



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

MCA
PO BOX 353
LONG BEACH, MS 39560

WINTER 2015

MCA Best Practices Project

NICK SERFERLIS

MCA is excited to announce that, in coordination with Nick Seferlis, we will be putting together a book for both School and Private Practice Counselors-Tentatively titled **Best Practices**.

To make the project a success, we need you. What are the techniques/practices that you do well? That one special technique you would like to share that can help your colleagues up their game? Is there a client you have helped with a tremendous transformation? Share the life changing moment that will inspire other counselors.

If you are interested in being part of this project you can email Nick Seferlis (nickseferlis@gmail.com) with your name title/degree and the name of the technique/practice or client transformation. Include a short letter of introduction.

A template is currently being developed that may help you write your article for publication. Articles should be kept to about 500 words. Participants who share in the book experience will be eligible to present at the "Best Practices" Module at the MCA Conference 2015.



We would like to have all names of interested parties by April 3, 2015. The book will be published in Kindle form, hopefully by summer 2015.

Questions can be emailed to Nick Seferlis (nickseferlis@gmail.com).

THE COMPASS

WELCOMING SCHOOLS CAMPAIGN

DR. S. LYNN ETHERIDGE

I participated in a meeting with MCA's liaison to The Human Rights Campaign, Harry Hawkins, Kisha Webster, and LaShawn Thompson, MCA emerging leader and member of MCA's Human Rights Committee. Kisha Webster is the Director of Education and Community Engagement, and spearheads the Welcoming Schools Campaign. It was a very energetic meeting, and I am hoping that MCA can have Ms Webster come as one of the Learning Institutes at Conference. The Welcoming Schools Campaign sounds like a program that could be of great use to school counselors and educators of any sort.

The Welcoming Schools Campaign is a comprehensive guide for schools with tools, lessons and resources to foster acceptance of family diversity, gender-inclusive environments, and to prevent bias-based bullying and name-calling. Maureen Costello has said that "Welcoming Schools helps schools move toward equity and excellence." In our meeting we discussed that sometimes educators and others who work with children may not know exactly how to respond to awkward questions. We also may have our own issues that create emotional responses within us. We may be passing that discomfort along by avoiding the question or unintentionally excusing the behavior by ignoring what we know to be bullying behavior.

More than 75% of harassed middle school students relate the harassment to bias against their race, ethnicity, national origin, gender, actual or perceived sexual orientation, religion or disability. Research has established that children who feel bullied are more prone to mental illness, and their education is negatively impacted. How often do we feel hopeless in the face of this huge societal issue facing our children? The Human Rights Campaign is offering a program that can be used to help decrease bias and bullying. Students in classrooms that explicitly value diversity are less likely to be teased, and more likely to have better grades. Bystanders are more likely to intervene when they perceive their environment to be one in which others would intervene. If you are interested in the possibility of Ms. Webster being a presenter at conference in November, please say so! I think she would be a great addition!

The Compass, Spring 2015

Article Submission Deadlines

Publication Date: May 30, 2015

Editorial content and photos due

May 3, 2015

Email to susan@nonprofit-growth.com

EXECUTIVE DIRECTOR'S CORNER

CAROLYN ANDERSON

The past 18 months have been a learning and growth experience for me. As a longtime member of MCA and a former Executive Director for another smaller nonprofit, I believed working for you would follow the pattern of most nonprofits. However, I soon learned that MCA is a much larger nonprofit with a unique personality all its own. Past President, Aretha Hargrove said it best, "we are Counselors helping Mississippi." Our organization is a living and breathing thing as unique as each of our members.

I would like to use this forum each newsletter to update you on things going on within our organization and at the same time provide a little history. MCA is over 60 years old and has grown and evolved into a large professional organization. We currently have 908 members in 10 geographical Regions as well as 11 active Divisions and 3 different membership types. Currently we have 798 regular members, 30 retired members and 80 students.

MCA follows By-Laws and Policies approved by the executive board and established by the general membership. Having this resource allowed the Administrative Council to respond to President Elect Hollie McCollister's resignation. Succession of officers is detailed for MCA in our by-laws. The President Elect-Elect will step into the position early. This situation has happened in our past and MCA made a smooth transition each time. We all will certainly miss Hollie and we wish her well as she makes her new home in Okinawa. Jayme Sullivan has lost no time stepping up and has plans well under way for the Institute of Learning this summer to be held in Biloxi and for the conference this fall. We hope to see each of you in Biloxi for the annual Fall Conference at the MS Coast Coliseum and Convention Center. Beau Rivage will serve as the host hotel for the November 4-6, 2015 Conference. More information and details will be provided in our next newsletter.

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

March

March 4 - 6, 2015, 7th Annual Mississippi Addiction Conference

April

April 7 - 10, 2015, 8th Annual MS School for Addiction Professionals
April 8, 2015, F.E. Woodall Spring Conference for Helping Professions

November

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

ANNOUNCEMENTS

American Red Cross is presenting a workshop Understanding Adolescent Substance Abuse March 13, 2015. To register email dralph@bradfordhealth.net

Adventure Theatre MTC and artist Trish Glowacki announce the launch of **WARNING: Take Only as Directed**, a short film musical based on a personal tragedy that will serve to reduce parent and teen prescription drug abuse. The film is available free to download on the film's website at warningshortfilm.com.

STUDENTS PARTICIPATE IN DAY AT THE CAPITOL

DR. S. LYNN ETHERIDGE

On January 21, 2015 eight undergraduate psychology students along with two Alcorn professors from the Department of Education and Psychology attended a “Day at the Capitol” in Jackson, MS, to advocate on behalf of the Mississippi Counseling Association. The students and professors spent the day speaking with lawmakers about the issues that are important to the counseling psychology profession. At this time, counselors all over the state are asking lawmakers to change the current laws, in reference to potential insurance providers, which would allow people in this state more access to counselors. The students not only learned how to advocate for their profession, but also learned the process of lawmaking from members of the legislature. Specifically, Senator Albert Butler spent time with the students detailing the procedure for advocating and the law-making process. This service-learning activity gave the students the opportunity to see first-hand the process as they attended both the Senate and the House of Representatives sessions where they were recognized by both legislative groups.

“Service learning activities, such as these, provide the students with an opportunity to be an active participant in their learning. It is imperative that education go beyond the classroom to allow for a deeper understanding of the information being taught.” -Dr. LaShawn Thompson (Assistant Professor of Psychology)



Magee; Senator Albert Butler; Rachel Granderson; Kiara Hampton; Jeniqua Smith; Michael Riley and Rayford Mullins.

Alcorn State University students and staffers visited the Capitol on Wednesday, January 21, 2015, to lobby lawmakers like Senator Albert Butler, to support the Mississippi Counseling Association.

Standing left to right are: Dr. S. Lynn Etheridge; Dr. LaShawn Thompson; Alyssa Brown; Raven Stewart; Ari Anna

