



Welcome, FMHCA members to a brand-new year. While FMHCA remains a constant, FMHCA also exists in a state of flux as we identify new directions, the means of travel, and what we will look like a year from now. Our newly elected Board of Directors has sanctioned several key objectives for this year, all of which, when implemented, will see opportunities for cooperation, coordination, and most certainly, an overlapping of contributions from FMHCA's special Committees, the meat and potatoes of this organization.

#### About Special Committees

Each of our FMHCA committees serves a very specific purpose. Each meets monthly, has a chairman, and members, all of whom contribute energy and insight to achieve the committees' objectives. In mid-July, each committee outlined its goals, objectives, and tasks, all of which will serve to advance our organization, our profession, and our standing in the Mental Health Community. Here is a list of FMHCA's Special

Committees:

Government Relations Committee

Educational, Training Standards and Continuing Education Committee

Regional/Chapter Relations Committee

Membership Committee

Registered Intern and Graduate Student Committee

Research Committee

Military Service Committee

If you are a student and enjoying the perks of FMHCA membership, no time better than this year to begin to get your feet wet in learning the ins and outs of maintaining and advancing your profession. We want your talent and energy to help prepare you for your roles as leaders in the future. Think about ways in which you can receive valuable guidance and mentorship that you might otherwise not get from the classroom.

If you are enjoying the benefits of your clinical membership there are numerous ways to contribute to the growth of FMHCA and establishing ourselves in our communities. There are committee opportunities just waiting for your presence, ideas, and commitment. Ask yourself today, "what can I give to FMHCA for just one year that could increase its value to my profession, as a whole?"



The 2018 FMHCA Conference is getting underway thanks to the magic being performed in the Conference Planning Committee. What an amazing assembling of talent all to be present in one location for a VERY reasonable price. There is still time to sign up for Early Bird Registration. There is an incredible amount of work to do in tending to the details that drive our Conference's success each year. Students and all members, as the time draws closer, yes, it's sooner than you think, sign yourselves up for this committee. The rewards are huge, and the spirit of teamwork is second to none.

My very special thanks to all who attended our Leadership Conference and all diligence in formulating a vision for the coming year.

Opera non Verba

**Louise Sutherland-Hoyt, LMHC, CCMHC, NCC, MAC**



Joe Weeks, Past Pres Carol Staben Burroughs and Louise Sutherland President FMHCA



Florida Caucus.



Discussing SMHCA conference options 2018



## President

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## President-Elect

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## Regional Director Southeast Region

Tania Diaz, PsyD, LMHC

## Executive Director

Darlene Silvernail, PhD, LMHC, CAP,  
DCMHS

dsilvernail@flmhca.org

Thank you to our loyal and wonderful members! If you are not yet a member, I encourage you to join our organization and let your voice be heard! Our organization offers so many great resources for our members, including education (such as FREE WEBINARS),

legislative oversight, networking, and FMHCA member discounts with partner organizations. There is so much we are doing, and so much more we can do! We will continue to advocate for mental health counselors in Florida by supporting legislation that promotes our profession. We need YOU to make that happen. If you are already a member of FMHCA, we thank you. If you are not, please consider joining. Your support makes it possible for FMHCA to continue to grow and promote our profession, to maintain a strong voice and to promote change. Have you ever wondered who promotes the legislation that recognizes and advances mental health counseling in Florida? YOU do, by supporting FMCHA! FMHCA wants to empower you to help make your professional dreams come true. You can read about what FMHCA is doing for mental health counselors in our bylaws. Do you want to take a more active role in FMHCA? Consider volunteering to serve on one of our committees!

<https://flmhca.wildapricot.org/Committees>

We are already looking forward to our 2018 Annual Conference. It will be held in Lake Mary, Florida at the Orlando Marriott - Lake Mary (the same hotel this year's conference was held at). Please visit our new website,


<https://flmhca.wildapricot.org/> to register for the 2018 Annual Conference.

July is Mental Health Awareness Month. Mental illness is a leading cause of disability, yet nearly two-thirds of people with a diagnosable mental illness do not seek treatment. During National Minority Mental Health Awareness Month, learn more about mental health treatment and resources available through NAMI at [NAMI.org](http://NAMI.org) and NRCHMH at [NRCHMH.org](http://NRCHMH.org).

Sincerely,

Darlene Silvernail PhD, LMHC, CAP





Register at  
[www.FMHCA.org](http://www.FMHCA.org)

# **MAKE IT HAPPEN, MAKE IT MATTER COUNSELING IN THE MODERN TIME**

**FEBRUARY 1ST-3RD, 2018**

**ORLANDO MARRIOTT IN  
LAKE MARY, FLORIDA**

**FMHCA ANNUAL CONFERENCE**

**Discounted Early Bird Registration**

**Ends November 30, 2017**





## Preconference Workshops | Limited Seating—Register Early!

### Qualified Supervisor Training (QST) - February 1st, 2018 8:00am -5:00pm & February 2nd, 2018 8:00 am-12:00 pm

Dr. Stephen Giunta & Dr. Vehec 12 Clock Hours Cost \$205.00 Early Rate | \$240.00 Regular Rate

Boost your income and become a role model for new counselors by becoming a Qualified Supervisor!

