



— Volume 18, Issue 5 —



President's Message

You teach me, I forget. You show me, I remember. You involve me, I understand.

— Edward O. Wilson

When we involve ourselves in matters for which we have a passion then we elevate our ability to forge a legacy of note from which springs the reward for our contribution.

This year, 2018 is the year that we just might win the fight to get mental health counselors on the roles as Medicare Providers. Our own Representative Vern Buchanan has introduced legislation that is far reaching and yet at the same time concise in it's mandates for change. HR 5531, The Opioid Emergency Response Act includes the same language in HR 3032 and S 1879, The Mental Health Access Improvement Act of 2017.

While in Washington DC April 17- April 19 to attend a dedication of a memorial in Arlington Cemetery, I was able to sit down with 2 members of Senator Marco Rubio's staff to discuss Medicare. Not only did I present our argument to co-sponsor S 1879, we spoke to the meeting's objective and that is for Senator Rubio to sponsor the Senate version of the House bill introduced by Representative Buchanan.

Here is how you get involved. It's the power of ONE, many ONE's.

Goal: Achieve Medicare Billing Status.

Objective: Persuade Senators Rubio and Nelson to introduce the Senate Version of HR 5531, the Opioid Emergency Response Act.

Tasks: Each and EVERY FMHCA member contact each of these senators by E-mail, Social Media, AND by phone. Each Senator has several offices located throughout Florida and are staffed by personnel whose job it is to advise each of the pattern of messages posted or voice mails left.

It only takes a few minutes to do a search for Senator Rubio and Nelson. You will find links to social media, how to leave an email, and office phone numbers. Take note of how close you are to one of their offices. Call them, or better yet, pay a visit and advocate for introducing the mirror bill to Buchanan's and to co-sponsor S 1879.



Louise Sutherland-Hoyt,
LMHC, CCMHC, NCC,

Scripts are available and it is strongly recommended that each of us adapt the language to suit your area. Personal stories are good, keep them concise and to the point.

FMHCA, to date, has been on the cutting edge of the Medicare issue. We are well-known movers and shakers and this is reflected in the progress being made toward our objective.

Let's keep up
the
momentum!



Louise discusses: gov't relations
committee, legislative action;
presidency [click here to listen](#)

**DO SOMETHING
TODAY THAT
YOUR FUTURE
SELF WILL
THANK YOU FOR.**

President

Louise Sutherland-Hoyt LMHC, NCC,
CCMHC, MAC

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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). Quick reminder call for presenters is going on now! Deadline to submit is JULY 1

Each year millions of Americans face the reality of living with a mental illness. During May, FMHCA and the rest of the country are raising awareness of mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

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

SAVE THE DATE!

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coming soon!*

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Ethics Committee Goals and Recruitment

Calling all members!

I realize it is long overdue, but I am finally getting down to the nitty-gritty of developing an ethics committee and a clearly defined ethics policy. I need your help!

When I was first assigned the role of Ethics Committee Chair (All the way back to we when Darlene Silvernail was President), I thought, "Great! That sounds like as much fun as a poke in the eye with a pointed stick!"

Then, I thought that maybe I should try to make ethics fun and interesting. So I taught several ethics seminars and Law & Rules. Lo and behold the comments were mostly, "This was fun and interesting!" Turns out it worked. So I am looking to continue the trend, and integrate it into the ongoing policies.

Consequently, I am inviting any of you out there who might be interested to join us on the Ethics Committee.

What have we done so far? We have set up an ethics hotline process to assist LMHC's, their supervisors and supervisors in agency employment in dealing with problems they encounter in their practices of Mental Health Counseling.

1. Goals moving forward:
2. Grow membership — Using Ethics consults to bring in new members.
3. Grow the financial status of the organization — While we are non-profit organization, it takes money to run the organization and move the profession ahead.
4. Form an ethics committee
5. Develop an ethics policy and integrate it into the by-laws
6. Develop a manual for ethics consults —
7. Standardization
8. Empowering model
9. Establish a uniform process
10. Minimize liability
11. Develop Standardization of Documentation Format
12. Consistent performance Policies for ethics calls
13. Do training to conduct the call format

14. Build a group and gather input
15. Establish protocol for future Ethics Committees and Assist the Membership
16. Quality assurance
17. Develop policy/protocol for dealing with problems regarding Board Membership

Watch the video to hear me discuss some of these:

<https://www.youtube.com/watch?v=eBALxlU7R6E&feature=youtu.be>



MICHAEL G. HOLLER, M.A., N.C.C., C.F.M.H.E., C.C.C.E., L.M.H.C.

