

Issue 1 Volume 3

# KY Mental Health Counseling

April 01, 2019

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## *Introduction*

This is a comprehensive newsletter for the mental health counselors in Kentucky. The updates, notices, and personal reflections are comprised from current legal statutes, current and future opportunities in the field of mental health counseling, and personal stories and reflections of mental health counselors in the state.

Submissions by mental health counselors are welcome at any time. The next issue will be released on July 1st, 2019 and submissions will need to be made by June 15th, 2019 for review and consideration. We welcome notices of upcoming events within the state for mental health counselors, legislative concerns, and personal stories. Three major areas of interest are self-care, best practices, and personal stories related to growth and development within the field of mental health counseling.

Please submit your articles to [anna.settle@lindsey.edu](mailto:anna.settle@lindsey.edu); please include a photo of yourself and short bio to be featured with your submission.

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## *New January Board Approved* *Counselors*

Congratulations to all of our newly licensed clinicians! We all know the hard work and dedication it takes to make it this far!

- Rose Delgado Torres
- Clark Humble
- Thomas Peterson, Jr.
- Cassidy Campbell
- Emma Mattingly
- Kaleb Whitworth
- Brittany Bowling
- Sandra Boone
- Lacey Irvine
- Emaleigh Mendez
- Chasity Johnson
- Brittany Riggins
- Jennifer Nitz
- Andre Riddick
- Chris Jasper
- Elliott Keegan
- Shane Sheriff
- Dana Cristina
- Ashley Mitchell
- Ashlee Heeman
- Stephanie Gwinn
- Carey Williams
- Brittany Day
- Aimee Kidd
- Tiffany Mascoe
- Courtney Nickodem
- Halley Stamm
- Dawn Tedder
- Shannon McMillan
- Deborah Morrow
- Lisa Perkins
- Kendall Tapp

## *Spotlight*



KMHCA has launched its new website. You can find information about the organization, leadership, conference updates, divisions, membership, and newsletter by visiting the

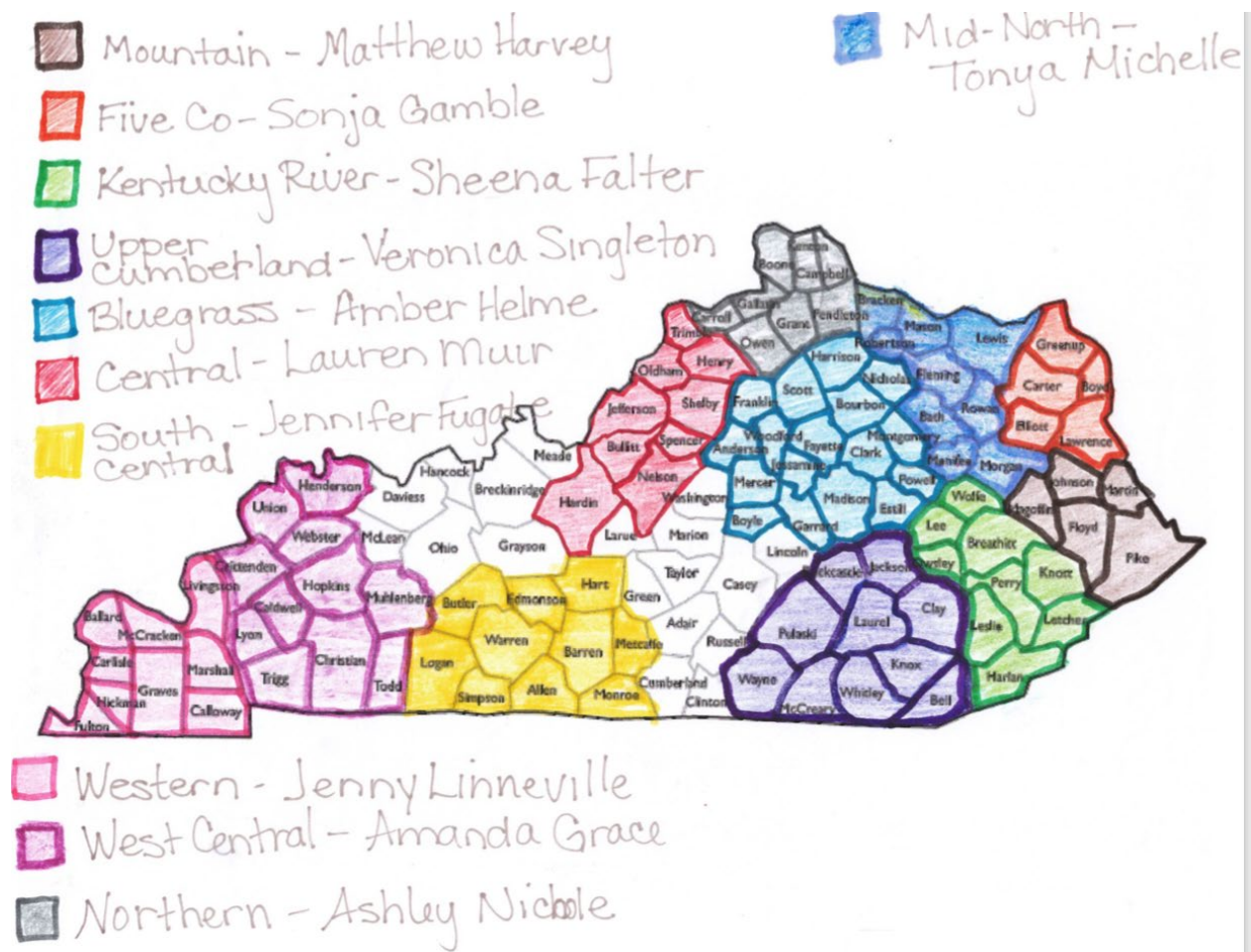
[KMCA Website](#)



