



— Volume 18, Issue 7 —



President's Message

Dear members of FMHCA,

I am honored to serve as your President for the 2018-2019 membership year.

I step into this role with incredulous energy after serving as the President of the local mental health counselors association in northeast florida and as a seasoned board member of FMHCA. My past experience directing a community behavioral health organization and supporting numerous advocacy initiatives in Tallahassee and Washington D.C. has provided me insight into the critical role that mental health plays in our individual communities and in our state. We must all remain attentive to our societal and professional landscape in order to secure the longevity of our profession as we are the heartbeats of our communities working to help people heal, connect and find purpose.

Louise Sutherland-Hoyt, who now transitions into Past President, is to be commended for her exceptional presidential leadership for the 2017-2018 membership year. Her tenacity and gusto led to incredible achievements and further advancements of our organization's mission.

This year, we plan to capitalize on technological advances to continue to pursue aggressive initiatives which include securing Medicare billing privileges, working as a key stakeholder with a national taskforce that has been established to achieve licensure portability, pursuing action to ensure that insurance companies are held accountable for delivering appropriate reimbursement to mental health providers, and staying au courant in terms of developing requirements pertaining to CACREP accreditation.

Furthermore, we are strategically working with our lobbyist, Corrine Mixon, to identify our legislative representatives who will be most effective in helping us achieve our legislative priorities.

I encourage you to stay connected with the progress that we are making with bills HR 3032, the Mental Health Access Improvement Act, HR 5531, the Opioid Emergency Response Act and

S 1879, the Seniors Mental Health Improvement Act. Our connection and engagement with the offices of Senator Rubio and Senator Nelson continue to strengthen immensely. We encourage all of you to develop strong ties with your local representatives so that we can generate multiple grassroots initiatives to spark a great movement of successful action!

Together we will work toward ensuring that services are available to help our family members, friends and children who have struggled with overcoming opioid addiction so that they can reclaim their sobriety.

Together, we will stress the importance of infusing more mental health services into our communities so that we can contribute to proactively finding the solutions needed to stop tragedies such as what occurred in Parkland, Florida this year.

Together we will show how the fastest growing profession of Mental Health professionals in this state are leading initiatives that will catapult Florida into a healthier state of overall wellness.

I invite you to join us at our annual conference in Lake Mary, Florida which takes place January 31 to February 2, 2019. This annual event allows us to come together to network and sharpen our clinical skills by learning from leading experts in the field.

In addition, remember to regularly visit our website. You will find that we have made some exciting aesthetic changes that have enhanced the experience of our members. While you are there, be sure to familiarize yourself with our new FMHCA Board members. We have a powerhouse group of professionals diligently working to stay involved with our legislators, promote mental health awareness and serve as distinguished representatives of our profession.

Finally, please reach out to us with your ideas, comments and questions. We have a remarkable board and team of individuals working in our FMHCA office led by our extraordinary Executive Director, Darlene Silvernail, here to support you and your efforts in any way possible.

This year we will achieve things that we can not yet even imagine!

Be sure to like us on facebook and share our page!

Erica Whitfield, LMHC, BC-TMH

President of Northeast Florida Mental Health Counselors Association



Welcome Our New FMHCA 2018-2019 Board of Directors!

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Our growing membership leads me to believe you realize FMHCA is dedicated to your progress in the State of Florida. We are already looking forward to our 2019 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).

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 and NRCHMH at NRCHMH.org.

I encourage you all get involved in any of FMHCA' committees, let your voice be heard, join a chapter as a local member and see firsthand how association efforts can benefit your career, your client base, and your scope of knowledge. Take advantage of our webinar series in order to strengthen your professional identity, and get to know the leaders within our organization. Make connections in your community and beyond by getting to know your local chapter presidents and local mental health advocates. Join a local chapter in order to support the community at large, your future depends on it!

As clinicians I encourage you to get involved, this is a very political and economically challenged time and we understand the stressors that clinicians are facing however in order to make rather create change it's important that you be a change agent and join FMHCA .