### Child and Adolescent Trauma and Treating Traumatized Families Training- February 1st & 2nd, 2018 8:00am-5:00pm

Dr. Benjamin B. Keyes 16 Clock Hours Cost: \$200.00

This two-day workshop explores childhood issues and antecedent to risk and resiliency to trauma situations and explores reactions and symptoms of the major DSM 5 diagnostic disorders related to trauma in children, adolescents, and the family structure. Emphasis is placed on effective evidence based interventions and specific skills such as 'modified sand tray, use of methaohor, and story narrative are explored.

### Forensic Mental Health Evaluators Training-February 1st, 2018 8:00am -5:00pm

National Board of Forensic Evaluators

Register for this event with our facilitate partner at <https://nbfe.net/event-2590920>. NBFEE will be presenting a one-day certification training towards the prestigious Certified Forensic Mental Health Evaluator (CFMHE) credential.

### Required State of Florida CEUs for Re-Licensure - February 1st, 2018 8:00am-5:00pm

Bob Decker Cost \$75.00 Early Rate | \$110.00 Regular Rate

Update for Licensed Provider Ethics 3 Clock Hours | Medical Errors 2 Clock Hours | [Michael Holler](#) Laws & Rules 3 Clock Hours

### We Are Memory Workers: Introducing Neurocise® & NeuroPointing™ February 1st, 2018 9:00am-5:00pm

Michael Holler 8 Clock Hours Cost \$75.00 Early Rate | \$110.00 Regular Rate

### 8 Hours Laws and Rules- February 1st, 2018 8:00am-5:00pm

Michael Holler 8 Clock Hours Cost \$75.00 Early Rate | \$110.00 Regular Rate

### Qualified Supervisor Update – February 3rd, 2018 8:00am -12:00pm

Dr. Stephen Giunta & Carmen Genovese 4 Clock Hours Cost \$55.00 Early Rate | \$90.00 Regular Rate