Licensed Mental Health Counselor #3670, State of Florida

Certified Clinical Mental Health Counselor #476234

Certified Forensic Mental Health Evaluator, #000049

Certified Family & County Mediator, #15533CF, State of Florida

Certified Child Custody Evaluator #618

National Certified Counselor #29912

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It is with a heavy heart that FMHCA says farewell to colleague and friend, Jill Isaacson. Our thoughts and prayers go to her family. She will be irrefutably missed by all those whose lives she's touched. Memorial donations may be made in her honor to the Heil Luthringer Foundation for MS (www.empowermenteducation.org); Parkinson's Association of Southwest Florida, in honor of her father (pasfi.org); or the American Foundation for Suicide Prevention (afsp.org), in honor of her work at FGCU. Condolences may be left in Jill's online guestbook at www.yourtribute.com. Her obituary is below.

"Jill Isaacson (LMHC) died unexpectedly on Friday March 9, 2018 while recovering from surgery. Jill, the president of Gulf Coast Mental Health Counselors was born on July 8, 1957 in Bellmore, New York to Fred and Myrna Hacker. She graduated from Miami Beach Senior High School in 1975 and earned a bachelor's degree in business administration from the University of Miami in 1978. After graduation she moved to Naples where she had a successful career in marketing, medical office management and consulting with medical practices. Always having an interest in what makes people tick after raising her family she returned to school to obtain a master's degree in Mental Health Counseling from Florida Gulf Coast University.

After graduation Jill worked at the Counseling and Psychological Services center at FGCU for thirteen years. She was especially known for coordinating the annual CAPS continuing education workshop. Jill brought leaders in the counseling field to southwest Florida to educate students and clinicians.

Jill had many passions. One that was closest to her heart was the Gulf Coast Mental Health Counselors. Under her leadership the organization grew bringing informative quarterly CEU programs to the local mental health community.

While her professional life gave her much meaning it was family and friends that was the true center of her life. The love of her life was Dan, her husband.

Anyone who saw them together witnessed their love for each other. Her other loves were her sons Adam and Jason, their wives Sara and Ann Marie, her grandchildren Jack, Claire and Charlotte, her mother, Myrna and her "sister of heart" Debbie and last but not least her precious dog, Max. She was preceded in death by her father, Fred and brother, Kenneth.

A bright star was extinguished much too soon but her spirit will remain in our hearts.



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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.

[Submit an Article Here](#)

Develop Your Plan of Action – Writing & Speaking (part 4/5)

People do business with people they know, like and trust. This series is about taking action on your goals: to get noticed; gain credibility and likability; and earn their trust. Each self-promotion strategy highlighted will give you an opportunity to do what it takes to achieve your goals.

WRITING & SPEAKING STRATEGY

People need to know, like, and trust you in order to do business with you. For that to happen, they must know who you are and what you do. You can gain a lot of credibility and trust by becoming an “expert” in their eyes.

If you are writing and talking about things that are critical to your target market, you will be an expert in their eyes. Writing and speaking provide great opportunities for you to get noticed by your target market.

Benefit to you: Writing and Speaking leverage your marketing time, money, and efforts. You’ll get the chance to create something and use it over and over again to educate and support your target market

Benefit to them: They get great and helpful information. They also get the opportunity to get to know someone (YOU) who can really help them with their urgent needs, compelling desires, and biggest problems. They feel acknowledged, validated, and understood

Action plan

(This week):

Identify 2 topics that can help your target market solve one of their biggest problems or concerns. Be sure you choose topics by listening to them – don’t give them what you THINK they need – find out what they really need

Outline an article, post, and/or talk that you can use in print and in person (or video)

Tease out the content using the outline (to help you stay on point)

(Next week)

Reach out to 3 places to offer your writing or your talk. (blogs, newsletters, doctor’s offices, in-services for schools and/or agencies, etc.)

Let them know your desire to help them with an article or talk

Give them an idea of your topics and see if they might be helpful

Find out how to further tweak the content to meet their specific needs

Once you get a “yes”, prepare your content for delivery.

The nice thing about preparing content for your Writing or Speaking is that you can use it (even in bits and pieces) over and over again. For example, if you decide to do a mental health newsletter for a pediatrician’s office, you can take it all over town! Recycle and reuse your content to make the most of your efforts.