Sincerely,

Darlene Silvernail PhD, LMHC, CAP
Executive Director



The Florida Mental Health Counselors Association

2019 Annual Conference

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As the lobbyists for the Florida Mental Health Counselors Association (FMHCA) it's important to relay pertinent updates to the Association even when the Florida Legislature is not holding its annual 60-day legislative session. The FMHCA Government Relations Committee (GRC), Board of Directors (Board) and dedicated association members work year-round to ensure that FMCHA is poised to react to Florida's policy and political landscape on behalf of the mental health counseling industry.

Heading into June, both politics and policy are in-play. The midterm elections are heating up and FMHCA is already engaged in discussions with the state board, Florida Department of Health (DOH) and other industry leaders regarding the topic of license portability – a topic that could result in a bill next year.

Florida is in throws of a turbulent midterm election season. From open seats to races where incumbents preside, a slew of ardent-hearted, money-toting candidates are already trading punches, defending records and spending millions on 30 second media buys in anticipation of the August primary and November general election.

And rightly so. The stakes are high. The Florida Senate is currently made up of 23 Republicans and 17 Democrats. It's believed that the Democrats may bring the upper-chamber closer to balanced. In addition, Florida's four cabinet seats are up for grabs and the race for governor will be one of the most watched in the nation. If the "blue wave" persists (Democrats won a massive upset in Florida's most recent special election. Margaret Good beat Vern Buchanan, son of Congressman Buchanan by a whopping 8 points in a district that Donald Trump carried by more than 4 points; [article here](#)) the state is likely to see a subtle shift toward the Democrats.

It's possible that the "blue wave" will flatten and that the Democrats will make only minor gains, but any movement toward Democratic leadership would be abnormal for Florida's recent history. The last time a Democrat served as governor of Florida was 1999 and the Senate

hasn't seen a Democratic president since 1993.

These changes could impact how policy is made. The Republicans have remained extremely loyal to their leadership and have accomplished a wealth of their priorities as a result of their cohesion. A closer ratio of Democrat to Republican means extensive negotiating would need to occur in order for legislation to pass. Many of those negotiations would become more bipartisan.

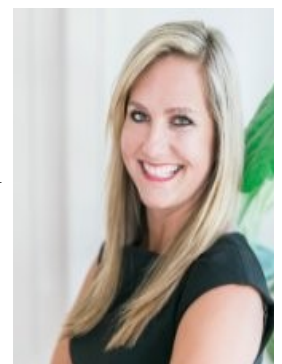
The makeup of the Florida House and Senate has an impact on FMHCA and all Floridians. Contrary to popular belief, state politics has as much, if not more, impact on your daily lives, both personal and professional, than national politics. This Association is the only entity advocating solely for the practice of LMHCs and the people you treat.

One example of that advocacy is FMHCA's recent involvement in a state board workshop to discuss developing legislation to create a portable licensure system or multistate licensure compact. FMHCA holds a valuable seat at the table where the bill may be written. If FMHCA supports the measure, its lobbyists will advocate for the legislation during the 2019 session which begins in March. If the bill is crafted in such a way that FMHCA cannot support it, we will work to kill the legislation. The concept of portability is relatively new in Florida. The injection of fresh faces into the Florida Legislature and Cabinet may bring forth the opportunity for contemporary ideas.

Being a member of FMHCA is one of the most important roles you can play. The profession and its title exist in statute because your professional predecessors engaged in political races, crafted legislation and advocated for the distinction of LMHC.

Your lobbying team and GRC will continue to update you about the topic of licensure portability as well as the upcoming election. We are proud to lobby on your behalf.

Lobbyist Report, by Corinne
Mixon, Rutledge Ecenia, P.A.



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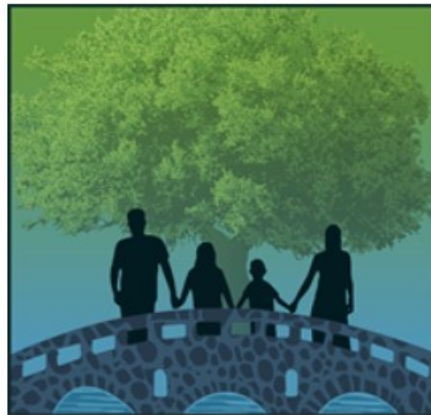
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Writers Wanted

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.

