



From Our President , **Nadine's notes...**



GREETINGS,

I AM GRATEFUL FOR THE INCREDIBLE INSIGHT GAINED FROM MY COLLEAGUES AND THE OPPORTUNITY TO DEVELOP AND EXTEND OUR ASSOCIATION. I LOOK FORWARD TO SERVING AS YOUR PRESIDENT.

I WANT TO THANK THE KCA GOVERNING COUNCIL, DIVISION AND REGION LEADERS AND, THOSE WHO HAVE VOLUNTEERED TO MOVE OUR COUNSELING PROFESSION FORWARD. AS WE UNDERGO NEW ECONOMIC STRESSES, OUR MEMBERSHIP IS THE VOICE OF KCA. TOGETHER WE WILL CELEBRATE, TOGETHER WE SERVE AND ADVOCATE FOR CLIENTS AND STUDENTS AND, TOGETHER WE WILL PERFORM MORE PRODUCTIVELY AS WE LEARN TO USE OUR GREATEST TALENTS.

IN JUNE, THE GOVERNING COUNCIL MET TO LEARN ABOUT OUR "STRENGTHS" AND TO COLLECT OUR THOUGHTS FOR A NEW YEAR. JULY 29TH THROUGH AUGUST 1ST, CHRISTINE PEREZ, PRESIDENT-ELECT; SUE GREENLEAF, EMERGING LEADER; DANA WOOD, EXECUTIVE DIRECTOR; JIM FLAX, VISION 20/20 REPRESENTATIVE AND MYSELF, ATTENDED THE AMERICAN COUNSELING ASSOCIATION LEADERSHIP INSTITUTE IN WASHINGTON, D.C. IT WAS A TIME TO MEET OTHER LEADERS WITHIN THE ASSOCIATION AND BRANCH AS WELL AS TO GAIN NEW KNOWLEDGE AND IDEAS FOR KANSAS. I INVITE YOU TO VISIT THE WEBSITE, KCA FACEBOOK, AND TO USE THE LISTSERV TO STAY CONNECTED TO ASSOCIATION INFORMATION, CONFERENCE UPDATES, CONVENTION REGISTRATION AND, OUR NEWSLETTERS.

THANK YOU FOR YOUR COMMITMENT TO YOUR PROFESSIONAL COMMUNITY. AND, THANK YOU FOR BEING A MEMBER OF KCA. PLEASE CONTACT ME AT BAILEY@USD367.ORG WITH YOUR COMMENTS, QUESTIONS OR SUGGESTIONS.

AS ALWAYS, CONTINUE TO MAKE A DIFFERENCE. . .

NADINE BAILEY, KCA PRESIDENT



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A Branch of the American Counseling Association

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The **KCA NEWS** is published three times annually by the Kansas Counseling Association, a branch of the American Counseling Association. Subscription to the newsletter is included with KCA Membership.

Newsletter articles and camera ready advertising should be directed to:

Christine Perez

KCA NEWS Editor
Pittsburg State University
1701 South Broadway
Pittsburg, KS 66762

Advertising Rates:

- Full page: \$200
- Half page: \$120
- Quarter page: \$ 60
- Business Card: \$ 30

Future Publication Deadlines:

- December 15, 2009
- March 30, 2010

President-elect Report

Christine Perez

I am so honored to be your president-elect this year and am looking forward to a great year! I had the opportunity to attend the leadership institute in Washington DC, where we gained knowledge and networked with others across the US and had an opportunity to represent Kansas counselors by speaking with staff members from our Senate and House of Representatives to discuss reimbursement issues.

Another update I want to share as your newsletter editor has to do with the format of our newsletters. In order to save money, we are electing to continue the remainder of our newsletters online. Those newsletters will be available via the listserv, on our Facebook site, as well as on the website, so be sure to stay connected to these resources so you can continue to get up to date information on our committees, Regions, and Divisions.

Finally, on the conference, in the profession we are all facing concerns about finding the time and the resources to stay active in our profession and knowing all of that, this year's conference focus is going to be about taking care of ourselves. We are looking forward to seeing each of you in Overland Park at the Doubletree Hotel in March 2010, where we will be focusing on good counselor health. We will enjoy a very fun Health fair as well as a movie, great vendors, and a great speaker, Sherene Mc Henry. Below, she shares a bit about her keynote.