Is there certain information that you would like to see in the newsletter? Follow this link to vote for what you think could be a valuable asset to the newsletter. [Vote Here](#)

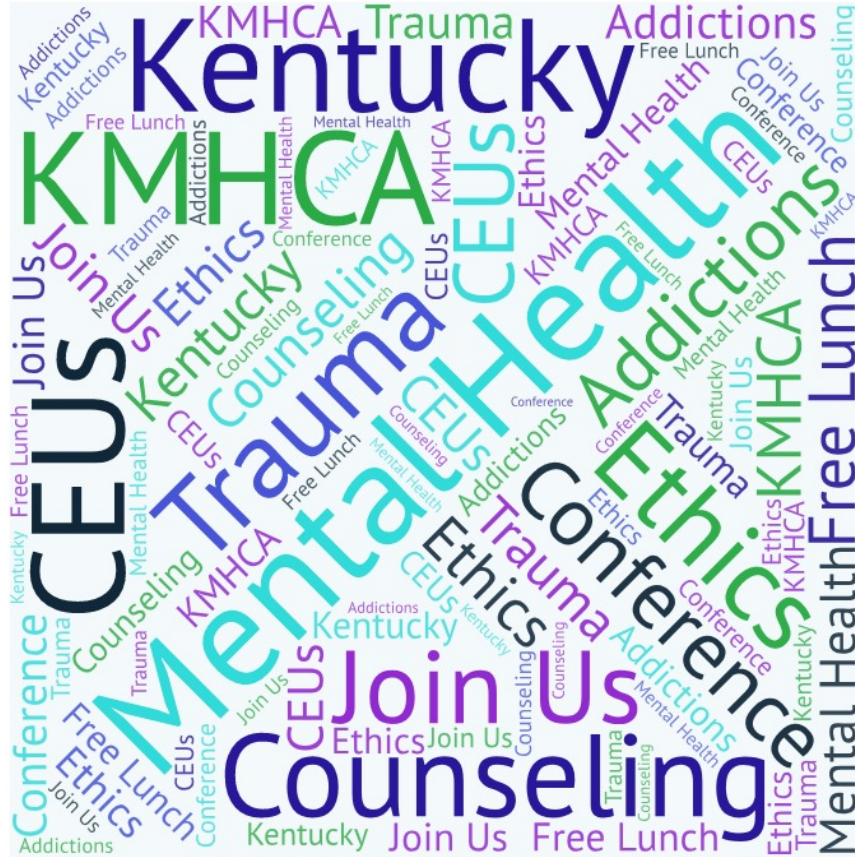
## KMHCA has regional divisions

Are you interested in becoming more involved within the counseling community? KMHCA is searching for members within each division. Officer positions are still available in many of the divisions. Please visit our [website](#) to find contact information for each division.



## Events

Join us for the Annual KMHCA Conference in



## Columbia, KY April 26-27, 2019.

The conference will be offering CEUs for mental health counselors. This year the conference is focused on Trauma and Addiction. All efforts have been made to provide quality workshops at an affordable price to its members and friends. In addition, KMHCAs is offering free lunch for both days. You can register for the event by using the following link [Conference Registration](#), or find out more information by visiting our [Website](#).



