

Maine Counseling Association

News & Views, Spring 2018 Edition

From the President

Andrea Hallett, Presque Isle High School

This is a bittersweet article as I step down from my time as President. I thought this one may be tough to write, but I find myself reflecting on the fabulous things that have come out of just one year's time. I have had opportunities I never thought I would have.

Attending the American Counseling Association National Conference was a highlight. The vast offerings, the collaboration between colleagues, and the access to National level Keynote Speakers was wonderful! While I am partial to our little State and the mighty conference we are able to offer this was a once in a lifetime chance that I wouldn't have gotten without the support of all of you. After our long Northern Maine Winter I must say the sunshine did not hurt one bit!

Planning a conference with a group of professionals willing to just make change as it came was outstanding. What we were able to accomplish as a team was top notch, and if anyone thinks being a member of the Conference Committee is a fluff job, I will very politely disagree with you. The hours and hard work that went into our annual conference was outstanding, and just got done. Kudos to all!

Most of all I learned a lot about myself. Just when you begin to doubt, you realize you do have it in you and that it's so much easier to give up, but when you have such an amazing plethora of Counselors you would disappoint you are able to finish strong. Thank you all for that push that I needed to kick in gear!

I couldn't have made this year a success without the support from so many great people! Deb Drew, Stan Pelletier, John Yasanchak, Sue Pierce, Jill Bouchard Cairns, Beth Doane, Dean Collins, Tracy Corbin, and of course Ruth Ann Cowger and Wendy Bradstreet. You all stepped up when needed, filled slots in interims and were amazing to work with. Thank you all your dedication to our profession is outstanding!

So on to a conference year and a back seat in the car that is driving into wonderful new adventures, I thank you all for the support and patience this year. Happy Summer!

From the President-Elect

Ruth Ann Cowger, East Grand School

I am writing this after very recently returning from the ACA annual conference in Atlanta. I learned so much about how ACA runs, and I met many “new” colleagues from the North Atlantic Region: attending definitely stretched me professionally! I certainly need to continue to learn more, especially about governance procedures for ACA and NAR, but it became very clear to me that at least at the divisional level, leadership is as much an issue as it is for MeCA. Even at the NAR level, it is obvious that finding folks to serve in leadership positions is a continuing challenge.

I resisted running for office for years, both at the regional and state levels, concerned that I wouldn't have enough time, that I wasn't ready professionally, that I would be out of my depth.

Bottom line: I worried too much. Members of both the Executive Board and the Conference Committee have been nothing but patient, helpful, kind and supportive (we are counselors, after all). Even coming into my role in the middle of the year, without the benefit of summer leadership training, it's been easy to “roll with it” while I learn my role and duties. As I look forward to my Presidential year, I encourage each of you to consider a role in the leadership of this great organization. Put aside your worries, and get involved, whether it's in your own region, or in a state-level position. If your experience is anything like mine, you won't have a moment of regret.



COLLEGE OF
HEALTH &
EDUCATION

Summer/Fall 2018

Graduate Counseling and Human Relations

Professional Development Opportunities Counselors and Human Relations Professionals Summer 2018

CO 805 Addictions Counseling: Treatment & Contemporary Issues

Provides an introduction to the theoretical knowledge and clinical skills necessary to provide addictions counseling services in both school and mental health settings. Emphasis is on diagnosis and evidence-based treatment for addictions, problem gambling, and co-occurring disorders. The impact of “stigma” as well as the history and contributions of the recovery movement are explored. Consideration is given to current trends, cultural context and primary prevention resources. Ethical and legal considerations in practice are addressed.

ICV B, S, N May 7 – Tuesday, June 22, 4-9:00pm, Dr. John Yasenchak

A Note From Our Newsletter Editor

Jill Bouchard Cairns

Please do not hesitate to send articles for our next newsletter. As a counseling organization we believe it would also be exciting to hear from some of our students of any age. Additionally, if you would like to submit an advertisement send or email a camera-ready ad. Your advertisement will run in three consecutive issues of News and Views. Please send your check for \$100.00 (made payable to MeCA) to:

**Jill Bouchard Cairns
U of Maine at Fort Kent
23 University Drive
Fort Kent, ME 04743**

If you have any ideas, articles or questions you can email Jill at jillb@maine.edu

A Note From Our Historian

Kevin O'Reilly

Each year at the conference business meeting, the historian is called upon to read a list of those members who have retired or who will be retiring at the end of the school year. The historian also announces the names of current or past members who have died. Please contact me prior to the conference with any updates so that I might recognize the members at the conference. You can email me this information at:

**Kevin O'Reilly
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CO 716 Adventure Therapy within Clinical Counseling

This is an introductory course in Adventure Therapy. The purpose of the course is to introduce students to adventure therapy programs that deal with people with psychological disorders. Students will learn the characteristics of selected disorders and will examine therapeutic adventure strategies that have been designed to work with specific identified populations including children, adolescents, and adults. A section dealing with professional ethics will also be included. Didactic as well as experiential pedagogy will require comfortable clothing and a limited amount of outside-the-classroom activities.

