

Issue 1 Volume 5

KY Mental Health Counseling

December 01, 2019

Introduction

This is a comprehensive newsletter for 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 March 1st, 2020 and submissions will need to be made by February 15th, 2020 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; please include a photo of yourself and short bio to be featured with your submission.

New 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!

- Jason Andrews
- Bonnijill Avery
- Sharon Baker
- Michael Bennett
- Andrew Biddle
- Sara Black
- Dionne Boone
- Laura Cassidy
- Emily Claybourn
- Corey Douglas
- Travis Drake
- Samuel Erickson
- Julie Fields
- Paige Flora
- April Gaskey
- Laura Hellman
- Rebecca Hopkins
- Leeza Hudson
- Angela Johnson
- Whitney Johnson
- Morgan Kinslow
- Nefertia Mason
- Rachel McAskil
- Stacye McQueen
- Kimberly Miles
- Nick Riemenschneider
- Jerrica Shannon
- Addis Shepherd
- Samantha Smith
- Margaret Mary Sweeney
- Katie Warner
- Charlotte Williamson
- Aryn Wright

Spotlight

KMHCA Five-Co would like to extend a warm thank-you to KMHCA President **Chris Griffith** for sharing his time, talent, and knowledge at their 2nd annual conference. KMHCA has some amazing talent within its leaders and members. It is truly amazing what we can accomplish when this talent is combined.



The [KMCA Website](#) can still be used to find out the most current information regarding the annual conference, membership, regional chapters and current staff members.

Letter From The President

On behalf of the KMCA officers and committee people we thank you for your support and attendance at our events and Annual meeting at KCA. We at KMCA have worked hard during the last two years to revitalize the organization and to provide you, the licensed counselors of Kentucky, the best organization that specifically represents your needs and concerns. One of the first actions of our executive committee was to establish a conference planning committee which led to the spring conference on campus at Lindsey Wilson College. In addition, we created membership and leadership committees to promote new member acquisition and assist the regional chapters. Through the work of our communications committee we have established a new user-friendly website. Membership dues can be paid there as well as scheduling and payment for the annual conference. This committee has also created the KMCA newsletter to keep all of our members informed. We have an active social media presence with a Facebook Page that garners multiple shares every week. Our leadership group has offered trainings throughout the state to benefit our regional Chapters and offer value to their members. Our organization is financially sound and our business status is up-to-date with all the necessary filings and documentation. The exciting thing is we are only getting started and we have a particular focus of developing leaders who will bring their own creativity and unique insights to the service of LPCs in Kentucky. This is a critical time to be a counselor in Kentucky and beyond. While the opportunities for growth and advancement are present and expanding, the risks and hurdles are also ever present. If you are licensed counselor in Kentucky, have been in the past, or will be

in the future we ask you to join your organization and become a member of KMHCA. As our numbers grow we will be able to add more services for you and strengthen our voice in opposition to those who may wish to infringe upon or restrict our work. This my friends and colleagues is the time in our profession which is best depicted by our state motto: United We Stand, Divided We Fall.

Divisional Chapter Updates

Five-Co Kentucky Mental Health Association will be holding elections in the first quarter of 2020. They held their 2nd annual conference in October and are actively planning their 3rd one for Fall 2020.

Green River Region Kentucky Mental Health Counseling Association is the newest chapter to be established. Their president is Dariann Updike reports that they continue to grow.

Western Kentucky Mental Health Counseling Association will be hosting a networking event on Friday January 24th at 7:00 in Murray KY at Big Apple for anyone that is interested in learning more about the organization and their division. You can find more details on their

Central Kentucky Mental Counseling Health Counseling Association is looking for new members and actively trying to grow their chapter. Lauren Muir is their president and may be contacted by [email](#) for any questions about the organization or membership.

They currently have a position open for a president-elect.

Events

- KMHCA's Annual Conference planning and preparation is underway. We hope to have a time and location by the first of the year. It will be held in early spring.
- *Irvin D. Yalom*, named ACA's keynote speaker at their 2020 conference in San Diego. The conference dates are April 16-19, 2020. You can find out more information on their [website](#).

Focus On - Advocacy At Work

THE LATEST NEWS FROM ACA

Legislation for Licensed Professional Counselors in Michigan Signed Into Law

Oct 30, 2019

HB 4325 clarifies that counselors can continue to diagnose and offer psychotherapy

Michigan Governor Gretchen Whitmer has signed HB 4325 into law—effectively protecting the scope of practice for licensed professional counselors and ensuring they retain the ability to diagnose patients and use psychotherapy techniques.

“This new law will ensure that more than 150,000 Michiganders can still access critical mental health care,” stated Whitmer. “And it will protect 10,000 professional counselors from losing the ability to practice as they currently do. We must continue to work hard to ensure every Michigander has access to critical mental health care, and this is a step in the right direction.”

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The bill signing comes after several weeks of a huge grassroots effort mobilized among concerned counselors and mental health organizations, including the American Counseling Association, to protest the Michigan Department of Licensing and Regulatory Affairs' proposed changes to redefine the work counselors are lawfully permitted to perform. While a decision from LARA is still forthcoming, today's bill signing eclipses any rule changes that would have been established by the Board.

In an effort to expand and clarify the scope of practice for professional counselors in Michigan, HB 4325 adds the term "clinical counseling principles, methods or procedure" to the scope of practice language. Other changes that the bill addresses include: requiring licensed counselors to seek continuing education courses. It also would allow people who have graduated with Master's or doctoral degrees to become counselors at 18 years old. Currently, the age requirement to practice is 21.

"This important legislation safeguards the ability of at least 10,000 of Michigan's LPCs to provide critical counseling services to the state's families, seniors, veterans, and children during this time in our nation when the mental health crisis is on the rise," said Richard Yep, CEO of the American Counseling Association. "We applaud Governor Whitmer for standing with the LPCs in Michigan and the approximate 150,000 citizens they serve each year."

ACA Celebrates The Mental Health Access Improvement Act of 2019 Reaching 100 Bipartisan Cosponsors

Dec 10, 2019

Due in part to your advocacy and support of The Mental Health Access Improvement Act of 2019 (H.R. 945), the bill today has a total of 100 cosponsors in the House of Representatives. Reaching 100 bipartisan cosponsors is a big step toward this bill moving forward to a vote. Thank you for supporting the American Counseling Association's efforts to get licensed professional counselors reimbursed through Medicare!

The Mental Health Access Improvement Act of 2019, which would improve access to mental health services and permit licensed professional counselors (LPCs) to be reimbursed by Medicare, has

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been introduced in both the House and the Senate. In the House, Representatives John Katko (R-NY) and Mike Thompson (D-CA) introduced the measure (H.R. 945). In the Senate, Senators John Barrasso (R-WY) and Debbie Stabenow (D-MI) introduced the bill (S. 286).

The fight isn't over yet! Due to outdated Medicare rules, licensed professional counselors across the country still cannot serve many clients who are disabled or are age 65 and over—and need the support of Medicare. If your legislator is not a cosponsor of [H.R. 945](#) or [S. 286](#), please continue to contact their offices to let them know that their support is vital to the success of this important legislation.