



Mississippi Counseling Association
A Branch of American Counseling Association
Serving Mississippi since 1950

MCA
PO BOX 353
LONG BEACH, MS 39560

SUMMER 2015

MCA 2015 FALL CONFERENCE

The Power in Professional Counseling Relationships

MCA's Fall Conference will be held at the Mississippi Coast Coliseum and Convention Center in Biloxi, November 4 - 6. The conference hotel is the Beau Rivage. For information on registering for the conference or making a hotel reservation go to the MCA website

On Wednesday, November 4th, the conference kicks off with The Learning Institutes beginning at 1:30pm. The Opening General Session will be at 5:30pm. Wednesday concludes with the President's Reception and the opening of the Exhibit Hall.

Thursday begins with the First Timers Breakfast at 7:30. If this is your first conference you don't want to miss this opportunity to find out all the information you need to make this a productive conference for you. There are multiple education sessions to choose from including a 3 hour ethics session. The Awards Luncheon is a highlight of the day with MCA recognizing outstanding members. Division and Interest Group meetings take place after the sessions.

Friday continues the strong education offerings and includes the Closing General Session beginning at noon.

The Fall Conference is also the place where MCA members vote for officers. Voting occurs on Thursday from 8:00am - 4:30pm with a break for lunch. It continues on Friday from 8:00 - 10:00am.

Important Dates:

September 10th - early registration at \$130 ends

October 3rd - hotel reservation cutoff date

October 31st - pre-registration at \$175 ends

THE COMPASS

SPICE IS NOT SO NICE!

**AMY ADELMAN, LPC
MCA HUMAN RIGHTS COMMITTEE**

Many teens and their parents do not know the dangers associated with the abuse of what is called 'spice.' According to an article in the Hattiesburg American, 5/27/15, Dr. Robert Cox, medical director for the Mississippi Poison Control Center states: "These are literally laboratory chemicals. They have nothing to do with marijuana. . . We're not talking about one chemical. There could be any of 20 different chemicals. This is not pharmaceutical grade anything."

Mississippi leads the nation in 'spice' overdoses, almost 3 to 1, with 17 deaths linked to its use so far. Dr. Paul Byers, deputy state epidemiologist with the MS State DOH, said MS enlisted the help of poison control. He warns potential 'spice' users: "There is no safe usage. There is just absolutely no safe usage of any kind."

According to NIDA, some of the effects seen so far as a result of the abuse of 'spice' are: faster heart rate, throwing up, feeling nervous, feeling confused, hallucinations, becoming temporarily paralyzed, rising blood pressure, less blood flow to the heart, hallucinations and death. It can result in withdrawal and addiction, as is true with all drugs of abuse.

If you or someone you love needs help getting off 'spice,' or your youth/parent group wants information or prevention activities, contact MCA's Human Rights Committee at michaeladel45@aol.com or poo78740@yahoo.com. We can help.

Free Workshop Opportunity

Do you need a brief workshop at your school or workplace on Diversity/LGBTQ issues/Bullying/Human Trafficking? Do your co-workers or friends use terms and take actions that hurt others because those others may be different? If yes, call the MCA Human Rights Committee. They will come anywhere or anytime to help. Jeanne Polk poo78740@yahoo.com or Amy Adelman michaeladel45@aol.com

The Compass, Fall 2015

Article Submission Deadlines

Publication Date: November 30, 2015

Editorial content and photos due
November 3, 2015

Email to susan@nonprofit-growth.com

PINE BELT COUNSELING ASSOCIATION UPDATE

Pine Belt Counseling Association has had an outstanding year. Our fall 2014 meeting was held at Jones County Junior College and boasted an outstanding 41 members present. Dr. Debra Carr presented an informative presentation on ethics. and Gail Simmons from MDE updated counselors on MCAR. Participants were offered .5 CEU's or 5 contact hours and members donated items to the Laurel Domestic Abuse Shelter and Cute Caps for Chemo Kids.

During the luncheon, several Pine Belt Awards were presented. Recipients are as follows:

- Kasey Keith – PBCA New Counselor of the Year
- Lisa Read – PBCA School Counselor of the Year
- Dr. Diane Williams – PBCA College Counselor of the Year
- Sharon Stahler – PBCA Clinical Mental Health Counselor of the Year
- Cindy Cook – PBCA Janie G. Rugg Career Contributor
- Dr. Joe Wesley – PBCA Special Recognition MCA Member
- Andrew Sharp – PBCA Special Recognition for Non-MCA Member

The 2015 Spring Meeting was held at The Old Post Office in Bay Springs. The fascinating facility was provided by Magnolia State Bank. members brought donations for the Laurel Domestic Abuse Shelter and a brief business meeting was held to elect a new treasurer and to discuss upcoming activities.