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We are so thankful and impressed by our Military Committee leadership. FMHCA Military Committee Chairperson and President/CEO of Veterans Counseling Veterans INC, Ellsworth "Tony" Williams, received special recognition from the Tampa City Council on Sunday, May 20th, 2018. The FMHCA Military Committee and Veterans Counseling Veterans work closely with one another and we consider their achievements a success for our community.

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See reverse for more details on FMHCA Committees.

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July is National Minority Mental Health Awareness Month, when mental health counselors and organizations in the US engage in a variety of events and activities to promote this important movement. First announced in May of 2008 by the US House of Representatives, with the primary objective to improve access to mental health treatment and services and to promote public awareness of mental illness, the name Bebe Moore Campbell National Minority Mental Health Awareness Month was chosen to honor Campbell's admirable work as an author and provider of mental health information, education, and support with diverse

communities until she passed away in 2006.

Knowing what a vital mobilization this is, American organizations and institutions address the entire month of July to promote mental health acceptance, action, and involvement campaigns to help raise awareness in organizations and communities. Many of these organizations promote conferences and symposiums focused on sharing research and accurate information about mental health issues, while others promote popular participation and activities for families and social integration with the goal of encouraging the community to learn more about improving mental health and identifying illnesses.

The Substance Abuse and Mental Health Services Administration (SAMHSA), stated that each year millions of Americans face the reality of living with a mental health condition and that mental illness affects one in five adults and one in 10 children in America. Even though the necessity for mental health care is very well known, mental illness is a leading cause of disability in this country. In fact, the National Alliance on Mental Illness exposed that about two-thirds of the US population with a diagnosable mental illness do not seek treatment, and racial and ethnic minority groups are particularly less inclined to get help.

These significant numbers indicate that minorities are less likely to receive diagnosis, to access mental health services, and to engage in treatment for their mental illness. Also, minorities often receive poorer quality of mental health care due to factors such as poverty, cultural background, difficult access to local mental health centers, and lower quality care availability.

For these all reasons, mental health counselors, students, and organizations need to join efforts to disclose more information about mental health condition and illnesses to these populations to help to promote social clarification and continued actions for mental health awareness education. Increased awareness, early diagnosis and/or intervention, and access to appropriate services can lead to significantly improvement of mental health and treatment outcomes. Let's go to do our part.

Paula Carina Lazarim Marques Mental Health Counseling Graduate Student





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FMHCA



Check it out! Erica Whitfield
Erica discusses her priorities for presidency;
gaining new members !

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Distance Counseling in Florida

27 July 2018

2:00 PM - 4:00 PM CE Broker Tracking :# 20-601739.



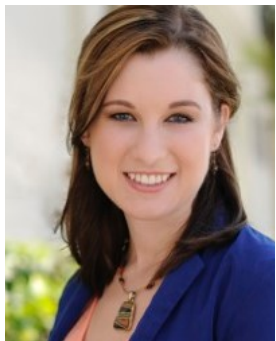
*CEU Approval includes 1 hour of Ethics/Professional Boundaries plus 1 General hour

Many mental health counselors are interested but hesitant to practice counseling online, also known as distance counseling. Distance counseling carries additional risks related to technology, ethics, and the potential of handling a crisis situation with a client who is in a separate physical location. Understanding the laws and ethics that apply to the practice of distance counseling such as HIPAA and HITECH can ease these concerns and ultimately expand counseling services to more clients. This webinar will review basic technology requirements and ethical considerations for distance counseling, as well as how to use distance counseling to benefit clients in a variety of clinical settings.

Learning Objectives:

- Describe ethical and legal distance counseling practices in Florida.
- Discuss how HIPAA and HITECH regulations apply to distance counseling.
- Explain how distance counseling can benefit clinicians and clients across different counseling settings.

