



"A Branch of the American Counseling Association"

KCA NEWS

VOLUME 15, ISSUE 2 KANSAS COUNSELING ASSOCIATION JANUARY, 2010



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



GREETINGS,

'Tis the season for gift giving and we all possess natural talents and "gifts" which, according to Gallup, go untapped. During the holiday season, time and money is spent selecting gifts for family and friends. What if those gifts remain unopened? KCA provides numerous opportunities to tap into personal talents; ways to un-wrap and share personal strengths (gifts). We have several individuals that have chosen to share their talents with the counseling profession by serving on the KCA Board. These individuals bring an abundance of experiences, education and gifts to all of you. The presence of these individuals have inspired fresh ideas for an updated application form, graduate scholarships to cover convention registration costs, posters at Universities and Colleges to promote our profession, a facelift for our website, creation of a facebook page, listserv that shares information, personal membership contact, presenters for the KCA convention and, our Division and Region Chairs will spend a "day on capitol hill". As counselors we are, "encouraged to contribute to society by devoting a portion of (our) professional activities to services for which there is little or no financial return." (ACA Code of Ethics, 2005, p4). Have a wonderful holiday season and warmest thanks to those who open their gifts...THANKS for giving!

As Always, continue to make a difference...

Nadine Bailey, President



The Kansas Counseling Association will not knowingly engage in activities that discriminate on the basis of race, color, religion, national origin, sexual orientation, disability or age.



"A Branch of the American Counseling Association"

KCA EXECUTIVE COUNCIL July 1, 2009 - June 30, 2010

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Christine Perez

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March 30, 2010

President- Elect, Christine Perez

Here we go, all electronic, I hope you enjoy our first electronic version of the newsletter; I would encourage you to let others know about the newsletter by directing them to our website or printing them off a copy and sharing about our organization.

Well, 2009 was a whirlwind and I am sure 2010, will go by just as quickly. We are getting closer and closer to our convention and hope you are all spreading the word to all of your colleagues. For those of you that are striving for good health in 2010 this convention is just for you. The focus will be on health and wellness, will include a great keynote by Dr. Sherene McHenry, fun with Dr. Emmanuel Ngomsi, a health fair, a late night showing of the Last Lecture, an early morning walk in beautiful Corporate Woods, and phenomenal breakouts! Please plan to attend. Conference information will be going out soon, but registration for both the conference and hotel are available on line at our website, www.kscounseling.org so please get registered!



Teryl Goeckel
ACT Representative

The Kansas ACT State Council met on November 13th. at the University of Kansas Campus in Lawrence. In the morning there was a strategic planning meeting followed by a full council meeting in the afternoon. Following are a few of the meeting highlights:

*Kent Reed, Counseling Education Consultant for the Kansas State Department of Education, proposed that ACT co-sponsor an award to honor an outstanding Kansas Counselor. The council supported his suggestion.

*The council discussed ACT's Annual Conference and how it could better meet the needs of counselors. The financial constraints of schools were considered as the council tried to develop the most efficient and effective conference possible.

* There was an overview of the celebration of ACT's 50th. Anniversary. In addition, many Kansas colleges and universities were awarded plaques for accepting the ACT since 1959.

The Mission of the ACT State Organizations is "Building a community of educators helping people achieve education and workforce success." I am excited to participate in the mission and am pleased to serve as Kansas Counseling Association's representative to the Kansas ACT State Council. Please feel free to contact me with any concerns or comments that you would like to have brought to the attention of the Kansas ACT State Council.



Division News!

KAADA--Cathie Hay, President

Dear Kansas KAADA members, I hope that I provide useful information for you as you pursue good health and mental ease in the coming year. I assume that you are getting older, as I am (shock), and that you might benefit from the products in the MaxiAIDS Catalog, which is available at sales@maxiaids.com or at 1-800-522-6294 1-800-522-6294. This catalog is a little less self-serving than Dr. Leonard's, and a whole lot more helpful in providing aids for daily living. Give them a call.

As I look at different perspectives on getting older, I read a number of articles from different sources, and Truthdig.com provided an article by Fred Branfman on "The Making of an Elder Culture: Reflections on the Future of America's Most Audacious Generation" which is a review of a new book by Theodore Roszak. The thesis of the book is that while "aging can transform individuals,...[but the author] aims far higher, urging boomers to rekindle their youthful idealism and remake America..." According to the article, Roszak believes that those of us who are older are able by the force of our personalities and our early experiences reshaping the civil rights, environmental awareness, anti-war and feminist movements, are able to face anew the current circumstances, if not by sheer genius, by force of numbers. I commend you to the book itself and to the compelling arguments that indicate the intertwined nature of our survival with that of survival of young people striving for jobs, health insurance, and personal fulfillment.

