



Maryland Counseling Association

A BRANCH OF ACA

COMPASS POINTS

ISSUE 15 | VOLUME 3 | WINTER 2023

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Mission

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

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Pat Dudley

President Elect:

Kerri Legette McCullough

Secretary:

Leslie Holley

Treasurer:

Rebekah Cole

Immediate Past President:

Sara Pulla

Member-at-Large:

Irene Burks

Executive Director:

Cathie Eaton



Letter from the President

Greetings,

Happy New Year! The new year brings with it many possibilities and a time to consider new goals, and a new start. The new year also offers us the opportunity to re-focus on our ourselves as professionals. By creating realistic steps we can achieve the goals we have set for ourselves this year. Taking time for self and family will be very important. Finding work life balance and reducing stress while improving self-care is essential as we move forward this year.

Recently, we have been working on updating the MCA website. We should have the rollout of the new website in early February. Look for additional information about the revamp of the website in our weekly eblast and an email. If you have availability, there are MCA networking events starting again on February 27th. We have several webinars, workshops, and conferences planned by our divisions this year. Please see the MCA website for more information. Additionally, MCA partnered with

Walden University a few months ago. MCA members will receive a discount when you enroll in a master or doctoral program; for further information, please see the MCA website.

Thank you to the members who responded to the MCA survey. We took your feedback seriously and will implement many of the ideas and feedback you provided. If you were unable to respond for any reason, please reach out to us with any questions. We want to hear from you; please do so if you haven't completed the survey. We also invite you to get involved with MCA, in a division or with one of our committees. Lastly, please take care of yourself and stay safe.

In solidarity,
Pat Dudley, LCPC, NCC

[President, Maryland Counseling Association](http://www.mca-counseling.org)



Letter from the Executive Director

Salutations and Greetings for 2023!

It is hoped, in this transitional season, that you take time to ponder both the petals and thorns of 2022 roses and look forward to new growth and more bouquets in 2023.



Thank you to those that completed our Membership Feedback survey! The board will be reviewing the findings and finetuning our goals to meet your expectations.

Please look for a call for nominations for our elected MCA board positions: President-Elect (a three year term as President-Elect, President and Past-President), Treasurer-Elect (a one year term that is expected to continue as Treasurer the next year) and Secretary-Elect (a one year term that is expected to continue as Secretary the following year). All positions will commence on July 1, 2023. If you have any questions about the positions or time commitments, please email Exec@MDCounseling.org, and we would be happy to discuss with you.

Also coming soon will be our call for awards nominations and Emerging Leader applications!

MCA is excited to host more professional development workshops and networking events, both virtually and in person, in the coming months. Please look for these events along with future

offerings from our divisions by checking the calendars on our website. Scroll down on the events page to view the Google Calendar that also includes board meetings and ACA events.

We are very excited to build on the success of our 65th anniversary conference by planning our next annual fall conference. Calls for proposals will be coming soon! If you are interested in joining our Conference Planning Committee, please email our President-Elect, Dr. Kerri Legette McCullough at PElect@MDCounseling.org.

SAVE THE DATE:

September 29-30, 2023 at Coppin State University

**Removing the Mask, Unmasking Real Issues,
Keeping The Family at the Center**

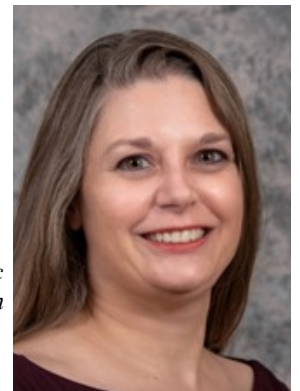
(Content Warning: Death/Suicide)

On a personal note, I want to thank everyone on the board and my many colleagues and friends who were a source of support to me over these past few weeks. As a parent, I worried about my children as they grew up; and that concern continues although they are well into adulthood. As a novice clinician, one my greatest fears was having a client die by suicide. Now, as an aunt, I find myself a reluctant member of a survivor club because my youngest nephew, Andrew D. Erskine, died by suicide.

I am grateful for the workplace flexibility to take time to focus on family and self-care. I am hopeful that this heartache of loss will lessen over time. What a blessing to have so many dear friends and colleagues that I have met through MCA over the years!