REMEMBER: A goal without action is just a dream. Now is your chance to show yourself just what you’re willing to do, to get what you say you want!



Deb Legge, PhD CRC LMHC

DrLegge@gmail.com

Deborah A. Legge, PhD, CRC, LMHC, is a nationally known private practice expert who specializes in helping entrepreneurial therapists grow their practices, including a special focus on how to create growth with private pay clients. For over twenty-two years, she has maintained a highly successful clinical practice and a coaching practice that has helped thousands of clinicians fill their appointment books using her proven success strategies. Building a successful private-pay private practice can be a big challenge, but you are not alone. Go to: www.privatepaypractice.com for her all-new free training, Market Magnets: How to Fill Your Book with Private Pay Clients... And End Your Insurance Struggles for Good



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Bridges International is proud to support the Florida Mental Health Counselors Association with their mission of advancing 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 in our communities.

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RECOGNITION OF ACHIEVEMENT



The Florida Mental Health Counselors Association recognizes the tireless legislative efforts of its current president,

LOUISE SUTHERLAND- HOYT

Thank you for traveling to the capitol to discuss opioid legislation and Medicare, with emphasis on co-sponsorship of S 1879, at the office of Senator Marco Rubio on April 19th, 2018.

Darlene Silvernail, PhD, LMHC, CAP
FMHCA Executive Director

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Doing More for Your Clients: Integrating Tobacco Cessation into Your Practice

Smoking rates are lowering across the nation thanks to growing understanding of tobacco's negative health effects. However, some populations are still smoking at high rates—rates higher than ever occurred in the general population (CDC, 2015). People living with mental illnesses, living with substance abuse disorders, experiencing homelessness, aging out of foster care, or having been involved with the justice system all smoke at disproportionately high rates. Mental health counselors are in an ideal strategic position to address tobacco use amongst these populations, as they often overlap with the populations we serve.

Tobacco use is the leading behavioral cause of death in the U.S. (Centers for Disease Control and Prevention [CDC], n.d.), and nearly half of all tobacco related deaths are among those living with a mental illness or substance abuse disorder (Mauer, 2006; Schroeder, 2009). In fact, people living with a substance abuse disorder who smoke are more likely to die from conditions related to their tobacco use, not their substance use. The tobacco related death rates are staggeringly higher than death rates for other drugs: over four times higher than all other substances combined.



Step 1: Ask: Systematically ask all of your clients if they use tobacco at each visit. A great way to do this systematically is to add this question to your assessments.

Step 2: Advise: Recommend to your client that they quit, emphasizing the benefits of doing so. For example, “People who quit tobacco experience improvements in depression, anxiety, and overall quality of life” (Taylor, 2014).

Step 3: Refer: Refer your client to a tobacco treatment program, like the Tobacco Free Florida “Quit Your Way” program.

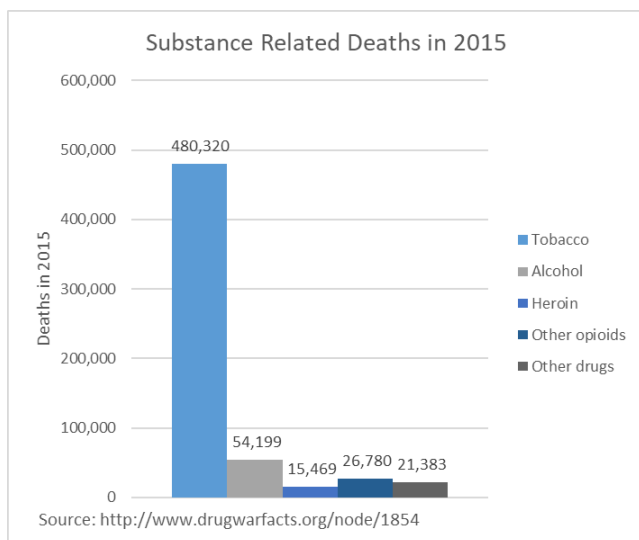
There are several options available in Florida to help your client end their relationship with tobacco. The Quit Your Way program (www.tobaccofreeflorida.com/quityourway) offers clients the option of phone counseling, one-time or multi-session groups, a web quit, and texting support. All four options are free, and provide clients with at least two weeks' worth of free nicotine patches. Your local Area Health Education Center (AHEC) can provide you with educational materials for your clients. You can find your local AHEC and also check to see when groups will be available in your area by visiting AHEC's website at www.AHECtobacco.com. If you have clients who are interested, and would like to host a group at your agency, reach out to the tobacco program manager at your local AHEC.

