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FALL 2012

THE OFFICIAL NEWSLETTER OF THE NBCC FOUNDATION

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NDCC FOUNDATION

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NBCC Foundation Impact Study

"My work as a counselor in my rural area is just beginning; it is the journey of a lifelong commitment to serve the underserved." —Yolanda Renteria, NBCC Foundation Scholar

During the summer of 2012, the NBCC Foundation performed a study to evaluate the effectiveness of its military and rural scholarships and their impact on the

underserved. These scholarships were created in 2009 to increase the number of counselors in needed areas, with priority given to military and rural communities.



Scholarship

recipients, known

as Foundation Scholars, commit to providing counseling to military personnel or in rural areas for at least two years after graduation and to applying for the National Certified Counselor (NCC) credential prior to graduation.

Since the inception of this program, 32 scholarships have been awarded. Of those 32 recipients, it was anticipated that 22 had graduated since receiving their award. This segment of Scholars was surveyed to learn if they had met their scholarship commitments, how they are benefiting underserved populations as counselors, and their plans for the future. The response rate for this study was 82 percent.

Using data provided by the 18 survey responders, results showed that nearly 90 percent of this group had indeed reached graduation and 67 percent had applied for the NCC credential. Additionally, 78 percent confirmed that they are currently serving either military or rural populations, so far for an average of 1.5 years.

Military Scholars reported that they were giving back to our nation's finest through research, peer support, crisis work, skill training and symptom control, sexual assault response and the development of veteran resources. Rural Scholars stated they were currently practicing behavioral, family, employment, jail-based and school counseling in addition to advocacy work and mental health consultation in

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Number 2

Rand Study Aligns With Foundation's Military Priority

Invisible Wounds of War: Psychological and Cognitive Injuries, Their Consequences, and Services to Assist Recovery is a comprehensive study by the Rand Center for Military Health Policy Research that investigates the mental health needs of service members returning from Operation Enduring Freedom (OEF: Afghanistan) and Operation Iraqi Freedom (OIF: Iraq). This study is an available resource for all counselors working with this important community.

The study explores the unique psychological consequences of the OEF and OIF deployments, ones where many more service members physically survive situations that they would not have in past conflicts, but are left with invisible wounds directly associated with deployment. The study concentrates on the three most prevalent conditions: post-traumatic stress disorder (PTSD), depression and traumatic brain injury (TBI).

The comprehensive study offers four key recommendations:

- 1. Dramatically increase the number of providers who are trained to deliver evidence-based care, so that capacity is adequate for current and future needs.
- 2. Change policies regarding confidentiality, access and career impact to encourage active duty personnel and veterans to seek needed care.
- 3. Structure training, certification, payment and accountability so that proven evidence-based care is delivered whenever and wherever services are provided.
- 4. Invest in research to increase knowledge of effective care and to secure information to plan effectively.

The NBCC Foundation continues to provide scholarships in order to increase the number of professional counselors available to service members and veterans. To learn more, visit www.nbccf.org/programs.

Invisible Wounds of War: Psychological and Cognitive Injuries, Their Consequences, and Services to Assist Recovery, 2008, Terri Tanielian and Lisa H. Jaycox, Editors; The Rand Center for Military Health Policy Research; www.rand.org.

2013 NBCC Foundation Military and Rural Scholarships

The goal of the NBCC Foundation (NBCCF) scholarship program is to increase the number of counselors in priority underserved communities. The scholarship program is integral to the Foundation's mission to leverage the power of counseling by strategically focusing resources for positive change.

The priority underserved communities identified for the 2013 scholarships were military and rural populations. Five military and five rural scholarships were available in the amount of \$5,000 each. The military scholarship required recent military experience, and residence in a rural area was required for the rural scholarship. The scholarships were available to students enrolled in a CACREP-accredited, master's-level counseling program. The deadline for applying for the 2013 scholarships was November 1.

The NBCCF military scholarships provide financial support to service members and veterans who commit to serving military, veterans and families for a minimum of two years upon graduation. The rural scholarships support students living in rural areas who commit to serving rural populations upon graduation.

NBCCF will award the scholarships in February 2013.

For more information about the NBCC Foundation scholarships, please visit <u>www.nbccf.org/programs</u>.

The NBCC Foundation

The excitement of being a part of the NBCC Foundation is growing! The number of donors continues to increase, and repeat donors are the growing majority.



Overall retention rate since 2008: 39% Retained donors in FYE 2011: 43% Retained donors in FYE 2012: 59%

More and more NCCs are joining the NBCC Foundation as we bring counseling to underserved communities. As a result, scholarship amounts have increased and more communities have received grants to implement the Mental Health Facilitator training. That means more people get the help they need. Make the NBCC Foundation your foundation. Visit us at <u>www.nbccf.org</u>.