With kind regards,

Catherine "Cathie" Eaton, LCPC,
GCDF, NCC
[Executive Director, Maryland
Counseling Association](mailto:Exec@MDCounseling.org)



*Headshot courtesy of Digital Magic
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Click the links below to register or get more information

February Training

[Polyvagal Theory and Application to Clinical Practice](#)

Feb 23 6-9:30 pm EST

Special Topic Live Webinar

3 CE's \$78.00

[Achieving Social Justice for Black & Brown Minds](#)

Feb 28 6-9:30 pm EST

Diversity and Inclusion Live Webinar

3 CE's \$78.00

Recorded Webinars (Available Anytime)

[Play Therapy Takes The Stand in Court](#) 3 CE's \$69

[Managing the Angry Child Using Play Therapy & CBT Part I & II](#) 6 CE's \$89

[Play Therapy Myths and Misconceptions](#) 3 CE's \$59

[Recognizing and Responding to Potential Sexual Abuse Themes in Play Therapy](#) 2 CE's \$49

[Responding to Cultural and Ethnic Themes in Play Therapy](#) 3 CE's \$59

[History, Theory & Foundations of Play Therapy](#) 6 CE's \$125

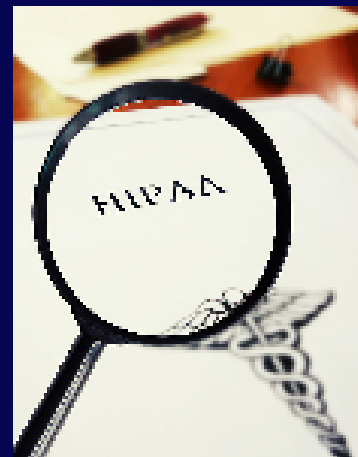
[Demystifying Play Therapy](#) 3 CE's \$59

[Tools of the Trade- What's in your Play therapy Toolbox?](#) 2 CE's \$49

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Articles

Advocacy Works *Written by Roni K. White, NCC, LCPC, MCA Advocacy Committee Chair*

Our cultural and heritage celebration months allow us to connect the past to the present and reflect on our experience. The Civil Rights Movement is a monumental era in U.S. history. It is a well-deserved honored period taught, highlighted, and celebrated highly during Black History Month. The Civil Rights Movement included many forces of well-known, unknown, and modestly known advocates who fiercely addressed establishment injustices, legal inequalities, as well as destructive racism and oppression. These courageous leaders learned from countless activists and abolitionists who paved the way for change and demanded the principles and laws of the U.S. Constitution apply to all.

The activists and advocates from the Civil Rights Movement as well as the trailblazers and those who paved and walked the trail have gifted us with valuable lessons on advocacy. Organizing and meeting with elected officials takes coordination, collaboration, perseverance, and support. When I think of the less talked about women activists and advocates of the Civil Rights Movement and those during the Reconstruction Era, I often wonder how each managed to balance home life and the immense work of activism and advocacy. I appreciate the sacrifices each made in order for us to experience the taste of progress while benefiting from guidance on strategy to continue pushing for progress.

Minoritized people are continuously growing in professional numbers. With this progress comes challenges to dismantle systems that work against it. Minoritized professionals face organizational, systemic, and micro-level adversity and barriers throughout the career span. Many of these challenges have had a light shone on them through advocacy and legal action. A recently developed policy involving an adversity for African American and Black women is the CROWN (Creating a Respectful and Open World for Natural Hair) Act. This act was introduced in 2019. The negative affects hair discrimination has in the workplace is compounding. Many professional counselors have endured this colonized practice. Our advocacy in the counseling profession is vast. We advocate for our profession and our client's mental wellness needs.

This past December, after two decades of advocacy, licensed professional counselors will be able to accept Medicare clients for payment in 2024! The legislation that makes this a reality is the passing of the Mental Health Access Improvement Act. Underserved populations will have greater access to mental health services. There is more advocacy to conduct and support for this legislation to be effectively implemented. Stay tuned for updates from NBCC, ACA, and the MCA Advocacy Committee.

In 2022, we celebrated the 16th state joining the Counseling Compact. There are 12 more states with pending legislation who may join the compact. This progress has been made possible from a multitude of counselors advocating at the state level with ACA leading the way. The work to keep this compact going is far from over. We need to remain diligent in protecting our profession and remaining aware of proposals to the commission that can dilute our professional identity or diminish our professional abilities. The Counseling Compact provides opportunity to increase access to those in need of mental health services and expand income potential and service markets for professional counselors.

continued...