If you are interested in providing more intensive treatment for your clients, consider becoming a Tobacco Treatment Specialist (TTS). As a TTS, you can facilitate your own quit groups and provide more intensive tobacco cessation counseling for your clients. The Tobacco Free Florida's Area Health Education Center Tobacco Program at the Florida State University College of Medicine hosts TTS training conferences across the state. To find out more, visit our website at www.med.fsu.edu/ahec. The TTS training schedule for 2018-19 will be posted soon.

Writer: Kat Jacobs, MSW, TTS

FSU College of Medicine Area Health Education Center

[Click Here To Access References](#)



So how do you integrate tobacco cessation counseling into your practice? Maybe you are concerned you do not have any expertise in that area. Maybe you are concerned it will take too long or detract from the other services you are providing. The good news is you don't need to be an expert to deliver effective tobacco cessation interventions in as few as three minutes (U.S. Department of Health and Human Services, 2008). With three simple steps (Ask, Advise, and Refer) and less than three minutes of you and your client's time, you can provide a life-saving intervention.



RECOGNITION OF ACHIEVEMENT



The Florida Mental Health Counselors Association recognizes the profound impact of Veterans Counseling Veterans on the community, by way of congratulating it's President and FMHCA Military Service Committee Chairperson,

ELLSWORTH "TONY" WILLIAMS

Thank you for expanding the Veterans Counseling Veterans program to include a Research Committee in an effort to provide more comprehensive education and awareness of Florida's Veteran Suicides, Suicide Postvention, and Children of Service members and Veterans issues.

Darlene Silvernail, PhD, LMHC, CAP
FMHCA Executive Director



Check it out! Current FMHCA Treasurer, Dr. Benjamin Keyes, takes some time to discuss his background.

Video highlights: the Green Cross Academy of Traumatology's work in Puerto Rico in the aftermath of Hurricane Maria, and their work with Syrian refugees in Beirut. Also the collaborative effort between FMHCA and the Green Cross to introduce a Trama education track at the 2018 Annual FMHCA Conference.

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Choose Wisely

One of the most challenging things I have had to navigate on my journey to licensure as a LMHC in the state of Florida has been finding a supervisor that respects the supervision relationship. My experience has not been stellar but I see it as an opportunity that has propelled me to enroll in the Counseling Education and Supervision Doctoral (Ed D) program at Argosy University in Sarasota, FL. I wanted to return to school so that I can eventually educate the Master's students that are on their quest to become counselors as well as become a Qualified Supervisor.

Qualified supervisors have influence and power over the supervisees. They can foster the supervisee's passion for the field or influence the supervisee in a negative manner. It is important for supervisees to become familiar with the American Counseling Association's Code of Ethics (ACA, 2014) before starting supervision. It is recommended that the supervisee become familiar with the ACA Code of Ethics, particularly Section F of the code. It is imperative that the supervisee be armed with the information on what to expect from a supervisor. In my experience it is important to find a supervisor that will provide a supervisee with an informed consent document and a supervision contract. Informed consent will outline the expectations of the supervisory relationship as well as the supervisor's and supervisee's responsibilities. The supervision contract will provide a brief introduction to your supervisor and her/his credentials, philosophy of counseling and provide guidelines and expectations for the supervision process (ACES, 2011).

The supervision process is a special relationship that can help quiet any fears that you may have and provide guidance and encouragement to assist you on the path toward licensure. The supervisor will respect your desire to learn, time and the therapeutic relationship as they do for his or her clients. Choose wisely, your professional future depends on it!!

Writer: Danielle Proch-Vonbartheld



References

ACES Best Practices in Clinical Supervision Task Force. (2011, April 22).

American Counseling Association. (2014). Code of Ethics. Alexandria, VA: Author

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Mental Health Awareness Month


Since 1949, many organizations across the country have observed May as Mental Health Awareness Month, reaching a number of people through multiple activities, including campaigns, promotion of local awareness events, and screenings processes, among others. Additionally, the first week of May is also dedicated to the observance of Children's Mental Health Awareness to focus the fight for better answers to the needs of children with mental health illness.