NBCC Foundation Impact Study

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rural areas. Scholars not currently serving the underserved due to unemployment, family transitions and the limitations of their current position offered plans for how they will be able to serve the these populations in the future.

From the study findings, the Foundation has concluded that the military and rural scholarships have a positive effect on the provision of counseling services to the identified priority underserved populations. In addition, there is room for improvement, particularly in regard to Scholars applying for the NCC credential, as well as supports for job attainment. The Foundation plans to conduct the impact study on an annual basis to determine the effectiveness of these and other scholarships.

Leave a Legacy Through Planned Giving

Planned gifts are gifts that anyone can afford. They are gifts that can provide hundreds of scholarships and capacity-building grants that promote counseling for years to come while also benefiting you and your loved ones. These gifts are popular because they can provide valuable tax benefits and/or income for life. Listed below are several ways that you can leave a legacy through a gift to the NBCC Foundation.

Is Catching On!

- Gifts through a will
- Charitable remainder trusts
- Charitable lead trusts
- Life insurance

- Retirement plans and IRAs
- Charitable gift annuities
- Real estate
- Gifts of stocks, bonds or other personal property

To learn more or to get sample language, visit our Web site at <u>www.nbccf.org/planned_gift/</u>. Executive Director Sherry Allen will be glad to discuss your philanthropic goals and to provide further information to you and/or your agent or financial advisor. E-mail her at <u>allen@nbcc.org</u>, or call 336-547-0607.

First NCC Impact! Reception Celebrates Gains

San Diego-based NCCs joined the NBCC Foundation in celebrating the impact of 50,000-strong NCCs at the first *NCC Impact*! reception held September 24, 2012, at San Diego State University (SDSU). The networking event was cohosted by SDSU's College of Extended Studies.



In a brief presentation about NBCC and Affiliates' work on behalf of NCCs, Dr. Thomas Clawson, NBCC's president and CEO, highlighted legislative gains, work with state boards, international development of the counseling profession, and the SAMHSA Minority Fellowship Program grant. Dr. John McCarthy, inaugural Chair of the President's Circle, emphasized the current and potential impact of the NBCC Foundation's scholarships and capacity-

building grants, and invited the NCCs to learn more about these programs.

At the end of the presentation, NCCs had the opportunity to provide feedback to NBCC and the Foundation. The responses were overwhelmingly positive and included the following:

"Thank you for coming out to San Diego. It's helpful to lessen the distance between California and the East Coast." "This was my first NBCC event, and as a student, I will definitely get involved in the future." "Sometimes I feel isolated in my work and it is great to get to be with other counselors and re-connect to mentors." "I have been an NCC since '97 and would be happy to assist with advocating for NCCs."

During the event, Dean Joseph Shapiro and The College of Extended Studies of SDSU received a plaque recognizing their support of NBCC's efforts on behalf of NCCs and the counseling profession. Dean Paula Cordeiro and the

University of San Diego's counseling program also received one recognizing their support of the NCC for graduate students.

"This reception reconfirmed all of my previous observations: NCCs are committed, dedicated professionals who work with a wide variety of clients who have a myriad of needs," says Dr. William E. Byxbee, Chair of the NBCC Foundation Board of Trustees. "It didn't matter whether I was speaking with NCCs with only a few years of professional experience or those who have been in the profession for 25 years; they all exhibited the same enthusiasm and desire to help as counselors."

The NBCCF Board of Trustees and President's Circle look forward to hosting future *NCC Impact!* receptions across the country. Follow these efforts on the Foundation Web site at <u>www.nbccf.org</u>.

Inaugural Chair of President's Circle Named



John McCarthy of Indiana, Pennsylvania, has been named the inaugural chair of the NBCC Foundation President's Circle, an elite group of volunteers appointed by the Board of Trustees to raise money for the Foundation through donor development and public promotion.

Dr. McCarthy is a past Chair of the Board of Directors of the Center for Credentialing & Education (CCE). He is a professor in the counseling department at Indiana University of Pennsylvania and director of the department's

Center for Counselor Training and Services, which offers professional workshops to undergraduates, graduate students and mental health professionals.

The NBCC Foundation Board of Trustees welcomes Dr. McCarthy and looks forward to supporting his efforts on behalf of the President's Circle.