About the Presenter:



Tanya Johnson is a private practice owner and PhD Candidate from Barry University. She has been practicing distance counseling for the past four years. Ms. Johnson has conducted research and presentations regionally and nationally on technology and counseling, and co-wrote a curriculum leading to the Distance Certified Counselor credential approved by CCE-Global.

CE Broker Tracking #: 20-601739

This event is sponsored by FMHCA, an NBCC-Approved Continuing Education Provider. FMHCA NBCC Provider# 2058. This course is approved by the Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling, LMHC, LMFT, LCSW – FMHCA CE Broker #: 50-748; CE Broker Course Tracking # 20-601739. Exp. 3/31/18

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24 Aug 2018 2:00 PM

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28 Sep 2018 2:00 PM

LMHC Exam Preparation

26 Oct 2018 2:00 PM



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A Therapist's Top 10 Tips For Supporting Your Mental Health

As a therapist, I'm often asked for the top tips I have in supporting mental health.

First of all, I love this question — it means that, for whoever asks it, mental health is actually considered a priority which I absolutely believe it should be!

Next, while I believe that we each have our own unique needs, wants, and preferences when it comes to cultivating and maintaining robust mental health, I do have 10 tips that I think almost anyone could benefit from.

So keep reading to see if you could implement any of these 10 tips to support your own mental health.

A Therapist's Top 10 Tips For Supporting Your Mental Health.

1. First, recognize and realize that mental health is *every single bit* as important as physical health.

In assigning mental health the importance it deserves, it can make it far easier and more motivating to seek out and build supports to manage your own mental health.

2. Put together your mental health care team.

You have medical supports, right? A doctor and an OBGYN? A legal and financial team like a lawyer and CPA?

Then I suggest you model your mental health care in the same proactive way and gather around you the supports you need *even before you need them*: [a therapist](#), a psychiatrist, a clergy counselor, whatever this means for you, curate and gather your mental healthcare team.

Many of us need someone who is not our significant other/friend/parent to talk to about life's toughest stuff. Get your team in place so you can count on them for that.

3. If you believe medication may be of support to you, seek it out.

Please don't be dissuaded by any stigma or shame about potentially needing short or long-term pharmacological supports if that's what your particular brain chemistry needs. Talk to your doctor or psychiatrist if you feel this may be an option you would like/need.

4. Take very good care of your *physical* health.

Always rule out any underlying physical conditions that may be contributing to your mental health and, of course, visit your doctor regularly to make sure your body is functioning well.

Make sure you've got a solid, nutritional plan established that works well for your own body's unique chemistry (consult with a nutritionist if need be for this!). Move your body daily in moderate, invigorating ways that feel good and enlivening for you.

GET ENOUGH SLEEP! I can't stress this enough: everything in life – including our mental health – becomes more challenged when we don't get enough sleep. Avoid mood-altering substances as much as possible and in ways that you specifically need depending on your own brain chemistry.

5. Build nourishing relationships in your life.

Seek out and spend time with those who you feel seen, accepted, and celebrated by. Whether this is friends, a loving partner, a women's group, [your therapist](#), your spiritual community, or your family, make a point of intentional, regular contact with those nourishing relationships in your life.

And, also note that this tip may sometimes mean withdrawing from or decreasing contact with those relationships in your life that feel painful, challenging, and unsupportive.

6. Plan play and joy and adventure!

Between the often grueling demands of work and [adulting](#), days can fly, weeks can bleed into one another, and the months pass.

Play, joy, and adventure are fundamental needs most of us have, so intentionally building time and resources into your life to support the pursuit of this is, I believe, wonderful for your overall mental health. Of course, the way that play, joy, and adventure manifests for each of us will be unique, so find out what sparks your joy, what breaks up your daily routines, and discover what feeds your soul and lights up your life and then *do more of it regularly*.

7. Create, teach, or serve.

I read somewhere once that ultimately what fulfills the majority of us could be lumped into the categories of creating, teaching, or serving.

So I would encourage you to consider how you can weave one or more of these roles into your life regularly, and/or if you already have this as a part of your life, reconnect back to the part of it that lights you up and inspires you.