May is
Mental Health
Awareness
Month

In the past century, mental health prevention has expanded, deploying in diverse and integrated actions through a variety of tools, resources, and activities, and promoting a significant progress in consciousness and quality of intervention related-services. However, though attitudes toward mental health issues are changing, and the stigma and shame associated with mental health issue have been reduced in the last few years, there is still a lot to do to promote acceptance, to create proper support, to prevent negligence, and to encourage people with mental health issues and their families to seek professional assistance. In fact, in general many still resist not only seeking help for themselves, but even reporting negligence in the care of adult and children with mental illness.

According to National Alliance on Mental Illness (NAMI), today millions in the United States live with a mental illness condition, with one in five Americans affected by some type of mental health issue, and many believe these estimates are low. Despite the efforts of campaigns to promote awareness on and support for mental health and to reduce the stigma around mental illness, it is necessary to invest more in specific education through courses, academic updates, and advocacy programs.

A portrait of Paula Lazarim, a woman with dark hair, wearing a black blazer, smiling.

Therefore, it is essential counselors became engaged in this month's activities and in creating strategies to collaborate in local community awareness during the entire year. We need to join with other health care professionals, governmental authorities, and agencies to help in not only clarifying for population the issues regarding mental health illness, but also to spread knowledge on the recognition and destigmatization of basic mental illness issues, how to get professional help, and how to report negligence in the care of people with mental health illness. Taking small and continuous steps toward this important cause and setting achievable goals will help counselors to improve prevention, promoting consistent changes in mental health awareness and assistance.

Paula Lazarim Mental Health Counseling Graduate Student Nova Southeastern University



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<https://fmhca.wildapricot.org/page-1075254>

FMHCA members that are passionate about legislation & government
relations may request to join the Government Relations Committee.

See reverse for more details on FMHCA Committees.

Creativity in Cross-Cultural Supervision

25 May 2018

2:00 PM - 4:00 PM CE Broker Tracking #: 20-601731



The presentation will focus on constructivist and common factors approach of using creative interventions in cross-cultural supervision. Attendees will learn how supervisors using constructivist approach can add meaning and knowledge in developing or creating something in cross-cultural supervision. Common factors approach also add an additional impetus when using in cross-cultural supervision. Hence, common factors (like therapeutic relationship, clients' factors, etc.) help facilitate the supervision process, especially when supervising someone from a diverse culture.

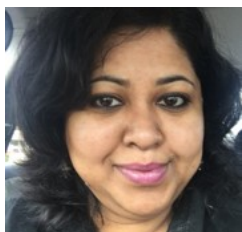
Learning Objectives:

Attendees will learn how to use different creative techniques like metaphor, puppetry, sand tray etc

Attendees will learn know how constructivist and common factor approach is effective in cross-cultural supervision

Attendees will learn the gaps in the research so far for about the non-traditional approaches in cross-cultural supervision

Attendees will learn the implications and suggestions for future research



Don't miss out! Register here: <https://fmhca.wildapricot.org/event-2749826/Registration>

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Increasing Counselor Knowledge of Disabilities: Understanding Global Perceptions, Available Resources, and Engaging in Advocacy

22 Jun 2018 2:00 PM

Distance Counseling in Florida

27 Jul 2018 2:00 PM

Unsilencing the Voice Within: Expressive Writing as a Therapeutic Tool

24 Aug 2018 2:00 PM

Pornography Therapeutic Interventions

28 Sep 2018 2:00 PM

LMHC Exam Preparation

26 Oct 2018 2:00 PM

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- *Agency dynamics*
- *Officer Experiences*

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- Invitation to participate in nationwide law enforcement studies.
- Seminar and Training Opportunities
- Access to future BlueLine Support Emersion Centers.
- Opportunity to grow your practice.

BlueLine Support Regional Programs:

Politics and culture of law enforcement differ throughout out the United States. BlueLine support is most effective when mental health professionals and peer support officers share wounded officers' regional challenges as well as their perspectives as law enforcement officers.

The first regional program of BlueLine Support is being established in Central Florida. This regional program will be serve 5 counties containing 65 agencies with an estimated client base of over 14,000 active and retired officers. This region will serve as the model for establishing other regional programs throughout the United States.

How to Become a Network Member

Please contact David San Filippo, Ph.D., LMHC, Clinical Director, BlueLine Support for an application to join our BLS-MHP Network or scan the code below.