## Conference Keynote Speakers



*Dr. Charles R. Figley*



*Lobbyist Corinne Mixon*



*Louise Sutherland-Hoyt*



*Dr. Salima Patel*

Schedule at a Glance: 2018 Florida Mental Health Counselors Association

Subject to Change

THURSDAY-FEBRUARY 1st		FRIDAY-FEBRUARY 2nd		WORKSHOP	SALON	TRACK
SEE SIGNS FOR DIRECTION 7:00AM-8:00AM	REGISTRATION	7:00AM-8:00AM	REGISTRATION	REGISTRATION	SALON C	
GRAND FOYER 7:00AM-8:00AM	BREAKFAST:	8:00AM-8:00AM	BREAKFAST:	BREAKFAST:	GRAND FOYER	
SALON A 9:00AM-5:00PM 7 Clock Hours	We Are Memory Workers: Introducing Neuroscience® & NeuroPointing™ Hypnosis Training Elvis Lester, MA, LMHC, NCC, MAC, NBCFCH Qualified Teacher of Hypnosis (State of FL DMQ4)	16 Clock Hours (2-Day Workshop)	Child and Adolescent Trauma and Treating Traumatized Families Training Benjamin B. Keyes Ph.D., Ed.D., LMHC, NCC, CCMHC, Published Author Kathie Erwin Ed.D., LMHC, NCC, NCCG		SALON G & H	
SALON B 8:00AM-5:00PM 8 Clock Hours	Forensic Mental Health Evaluators Training National Board of Forensic Evaluators	8:00AM-12:00PM 12 Clock Hours (2-Day Workshop)	Qualified Supervisor Training (QST) Stephen Giunta Ph.D., LMHC, NCC, CCMHC Kenneth Yehoc Ph.D., LMHC, CHT		ORCHID BALLROOM	
SALON D 8:00AM-5:00PM 8 Clock Hours	Laws & Rules Michael G. Holler, MA, NCC, CFMHE, CCCE, CCMHC, LMHC	8:00AM-9:30AM 1.5 Clock Hour (Keynote)	What is Family Recovery? Is It Important? J. Salina Pael, Ph.D.		GRAND BALLROOM	(AT)
SALON E 8:00AM-5:00PM • Ethics (3 Clock Hours) • Medical Errors (2 Clock Hours) • Laws & Rules (3 Clock Hours)	Required State of Florida Clock Hours for Re-Licensure: • Bob Decker Ph.D., NCC, LMHC • Bob Decker Ph.D., NCC, LMHC • Michael G. Holler, MA, NCC, CFMHE, CCCE, CCMHC, LMHC	9:30AM-9:45AM 2 Clock Hours	SNACK BREAK		GRAND FOYER	
SALON G & H 8:00AM-5:00PM 16 Clock Hours (2-Day Workshop)	Child and Adolescent Trauma and Treating Traumatized Families Training Benjamin B. Keyes Ph.D., Ed.D., LMHC, NCC, CCMHC, Published Author Kathie Erwin Ed.D., LMHC, NCC, NCCG	11:45AM-1:15PM 1.5 Clock Hours	WORKING LUNCH (All participants are on their own for lunch unless EST/P)		SALON A	(TR)
ORCHID BALLROOM 8:00AM-5:00PM 12 Clock Hours (2-Day Workshop)	Qualified Supervisor Training (QST) Stephen Giunta Ph.D., LMHC, NCC, CCMHC Kenneth Yehoc Ph.D., LMHC, CHT	3:00PM-3:15PM	SNACK BREAK		SALON B	(EB)
LUNCH 12:00PM-1:00PM	All participants are on their own for lunch	3:30PM-6:30PM 3 Clock Hours	SNACK BREAK		SALON D	(AT)
GRAND FOYER 3:00PM-3:15PM	SNACK BREAK	6:30PM-10:00PM 2.5 Clock Hour (Keynote)	RECEPTION		SALON E	(RC)
				Compassion Fatigue: Instilling Hope When We Have Little Left to Give & Neuro-therapy for Vicarious Trauma Celia-Luella Farr, MA, NCC, Arlene Petersen, MA, Sherry M. Todd, Ph.D., LPC Donna McCarten White, RN, Ph.D., CS, CADAC-II	GRAND FOYER	(EB)
				Complex Therapy: How do I...? A Complex Therapy Primer: Empowering Couples with Tools for Jumpstarting and Keeping Couples Engaged in the Process Michael G. Holler, MA, NCC, CFMHE, CCCE, CCMHC, LMHC	SALON A	(TR)
				Binge Eating Disorder: What's It All About? Joann Hendelmann, PhD, FAED, CEDS, CEDRN, RN, Published Author	SALON B	(CH)
				Sex Addiction: Assessment, Diagnosis and Treatment Strategies Daniel Lacerava, LMFT, Published Author	ORCHID I	General/Other
				Laws and Ethics 2018 Bruce Borkosky, Psy.D., Published Author	ORCHID II & III	(CD)
				Student Poster Session Hassiem Kambui, Ph.D., CCMHC, LMHC, NCC, ACS	SALON F	(EB)
					GRAND BALLROOM	



SATURDAY FEBRUARY 3rd		WORKSHOP	SALON	TRACK
7:00AM-8:00AM	REGISTRATION		SALON C	
7:00AM-8:00AM	BREAKFAST:		GRAND FOYER	
8:00 AM-12:00PM 4 Clock Hours	Qualified Supervisor Continuing Education Update <i>Stephen Giunta Ph.D., LMHC, NCC, CCMHC</i> <i>Carmen Robert Genovese MS, NCC, LMHC</i>		ORCHID BALLROOM	
8:00AM-9:30AM 1.5 Clock Hour (Keynote)	The Traumatology of Life: Counseling Lessons Learned and Applied over my 46-Year Study and Treatment of Trauma <i>Charles Figley, Ph.D., Published Author</i>		GRAND BALLROOM	(TR)
9:30AM-9:45AM	SNACK BREAK		GRAND FOYER	
9:45AM-11:45AM 2 Clock Hours	Trauma Informed Treatment and Dual Diagnosis <i>Benjamin B. Keyes Ph.D., Ed.D., LMHC, NCC, CCMHC Published Author</i> <i>Kathie Erwin Ed.D., LMHC, NCC, NCGC</i> <i>Kathie Figley Ph.D.</i> Working with Narcissistic Personality Disorder <i>Christine Hammond, LMHC, NCC Published Author</i> The Positive Experiences of Adult Children of Alcoholics, with and without Personal Addictions, after Long-Term Recovery <i>Daniella Jackson, Ph.D., LMHC, Qualified Supervisor, Certified Health Coach Published Author</i> Marital Counseling in Culturally Diverse America <i>Ana Alutsky, LMHC, LMFT Published Author</i> Eating Disorders: Treatment across the continuum <i>Lacey Lauer, LMHC Published Author</i>		SALON A	(TR)
			SALON B	(EB)
			SALON F	General/Other
			SALON G	(CD)
			SALON H	(EB)
12:00PM-1:30PM 1.5 Clock Hours	AWARDS LUNCHEON/ANNUAL MEMBERSHIP MEETING <i>Louise Sutherland-Hoyt, LMHC, NCC, CCMHC, MAC, Corrine Nixon, Darlene Silvernail Ph.D., LMHC, CAP</i> <i>(All participants are on their own, for lunch unless RSVP)</i>		GRAND BALLROOM	
1:30PM-3:30PM 2 Clock Hours	Chemistry Of Survival <i>Daniel Casey, Ph.D.</i> Sleeping Soundly and Sedative Free: The Role of Mental Health Counselors in the Treatment of Sleep Disorders <i>Aaron Norton, LMHC, LMFT, MCAP, CRC Published Author</i> Adventure Therapy and Experiential Activities: A Facilitator's Guide <i>Ricardo Santiago, LMHC</i> <i>Nicky Treadway LMHC, NCC.</i> Domestic and Intimate Partner Violence in Special Populations (Sexual, Gender, and Relationship Minorities) <i>Dr. Patsy Evans, Ph.D., LMHC, AP Published Author</i> Serving those who Served: Re-Integrating our Combat Veterans <i>Miguel Rivera, LMHC, NCC, CCJS</i>		SALON A	(TR)
			SALON B	(EB)
			ORCHID BALLROOM	(EB)
			SALON G	(RC)
			SALON H	(MV)
3:30PM -3:45PM	SNACK BREAK		GRAND FOYER	
3:45PM-6:45PM 3 Clock Hours	Canine working with Compassion Fatigue and Green Cross on the Ground <i>Raquel Lackey, MA</i> <i>Molly Fischer, MA</i> <i>Mary Schoenfeldt, Ph.D.</i> Business Ethics for Success of Mental Health Counselors <i>Amanda Patterson, LMHC, CAP, NCC</i> Creative Group Activities for a Variety of Settings and Individuals <i>Jennifer Marshall, Ed.D., LMHC, Published Author</i> <i>Meleah Smith, MS</i> <i>Olivia Heath, LMHC</i> <i>Betsy McLendon LMHC</i> <i>Gidnara McCullough, MS.</i> Using the Expressive Arts to Motivate Change in Substance Addicted Clients <i>Deborah Rasso, LMHC, NCC, CAP, ICADC, QS, CH</i> Creating Secure Attachments for Children and Families through the Powers of Play <i>Amy Iannitelli, LMHC Registered Play Therapist</i> <i>Sarah Allen, LMHC</i>		SALON A	(TR)
			SALON B	(RC)
			SALON F	(EB)
			SALON G	(AT)
			SALON H	(CH)



