, placement in the foster care system, and physical abuse. All of the mothers reported experiencing emotional stress associated with parenting behind bars. Reported stress was further aggravated by length of sentencing and placement of one's children. One mother reported cutting off communication with her children during her incarceration but stated, "Do I regret not letting them come to see me? Yes, I do. I very much so do. Do I want to turn around and go back to do it? No, but at least, if they were able to see me on a regular basis, that would be a great help". Another mother reported that her relationship with her children was strengthened. The participating mothers all reported reduced rates of recidivism. While none of the mothers reported a direct connection between race and parenting, one of the mothers reported that incarcerated African American mothers are likely to have charges associated with crimes of poverty, unlike their White counterparts who are often charged with the murder of their own children.

## Implications for Counselors

As themes around child placement highlighted the support of kinship networks in the African American community, a therapeutic alliance with the caregivers, the incarcerated mother, and child(ren) may prove to be most beneficial in aiding in the reunification process, and in maintaining the relationship between mother and child during incarceration (Anthony, 2012). Mental health counselors may also support incarcerated mothers in fostering positive relationships with their children by practicing communication skills via a set of identified topics, modeling appropriate communication, and conflict resolution (Graham & Harris, 2013). Most importantly, as the participating mothers expressed attachment related issues stemming from adverse childhood experiences, mental health counselors may prove beneficial in supporting incarcerated mothers in identifying triggers, coping strategies, and in resolving cross-generational negative attachment styles.

## References

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## **Announces Part Time Vacancies in Prince Georges, and Charles Counties**

### **Maryland for Mental Health Professionals**

The chosen candidates will work with an interdisciplinary outpatient team in the delivery of comprehensive mental health services to clients of all ages. We offer Competitive Compensation, Comprehensive Training, Customized Hours, and a Supportive Work Environment.

The positions have the following Minimum Requirements:

**Maryland Licensure in:**

**Counseling - LGPC**

**Social Work - LGSW, LCSW-C**

- Good Driving Record;
- Excellent Client Management Skills;
- Clinical Writing Skills;
- Scheduling Flexibility

Current CPR and First Aid are a plus

Experience with Electronic Medical Record [EMR] Software is a Plus

**Computer Proficiency Required: We are an 95% Paperless Office**

**All candidates must pass Criminal Records and CPS Clearance**

**Qualified and Licensed Veterans are Strongly Encouraged to Apply**

#### **Application Instructions:**

Applications will be accepted in the following formats only:

Adobe PDF

Microsoft Word 2007 or earlier [.docx or .doc]

Do not paste your resume into the body of an email

Please **do not** send documents with the name "Resume"

All files submitted should have your name and a description of the document.

*For example: "John Doe Resume.docx" or "John Doe Cover Letter.doc"*

To apply send your cover letter and resume to [jobsnow@yourlantern.net](mailto:jobsnow@yourlantern.net)

**Phone Calls Will Not Be Accepted**





To register for MCA or any of our events, please go to [www.mdcounseling.org](http://www.mdcounseling.org)

Find us on Facebook ([@mdcounseling](https://www.facebook.com/mdcounseling)) and Twitter ([@md\\_counseling](https://twitter.com/md_counseling))

Contact the MCA President for more information about committees and open board positions.