8. Spend time in nature.

If there's a panacea for more ills, I'm not sure what it might be.

Connecting to nature in whatever way feels good to you — be it gardening or sitting in your backyard sunshine, long coastal bike rides, or hikes through your local park — can support mental health in profound ways. Nature is therapeutic so I encourage you to get outside often.

9. Limit time spent on social media. Or be curious about how you can better use it.

I know, I know, no one really likes to hear this and yet we all know it: social media can often have a negative impact on our self-esteem and therefore our mental health.

So be mindful and curious about what impact social media has on you, and if it doesn't feel supportive, consider limiting time on it, and/or be curious about using it in ways that feel more supportive.

10. Connect to something bigger than yourself.

Whether this is God and Church, AA, Spirit, The Universe, the Women's Spirituality Movement, or another institution or practice that feeds you, guides you, and inspires you, spending time connecting to something bigger than ourselves and cultivating faith and purpose can often support our mental health significantly.

Whatever your personal preferences or practices, I encourage you to cultivate the role of this in your life as a support for your mental health.

And if you would like even more resources and suggestions to support your mental health, [I invite you to explore the ways you can work with me personally](#) and/or [utilize one of my e-books or online products](#) to support you in your mental health journey





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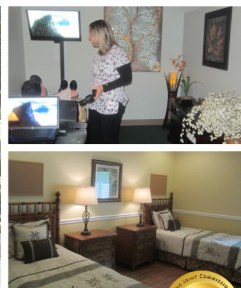
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People Hurt ... We Help!



The Florida Mental Health Counselors
Association is the leading organization
advocating for Mental Health Counseling
Professionals. Our objective is to provide
education, legislative oversight, and
networking.

Get Involved

Become a Member

Join a committee! Committees include:

Ethics Committee
Membership Committee
Registered Intern and Graduate Student
Committee
Chapter Relations Committee
Finance Committee
Nominations & Elections Committee
Government Relations Committee
Conference Planning Committee
Education, Training Standards & Continuing
Education Committee
Military Service Committee
Research Committee
Bylaws Committee

Let your Voice be Heard!

Get Involved and Make a Difference

www.FMHCA.org

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



an infinite mind

EDUCATION AND ADVOCACY FOR DID

WHAT WE DO

- Supportive low/no cost therapies such as yoga, equine, and art.
- Outreach and education on the truth of DID to dispel myths and increase acceptance.
- Therapist training to improve the quality of care for survivors with dissociation and DID.
- Online resource clearinghouse.



HEALING TOGETHER

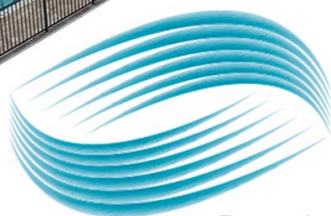
AN EDUCATIONAL AND SUPPORT
CONFERENCE ON D.I.D.

An Infinite Mind also offers our annual conference called Healing Together for survivors with dissociation and DID, their loved ones, and mental health professionals to come together in healing.

The Healing Together conference will be held in beautiful Orlando, FL February 9–11, 2018. CEUs are offered.

For more information, please visit

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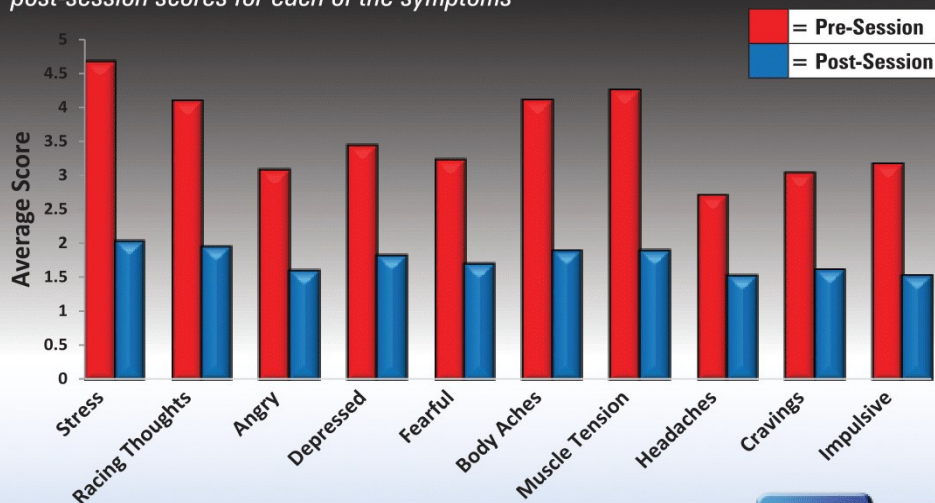
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- Meditation