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### What Others Are Saying About Grace's Way

#### PROFESSIONALS

"Grace's Way prides itself on having a *family* atmosphere not only among their staff but with their patients as well... In an ever-changing industry, it is nice to know that we have a trusted partner like Grace's Way."

*Sean Kander, BDR - Foundations Recovery Network, TN*

#### FAMILIES

"When I arrived for *Family* Program I was greeted by everyone in such a warm and *loving* way I felt like I was visiting *family*. I left Florida feeling blessed that my daughter is in a *family* environment in the care of wonderful people who are genuinely concerned about her wellbeing and recovery."

*Andrea, NY - A stronger mom*

#### PATIENTS

"The genuine, caring, and *loving* staff took a completely different approach on recovery than what I was used to, and they truly saved my life. I've developed self-*love* and compassion for myself, knowing that there is a better way to live than being a slave to a substance. I cannot thank Grace's Way enough for giving me my life back!"

*Nicole S - Patient, CA*



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## Member of The Month: Erica Whitfield MACP, LMHC President-Elect



Erica Whitfield is a Licensed Mental Health Counselor who graduated from the University of North Florida with a Master's Degree in Counseling Psychology. Erica is the Clinical Manager of Family Foundations, an organization that has helped over 130,000 families through mental health and financial counseling. Erica also has extensive experience working within the Full Service Schools Program, a United Way initiative, that has connected thousands of under insured and non-insured students and families to a critical range of therapeutic, health and social services. In addition, Erica currently serves as the President of the Northeast Florida Mental Health Counselors Association in Jacksonville, Florida and on the Board of Directors of Mental Health America of Northeast Florida where she helps to raise awareness of mental health, provide community crisis intervention, advocate for mental illness and connect community partners to improve mental health services for adults, children and families. Erica also has extensive experience counseling children, adolescents and parents with moderate to severe mental health issues and has created and facilitated numerous workshops and mental health groups aimed at supporting and providing resources to children, adults, and professionals in the community. Erica believes that Strong Mental Health is the fabric that keeps communities and our nation whole. She has seen how people's lives positively transform when they receive the mental healthcare that they need. She has also witnessed the downward spiral of negative life events that can occur when those in need do not receive help. Erica has already served on the Board for a year and has been an outstanding contributor to FMHCA. During the Legislative Days activity she was the most organized member of the committee and managed to make far and away the most contacts with legislators.



FMHCA Student Membership is FREE for the First  
Year!



## **Frank Hannah Student Scholarship - 2018 Annual Conference**

Any graduate student enrolled in an accredited counseling program is eligible to apply for this scholarship. This scholarship is for one student admission ticket to the 2018 FMHCA Conference. The winner will be announced in the FMHCA November 2017 Newsletter and recognized at the 2018 Annual Conference Awards Luncheon.