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CONTRIBUTING AUTHORS WANTED

The Compass is searching for individuals who are interested in writing articles for the newsletter. If you are interested in contributing your expertise through an article, please contact Susan Nicolais at the following email. Thanks for your help!

susan@nonprofit-growth.com

CALENDAR OF EVENTS

September

September 11, 2015 Pine Grove First Friday Speaker Series, New Orleans, LA

September 16 -18, 2015 Trauma Conference, Jackson Convention Center

September 20 - 23, 2015 Drop-out Prevention Planning Event, Biloxi, MS

October 9, 2015 Northeast Region Fall Meeting

October 29 - November 1, 2015, Brain Restoration Summit, Natchez, MS

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November

November 4-6, 2015 MCA Annual Fall Conference, Biloxi, MS

ANNOUNCEMENTS

SAMHSA ICD-10 Launch October 1, 2015

The deadline is October 1, 2015, for transitioning to the International Classification of Diseases (ICD), 10th Edition, Clinical Modification (ICD-10-CM) with Diagnostic and Statistical Manual of Mental Disorders (DSM-5).

Call for Letters of Interest for NBCC MFP Advisory Council

NBCC is seeking candidates who demonstrate expertise and experience providing mental health and substance abuse services to minority populations to serve on the NBCC Minority Fellowship Program Advisory Council (MFPAC).

2015 MCA SERVICE PROJECT

AMY ADELMAN, LPC
MCA HUMAN RIGHTS COMMITTEE

Every year for our annual state conference MCA's Human Rights Committee adopts a local agency to donate money and goods. A few years ago we adopted Pink Heart Funds in Long Beach and have adopted them again for the 2015 Fall Conference. Of course we depend on you, MCA members, to participate to the best of your ability. You can work on this project with a classroom, school, community group to which you belong, or with your own children.

The non-profit agency was started in 2005 by JoAn Niceley, a hair stylist, who was diagnosed with breast cancer in October 2002 and has dedicated her life to helping others receiving cancer treatment. The center itself has a waiting room, an office, a conference room, a wig room, a children's room, and a bra and prosthetic room. The phone never stops ringing and women continually come to the center. The building has been donated by one man but he is very ill and is selling the office. All the workers are volunteers.

Pink Heart Funds provides a respite, support groups, FREE cranial prosthetic (wigs) with a professional cranial prostheses specialist, breast prosthetics, and lymphedema sleeves along with a certified fitter. It takes 10-12 pony tails to make one wig. The cost for these items is unbelievable. The children's wigs alone cost \$15,000 a year. Donations of hair at least 9" long are accepted. Scarves, hats, dolls and stuffed animals that are clean, stickers for the children, and hair accessories are also accepted.

The last time we adopted PHF we donated about \$650 plus some items. If 1,000 counselors each gave \$10, we could donate \$10,000. If every counselor gave \$5, we could donate \$5,000. Please share your ideas in your community and feel free to contact me with your ideas on how to get the word out for this year's conference. We will have a table near conference registration to accept money and items. We will also take donations outside the Awards Luncheon. JoAn Niceley will be present to accept our donations at the luncheon.



PINE BELT COUNSELING ASSOCIATION UPDATE

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For many years Pine Belt has funded scholarships for local high school and college students. This year we recognized five outstanding students and presented them with scholarships. The following students were recognized:

- Mayson Barnes – Bay Springs senior attending JCJC - \$300 scholarship
- Savannah Sharkey – Waynesboro senior attending JCJC - \$300 scholarship
- J.R. Moody – college sophomore attending JCJC - \$200 Polk Scholarship
- Jennifer Burkhalter – college sophomore attending JCJC - \$300 non-traditional scholarship
- Brett McKissack –graduate student attending William Carey University - \$300 scholarship



BULLYING: AWARENESS AND PREVENTION

AMY ADELMAN, LPC
JEANNE POLK, LPC
MCA HUMAN RIGHTS COMMITTEE

Merriam-Webster defines a 'bully' as "a blustering brow-beating person especially one who is habitually cruel to someone who is a weaker person." Bullying is a form of violence including one or all of 3 basic components:

Attack or intimidation with the intention to cause fear, distress, or harm.

A real or perceived imbalance of power between the bully and the victim.

Repeated attacks or intimidation upon the same children or persons over time.

It can include aggression that is physical (hitting, tripping), verbal (name calling, teasing), or psychological/social (spreading rumors, leaving out of group). Bullying can occur in school, at home, in the workplace, in churches, in neighborhoods, on the street etc. There are bullies, victims, and onlookers. In 2009, about 28% of students ages 12-18 reported being bullied at school. There is also cyberbullying which can occur anywhere.

Our job as counselors is to advocate for our students and our clients and to assist them in taking the actions they need to take to protect themselves and to get better. We may work with parents, staff, management, the media, law enforcement, community resources, and friends of those being bullied. We must increase the protective factors and decrease the risk factors. For example, if a parent is told by the child that he/she is being bullied – in whatever words the child may express him/herself - the parent needs to investigate the circumstance. That does not mean storming up to the school already knowing who is to blame, but exploring what can be done to make things better for all.

Bullying takes many forms. Often, it is related to problematic issues stemming from the great diversity in our workplaces and schools. In these situations, counselors can talk about the need for tolerance. Bullying is never the answer to diversity. For more on bullying, we invite you to attend our session at the MCA Fall Conference.

MCA Fall Conference **Important Link**

Visit the MCA website to get all of the information on the conference you need: online registration form, PDF version to download, and hotel information.

<https://mica.memberclicks.net/conference>