June 25-29, M-F, 8-4:00, Bangor, Dr. Don Lynch

CO 799 Topics in Adlerian Play Therapy

The goal of this course is to explore Adlerian theory and to gain counseling skills appropriate to an Adlerian theoretical perspective. Working with children and adolescents using Adlerian Play Therapy will be our focus, as well as working with parents and systems. This course will be interactive and experiential while also using the modalities of lecture, discussion and role play. This course may be used in applying for the credential of Registered Play Therapist (RPT). If you want an intensive, interactive group experience with a new perspective on working with children and parents, this course is for you! This course is a one week intensive. Required reading will be provided for registered students prior to the class with the expectation that it be completed by the first day of class.

July 30-Aug 3, M-F, 8-4:00, Bangor Gretchen Fall-Sawyer, M.Ed., CAS, LCPC, RPT-S

CO 799 Topics in Art Therapy

Art therapy embraces the use of creative expression as a path toward healing, growth, and self-discovery. This class will explore what art therapy is and how it is used in a wide variety of settings.

Session III, July 2-Aug 17, Tuesday and Thursday, 4:00-7:00, Bodhi Simpson, LCPC

Fall 2018**CO 810 Human Sexuality**

An analysis of the anatomical, psychological, and cultural aspects of a wide range of topics in the area of human sexuality is undertaken. Emphasis is on the development of an understanding and appreciation of the role of sexuality throughout the various stages of life.

Wednesday 7-10 pm, Nichole Proulx-King, LMFT

ED 708 Advanced Classroom Management

This course is designed to assist the classroom teacher in creating a climate that is safe and conducive to learning for all students in the inclusive classroom setting. Students will expand and apply their knowledge of theory and practical strategies for classroom management and student engagement. Through inquiry based study, learners will gain increased knowledge of effective strategies to implement when dealing with challenging student behaviors. Students will gain advanced skills with which to manage the inclusive classroom and be able to more effectively engage students and parents.

Online Hybrid/zoom, Dr. Shelly Tennett

***For more information or to register for classes contact:
graduateschool@husson.edu, 207.404.5661***

Congratulations to our 2018 Counselor Award Winners

2018 Martin Gallant Distinguished Counseling Professional Award



Ben Milster



2018 John Parkman Service to the Profession of Counseling Award



Stan Freeman



Jeri Stevens



Newly elected and appointed Executive Board Members!



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Wendy Bradstreet
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Director of Admissions & Outreach



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Tricia Armstrong
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Subject: Reach Higher Maine Webinar: Help Students Support Strengths of Others: Creating a Student Based Supportive Environment

Reach Higher Maine is a coalition of Maine education & workforce professionals with the goal of helping to expose Maine students to education and career opportunities by helping to support school counselors in their work. Reach Higher Maine has developed a series of free webinars designed to provide school counselors & those working with students tools to use in their college and career readiness programs.

Upcoming Webinar: Help Students Support Strengths of Others: Creating a student based supportive environment

When: May 29th 2018, 3:00 PM

Description: A supportive learning environment helps students build their confidence and enable them to achieve to their fullest potential. In this webinar we will talk to educators around the state on how they foster an environment of kindness in their school, help students support each other and the changes they have noticed in their students.

Presenters:

- Tamara Ranger, Reading Interventionist, Skowhegan Area Middle School. 2017 Maine Teacher of the Year
- Angela Avery, School Counselor, Biddeford Middle School. 2016 ME School Counselor of the Year
- Jenn Dorman, English and Language Arts, Skowhegan Area Middle School. 2015 State of Maine Teacher of the Year
- Jean Butler, Principal, Solon Elementary School and Garret Schenck Elementary School. Career Exploration Program. 2012 National Blue Ribbon School.

The webinar is free and will provide a certificate of completion upon request as well as access to the Discussion Board where you can ask questions of the presenters or the rest of the attendees. We are hoping this will encourage attendees to share best practices.

Register at: <https://attendee.gotowebinar.com/register/6753768155694881281>

The webinar will be recorded and uploaded to the [Reach Higher Maine Google Classroom](#) for later viewing. Note: You will need to be logged into a Google email (@Gmail.com) account to get access to the Google Classroom. To access Reach Higher Maine Google Classroom go to <https://classroom.google.com/> and click on the "+" sign in the upper right hand corner. Join code is 1bs991n.

Past webinars available on the Reach Higher Maine Google Classroom include:

- Overview & Preparation Tips for the NextGen Accuplacer
- Implementing Internships & Apprenticeships in Your School
- The New CTE Pathway to Maine's Proficiency Diploma
- Summer Opportunities That Help Students Prepare for Next Steps after Graduation
- Summer Melt – What is it and what can be done to prevent it

For more information please contact Reach Higher Maine at ReachHigherMaine@gmail.com