**Applicants must be a FMHCA student member and must submit the following materials:**

- Essay
- Curriculum vita/resume
- Letter of recommendation from a program faculty member

**The following criteria will be used to evaluate each applicant:**

Commitment to the mental health profession as evidenced by:

- Career goals
- Experience working in mental health settings, including volunteer work, paid positions, practicums and internships
- Professional association membership (FMHCA membership)
- Member of professional committee (university, state, national or international)
- Voluntary participation in continuing education programs or workshops

Outstanding scholarship as evidenced by:

- Coursework
- Honors
- Conference presentations (state, national, and international)
- Publications (state or national journals)

Written expression as evidenced by:

Essay

Topic: In up to 300 words, explain what you plan to do with your counseling degree. Tell about how you plan to impact the mental health counseling field.

The applications will be judged using these categories and the final winner will be selected on the consensus judgement of the selection committee.

Please submit your application by the end of the day on **October 14<sup>th</sup>, 2017**  
Submit Online at: [https://docs.google.com/forms/d/e/1FAIpQLScw0cQW1WYDw5sNVzT2Yul-5JUjk5tFCVCFVN46Ira\\_g9q42A/viewform](https://docs.google.com/forms/d/e/1FAIpQLScw0cQW1WYDw5sNVzT2Yul-5JUjk5tFCVCFVN46Ira_g9q42A/viewform)



Women's Equality Day is celebrated in the United States (US) on August 26 every year. Designated as an official holiday in 1971 by Congress, it was proposed by Representative Bella Abzug to commemorate the 1920 certification of the 19th Amendment to the US Constitution granting the women the right to vote. In fact, the journey to gain women's vote right was a long, challenging process not only in the US, but also in many other countries, so a key purpose of the creation of Women's Equality Day was to expand awareness about the importance of gender equality in society and to recognize the pioneering past work of women in the suffrage movement. In this context, mental health counselors and women's rights organizations jointly engage in a number of events and activities to promote this important cause during August. Campaigns, seminars, conferences, and others diverse activities are developed to discuss women's rights and to address important issues about current women's reality, such as mental health issues, domestic violence, and equal work opportunities among others. Many schools and educators use this day as an opportunity to educate their students about gender equality, and basic human rights and liberties for all citizens.



Despite the creation of this official day as a commemoration of a turning point in the history for the equal treatment of women, and through conditions for women in the US and the world have improved significantly, the women's rights cause still needs more action to combat discrimination, suppression and violence toward women. Through continuing efforts to promote female mental health, counselors and counseling organizations should be actively engaged beyond clinical practice for women, in promoting strategic social actions for women's rights and mental health awareness education not only in August, but in all months of the year.



**Paula Carina Lazarim Mental Health Counseling Graduate Student**



### *Become a FMHCA Member :*

FMHCA invites all mental health professionals to become a part of our organization so your voice can be heard and you can enjoy a strong network of professionals in our state.

Join by [Clicking Here!](#) by downloading a membership form and mailing it with your payment, or you may make a payment directly through our website. Keep in mind we have a few membership options:

\$65.00 Clinical - All LMHC's or CCMHC's

\$55.00 Regular - All registered interns or non-licensed professionals

\$25.00 Retired Clinicians - License Retired

\$Free Student (Free for the first year and there after \$20.00) - Full time graduate, post-graduate, or undergraduate student

Membership Renewal

If your FMHCA membership has expired, we encourage you to and hope you will you to renew today by visiting our [FLMHCA.ORG](http://FLMHCA.ORG)



### *Thank You to our Amazing Sponsors!*

Advertise On Our Website & In Our Newsletter!

Increase your professional exposure by becoming a FMHCA sponsor!

FMHCA's website gets hundreds of hits a day from members, nonmembers, and prospective members. Becoming a sponsor with FMHCA lets other professionals know that you're out there - it's a terrific way to network and grow as a professional.

There are two ways to becoming a sponsor - you can purchase a flashing banner across the top of our pages or one of the sponsor blocks at the bottom of our website pages. Best of all, you get a full year of sponsorship for one low price!

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[office@flmhca.org](mailto:office@flmhca.org)





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## Green Cross of Traumatology, Partnering with FMHCA this February

We have found that relationships are the most important aspect of working with traumatized populations. This is also true, however, when working with organizations. Recently, the Green Cross Academy of Traumatology (GCAT) has had the pleasure of partnering with the Florida Mental Health Counselors Association (FMHCA) in offering an annual conference to its membership. FMHCA has agreed to develop a Green Cross track, starting February of 2018 to provide membership of Green Cross with a location for an annual conference, and networking with other mental health and outreach professionals. FMHCA has a long history of offering workshops in compassion fatigue, field trauma, and counseling interventions, in a wide variety of training situations, as well as disaster or mental health related discussions. The partnering of Green Cross with FMHCA allows their organization to offer trauma related programming every year at their annual conference.