2012 NBCCF SCHOLARSHIP RECIPIENT CLOSE-UPS



Tara Jackson is a

graduate of Fort Lewis College and is enrolled in Adams State College's master's in clinical counseling program. A single mother of two, Ms. Jackson is dedicated to her rural Colorado town of Durango, and has been for nearly 20 years. She currently interns with a local

mental health care organization serving young single mothers, local immigrant families and other members of her community in need, and she plans to continue her work there as a counselor after graduation.

Is there one experience that you've had as a volunteer/counselor/counselor-in-training that stands out from the rest?

Currently, I intern at the local acute treatment unit (ATU) where we have many clients who are extremely suicidal. One night in town, I saw one of the first clients I worked with, an elderly man. Being the small town we are, I often see clients outside of the professional setting and leave it up to them if they want to acknowledge our relationship. This man chose to come up to me and tell me, very appropriately and politely, that I changed his life forever. This had an impact on me, as I rarely know what comes of my clients after they are stabilized and leave the ATU. It was affirming that this work can be a benefit to people, and affirming of my skills.

What does becoming a National Certified Counselor (NCC) mean to you personally? Professionally?

I strongly support professional standards and becoming an NCC helps with this pursuit. Having lived in places where anybody can call themselves a "therapist," I feel it is important to educate community members about what those letters after our names stand for. Having professional standards ensures a common language, code of ethics and advocacy for the profession.

What impact has the NBCCF scholarship had on your life? What does it mean to you personally and professionally? How did you feel when you



Jeffrey Hensley is a

graduate of the University of Texas and is enrolled in the University of North Texas' master's in clinical mental health counseling program. Following his return from service in Iraq, Mr. Hensley sought the help of a professional counselor. This valuable and beneficial experience

led to a decision to join the profession of counseling so that he could help others as he had been helped. He plans to use his own military experience as a tool in counseling service members and veterans.

What are your short- and long-term goals as a professional counselor? For the community/ population you've committed to serve? For the continued growth of counseling as a global profession?

My short-term goal is to both advocate on behalf of veterans and to work with them in a clinical setting to help assure that their transition to the civilian world is successful. On a larger scale, I think that my work with Iraq and Afghanistan Veterans of America (IAVA) is an excellent way to meet this goal. On a more personal level, my experience with an internship that allows me to work directly with other veterans in a new and exciting therapeutic modality will help prepare me to achieve my long-term goal-to establish equine-assisted therapy as a first-line intervention for combat veterans dealing with everything from minor reintegration problems to fullblown mental health disorders. My hope is to contribute to developing the potential of equine-assisted counseling and adding to the empirical data supporting its efficacy in treating many presenting problems in a variety of populations.

Is there one experience that you've had as a volunteer/counselor/counselor-in-training that stands out from the rest?

My experience working with other combat veterans in the Horses for Heroes program has been one of the most rewarding of my professional life. I have seen first-hand the power of this modality to positively impact men and

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2012 NBCCF SCHOLARSHIP RECIPIENT CLOSE-UPS



Paula Davis is both a student and a graduate of Mississippi State University, where she is pursuing a master's in community counseling. Ms. Davis currently operates a nonprofit organization that mentors, educates and empowers women to excellence, and plans to expand its operations

to include a private practice targeted toward serving the needs of African-American women. She plans to carry out these goals as a counselor in Waynesboro, a rural community in Mississippi.

What led you to pursue a career in counseling?

The reason I chose counseling as my career is because I am a person who enjoys seeing people happy. I like helping people get to a comfortable spot in their life. It bothers me to see people struggling with anything, especially with life's problems. This is the main reason why I started Sista 2 Sista. This organization reaches out to young, inexperienced African-American women to help them become well-rounded individuals who, with the right tools, can thrive instead of merely survive in their communities.

What are your short- and long-term goals as a professional counselor? For the community/ population you've committed to serve? For the continued growth of counseling as a global profession?

My short-term goals are to complete my master's degree in mental health counseling and pass the National Counselor Examination for Licensure and Certification (NCE). My long-term goals are to open the doors of the first African-American-owned-and-operated counseling center for African-Americans with problems with marriage, family and substance abuse. I would also like to open a women's and men's life center to house women and men who need a structured environment while they are in treatment.

What impact has the NBCCF scholarship had on your life? What does it mean to you personally and professionally? How did you feel when you



Aaron Smith is both

a student and graduate of the University of New Mexico, where he is pursuing a master's in clinical mental health counseling. A Marine Corps reservist, Mr. Smith experienced several deployments and struggled with the challenges of military service. He has a particular interest in

treating post-traumatic stress disorder (PTSD), a problem he witnessed in many of his fellow service members. As a counselor, he hopes to provide relief for the military population dealing with the rigors of deployment and military life.