Finally, as I face the Medicare paper fight, I came to realize that I had not understood the pricing strategy of the trifecta (WalMart, Dillons, and Target), all of which offer 100 generic drugs at low cost. I particularly did not understand that the prices listed on the printed sheet kindly provided by my pharmacist only applied to the quantities of the drugs listed. When my doctor prescribed 60 pills rather than 30 or 90, I paid a higher price, not a price between the 30 and the 90. I urge you to become aware of the price savings provided by the pharmacies and to carry with you to the doctor's office the list that the pharmacy has printed out for you. When one can use these generic drugs at a low cost, one can avoid approaching the doughnut hole at the speed of light.

I hope to be able to present a topic at the spring convention on the value of Irlen filters in mid-life and beyond, sharing the perspective of several people who have agreed to admit that they are in the second half of life and profiting mightily from their Irlen filters. With luck, I will see you there. Merry Christmas and Happy New Year in the meantime.

KSCA . . . Kim Urenda, President

Holiday Greetings and Happy New Year to ALL! We hope you had a restful holiday break filled with family, friends, fun, and food! As we gear up for 2010, here are some items that KSCA has been working on....

As a board, we met on Thursday, November 5th in Emporia. At this time, we have discussed our new vision and mission with some wordsmithing still going on and plan on continuing to work on the talking points for our government relations chair, Bob Kircher and the VP's (Kathy Isaacson (elementary), Kristin Wright (middle), Mike Kollhoff (secondary), and Alice Frost (post-secondary). Lori Mitchell-Kandt (vice president) is working on creating our new updated logo. Becky Brannock (membership) has been working on our membership packets. Our wonderful website has been continually updated and maintained by Paula Russell. Rita Lehman has been keeping us in line as secretary and treasurer. Mindy Wells (awards) has been working on the transition piece and our nominations for this year. Karen Benson (public relations) has been working with the state capital for the proclamation for National School Counseling Week. Pete Belk (KACRAO) has been working with Deb Woodard (past president) on trying to create a state wide educational team with administrators, teachers, and counselors from all levels pre-k through college. Sheryl Van Dyne (professional development) has been working with the conference planning and bylaws for voting. (Ashley Ard (graduate student) has been working on create a facebook page, attracting more members and getting scholarship information out to graduate students throughout the state.

As our Kansas School Counselor of the Year winner, Marvalee Collins, was then nominated to the ASCA (American School Counseling Association) Counselor of the Year and has been selected as one of the eight finalists throughout the USA! We will be traveling to Washington DC to attend a Counselor of the Year Gala and meetings with legislators at Capitol Hill.



Our next online newsletter will be out in early February with the theme of celebrations – Women's History Month, Black History Month, and School Counselor Week Celebrations! Check out our website at www.kssca.com . Remember, National School Counselor Week is February 1st through the 5th! Check out our website and ASCA's for more information.

We hope everyone is able to come to the Spring Convention in Overland Park, KS March 11-12th. It will be a great convention and lots of great information!

We would love to hear from you! Please contact us with any concerns or questions. Our contact information is on the website under leadership roster.

KACES . . . Nikki Currie, President**WINTER MEETING**

The Kansas Association of Counselor Educators and Supervisors (KACES) will hold their winter meeting on Friday, January 15, 2010 at 10:00 a.m. The meeting will be held at the Washburn Technical School located at 5724 SW Huntoon, Topeka, Kansas 66604. The tentative agenda for the meeting will include, but not be limited to an update from the BSRB, discussion on current student issues and needs school counselors face, an update from KSDE, and discussion of plans for the Spring and Summer meetings. Lunch plans have not been finalized, but an exact meeting count is needed. For additional information about the meeting please contact Nikki Currie, KACES President by phone at (785) 822-2604 (785) 822-2604 or e-mail at nikki.currie@wichita.edu.

**Region News****South Central Region President....Nancy Bauck**

Hello from South Central KCA! For those that were able to attend the Fall Conference in Emporia, listening to Coach Herman Boone was inspiring! His comments about the importance of teamwork, community involvement and the importance of character were very motivating.