David.SanFilippo@woundedofficersinitiative.org



Learn More About the Wounded Officers Initiative at

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I N I T I A T I V E | O R G



Jackson's ALL WELLness Services, LLC

"Transforming lives, one individual and family at a time."

Professional Services (for professional men and women)

Research Presentations

Based on Dr. Daniella Jackson's qualitative multiple-case study

Supervision for Florida Mental Health Counselor Interns

Dr. Daniella Jackson utilizes a strength-based model for intern supervision

Professional Meetings

Every other Month

Mental Health Counseling Services (for adult men and women)

Dual disorders, addictions (i.e., alcohol, illicit substances, food, technology), addiction related problems, impact of addictions on self, ACOAs, adult children of addicts, early and long-term recovery problems, codependency, and more

Individual Therapy

Group Therapy

Family Therapy

Health Coaching Services (for adult men and women)

For professional women, university students, graduate students, doctoral students (before and during the dissertation phase), parents, grandparents, women before, during and after pregnancy, women over 40, and more

Individualized Wellness Sessions

Wellness Classes

JAWS Pregnancy Class – face-to-face class

JAWS Family Class (for men and women) – face-to-face and online classes

JAWS Longevity Class (for women over 40) – face-to-face and online classes

Daniella Jackson, Ph.D., LMHC

Jackson's ALL WELLness Services, LLC

Founder, Owner, and CEO

Researcher

Licensed Mental Health Counselor

Qualified Supervisor for Florida Mental Health Counselor Interns

Certified Health Coach

7813 Mitchell Boulevard, Suite 106

New Port Richey, Florida 34655

Phone #: (727) 767-9850 / Fax #: (727) 767-9851

Web: www.daniellajackson.com

Email: daniella@daniellajackson.com

Facebook: <https://www.facebook.com/JacksonsAllWellness/>



FMHCA Annual Conference

January 31st– February 2nd, 2018 in Lake Mary,
Orlando

PRESENTER PROPOSALS DUE BY JULY 1

FMHCA's goal is to provide education, legislative oversight, and networking opportunities, our Annual Conference provides an opportunity for advanced professional training.

Take advantage of this opportunity and present at the FMHCA 2019 Annual Conference!

Possible Dynamic Approaches May Cover:

- ◆ Behavioral and Mental Health
- ◆ Expressive and Creative Therapies
- ◆ Approaches to Healing
- ◆ Multicultural Counseling
- ◆ Innovative Treatments and Skill Building Practice
- ◆ EMDR and Trauma Work
- ◆ Substance Abuse
- ◆ Military and Veteran Mental Health
- ◆ Ethics, Domestic Violence , HIV, Laws & Rules
- ◆ Mediation
- ◆ Social Media
- ◆ Homelessness
- ◆ Evidence Based Interventions
- ◆ Best Practice for Individuals with Autism

Legal Issues/Family Law

Grief and Loss

Post Partum Depression

And Many More!

Benefits of Presenting:

Presenters will receive a \$50 discount on conference registration.

Promotion of your name and credentials on our website and in all electronic and print marketing materials, where appropriate.

Recognition of your expertise by FMHCA and by other industry professionals

Networking opportunities.

Presenter Eligibility:

To be considered, presenters must have professional qualifications in good standing with their professional regulatory board, if applicable, possess the technical expertise necessary to present on a subject effectively, and meet one or more of the following:

Have received specialized graduate or post-graduate level training in subject of presentation; and/or

Have extensive experience including at least five years of practical application or research involving subject of presentation

Submit a Proposal to be a Presenter:

Submit on-line at <https://fmhca.wildapricot.org/Call-for-Presentations>

Please Submit Questions at office@FLmhca.org or

Call 561-228-6129

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Addictions Professional
Kink Conscious Professional
Hypnotherapist
Transgender Care Therapist

EVENT PROMOTION

Take a **FREE CLASS** and receive CE Credit
*Visit our table

Our Mission:

To bring Knowledge to our Therapists
seeking Empowerment, and to better serve their clients
AND creating accessibility through live webinar.

Dr. Clark is a Continuing Education Provider for NBCC, FL MQA, AASECT, and, FCB. Go to
www.TherapyCertificationTraining.org • www.ClinicalSexologyPhD.org

TAKE CONTINUING EDUCATION COURSES FROM THE COMFORT OF YOUR OWN HOME!