KCA Journal-Articles and Help needed!!

If you have an article you would like to submit the KCA Journal, please send the article to me Paul Kyle, at pkyle@jccc.edu. The articles should be practical based, meaning techniques, programming or practices that you have used in helping your clients. The article should be no longer than a thousand words and should include bibliography information as needed. Please submit your article by October 16, 2009.

We are still looking for volunteers for the start-up of the KCA Journal. Please contact me if you have an interest. We need people who would be willing to help with the selection of the articles and editing.

Thanks,

Paul Kyle

Past President

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2009 Safe Schools Conference
"Safe, Prepared and Effective Schools:
The Community Approach
September 28-29, 2009
Webster Conference Center
Salina, KS

Breakout sessions include:

Crisis management

Youth gangs

Bullying prevention

Character education

Safe facilities and school climate

School violence and more

Conference info
kreed@ksde.org

Registration info
bsmith@ksde.org

Region News



South Central Region....Nancy Bauck

Hello from South Central KCA! We are looking forward to a great year with KCA and the various activities and conferences that will be forthcoming.

I would like to thank Joyce Johnson of Wichita for serving as the South Central President for KCA during the previous year. Joyce provided wonderful leadership for the counselors of KCA in our region. I really enjoyed working with her.

We are still planning our fall meeting. We challenge members of our area to attend as many KCA activities as you can this year. We truly need the support of our fellow counselors.

I would also like to say thank you to Barb Menninga of Wichita who will be working with me as President-Elect of our region.

SCKCA members, please be looking for information in the near future informing you about our meetings for the year. It is always rewarding to meet with each other.



Sue Greenleaf . . . SWKCA President Human Rights Chairperson

At the beginning of school, I am always reminded about the story my husband used to tell about the bull rider. The spectator at a rodeo remarked, "I thought the cowboy had him ridden, and then they opened the chute." That is how I feel at the beginning of school. I think I am ready and then the kids come. Hope all of you are having a great start to the new school year. Summers seem to go by quicker than ever. All of us are refreshed and ready to begin another year. Beginnings are refreshing; we all have the chance to start over, kids, students, and parents, all of us. Good luck to all of the school counselors as they begin a new school year.

Mark your calendar for the fall conference in Emporia. It promises to be a worthwhile event and I hope to see a lot of you there. I had the privilege of attending leadership training in Washington DC this summer. As part of the training, we had appointments with our congressmen and senators. What a great experience that was. As I observed the process a slogan came to mind and I am surprised that someone hasn't printed a tee shirt that says, "What happens in Washington DC doesn't stay in Washington DC." This is a good reason for all of us to pay attention to what goes on not only in Washington but Topeka as well. I am looking forward to seeing as many of you as possible in November and the regional people in Sublette on the 8th of October.



Southeast Region....Teresa Spangler, President

“Challenging” is probably an understatement for what this next year will be for clients and their families, school districts, our fellow colleagues as well as ourselves. It appears the buzz word for this year is cut. Everyone is looking for ways to trim budgets, trim staff and find ways to make do with less.

Although many difficult decisions lie ahead, there is also much opportunity for us professionally and personally. Each of us has the choice over the next year to look at the glass as half empty or half full. With that choice comes the chance to be a light in a time when morale will be down. Students and their parents will be looking to our profession for wisdom or a “pick me up” in the tough times. Will you choose to part of the problem or part of the solution?

The year ahead is filled with opportunity....the chance to bind together as professionals, offer support and collaboration, share frustrations and victories and be a change agent in the places we are positioned. SEKCA hopes to be a place for all of those things. New members and those who have been around for a while will soon be receiving information regarding upcoming meeting dates and we will look forward to seeing our area friends at the fall conference.

Have a great year and seize the opportunity!



Kansas Dropout Prevention Summit

Not graduating costs everybody.

Who: Business leaders, parents, schools, youth, community representatives and anyone interested in dropout prevention

What: A one day summit to begin to develop real solutions to keep our kids in school

When: Tuesday, October 20, 2009 8:00 a.m. - 4:30 p.m.