The South Central Region is looking forward to the winter meeting that will be January 11th, 2010 at Timberline Restaurant at 8310 East 21st Street East 21st St. at 5:30 PM. Our speakers will be Karen Wakefield, Cornelia Stevens, and Tracie Lansing of KCSL. They will speak about the implementation of the Healthy Families Program starting in Wichita in 2010. Hope to see many members and guests at the meeting.

The state conference next March in Kansas City will be a time for professional growth as well as a great opportunity to spend time with other counselors from around the state.



**Southwest Region President . . . Sue Greenleaf
Human Rights Chairperson**

Happy New Year!! What an exciting time!! We are not only beginning a new year, we are entering a new decade. It is hard to believe that we have been in the new century for ten years. I was thinking about all the bad things that had happened over the last ten years, and started to get pretty depressed, then I realized that all five of my grandchildren were born in this decade, so that improved my attitude quite a bit. There are many challenges facing us as school counselors in the next decade, but many solutions as well. I am fortunate enough to part of a group of professionals that by nature, look for solutions rather than dwelling on problems. Considering one of those solutions reminds me of a break out session that will be available to all of us at the KCA convention in Overland Park this March. I will be conducting a session with some tips of getting involved in the political process. Before you quit reading, just know you do not have to like politics to be involved. That is a teaser for the session, and I do think it is important enough to the future of our profession to get involved. Looking forward to seeing you all in Overland Park in March!! Sue Greenleaf, SWKCA , president.



Southeast Region President . . . Teresa Spangler, President

Southeast Kansas Counseling Association held it's first meeting of the year on Wed., Nov. 18th, 2009. The meeting was hosted at the Fort Scott Community College in their new Fine Arts Center. After eating together, members were able to hear about the many unique features of FSCC. Continuing with the theme for the year of "Survive and Thrive-Accentuate the Positive, Shine, and Energize", the group split in to tribes and constructed some authentic "survivor wear". Members were encouraged to attend the KCA state conference on March 11-12th at the Doubletree in Overland Park. The winter meeting will be held at Pittsburg State University on Wed., Jan. 27th at 6:00 pm. Dr. Rebecca Brannock will be sharing about her recent experience teaching in the Phillipines. PSU will provide an Asian buffet.



Northeast Region President . . . Mindy Wells, President

The NE Region held a meeting in October with a presentation on *The Biomedical Intervention of Childhood Neurologic Disorders*. The NE Region is excited to host the KCA Convention at the DoubleTree Hotel in Overland Park, KS in March. We hope to see all of you there for a strong convention to support our organization and profession.

The NE Region will host a region meeting at the KCA convention in March and are seeking KCA members to serve on the leadership board for the NE Region. Please consider serving the NE Region of KCA to fill these important positions. If you have interest and would like to submit your name for consideration, please contact Mindy Wells at mmmwells@gmail.com.

Finally, the NE Region looks forward to their final program of the year in April 2010. Programming details will be announced soon! Happy New Year and we'll see you at the Spring 2010 KCA Convention in Overland Park.



North Central Region President . . . Mike Kollhoff, President

The North Central Region meeting was postponed due to



We are looking for counselors who would like to become more actively involved. Our region needs a president-elect. This office requires only a small amount of time commitment and very significant rewards. Please consider this opportunity and contact Mike Kollhoff at mike.kollhoff@usd305.com to volunteer yourself or someone you know!

Awards Committee Report Lori Mitchell-Kandt, Chair

The KCA Awards Committee plans to meet Saturday, January 23 at the Chair's home to plan for the KCA Convention's Awards Luncheon. During this winter meeting, we meet to not only discuss nominations and the rubrics used to score the packets, but also to plan for the luncheon and discuss our mission, by-laws, procedures and configuration. Mostly, we discuss the luncheon and assign duties for that day. Each person on the committee shares in the work that needs to be done prior to and during the day of the luncheon. The committee works so smoothly in this manner, that we feel a very united effort in every step of the process!

Awards nomination packets were due to me no later than December 28. Nominators were to send 7 copies of their nominee's information/application for each of the committee members. Upon receipt of the packets, I repackage them, along with the scoring rubrics, and send them to each committee member. Then, using the scoring rubrics, committee members score each packet and send their results along to me. As always, we are open to suggestions as to how to make this process more effective and judicious than it already is. So, please, if you have suggestions or ideas, contact me or one of the committee members!