Looking to earn Continuing Education Credits to keep your clinical license active?
Or begin trainings required for certifications like MCAP, CAP, CAC, CRSS, or CRRRA?

We offer a variety of Continuing Education Courses, ranging from courses to
strengthen clinical and ethical business practice skills, to the courses necessary to
become a Certified Recovery Residence Administrator.



Our courses are designed for a diverse
population of professionals including:
clinical mental health counselors,
clinical social workers,
addiction counselors,
and other mental health professionals!



Silvernail Consultant Services (SilvernailOnline) is an approved CE Broker Provider. All of our courses have been
approved by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling, and
the Certification Board of Addictions Professionals.

Want to Know the Best Kept Secret in Healthcare? Correctional Healthcare with MHM Services/Centurion!

MHM Services, Inc., with Centurion, LLC, is the fastest growing correctional healthcare company in the nation. Since 1981
we have been providing quality medical and mental healthcare services to correctional facilities nationwide. Whether
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we may have the opportunity you're looking for.

Psychologist &
Mental Health Counselor
opportunities available
throughout Florida.



For information on opportunities located in
Northern & Central FL, contact Shanda Bourne:
601.255.1991 | shanda@mhmcareers.com

For information on opportunities located in
South FL, contact Meghan Rodriguez:
724.302.0891 | merodriguez@mhmcareers.com

www.mhm-services.com | www.mhmcareers.com | Equal Opportunity Employer



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.



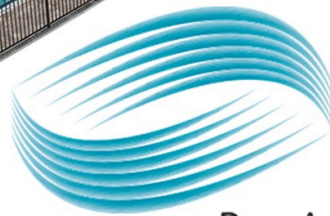
HEALING TOGETHER

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.

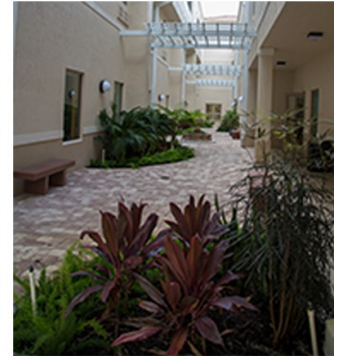
For more information, please visit
www.AnInfiniteMind.com



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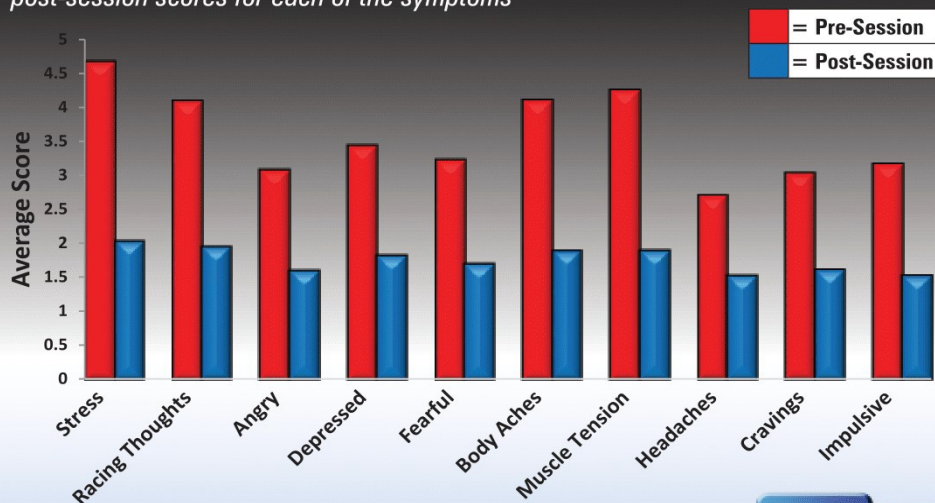
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Clinically Proven Results

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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IMPLEMENTING ESSENTIAL
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HOW YOUR BUSINESS
FUNCTIONS

MANAGED IT SERVICES

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.

CLOUD SERVICES

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.

ARE YOU HIPAA COMPLIANT?

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.

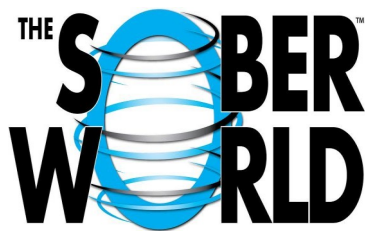
There are two ways to becoming a sponsor - you can purchase a flashing banner across the top of our pages or one of the sponsor blocks at the bottom of our website pages.