The Advocacy Committee for MCA is currently advocating for a new policy in Maryland to address current practices, which limit LCPCs in MD. We have utilized our platform during Policy Position Day and Advocacy Day to shed light on the disparity. The committee has met with legislators of the General Assembly and is in communication with the Commission to Study the Health Care Workforce Crisis. These advocacy efforts are to encourage law makers to build a pathway for LCPCs to have a specialist certification within the Maryland State Department of Education to provide the opportunity to apply for mental health positions in Maryland public schools. Without this distinction LCPCs are eligible for certification and jobs as a school counselor with public schools, however this certification prevents successful applications for mental health positions. Progress is being made as legislators understand the limitations and disparity for LCPCs. There is a road of advocacy ahead for necessary change and equity to become a reality.

The Advocacy Committee is delighted to report important mental health legislation that was passed during the 444th Legislative Session of the Maryland General Assembly, including bills discussed during last year's MCA Policy Position Day 2022. First, we expressed our support of Senate Bill 94/House Bill 48 Maryland Suicide Fatality Review Committee. This bill will allow our state to better identify and address risk factors for suicide. Senate Bill 241/House Bill 293 Behavioral Health Crisis Response Services – 9–8–8 Trust Fund, which we also supported, will establish a state-funded behavioral health crisis hotline. We additionally supported Senate Bill 12/House Bill 129 Behavioral Health Crisis Response Services and Public Safety Answering Points (Modifications), which requires public safety answering points to establish formal procedures to follow when responding to a mental health crisis call. Senate Bill 2/House Bill 32 Petitions for Emergency Evaluation (Electronic Record) will allow petitions for emergency evaluations to be provided electronically, expediting treatment for those in need of emergency services. Lastly, we also supported HB 971 Juvenile Substance Abuse Treatment (Network Adequacy), which requires the statewide availability of alcohol and drug abuse treatment providers for children younger than 18.

Our advocacy efforts today are possible for the policies developed during the Civil Rights Movement. For us to discuss access, equity, inclusion, and parity we stand on the shoulders of many who lift us higher today.

LGE Advisory Services is located in Owings Mills, MD and is an expert in all areas of accounting, bookkeeping, consulting, outsourcing, payroll and business services. We understand that each business has unique needs. We can create a custom accounting, document management, and storage solution to fit your business. As an added benefit, we are available to answer your questions and help with your ongoing tax planning and changing business needs. Contact us today at (443) 273-3740 or by info@lgeadvisory.com for a free consultation.



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Big News

IN CASE YOU MISSED IT

Announcement from the American Counseling Association from December 2022:

For over a decade, the American Counseling Association and its partner organizations have advocated for the successful passage of the **Mental Health Access Improvement Act (S. 828/H.R. 432)**. Although this bill has previously passed the U.S. House of Representatives and the U.S. Senate, it has never passed both at the same time. Today we can say that this monumental legislation has passed in both chambers and is on its way to President Biden to be signed into law.

The Mental Health Access Improvement Act will close the gap in federal law that prevents licensed professional counselors from being recognized as Medicare providers. The legislation is expected to give Medicare beneficiaries immediate access to more than 225,000 additional licensed mental health professionals and to help close the widening treatment gap.

What's next?

Now the bill will be sent to President Biden to be signed into law. Once signed, the legislation will immediately become an enacted law. Which means Licensed Professional Counselors (LPCs) will be added to the list of Medicare providers. This process may take 12–24 months for Centers for Medicare and Medicaid Services (CMS) to update regulatory language and internal systems that will accept LPCs as Medicare providers. During this time, the American Counseling Association and our partners will work with stakeholders, including ACA members, to ensure that the appropriate systems are in place to support the profession.

Lastly, THANK YOU for all your hard work! It has paid off. Because of your advocacy those needing mental health services in America will now have increased access to the more than 200,000 Licensed Professional Counselors. **CONGRATULATIONS!**

[*Newsletter Chair note:* The Mental Health Access Improvement Act was signed into law as part of the [Consolidated Appropriations Act 2023 \(H.R. 2617\)](#) on December 29, 2022.]



To register for MCA or any of our events, please go to www.md counseling.org.

View the [latest resources](#) for the public, students and professionals.

Find us on Facebook ([@mdcounseling](#)) and Twitter ([@md_counseling](#)).