We are excited to celebrate our nominees for Kansas Counselor of the Year and Hall of Fame and look forward to the convention in March as we recognize and celebrate these extraordinary Kansas counselors!

Advocacy and Legislation

Elaine Ptacek., Legislative Advocate

Kansas Legislation and News

LPC/LCPC was cut 10% reimbursement for Medicaid mental health services per session per client effective January 1, 2010. Governor Parkinson made the cut across the board to all health care providers for Medicaid in Kansas. This will possibly create fewer providers for Medicaid recipients.

As budget cuts continue with Governor Parkinson, education has been profoundly affected. The direct services of our children have been affected.

I wrote an ACA 2010 Legislative Grant and was awarded a \$1,125 grant to assist with our legislative efforts on BCBS reimbursement.

The 2010 legislative session will start on January 11, 2010. It could be another difficult year with the budget deficit Kansas has. We are currently preparing a data base of all KCA members and their legislative representatives. We are hoping to organize a Counselors Day on the Hill with the KCA Board of Directors on the way to the KCA State meeting in Overland Park. We hope to make this an annual event.

US Congress

Most of you have heard and watch the political process around the Health Care Reform Bill. Finally, 60 Senators have agreed to support the bill but not without expensive favors at hand for their votes. Now the Senate and House will have to agree on the conditions of the bill. The Senate did not include LCPC's in their version. The House had included LCPC's in the Medicare provisions. We need to continue to contact our Senators to push for inclusion of LCPC's in the health Care reform Final Bill.



**KANSAS COUNSELING ASSOCIATION CONVENTION
 MARCH 10-12, 2010
 Double Tree Hotel ~ Overland Park ~ Corporate Woods
 "Building Blocks of Good Counselor Health"**

Name _____
 Address _____
 City _____ State _____ Zip _____
 Home Phone _____ Work Phone _____ Email _____
 School or Workplace _____

Please Check: Presenter 1st Timer LCPC NCC
 GEM Grad Student Executive Board Member

Retiring Total Professional Years _____ Direct Counseling Years _____

CONVENTION FEES

	2-Day Pre-Registered	2-Day On-Site	1-Day Pre-Registered	1-Day On-Site
KCA Member *	<input type="checkbox"/> \$135	<input type="checkbox"/> \$180	<input type="checkbox"/> \$100	<input type="checkbox"/> \$140
Non-Member**	<input type="checkbox"/> \$185	<input type="checkbox"/> \$230	<input type="checkbox"/> \$150	<input type="checkbox"/> \$190
Student/Emeritus	<input type="checkbox"/> \$80	<input type="checkbox"/> \$125	<input type="checkbox"/> \$ 45	<input type="checkbox"/> \$ 85

Ethics Pre Conference Workshop(s) (\$30.00 Session on 3/10/10)

*You must be a current KCA member to qualify for this rate. Check your KCA expiration date.

**You may choose to join KCA at this time and qualify for the member rate. Please visit our website at www.kscounseling.org for membership information and forms.

PAYMENT &/OR PURCHASE ORDER COPY MUST ACCOMPANY REGISTRATION

⌚ **Payment & registration must be postmarked by February 10, 2010 to receive the pre-registration rate. No refunds or cancellations after that date.**

PAYMENT METHOD: CHECK (Make Payable to KCA) Total Enclosed: _____
 PURCHASE ORDER (Copy Attached)
 MASTER CARD VISA (complete information below)

Please bill my: Master Card or Visa for my KCA convention 2010 fees. Total: _____
 Print Account Number: _____ Expiration Date: _____
 Name on Card: _____
 Address: _____ City: _____ State _____ Zip _____
 Phone: _____
 Signature: _____

**Mail registration and payment to: Suzie Turner
 17709 W 67th Terrace
 Shawnee, KS 66217**

**sturner@kc.rr.com
 (913) 268-4513**

**KANSAS COUNSELING ASSOCIATION
Building Blocks of Good Counselor Health
CONVENTION HOTEL REGISTRATION FORM**

**Double Tree Hotel Overland Park
10100 College Boulevard
Overland Park, Kansas 66210**

(913) 451-6100 - 1-800-222-TREE

www.overlandparkcorporatewoods.doubletree.com

March 10- 12, 2010

Attention: All reservations must be received by February 17, 2010. After this date, reservations requests will be honored on a space and rate available basis. NOTE: PLEASE IDENTIFY YOURSELF WITH THE KANSAS COUNSELING ASSOCIATION WHEN CALLING IN A RESERVATION. Please check the type of room you are requesting:

Single (1 bed, 1 person) \$109

Double (1 or 2 beds, 2 people) \$109

Triple (2 beds, 3 people) \$119

Quad (2 beds, 4 people) \$129

Number of Nights _____ Arrival Date _____ Departure Date _____

Name _____ School or Work _____

Address _____ Phone _____

City _____ State _____ Zip _____

E-mail address _____ Fax # _____

Names of people sharing room (first and last name):

One _____ Two _____

Three _____ Four _____

Special Requests: Smoking Non-Smoking

Other: _____

Reservations must be guaranteed by:

Advance deposit: One night room and tax deposit with the reservation

Credit card Card Type _____ Card # _____ Exp Date _____

Check in 3:00 p.m. Check out 12:00 p.m.

Reservations are held until 3:00 p.m. on the day of arrival unless accompanied by a deposit or guarantee of payment. To avoid charges for 1 night's room and tax, cancellations must be called in by 3:00 p.m. of arrival date.



Come Join us at the Doubletree Hotel in Overland Park

This year’s conference is focused on renewing ourselves as Counselors and looking for ways to better cope in this ever changing world. Take an opportunity to renew not only yourselves but your relationships with colleagues!

March 10, 2010 Highlights

3:00-6:00 PM	Pre-Conference Workshop <i>Ethics</i>
6:00 PM	KCA Executive Board

March 11, 2010 Highlights

7:30 AM	Registration Desk Opens
8:00 AM	Division Meetings
9:00 AM	Keynote
12:00 PM	Awards Luncheon
4:30 PM	Regional Meetings
5:00 PM	Dinner on Your own
7:00 PM	Health Fair
8:00 PM	The Last Lecture

March 12, 2010 Highlights

6:00 AM	Walk/Run and President’s Breakfast
7:00 AM	KCA Business Meeting
12:00 PM	Yan Kolobo
1:00 PM	Convention Closing/Vendor Drawing



Get ready for some great fun on Friday as we all take some time out of our hectic schedules to play a little bit of Yan-Koloba!

On the Keynote. . . .

Your Dream At Risk Dr. Sherene McHenry

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 our 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.



KCA Awards Luncheon

Our Awards Luncheon will be held on March 11, 2010 at 12:00. This is a chance for our regions and divisions to honor their Counselor of the Year, as well as announce the Kansas Counselor of the Year. We will also recognize others who have served our Organization in various capacities.



Bring Your Walking/Running Clothes!

In sticking with our Health and Wellness theme we will be honoring our President Nadine Bailey with a special Walk/Run through beautiful Corporate Woods right outside of the hotel. Following the walk/run we will enjoy a breakfast and thank our president for all of her hard work this past year!

Professional Development Team

Deb Woodard, Chair

Meeting:

The next Professional Development Team meeting is scheduled for the KCA Convention March 10 -12th. All former and current awards finalists, winners, board members, and interested parties are strongly encouraged to attend this session. We will continue to develop our KCA Professional Development Team. It is the purpose of this team to promote the profession, recognize counselors, and provide in-service opportunities across the state. The Professional Development Team also provides the grassroots support for the strategic planning of the KCA board.

The topic for discussion and action last year was advocacy for school counseling. We have been very excited about the collaboration between KCA and KSCA and the work being accomplished by KSCA's new Government Relations Chair, Bob Kircher. It is so important for all counselors to support the concerns of professional school counselors at this time! Check out this legislative update from ASCA:

<http://archive.constantcontact.com/fs064/1101436446206/archive/1102705389093.html>

Watch for additional updates from Kim Urenda, Bob Kircher, and Lori Mitchell-Kandt. There will be a conference presentation tailored to advocacy that you will not want to miss! You will want to come and continue that discussion and help us create the next point of action for counselors in Kansas by attending the Professional Development Team meeting!

Convention:

It can't be stressed enough what an informative and fun-filled convention this one will be! Join us March 10 - 13th whether you are presenting, attending, and/or interested in becoming more active in **your** organization. It is your input and support that makes KCA one of the most outstanding state divisions of ACA! Let us know what you might need in relationship to professional development. Contact Deb Woodard at woodardd@umkc.edu with any suggestions that you might have. We want to hear from you!