Public Policy Update

Stan Pelletier, Bucksport Middle School

I think it is fair to say that spring has taken charge...I'm hearing the peepers, and most of the ice has melted! As I mentioned in a recent communication, efforts are underway in congress to pass legislation to respond to the opioid crisis before the Memorial Day recess, and we are working to insure that the "medicare fix" for mental health counselors is part of that. Now, Representatives Vern Buchanan (R-FL) and Stephanie Murphy (D-FL) have introduced H.R. 5531, The Opioid Emergency Response Act. The bill contains a seven-point plan to address the opioid crisis, one of which is making counselors Medicare providers. Other points in the plan include provisions to reduce suicide among veterans and provisions to increase accessibility of funds to states for treatment of opioid addiction. Please take a moment to contact your representative to encourage her/him to insist that congress take action to help with the opioid crisis by passing H.R. 5531. Here is language you may use or modify in a communication to your representative:

I am writing to ask that you cosponsor H.R. 5531, The Opioid Emergency Response Act. This legislation contains seven provisions that will help combat the opioid crisis in hard hit areas. Among these is one allowing mental health counselors to serve as Medicare providers. Mental health counselors are trained and licensed to provide addiction services and including these skilled professionals in Medicare would greatly expand the pool of behavioral health providers available to beneficiaries. This provision and the legislation as a whole are sensible, cost-effective ways of combating this crisis. Please cosponsor H.R. 5531 and support a workforce solution to combat the opioid epidemic. Thank you for your consideration.

Contact Rep. Pingree: <https://pingree.house.gov/contact-chellie>

Contact Rep. Poliquin: <https://poliquin.house.gov/contact>

This could prove to be a crucial moment in the process. Please consider voicing your opinion.

One other thing that's on my mind. The Maine Counseling Association recently helped sponsor a workshop on Threat Assessment in schools put on by the Co-Occuring Collaborative Serving Maine and AMHC. The presenters were Dr. Ronald Schouten and Dr. Stephanie Leite, the current president and vice-president of the New England chapter of the Association of Threat Assessment Professionals. I was fortunate enough to be able to attend the workshop on behalf of MeCA, and engage in productive training and conversation with colleagues. One impression I am left with is this: as communities respond to the need for threat assessment in schools, we will be best served by interdisciplinary teams coming together to plan our responses to actual and perceived threats. I see it as crucial that counselors have a seat at the table in these conversations, and our perspectives as mental health providers be heard along with those of law enforcement professionals, school administrators, and other stakeholders. We have an important perspective on assessment of threat and the impacts any plans or specific interventions will have on the lives of our students. It is vital that our systems are both preventive and responsive, and that we resist fearful and reactionary tendencies which would seek to pull us into a trap of harmful bias by trying to be predictive of students' future violent actions. Counselors will need to take an assertive role in insuring that the mechanisms we develop to prevent violence in our schools are not only effective and fact-based, but also just, humane and compassionate.

Thank you for your time and attention, and for the honor of allowing me to serve as Public Policy chair.

From the Historian *(continued)*

Kevin O'Reilly, Oxford Hills Comprehensive High School

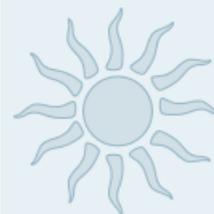
Retirees

Larry St. Peter began his educational career as a teacher in 1966 and became a school counselor in 1977 for Stearns High School. He describes his career as a gradual move south moving to Waterville High School in 1977 and then to Winthrop High School in 1987 as Guidance Director. In 1990 he became the Guidance Director at South Portland High School. After his first retirement in 1998 he eventually moved south to Missouri but retirement didn't stick and he resumed his career at Union High School in St. Louis. After a second retirement that didn't stick, he found his way to Wisdom High School in 2012. Larry has decided not to retire a third time but to resign in the hopes that this time it will stick, and he can enjoy more time at the lake.

Those Who Have Passed

Gerald Ballanger passed away on February 27, 2018, at the age of 88. After graduating from Husson College and receiving a Bachelors and a Masters Degree from the University of Maine, Jerry began a long career in education in the Bangor Area. He taught math and social studies before becoming a guidance counselor at Bangor High School, which he did for thirty years. Jerry also worked in the Bangor Adult Education Department in a variety of positions. He found time to be an administration supervisor for the Educational Testing Service and the American College Testing Program. After retiring in 1989, Jerry was appointed a Faculty Associate in the College of Education for the University of Maine as a supervisor of student teachers. Jerry spent his time breeding and showing German shepherds, collecting antiques and Flow Blue ironstone from the Victorian era.

Stanley Freeman passed away on February 18th, 2018, at the age of 91. Stan graduated from Bates College although this was interrupted by a tour of duty in the Navy during World War II. He and his wife lived in Massachusetts and New York where Stan earned a doctorate in education from Columbia University. In 1952, Stan found himself at the UNiversity of Maine where he became a professor. At the University of Maine, Stan worked in a variety of positions, teaching counseling education and extension courses. In 1967, Stan took on the role of Coordinator of Research Support and Federal Relations where he looked for and wrote to grants to support his colleagues' research efforts. By 1969, Stan was the Vice Chancellor of Academic Affairs for the University of Maine System and was Acting Chancellor for 1975. Returning the University of Maine, Stan became the Director of Canadian/Franco-American Studies before retiring in 1991. Stan was an active member of many organizations including the Maine Counseling Association, and is well remembered by many in our organization. I'd like to give some of those members time now to talk about their memories of Stan.





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