Green Cross Members will also be invited along with members of FMHCA to attend any programming in any conference track, and a track designed especially by Green Cross to address the work of traumatology and disaster relief. We've included call for papers and information to our members who would like to present research from their area of study, or work related to compassion fatigue, field trauma, or counseling in areas of trauma.

We are thrilled to join you for this fabulous opportunity February 1st-3rd, 2018 in Lake Mary, Florida. Dr. Charles Figley, founder of Green Cross, has agreed to be a keynote speaker for the entire conference, and will discuss the work of Green Cross and traumatology. We are thrilled about this opportunity to meet with Dr. Figley, renew old friendships, and develop new ones, within and throughout the organizations of Green Cross and FMHCA. We look forward to this opportunity for Green Cross to be enriched as an organization, and for membership to congregate and grow together, in partnering with the membership of FMHCA. Dr. Figley's wife Kathy will also be a presenter, who is responsible alongside Dr. Figley for the development of Green Cross Academy trainings. Our organization owes much to the Figley's, and we're so very excited that they have agreed to participate; bringing our Green Cross family together as we aid first responders and victims of trauma.

We are urging our members, "Don't stay home because you "can't afford" this wonderful opportunity! Work with us, because we want you there too." We're looking forward to meeting many of you in February in bright and sunny Orlando, Florida.

-Dr. Benjamin Keyes, Executive Director of Green Cross



## We Need Your Help!!!!

Benefits for using a Lobbyist- but we cannot do this alone and need your attention

Florida Mental Health Counselors Association benefits from using a lobbyist to get our voice heard in government. Your voice is important to us! Our membership fee's help to support our legislative presents and contribute in making a difference for our members and the client's we serve. Did you know that lobbyists can take your message to Congress? Lobbyists enable organizations to draft legislation, develop strategies for new regulations, connect and stay informed, and proactively reach out to elected officials prior to new policies being drafted. Florida Mental Health Counselors Association is asking that you take a look at the direction of our healthcare and industry, wont you help us make a difference?

Re-new your membership today

Ask a colleague to join FMHCA [www.FLMHCA.org](http://www.FLMHCA.org)

## GET CERTIFIED

The path to treating problem gambling is clear. Certification leads to clinician referrals and recovery for problem gamblers.

The first step is the **Florida Council on Compulsive Gambling's** online 60 hour gambling certification training course.

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Florida Council on Compulsive Gambling, Inc.

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**HOW TO REGISTER:** Call 888-ADMIT-IT  
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## A War On Two Fronts . . . Urgent!!!!

With the disorganized, short-sighted rollout of the new military healthcare system by Humana Military, and the rapacious cuts by BCBS of Florida to their network rates, the clinical mental health community is again under attack by cynical and avaricious entities, with the sole objective of lining of their coffers - patient care be damned.

And, make no mistake, both are employing strong arm tactics, with threatened exclusions, their deadlines, and alleged refusals to negotiate - all accompanied by different responses from different representatives and even new hires of phone banks just to field the complaints.

Both movements are demanding to reduce rates paid to network mental health providers in the area of 30-35%.

While both of these behemoths decry any organized movement on providers' parts as something tantamount to price-fixing, they vaguely seem to mirror each other's rates and arrive roughly at the same figures, using methodologically specious reasoning to justify their perfidy.

And, ultimately, it is the patients who suffer as more and more clinicians drop out of network programs or out of accepting any insurance at all before they will accept the inadequate rates and cumbersome compliance demands. In many areas - ours is typical - most psychiatrists do not accept ANY insurance anymore. These are the frontline of psychopharmacology and their scarcity is matched by their difficulties

being fairly reimbursed and subjected to the same assaults as the psychotherapeutic community.

So, what I'm suggesting is a coordinated effort to fight back. We need to: a) approach the media; b) confront and communicate intensively with both Humana Military and with Blue Cross/Blue Shield of Florida; c) approach our legislators - both Federal and State; d) approach State Insurance commissioners; e) coordinate our own efforts - both regionally and statewide. To that end, I will be bringing this to our FMHCA Board on Wednesday morning and have specific strategies, contacts and facts below to oppose this grubby threat.

Call them - write them - engage them as much as possible in the expenditure of resources, as they are doing to us individually. Ask the questions we outline below and any that you might conjure as well.

I am not going to sign either contract today. We have time on the Humana issue (how much is debatable), while BCBS has "set" a final date of July 2nd while brandishing their Closed Network Panel as implicit coercion. These are gross bullying tactics, unworthy of corporations we have supported, often as consumers, veterans, active service members (for their families), and loyal clinicians. This ain't no way to treat your friends. Simply, shame on them.

So, get mad, get active. And, like video gamers, let's "light em' up."

Call us with any additional data & contacts you collect in your efforts.