What led you to pursue a career in counseling?

Originally, my plan was to become a career enlisted U.S. Marine. After dealing with the stresses and anxieties related to life in the Marines for several years and moving into leadership/mentoring positions, it became apparent that what I really wanted to do with my life was help people. After some time overseas, my father sent me Viktor Frankl's *Man's Search for Meaning*, which introduced me both to existential analysis as well as my new career path.

What are your short- and long-term goals as a professional counselor? For the community/ population you've committed to serve? For the continued growth of counseling as a global profession?

As a master's student in clinical mental health counseling and an emerging professional, I have many short- and long-term goals for ... serving my fellow veterans in a counseling role. Having attended and presented at the Association for Specialists in Group Work National Conference, as well as the American Counseling Association National Conference in San Francisco, on how Logotherapy can be applied to treating militaryrelated PTSD, I have begun to appreciate how important these [experiences] are to my professional development. I wish to pursue a Ph.D. in . . . counselor education in order to teach counseling at the university level. I have had the pleasure of having several professors who were also veterans... and being able to foster the growth of

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2012 NBCCF SCHOLARSHIP RECIPIENT CLOSE-UPS

Tara Jackson

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learned that you'd won? How will you use the funds and award to contribute to your community?

This scholarship ... means I might not have to take another loan out to start up my practice in this small community. Finding out about the scholarship was exciting and I felt it was serendipitous, as I was just beginning to wonder how I would begin to finance starting my career. I am extremely grateful and flattered to have been awarded such a generous scholarship, especially at a time when many organizations are working with tighter budgets than in the past. I believe my unique experience of being a teacher, coupled with my education and training, will allow me to provide necessary services to the families in Durango, Colorado. Thank you!

Jeffrey Hensley continued from page 5

women who face the same challenges that I faced upon my return from Iraq. Having this opportunity has confirmed that this career choice was the right one for me. It has also enriched my experience in the University of North Texas' counseling program immeasurably.

What does becoming a National Certified Counselor (NCC) mean to you personally? Professionally?

Becoming a National Certified Counselor will be an enormous achievement for me professionally. It will add legitimacy to my standing as a mental health counselor by attesting to the thoroughness of the UNT program and demonstrating that I have the educational foundation to build a successful career. From a more personal standpoint, successfully becoming a National Certified Counselor represents a huge step in a journey that started three years ago—a journey of self-discovery and purposefulness in my life.

Paula Davis

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learned that you'd won? How will you use the funds and award to contribute to your community?

When I got the call that I had won the scholarship, I could not believe what I was hearing. I never dreamed as I was applying for the scholarship that I would actually get it. I plan to purchase books and supplies for my profession so that I can continue to educate myself. I also plan to donate some of the money to Sista 2 Sista to help continue to reach, teach and motivate African-American women. The impact that NBCCF scholarship has had on my life is astronomical because now I know the sky is the limit for me and my endeavors.

Aaron Smith continued from page 6

the student veteran population is very important to me.

Is there one experience that you've had as a volunteer/ counselor/counselor-in-training that stands out from the rest?

As a counseling student, I was still

under contract by the Marines ... and was asked to wear my uniform to present a cake on the Marine Corps birthday to the mayor of the city of Albuquerque for the annual cake-cutting ceremony. The local Department of Veterans Affairs hospital shuttled several inpatient U.S. Marines suffering with PTSD to the ceremony. During the ceremony ... several Marines broke down into tears and made impromptu speeches about how much their time in the Marines meant to them. Eternal comradeship was the focus of each speech, and it made me realize that even once my contract ended with the U.S. Marines, I still wanted to serve them as a mental health professional.

NBCCF Scholarship and Fellowship Calendar

2013 Military and Rural Scholarships

- Application period: closed November 1, 2012
- Awarded: February 2013

NBCC Minority Fellowship Program

- Application period: December 1, 2012–late February 2013
- Awarded: April 2013

2013 Global Career Development Facilitator Scholarships

- Application period: May–July 2013
- Awarded: October 2013

Human Services-Board Certified Practitioner Scholarships

- Application period: November 1– December 20, 2012
- Awarded: March 2013

Visit us at the NBCCF booth at the American Counseling Association conference in March 2013 to learn about these opportunities and more.