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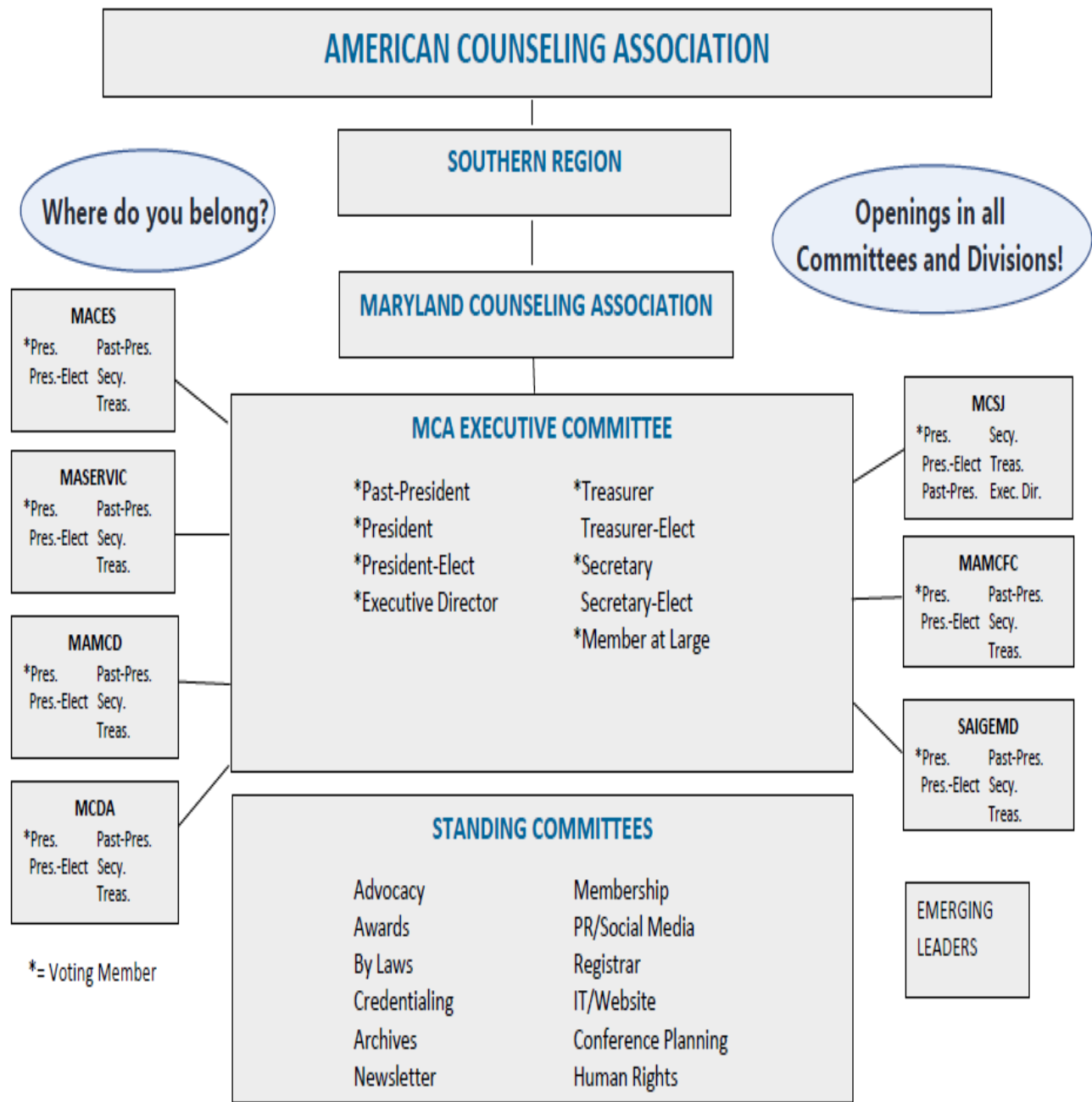
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**MACES**-Maryland Association of Counselor Education and Supervision  
**MASERVIC**-Maryland Association for the Spiritual, Ethical and Religious Values in Counseling  
**MAMCD**-Maryland Association for Multicultural Counselor and Development  
**MCDA**-Maryland Career Development Association  
**MCSJ**-Maryland Counselors for Social Justice  
**MAMCFC**-Maryland Association for Marriage, Couples and Family Counseling  
**SAIGEMD**-Maryland Society for Sexual, Affectional, Intersex, and Gender Expansive Identities

MSCA Liaison	LCPC-M Liaison	MAMHC Liaison
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\*\***MSCA**-Maryland School Counselor Association  
 \*\***LCPC-M**-Licensed Clinical Professional Counselors of Maryland  
 \*\***MAMHC**-Maryland Association of Mental Health Counselors  
 \*\*These organizations are not active divisions, but we have liaisons with each.

# Why should you join MCA?

Membership is important to your professional growth and career development. It provides:

- Continuing education opportunities at discount prices
- Early notification of MCA and all division events
- Current public policy issues and new laws of interest to professional counselors
- Grant opportunities
- Support and advocacy for professional counseling in the state of Maryland
- Leadership training and greatly reduced registration costs to annual, regional or national conferences for board members
- Electronic reminders to renew your membership
- A list of events that you have participated in



[Click here](#) to join MCA today!

Not ready to join? Choose the non-Member contact option for a no-cost way to add your name to our email list.

## Newsletter Submissions

**Advertisements** can be submitted by members and nonmembers for inclusion in the newsletter. Ads will be copied into the newsletter as submitted, including active links and images. Editing by Newsletter Team will only be resizing to requested space.

**Articles** relevant to the organization or profession may be submitted for inclusion in the newsletter. Submissions may be from members and nonmembers. Please note that promotions and endorsements **are not** considered articles; they must be submitted as paid advertisements.

**Announcements** may be submitted for inclusion by MCA committees, divisions and affiliates. This can include upcoming events, important news, etc.

### **How much do ads cost?**

Pricing is based on size of the ad per page. A quarter page is \$25, a half page is \$50 and a full page is \$75. For example, if your ad is 2 full pages, your total will be \$150.

### **What forms of payment do you accept?**

We accept payments via check and credit card. Checks must be mailed to PO Box 1971 Clinton MD 20735 % MCA Treasurer. Please note "Newsletter Ad" in the memo. For paying by credit card, please purchase ad space via the new [MCA store](#).

### **How often is there a newsletter release?**

Newsletters are released quarterly. When released, it is emailed to subscribers and posted to MCA's website at: <http://www.mdccounseling.org/page-1596008>.

### **When is the next newsletter deadline?**

<i>Edition</i>	<i>Submission Deadline</i>	<i>Publication Month</i>
Summer	July 15 <sup>th</sup>	August
Fall	October 15 <sup>th</sup>	November
Winter	January 15 <sup>th</sup>	February
Spring	April 15 <sup>th</sup>	May

### **Can I post my ad or event on the MCA website?**

Yes, contact MCA's Virtual Assistant at [Website@MDCounseling.org](mailto:Website@MDCounseling.org).

### **Can I submit events to the weekly digest?**

Yes, contact the Public Relations Committee at [Public.Relations@MDCounseling.org](mailto:Public.Relations@MDCounseling.org).