**Joe P. Skelly, M.S., L.M.H.C.**



**President**  
*Emerald Coast Mental Health Counselors Association (ECMHCA)*

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## INTERNS, OR NEW THERAPIST, AS EXPERTS

The title might sound strange for you seasoned therapists since the beginner in the field might find it difficult to see specific needs within the area of therapy. With finally finishing grad classes and the excitement of entering the counseling arena I would have been hard pressed many years ago to describe a specialization I wanted to focus on. But I challenge those entering the field that the beginning, whether it be starting an internship or being in the field for a short time, this is the best time to find a focused specialty since it is more important now more than ever before.

The question of why to specialize has at least three answers. One is that most of therapy done these days is solution focused therapy due to the high demand of the culture and the busyness we have become accustomed to. Issues like depression, anxiety, and behavioral changes sometimes need an in depth probing but it's more likely that that clients on average are coming for between three to five sessions. According to a study published in 2010 by the American Journal of Psychiatry, 42% of people in psychotherapy use 3 to 10 visits, while 1 in 9 have more than 20 sessions. So, certifications and experience in a specialty area while interning makes you marketable and needed.

Also, ACO's (The upcoming version of the medical system where medical and therapeutic services will be in one building for the ease of insurances and the patient) will be more like agency work and therefore not specialized. While this is particularly focused on Medicare/Medicaid patients through Affordable Care Act (Implication of the ACA, Golden and Vail) specialization will likely be referred out to private practices. So, clients will be referred to HMO's for depression, anxiety, and behavioral issues because any licensed counselor can manage that. But being an expert in a specific skill like families, addiction, Autism, and play therapy can you set you apart and allow you to continue in the private practice field if that is your desire.

The key is while there is time and energy seek out certifications, trainings, and education in areas of interest and experience. For example, with our multi language cultural, Spanish for the influx of that culture and Portuguese for the many Brazilians that are entering Florida due to that country's failed economy, a needed specialization is bilingual counseling. Also, life experiences such as family struggles, multiculturalism, divorce, and military are areas that you may have experience and could create a niche for those experiences with a certification that would further benefit the community. The key is to get this specialization now while you have the energy and before you get lulled into the day to day of private practice, family, or financial setbacks that could hinder this process down the road.

My first agency work after my internship was in addictions and I could stay long enough to obtain the CAP (Certified Addictions Professional) and I am the only one with the certification at the private practice that I work at. So, the assessments and referrals are directed towards me. Consider these benefits as the counseling field becomes more specialized and be sure to keep up with the revolving changes of the field.

### References

Alpert, Jonathan (2012). In Therapy Forever? Enough Already. The New York Times.

The Implication for the Affordable Care Act for Mental Health Care. American Society on Aging: Generations. Posted 12.11.2014 by Robyn L. Golden and Matthew R. Vail

I am available for consultation, mentoring, and qualified supervision via my office in Orlando or telehealth within the state of FL and can be best reached through email at [newdirections3623@gmail.com](mailto:newdirections3623@gmail.com)



Wishing you the best in your future possibilities,  
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## Reaching the Wounded Student

I witnessed an angel lift a child  
From a place of dark despair  
She raised his chin, caressed his face  
And gently smoothed his hair

I watched her touch his tiny hand  
To make him feel secure  
He gazed into her caring eyes  
And knew her love was pure

And though I never heard a sound  
She asked him what was wrong  
She listened intently as he spoke  
His words became her song

Her compassionate way assured him  
He knew she would always be near  
It was that love that cured him  
And washed away his fear

And when I saw a subtle smile  
Upon his face appear  
It made me feel so good inside  
I wanted to stand and cheer

I witnessed an angel lift a child  
From a place of dark despair  
I'm thankful to this very day  
That you my angel were there!



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## *Member Mental Health Professionals Apps:*

### **DSM-5 Criteria**

This is the mobile app for clinicians to utilize in diagnosing their clients. It is an easy to use system which lists the criteria for all of the DSM-5 diagnostic categories with the criteria listed for each diagnosis (this is not a free app). Read more about this app

at: <http://www.appi.org/Pages/DSM5Mobile.aspx>

### **ICD-9-CM Codes**

ICD 9 Consult puts the complete, current ICD9-CM on your iPhone or iPod Touch, instantly smart-searchable and browsable. Read more about it at:

<https://itunes.apple.com/us/app/icd9-consult-2014-free/id358845668?mt=8>

### **ICD-10-CM Codes**

ICD 10 Helps you to Quickly look up diagnosis codes using the new ICD-10 coding system. All codes are downloaded to your device - no downloading is necessary as you are looking up your code. Read more about it at:

<https://itunes.apple.com/us/app/stat-icd-10-coder/id467916561?mt=8>

### **Provider Resilience**

Provider Resilience gives health care providers tools to guard against burnout and compassion fatigue as they help their clients be they civilians or service members, veterans, and their families. Providers can take a self assessment to determine if they are at risk and steps they can take to ward off such burnout and fatigue. Read more about it

at: <https://www.t2health.org/apps/provider-resilience>

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## Be Active in FMHCA - Join A Committee

Interested in becoming more active with FMHCA but not sure how to get started? Consider joining a committee!