Where: Wichita State University, Rhatigan Student Center

Why: Because the dropout problem is everyone’s problem. We can’t afford to let another student drop out. Please drop in and be part of the solution.

RSVP: Register online at www.kansasdropINS.org or call Jessica Noble at 785-296-1521

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SPECIALISTS IN GROUP WORK (KASGW) DRIVE-IN CONFERENCE

“GROUP WORK: ETHICS & PRACTICE”

Earn up to 6CEU's

Date: October 23, 2009

Location: Kaw Area Technical School (Washburn Institute of Technology) 5724 SW Huntoon, Topeka, Kansas 66604. (Park in back of the main building & enter through back entrance and go to Conference Rooms ABCD right inside the doors.)

PRESENTERS WILL SHARE PRACTICES & TIPS THEY HAVE USED LEADING GROUPS

Nikki S. Currie, Ph.D., LPC, NCC, Assistant Professor of Counseling, WSU & Private Practice Counselor. She has presented on group work, trained group leaders, & led groups in schools, private practice, & with male inmates for over 15 years.

Gary E. Price, Ph.D., LCPC, Professor Emeritus, University of Kansas. He has led groups in a variety of settings and trained group leaders for over 42 years.

Fred O. Bradley, Ph.D., Professor of Counseling and Student Development, Kansas State University. He has conducted group workshops, taught an entry level group work course for 37 years, and supervised counseling interns who have conducted group activities in the schools and community setting.

CONFERENCE SCHEDULE

- 8:30 a.m. – 9:00 a.m. Registration/Check-in
- 9:00 a.m. – 12:00 p.m. Ethical and Practical Issues in Leading Groups at Elementary, Middle, Secondary School Levels, and Private Practice
- 12:00 – 1:00 p.m. Lunch on your own
- 1:00 – 4:00 p.m. During this session we will break into school and non-school groups. Demonstrations and practice setting up and leading groups applicable to your work setting. Resources provided.

All pre-registrations for Drive-In Conference must be received by October 9th, 2009 October 23, 2009

Drive-In Conference Rates

KCA Member	\$35.00	Student/Retiree	\$20.00
Non-KCA Member	\$60.00	Walk-in/Late Registration	\$75.00

____ I would like to become a member of KCA (Kansas Counseling Association)

____ I would like to become a member of KASGW (Kansas Association for Specialists in Group Work)

Mail registration form with check & direct questions to: Gary Price, KASGW Workshop, 763 N. 1750 Rd., Lawrence, KS 66049 Phone: 785-843-7892 e-mail – gprice@ku.edu

As an attendee of the "Liveable Communities" workshop held in June in Wichita, I was impressed with the response to the conference, the statistics shared by the speakers, and the efforts being made in various communities to retain elderly residents rather than let them retire elsewhere.

For those who get the ACTIVE AGING newspaper, the reporter, Nancy Borst, focused on the same statistics that I did--that Kansas has 14 % of residents over 65, compared to 12.5% nationally, and that Kansas is fifth among states with residents 85 and older. With the coming of age of the baby boomer generation, the numbers will only go higher, and the need to provide a wide range of services will be strained, even if we start now to provide.

Provide what?--Urban planning, transportation, multi-use environments, resources that make it easier to stay in one's home. Some efforts have been made to provide universal living arrangements in new construction, but for those who have lived thirty plus years in an older home, we have great need for experts to redesign, recreate use patterns, rebuild older homes to include walk-in showers, 36" wide doorways, multiple access and exits without stairs, if not wheelchair accessible.

Who's going to pay for all this?--The usual sources--some government, some state, and some individual funding. Why would they consider spending money on people who are going to die anyway? For the same reasons they spend it on the rest of us! And, as Annette Graham mentioned at a meeting yesterday, the loss of those with Social Security and other income to spend in the community may come close to the loss of aircraft worker salaries, were those workers to leave. It's in our economic interests to encourage this population to find a comfortable place to grow older, and fulfill the objectives of the far end of human development.