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

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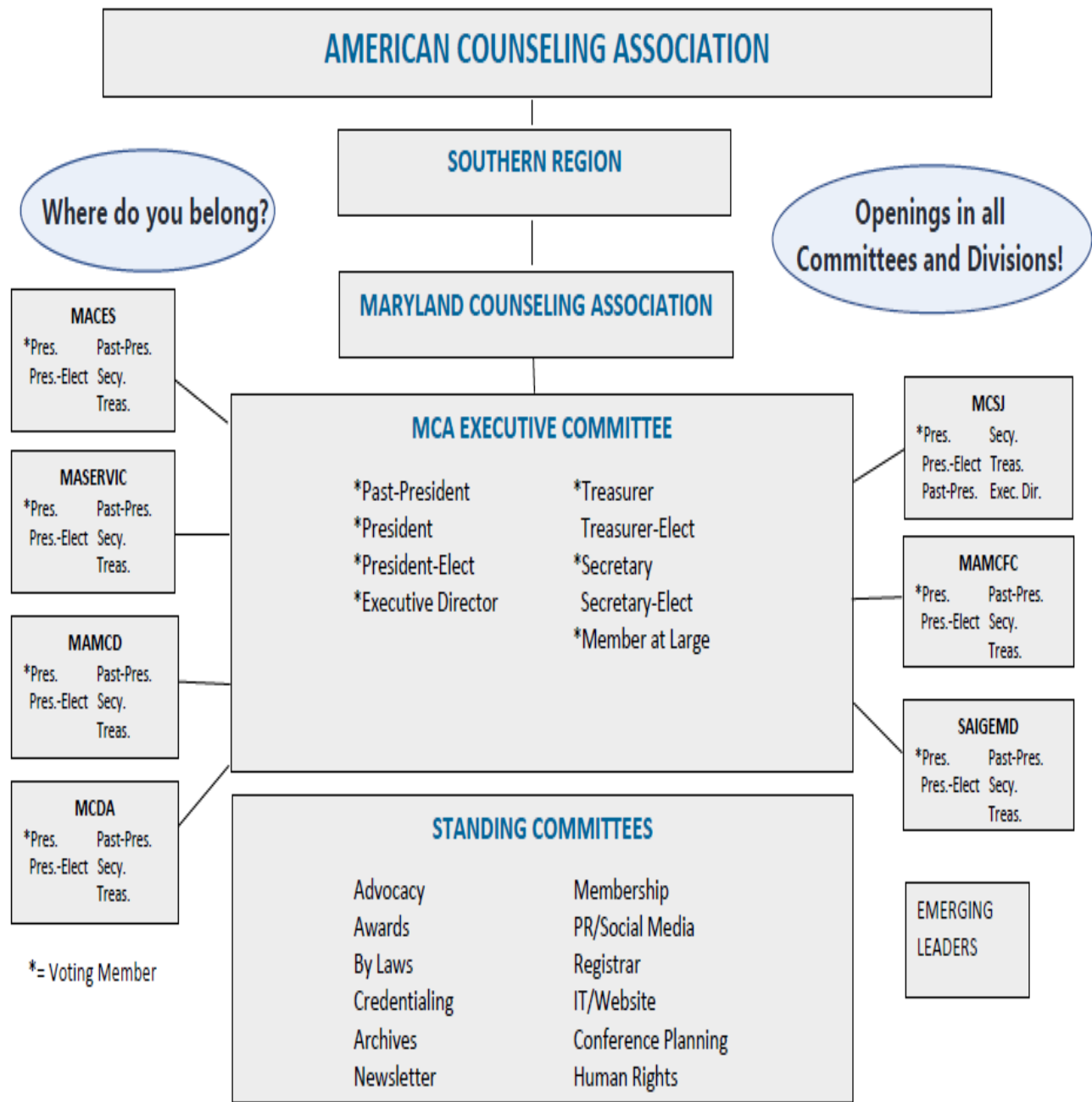
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Michelle Schoonmaker

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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
- Grant opportunities
- Early notification of MCA and MCA Division events
- A list of events that you have participated in
- Notification of current public policy issues and new laws of interest to professional counselors
- Support and advocacy for professional counseling in the state of Maryland
- Leadership training for board members
- Electronic reminders to renew your membership



[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 Guidelines

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 credit card. Please purchase ad space via the [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.mdcounseling.org/page-1596008>.

When is the next newsletter deadline?

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

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

Yes, contact MCA's Virtual Assistant at Website@MDCounseling.org.

Can I submit events to the weekly digest?

Yes, contact the Public Relations Committee at Public.Relations@MDCounseling.org.