Best of all, you get a full year of sponsorship for one low price!

Artwork must be submitted in one of the following formats: png, jpg, tif, tiff, or psd.

After you have completed payment, submit your artwork to us at

office@flmhca.org



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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



11TH ANNUAL MENTAL HEALTH AWARENESS EXPO



CYBERCRIME VICTIMOLOGY:

KEEPING OUR CHILDREN SAFE IN A WORLD OF TECHNOLOGY

CALENDAR OF EVENTS MAY 24TH FROM 5:00-9:00PM.

5:00-6:00pm **Community Mental Health Service Agencies**

Exhibitor Tables Open

Hors d'oeuvres will be served

6:00-6:15pm **Opening and Welcome Announcement**

Diana Barroso, Ed.D. LMHC

Director of the Master's Programs in Psychology

6:15-7:15pm **"Solidarity in the Legislature: Be a Tool for Change"**

Louise Sutherland-Hoyt, LMHC

President, Florida Mental Health Counselors Association

Master Addictions Counselor (NAADAC)

National Certified Counselor (NBCC)

Advocate and Lobbyist

7:15-8:45pm **"Cybercrime Victimology: Keeping Our Children Safe in a World of Technology"**

Matthew Fowler, B.S.

Crimes Against Children Squad, Miami Division

Federal Bureau of Investigation, Special Agent

FBI's National Child Abduction Rapid Deployment Team

8:45-9:00pm **Closing Remarks**

Tania Diaz, Psy.D., LMHC

Program Coordinator, Mental Health Counseling Program

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Please RSVP at (305) 593-1223 EXT. 3207 | jolivera@albizu.edu



Carlos Albizu University is approved by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Counseling (Provider # BAP-388 Exp. 3/ 2019), and the American Psychological Association to provide continuing education. CAU maintains responsibility for the program.



• 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.**



Southwest Florida Counseling Center

You are invited to participate in a workshop titled:

INCORPORATING TRAUMA-INFORMED CARE APPROACH into CLINICAL PRACTICE and SUPERVISION

When: Friday, May 18, 2018

Place: Red Cross Training Room, 1777 Tamiami Trail Ste. 4

Time: 9:00-12:30pm

Registration begins at 8:30am.

Registered Interns
\$20

Cost: \$70.00 (before May 16)
\$75.00 (day of training)

3hrs CEU

Students w/ID
\$5

To register: www.swfcc.net or call 941-258-4010

<https://www.eventbrite.com/e/incorporating-trauma-informed-care-approach-into-clinical-practicesupervision-registration-44891760464>

Learning Objectives:

- ♦ Participants will be able to define trauma.
- ♦ Participants will be able to describe the impact of trauma within the context of counseling and supervision.
- ♦ Participants will demonstrate how to integrate the six principles of trauma-informed care into counseling sessions and supervision.
- ♦ Participants will be able to describe ethical and multicultural issues when using trauma-informed care approaches in their work.

SWFCC is an Approved Provider of Continuing Education for the FL Board of SW, MHC, MFT

Sponsored in part by the Florida Mental Health Counselors Association

Refreshments and Lunch included

Networking for FMHCA from 12:30-1:30



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Certified Forensic Mental Health Evaluator Training!

Forensic mental health evaluation is an impactful and lucrative area of specialization for licensed mental health professionals. Whether you plan on working full time in forensics or just wish to supplement your practice with an additional funding stream, this credential can help you establish yourself as a forensic expert.

In partnership with the Florida Mental Health Counselors Association (FMHCA), the National Board of Forensic Evaluators (NBFE) is offering an 8-hour forensic mental health certification training workshop for licensed mental health professionals. Participants can attend in-person in West Palm Beach, FL, or they can participate online through Gotowebinar. Pricing, information on the presenters, and more information about becoming a CFMHE is available on the NBFE website.

Registration is available on the
National Board of Forensic Evaluators website: NBFE.net
Click the link provided or go to NBFE.net/event-2800920

*You may contact the Florida Mental Health Counselors Association office
if you have any questions: 561-228-6129*

*Dr. Norm Hoffman**Aaron Norton*

June 8th, 2018
8:00 AM - 5:00 PM

Location:
Sunshine Recovery Center
2508 N. Australian Avenue
West Palm Beach, FL

...also available remotely via GoToWebinar!