A recent visit to the Clearwater Senior Center was a pleasant one--a new building, well attended by older clients, but surrounded by multiple apartments and assisted living units which indicate that forward-thinking people want to look to a future in those buildings and want them to be as comfortable and well-designed as possible. Is your small town working to accommodate its elderly clients? Are you one of them? What plans have you made for your own retirement and possible new career? Will you be a model for others?

The Spring 2009 issue of THE JOURNAL OF COUNSELING & DEVELOPMENT has an article on "End-of-Life Care" which brings to focus the failure of the counseling profession to provide an open and welcome discussion for groups or individuals who wish to discuss what they want for the rest of their lives. The review of the literature shows an amazing paucity of attention paid to these issues, in spite of the specific provision in the recent Code of Ethics (A.9) for end-of-life care for terminally ill clients. This area is particularly appropriate for counselors, in spite of the recent controversy revolving around Medicare payment to physicians for such service. And it is just as appropriate for counselors to help adult development, long before end-of-life is the dominant issue. How else are we to know if there are mental health issues in the dying client, if we have not established a relationship before that point?

How prepared are we as advocates for older clients who may not have an awareness of the options available to them? The Journal article ends with an encouragement for ACA to form a working group to produce a state-of-the-art report to provide guidance for those of us in the field. When that comes about, I encourage all of you to participate in the formation of such a report by including your own wishes and recommendations. There is no better time than now.



LEGISLATIVE ADVOCACY . . . ELAINE PTACEK



The MHCC has started meeting to develop a strategic plan for the legislative session in 2010. A database of KCA, and BSRB licensee has been set up so we have a more effective means of communication as legislative activity occurs. We are having private practitioners have their clients with BCBS write letters to BCBS, The Insurance Commissioner and the Lobbyist for BCBS and the MHCC. We had a phone conference again the end of June.

With budget cuts, School Counselors are concerned about their jobs. We have discussed adding a representative to the MHCC to bring issues concerning school counselors that can be addressed by our lobbyist.

US CONGRESS

We have encouraged all members to call their House and Senate Representatives to ask for the Medicare bill to include LPC/LCPC/s. We are hoping this is the year we will be included in under Medicare coverage.

In an effort to increase the Elementary and Secondary School Counseling Program (ESSCP) 23 members of the US House have signed and sent letters of support. Representative Dennis Moore is the only Kansas Representative to do so. We need to get the rest of the US Representatives to do so.

Representative Jerry Moran is pushing the VA to get the 2006 law enacted to included LCP/LCPC's in the network. The VA has been slow to initiate this change. ACA, AMHCA is working jointly with the VA.

TRICARE is examining the counselor's qualifications to see if they will change the requirements of LPC/LCPC's to no longer require a Physicians referral and signature for billing TRICARE clients. Hopefully this will change and increase the provider network without all the requirements we have compared to the other licensees.



Urenda

welcome back! I hope you are well rested and ready to start a new year! As KSCA President, I hope to help continue to the vision that Deb Woodard has started in moving toward Policy Governance with the help and support of ASCA. With jobs in school counseling from around the state being cut, we need to truly focus on advocacy. Here are some of the things we have been doing over the summer....

Deb Woodard, Past President and Kim Urenda, President attended and participated in the Delegate Assembly in Dallas, TX.

Deb Woodard, Past President, and Kim Urenda, President, attended the ASCA Conference in Dallas, TX.

Kim Urenda, President, and Lori Mitchell-Kandt, President Elect, attended and participated in the LDI (Leadership Development Institute) in Cleveland, Ohio.

We held our first President Summit where the Past President, President, and President Elect met and planned our first meeting with the board, reviewed policy governance, and talked about our vision.

Currently, we are looking at having our first board meeting in mid September around the Manhattan area. We are going to try and have an overnight retreat at Rock Springs but are in the finalization stages as I write this submission.

I wish we had the opportunity to send everyone to the ASCA Conference, LDI, and Delegate Assembly each year. They are awesome opportunities to meet and network with school counselors from all over the United States. It is great to hear what is going on in Arizona, Maine, Iowa, Nebraska, Alabama, etc. We have *so* much opportunity to grow as an organization. I truly hope that you as a member can encourage another school counselor to join. For it is through our strength in numbers and a united voice that we will be heard and valued.