Clinically Proven Results

The chart shows the average of all 800+ pre-session and post-session scores for each of the symptoms



SYMPTOM	DECREASE
Stress	57%
Racing Thoughts	53%
Angry	48%
Depressed	47%
Fearful	47%
Body Aches	54%
Muscle Tension	56%
Headache	44%
Cravings	46%
Impulsive	52%

General Criteria

- 800+ client sessions
- Min. of 5 sessions per client
- Min. 30 minutes each session

Complete article, study and statistical data available upon request.

Data collected electronically, study correlated and compiled by William B. Secor PhD Researcher and Richard D. Froilán-Dávila PhD



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HOW YOUR BUSINESS
FUNCTIONS

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Growth-oriented companies need a well-organized IT infrastructure so that they can focus on the business instead of trying to solve IT failures, whether they are a micro or small business. However, most owners don't know how to troubleshoot & manage networks, applications, systems, hardware or know what changes to implement.

Fortunately, we provide a solution to meet your needs, by managing your IT infrastructure which allows you to do more of what you enjoy.

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Would you need to buy and maintain additional equipment if you used the cloud's scalable capacity to either increase or decrease usage of servers, storage, analytics, and more, at lightning speed?

Avoid the hefty hardware purchases in favor of monthly subscriptions. Pay for exactly the capacity you need and Blue Logic IT Solutions will manage and secure your information.

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Understanding what compliance really means is ensuring that all required physical, network, and process security measures are in place and followed with protected health information.

We treat IT security like you treat a client:

- Gather information about current situation
- Conduct an introductory session to further investigate needs and requirements
- Propose a unique treatment plan that is suitable to your current business needs, with optional risks assessments.



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.

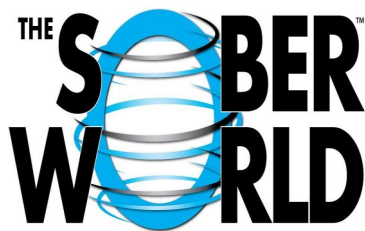
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A mind for truth. A heart for God.®



COMMITTEES

*Joining a committee is a great way to participate in our organization
and increase your presence in our community.*

To see details on each committee's role in FMHCA:

Visit the FMHCA WEBSITE at **FMHCA.ORG**
HOVER over "HOME"
Click **COMMITTEES**

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

To join a committee:

Send an e-mail request to join to the committee chairperson
E-mail addresses for all committee chairpersons
are listed on the committee webpage.

Ethics Committee

Membership Committee

Registered Intern & Graduate Student Committee

Chapter Relations Committee

Finance Committee

Nominations & Elections Committee

Government Relations Committee

Conference Planning Committee

Military Service Committee

Research Committee

Bylaws Committee





• THE MISSION OF THE FLORIDA
MENTAL HEALTH COUNSELORS
ASSOCIATION •

**IS TO ADVANCE THE PROFESSION OF CLINICAL
MENTAL HEALTH COUNSELING THROUGH
INTENTIONAL AND STRENGTH-BASED**

ADVOCACY, NETWORKING,
PROFESSIONAL DEVELOPMENT,
LEGISLATIVE EFFORTS, PUBLIC
EDUCATION

**AND THE PROMOTION OF
POSITIVE MENTAL HEALTH
FOR OUR COMMUNITIES.**