Participating in a FMHCA committee allows you to interact with professionals who share your passions while providing a valuable service to FMHCA. Let's face it - change doesn't happen by itself. We need YOU to help us make a difference! There are several opportunities for you to get involved - consider any of the following committees:

- ◆ Ethics Committee
- ◆ Membership Committee
- ◆ Graduate Students & Registered Interns Committee
- ◆ Chapter Relations Committee
- ◆ Finance Committee
- ◆ Nominations & Elections Committee
- ◆ Governmental Relations Committee
- ◆ Conference Planning Committee
- ◆ Education, Training, Standards, & Continuing Education Training Committee
- ◆ Military Service Committee
- ◆ Research Committee

Feeling especially interested in any of those topics? Consider being a committee chair - you'll be surprised how rewarding it can be to help make things happen!

Email [office@flmhca.org](mailto:office@flmhca.org) to express your interest. Thank you!

## Writers Wanted

FMHCA is seeking Graduate Students and Registered Interns to contribute monthly articles for our newsletter. This is a wonderful opportunity to share your point of view and your journey to licensure with others while getting professional exposure. We're looking specifically for articles that will help your peers navigate the journey to graduation and licensure - study tips, resources, how-tos... there are so many relevant topics worthy of investigation and discussion.

These articles will also help you train yourself on best practices - it's a win-win!

Please email [office@flmhca.org](mailto:office@flmhca.org) if you're interested in this opportunity.

A silver laptop is open on a dark wooden desk. The keyboard and trackpad are visible. Overlaid on the image is the text 'FMHCA 2017 WEBINAR SERIES' in yellow, 'FRIDAYS 2PM CLICK HERE TO REGISTER & MORE INFORMATION' in teal, and 'Member Perk' in red.

# FMHCA 2017 WEBINAR SERIES

FRIDAYS 2PM [CLICK HERE TO REGISTER & MORE INFORMATION](#)

Member Perk

**Session 9: Multicultural Counseling: A Mosaic, Not a Melting Pot** Date: Friday, 8/25/17, 2:00-4:00 pm

**Session 10: Navigating Professional Practice Boundaries: From Telehealth to Portability** Date: Friday, 9/22/17, 2:00-4:00 pm

**Session 11: Integrative Psychotherapies- New Paradigms in Psychotherapy** Date: Friday, 10/27/17, 2:00-4:00 pm

**Session 12: How to Have the Difficult Conversation You've Been Avoiding with Family, Coworkers, Parents, Partners or Children** Date: Friday, 11/10/17, 2:00-4:00 pm

**Session 13: Addressing Tobacco Use in Behavioral Health** Date: Friday, 12/8/17, 2:00-4:00 pm



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## Multicultural Counseling: A Mosaic, Not a Melting Pot

25 Aug 2017

2:00 PM - 4:00 PM

Living in South Florida you commonly hear the term “melting pot” when referring to culture, this phrase simply combines all individuality, losing aspects of uniqueness. Conversely, a mosaic, allows you to not only look at each individual’s culture, but also the bigger picture of how each culture fits into the societal culture. Couples can create a mosaic of their individual cultures to create a new one, highlighting each culture’s distinctiveness, joining them in a way they can work together. This presentation will focus on how therapists can work with couples of diverse cultures, and allow each culture to be represented in the relationship by creating a mosaic of a culture that works for the couple.

### Learning Objectives:

Attendants will expand their cultural competency and learn how to apply new techniques in sessions with multicultural couples that will provide more effective outcomes to couples and family therapy.

- (1) Expand awareness of cultural competency.
- (2) Expand awareness of one’s own cultural biases.
- (3) Expand awareness of stigmas associated with predominate cultures in South Florida and how we as therapist can work with these stigmas to integrate effective couples therapy with the clients’ culture.
- (4) Articulate understanding of multicultural mosaic counseling.
- (5) Apply concepts of multicultural mosaic counseling.



### About the Presenter:

Maria Davis-Pierre is a Licensed Mental Health Counselor who currently owns the private practice Day by Day Therapeutic Services; Maria is also the Clinical Director at Sobriety Now treatment center. Maria has extensive experience working with children, adolescents, and couples dealing with issues of grief and loss. Maria also specialized in counseling couples and families from a multicultural perspective. Maria graduated from Florida State University with a Bachelors of Science in Sociology and went on to obtain a Masters of Science in Mental Health Counseling from Nova Southeastern University. Maria is currently working on completing her Ph.D. in Family Therapy from Nova as well.





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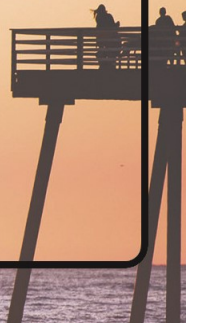
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