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NBCC Foundation: Corporate Donors May 12 – September 14, 2012

Center for Credentialing & Education (CCE)

NBCC Awarded Minority Fellowship Grant

The National Board for Certified Counselors. Inc. and Affiliates (NBCC) was recently awarded a Minority Fellowship Program (MFP) grant of \$1.6 million by the Substance Abuse and Mental Health Services Administration (SAMHSA). The federally funded MFP was created 40 years ago to increase access to culturally and clinically appropriate care for underserved minority populations with mental health or substance abuse disorders through doctoral fellowships. After years of advocacy for counselor inclusion, NBCC was successful in opening the SAMHSA Minority Fellowship Program to the counseling profession. The NBCC Foundation will administer the NBCC Minority Fellowship Program by building on its success in providing master'slevel scholarships for counselors in training.

SAMHSA issued a Request for Applications in April 2012 adding counselors to the program. The NBCC Foundation supported NBCC's response to this request, which resulted in the grant award after a competitive process. NBCC received broad support for its application from national organizations important to counseling: the Council for Accreditation of Counseling and **Related Educational Programs** (CACREP), the American Counseling Association (ACA), the Association for Counselor Education and Supervision (ACES), Chi Sigma Iota (CSI), the American Mental Health Counseling Association (AMHCA) and the National Association of Alcoholism and Drug Abuse Counselors (NAADAC).

The NBCC Minority Fellowship Program (NBCC MFP) will strengthen the infrastructure that engages diverse individuals in the counseling profession and that



The National Board for Certified Counselors

"Over the past 40 years, SAMHSA has awarded funds to other mental health professions to help bring more minority professionals into positions of practice and education. NBCC has sought federal legislative requirements for many years so that counseling would benefit from new dollars set aside specifically for minority doctoral counseling students. This grant is really important because it immediately brings \$600,000 a year to support minority students in CACREP doctoral programs. And we have to assume that this funding will continue for decades, thus helping prepare over 200 quality doctorate-holding counselors by the decade."-Thomas Clawson, president and CEO, National Board for Certified Counselors and Affiliates

increases the number of professional counselors skilled in providing effective services to underserved populations. Working in partnership with related national organizations and accredited master's programs, the NBCC MFP will strategically promote and provide up to 24 fellowships to doctoral students in counseling. The fellows will obtain additional training in mental health and substance abuse, with specialty training in culturally competent service delivery. Fellows will provide

leadership to the profession through education, research and practice benefiting vulnerable underserved consumers. The fellowship program will further increase system capacity by providing online and conferencebased training to practicing professional counselors.

Two groups of seasoned professionals will provide guidance to the NBCC MFP. First, the Minority Fellowship Program Advisory Council (MFPAC) will be created to help select fellows and provide consultation to the program. The MFPAC will be comprised of experts in the profession of counseling who have experience providing mental health and substance abuse to underserved minority populations, and a public member who is a consumer of mental health counseling. The inaugural chair of the council will be Dr. Sandra Lopez-Baez, professor, counseling and educational leadership, Montclair State University. Secondly, the NBCC MFP will engage experienced doctoral-level counselors as mentors to support the fellows in their training and

leadership efforts.

The first application period for the NBCC MFP will begin in early December 2012, with awards made in April 2013. For more information, contact the NBCC Foundation at www.foundation@nbcc.org.

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New Board Members for NBCC Foundation

The NBCC Foundation Board of Trustees welcomes two new trustees. Joyce Morley and Greg Frazier will each serve a three-year term on the NBCC Foundation Board.



Dr. Morley is the CEO of Morley and Associates, Inc., where she provides coaching, consultation, therapy and other services. Dr. Morley also serves as a consultant for the Center for Creative Leadership and for the U.S. Department of Education, providing coaching, training and assessment services. She obtained her doctorate in counseling, family and worklife from the University of Rochester, in New York. Dr. Morley completed her master's in counseling education at the State University of New York at Brockport, and her bachelor's in elementary

Joyce Morley

education with a psychology concentration at the State University of New York at Geneseo. Dr. Morley holds several professional credentials, including the National Certified Counselor (NCC), the National Certified School Counselor (NCSC) and the Board Certified Coach (BCC).

Dr. Frazier is chief development officer for Community Connections of Jacksonville and president of The Frazier Group. He previously served as director of development for the Sulzbacher Center and as a priest of the Episcopal Church of the United States. Dr. Frazier completed his doctorate of ministry at The University of the South, in Sewanee, Tennessee, after earning his master's in divinity at Trinity Episcopal Seminary, in Ambridge, Pennsylvania. He completed his undergraduate studies in psychology and biology at the University of Georgia, in



Greg Frazier

Athens. Dr. Frazier holds the Certified Fund Raising Executive (CFRE) certification, is a master instructor for the Association of Fundraising Professionals (AFP) and currently chairs the ethics committee for the AFP First Coast Chapter.