Please feel free to contact me with any concerns, questions, or if you would like to get involved in the board. We are always looking for people to help advocate for school counselors! I look forward to serving you! My contact information is:

Kim Urenda
(913) 226-2085 cell
urendak@hotmail.com

KCAA Report

The Kansas College Counseling Association met during the KCA Convention in Great Bend. We are planning to have our third annual drive-in conference in March 2010 on the Wednesday just prior to the KCA Convention so members will have the opportunity to attend both. The conference will be held at Johnson County Community College. The Keynote speaker for KCA will also speak at the drive-in conference and we will again have the breakout sessions with the opportunity to discuss various topics. Once again, KCCA will present at the KACRAO conference which will be held in Wichita in September. President-elect Joann Garrier will give the presentation.

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KSCA Board Retreat/ LDI (Leadership Development Institute)

RE: Sept. 11-12

We had a great time learning at our ASCA LDI in Cleveland, July 22-26, and now we are excited to begin our KSCA year!

To kick-off this great year for KSCA, and in conjunction with our fall board meeting, we would like to inquire whether you as a board member would be interested in an overnight kind of retreat at Rock Springs Ranch.

Tentative Schedule:

Friday, Sept. 11

Arrive: 7:00 p.m.

Social Festivities and Vision Quest

Saturday, Sept. 12 (Breakfast & Lunch included in cost)

8:00 a.m. Breakfast

9:00 a.m. Meeting

11:30 a.m. Lunch

12:15 p.m. Resume meeting

3:00 p.m. Adjournment

Total cost for 16 KSCA Board Members attending: \$460 (@ \$60 p/p)

This would come out of the KSCA budget, if approved by the KSCA Executive Board, as this was not originally included in the budget approved at the June board meeting.

Before solidifying this LDI/Retreat, we will need the vote (yea or nea--email Kim at urendak@hotmail.com) from the KSCA Executive Board Members (Elem VP, Middle VP, Post-Secondary VP, Past-President, President, President-Elect, Secretary-Treasurer).

*If we do not agree to hold this LDI/Retreat, we will still meet on the campus of Kansas State University in Manhattan Saturday, Sept. 12 from 9AM - 3PM.

Please email Kim to let her know your feelings about a board retreat vs. just a board meeting no later than Monday, August 17.

We look forward to seeing you in September, whether it be at Rock Springs or in Manhattan!

*Lori Mitchell-Kandt
KSCA President-Elect*

Professional Development Team

Deb Woodard, Chair

The Professional Development Team met at the KCA convention to discuss the action plans from the previous year, current issues, and action plans for the future. It was decided that the Mentorship Program was well structured and supported, that the Speaker's Bureau was established, and that Advocacy was an area that needed attention. Due to the current state of affairs in Kansas, everyone in attendance was in agreement that the primary concern for the upcoming year needed to be **advocacy for school counseling**.

As a result of the professional development team discussion at the KCA Convention, a letter was prepared by Nadine Bailey, edited by Deb Woodard, and endorsed by both KCA and KSCA. It was then added to the KSCA website with a variety of advocacy tools. It was also sent out on the listserv so that counselors would be aware of its existence and be able to utilize it. If you missed that email, you can get the information at the following KSCA web link:

KSCA Advocacy Tab: <http://www.kssca.com/advocacyforschoolcounselors2009.html>

Watch for additional updates and information on the KSCA website: www.kssca.com

In addition, the discussion of advocacy continued during the KCA annual board meeting. The board pledged to work on a multi-tiered approach on short and long term goals in the strategic planning process for the coming year. **Advocacy will be a collaboration of KCA and KSCA.** Meanwhile, the Professional Development Team will be working to support the efforts of that strategic planning through the grassroots efforts of board members and the general membership.

We need your help in answering these questions and working on the grassroots efforts across the state!!!!!!

Following are some of the questions that the team pondered.

1. How can our KCA lobbyist help us with this effort?
2. How do we make sure to have many different professional stakeholders in place working together (KCA, KSCA, and KACES)?
3. What can we create for parents so they can help to support us?
4. How can KNEA help us with legislators?
5. How do we set up policies to get professional school counselors "mandated" in all schools?
6. How do we inform and involve school administration?