WEST KENTUCKY MENTAL HEALTH  
COUNSELING ASSOCIATION

# SPRING CONFERENCE 2019

Complex Family Dynamics  
**APRIL 12TH 9-4**

At Murray State, in Murray KY

## CO-PARENTING INTERNATIONAL W/ TAMMY AND JAY DAUGHTRY

For more information and to register for this 1-day  
training go to [www.eventbrite.com](http://www.eventbrite.com)

Tickets for WKMCA members \$60

Non-members \$75; students \$40



## **Divisional Chapter Updates**

**Central Kentucky Mental Counseling Health Counseling Association** is an active chapter that holds regular board meetings on the last Wednesday of the month in the Louisville area at 6pm. Lauren Muir is their president and Gina Resnek is their president elect. Their chapter covers Tremble, Oldham, Jefferson, Bulitt, Hardin, Nelson, Spencer, Henry, and Shelby counties. They hold elections every two years and it is scheduled for 2020. They are currently planning a Spring meet and greet and a Summer CEU Workshop.

*They currently have a position open for their Board Secretary.*

You can find and like them on [Facebook](#).

They have been diligently working to reactivate CKMHCA and are excited to announce that their website and official chapter launch will occur in April 2019! They are very excited and are very much looking forward to gaining members and working in collaboration with everyone!

**Western Kentucky Mental Health Counseling Association** has an active chapter that holds monthly board meetings and quarterly chapter meetings. The board meetings are held monthly on the third Tuesday of the Month at 6:30pm. Conferences are on a Friday from 9-4:30 (and include coffee, breakfast pastries, and Q'doba for lunch!). The socials start at 7 on Friday evenings. Jenny Linville is the president and Katrina Coffelt is their president elect. Their chapter covers Ballard, Carlisle, Hickman, Fulton, McCracken, Graves, Marshall, Calloway, and Livingston counties. They hold new elections every two years and also have positions that will be coming open next spring.

In addition to the amazing work this chapter is already doing, they are working on two major projects this year: They hope to improve their process for online membership

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renewals and registration for conferences/socials. Their second project is to grow the number of their attendees to their events (both socials and conferences) and are looking at partnership opportunities with Murray State. This would include getting board approval to offer CEUs for social workers which would attract social worker students from Murray State. They hope can accomplish this prior to their spring conference!

Their chapter host a spring and fall conference where 6.5 CEUs can be earned at each conference. The spring conference is held at Murray State Murray Campus and their fall conference is held at Murray State Paducah Campus In addition they hold summer and winter professional networking socials rotating between Murray and Paducah. What a great addition to the counseling community. Their Spring Conference will be on April 12 where you can hear from Co-Parenting International (out of Nashville) discussing complex family dynamics! You can learn more about and register for the conference at [Eventbrite](#) and search WKMCA

You can also look them up and add them on facebook by searching for West Kentucky Mental Health Counseling Association

***Green River Region Kentucky Mental Health Counseling Association*** is the newest chapter to be established. Their president is Dariann Updike. This chapter covers Washington, Marion, Larue, Green, Adair, Cumberland, Clinton, Russell, Casey, Lincoln and Taylor Counties. They just had their very first meeting which was held at Lindsey Wilson College in Columbia. They plan on holding their next face-to-face meeting in May and a web-based meeting in April. They are planning to have the meetings on Thursday evening at 6:00pm. The date has not been established. They have several positions that will be elected during their May meeting. In addition they are working to establish their by-laws and mission statement. This is an exciting time to join the Green River Region and be one of the founding members to help establish this chapter of KMHCA.



***South Central Kentucky Mental Health Counseling Association*** is an active chapter led by Jennifer Fugate. Their president elect is Hannah Coyt. This chapter covers Butler, Logan, Simpson, Allen, Monroe, Metcalfe, Hart, Barren, Warren, and Edmonson Counties. They are currently meeting on the fourth Thursday at Lifeskills in Bowling Green or the Warren Public Library at 5:30pm. Their meetings will be held on Mondays beginning in June. You can find this information and more posted on their facebook page by searching for South Central Kentucky Mental Health Counseling Association. Their next election is scheduled for February of 2020 and as of right now all of their officer positions are filled. Their latest agenda includes establishing quarterly "mini trainings" and an annual full day conference to be held in Spring 2020. They are also in the process of creating a website for their chapter. In addition, they are working on an LGBTQ conference in collaboration with KLGBTQC.