Professional Development Team (continued)

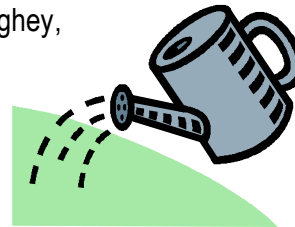
7. Is our mission/purpose/goal of the Professional Development Team primarily the awareness process?
 - a. Making people aware of what school counselors do to help kids by :
 - i. targeting parent groups and state PTA's
 - ii. preparing advocacy pieces for various groups
 - b. Helping educate as to the difference between professional school counselors and social works
 - i. Brochures
 - ii. Briefs
 - iii. Connection to the Comprehensive Guidance Program
 - c. Demonstrating how we help children with behaviors and academic achievement
 - d. Letter writing campaign for American Education Week that celebrates school counselors and what we do.
8. How can the partnership organizations help support this mission?
9. How can the Professional Development Team support KCA's strategic planning around this issue?
10. **How can all counselors support each other as we work to set up a foundation of support for mandating school counseling in schools?**

Please contact Deb Woodard at woodardd@umkc.edu with comments, questions, referrals, etc. so that we can truly make this a multi-tiered approach that is supported by all of us who are affected by the need for professional school counselors in all schools.

In addition, it is always a good plan to keep an eye on all legislative updates. Following is a link to the July 20th update on the ASCA website. Be sure to check out the *New Publications and In the News* section!

<http://archive.constantcontact.com/fs064/1101436446206/archive/1102644067131.html#article2>

The following counselors were also at the Professional Team meeting this year. Please contact them with comments and questions as well! Gary Price, Ken Hughey, Rosanne Haberman, Sylvia Schmidt, Trudy VandeKamp, Marvalee Collins, Delia Lujano, Jim Flax, Nadine Bailey, Christine Perez, Steve Sandall.



"A Branch of the American Counseling Association"

Help Your Profession Grow!

to Spring Convention

Your Dream At Risk

The challenges of today's world can be daunting and overwhelming, especially for mental health professionals. If you ever feel ill-equipped to deal with a troubled economy, swelling workloads, undesired change, tragedy or the increasing severity of problems clients are presenting, you're not going to want to miss this year's keynote speaker, Dr. Sherene McHenry, LPC. You'll walk away with more confidence, more control, more focus and a path and plan for generating more fulfillment.

Come laugh and learn with us.

About Sherene:

As a Licensed Professional Counselor herself, Sherene McHenry, Ph.D. uniquely understands the challenges mental health professionals face, especially their high risk for burn out.

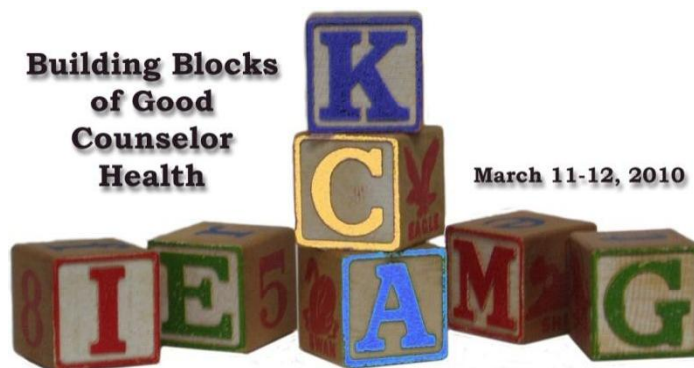
Sherene's journey into the mental health field began two decades ago when, as a client, she received life transforming assistance. Recognizing she'd like to have that kind of impact on others, Sherene attended the University of Wyoming where she earned her Ph.D. in Counselor Education. Upon graduation, she became a professor of counseling at Central Michigan University.

In the fall of 1993, Sherene spoke at a conference and fell in love with making audiences laugh in the process of sharing how to have healthier relationships. Since then she's trained thousands of counselors, spoken on three continents, done a speaking tour for the American Counseling Association and keynoted for multiple mental health associations. She's looking forward to joining us. Don't miss this year's conference!

Look for more information on the Conference in the months to come!

Christine Perez
President-elect

**Building Blocks
of Good
Counselor
Health**



March 11-12, 2010



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