***Bluegrass Kentucky Mental Health Counseling Association*** is an active chapter led by Amber Hord-Helme. Their president elect is Matthew Fowler, LPCC-s. His term will begin in 2021. They are holding monthly meetings at Helme Family Counseling LLC in Versailles. Their current projects include a membership drive to grow the chapter as well as a needs assessment to determine what types of training and resources are needed in the area. They are also looking to host low-cost trainings available to the members of this chapter. You can find more information about this chapter by visiting them on Facebook in addition to their website.

***Five-Co Kentucky Mental Health Association*** is an active chapter that is currently being led by Kelli McCormick. She just took over this chapter and they just elected new officers for 2019. They include; LaKeisha Dennis- VP, John Bender- Secretary, and Mindy Pfau- Treasurer. They hold quarterly meetings at the ACTC campus in Ashland. Their number one focus is on growing and expanding their membership. They hold an annual conference and most recently is was held in October of 2018 and they plan on hosting

another one this fall. Stay tuned for updates on this! You can find out more about them by visiting them on their facebook page.

### **Focus On**

#### **Engaging Clients Following Overdose in Louisville, Kentucky**

By: Carson Economy, LPCC

Substance use disorders affect communities across the globe. In the United States, opioid use has reached epidemic levels. Research estimates that 2.5 million Americans meet criteria for an opioid use disorder (Saunders, McGovern, Lambert-Harris, Meier, McLeman, Haiyi Xie, & Xie 2015). Drug overdose deaths are the second-leading cause of accidental death in adults (Zaller, Yokell, Green, Gaggin, & Case, 2013). The Center for Disease Control and Prevention reported that between 2000 and 2016 opioid-related drug overdose deaths increased 200% (Knopf, 2016). Nationwide, Kentucky ranked in the top five for drug overdose deaths in 2014; reporting 24.7 deaths per 100,000 citizens (Knopf, 2016). As research has continued to investigate the impact of the opioid epidemic, deaths have increased. Between 2014 and 2015 drug overdose deaths in 30 states increased by 11.4% (Rudd, Seth, David, & Scholl, 2016). In 2016 alone, 63,632 overdose deaths were reported, an increase of 21.4% from 2015 (Vivolo-Kantor et al., 2018). Additionally, of the 63,632 drug overdose deaths, 66.4% of the deaths involved opioids (Vivolo-Kantor et al., 2018). Non-fatal overdoses are even more rampant and emergency room data has, until recently, been unavailable (Vivolo-Kantor et al., 2018). Between 2012 and 2016 ambulance responses to opioid overdoses and administration of naloxone increased by 75.1% (Cash et al., 2018). Emergency departments reported an estimated 92,000 ED visits for “unintentional, nonfatal opioid overdoses” in 2014 (Vivolo-Kantor et al., 2018, p. 279). Emergency departments provide an opportunity to intersect with those struggling with substance use and provide interventions to avoid additional overdoses

Centerstone Addiction Recovery Center in Louisville, Kentucky has partnered with the University of Louisville hospital system to provide rapid access to treatment and engagement with clients following an opioid overdose. Both Centerstone and UofL hospital have partnered through the state-sponsored Kentucky Opioid Response Effort (KORE) to provide immediate access to peer support specialists, mobile assessments by clinicians, and rapid access to treatment. Following an opioid overdose, nurses call Centerstone’s 24/7 Clinical Triage Center to report the opioid event. The Clinical Triage Center dispatches a certified Peer Support Specialist

to the emergency department to engage with the client following an overdose. Pending successful engagement and the results of emergency room triage, the client is either immediately brought to Centerstone Addiction Recovery Center and connected to services or admitted to the hospital. If the client is admitted to the hospital, mobile clinicians are dispatched to assess and refer to the appropriate level of care utilizing the ASAM Criteria. Centerstone Addiction Recovery Center utilizes a multidisciplinary team approach to engage and wrap services around clients. Counselors work with clients to assess, diagnose, refer to the appropriate level of treatment, and provide individual, group, family, and couples counseling. Centerstone Addiction Recovery Center, in partnership with the University of Louisville hospital, are delivering care that changes people's lives. More information can be found at <https://centerstone.org/locations/kentucky/facilities/centerstone-louisville-addiction-recovery-center/>

A list of references for this article can be found at [References](#)