



IOWA MENTAL HEALTH COUNSELORS ASSOCIATION NEWSLETTER

A Chapter of the
American Mental Health Counselors Association
www.imhca.net

In This Edition:

*Presidential
Report* pp. 1-2

*Ethics
Committee* p. 2

*Upcoming
Professional
Events* p. 3

*IMHCA Conference:
Past & Future* pp. 3-4

*Student
Corner* p. 5

*Legislative
Report* p. 6



Presidential Report

Cindy R. Boyle, MA, LMHC, NCC

Hello IMHCA Members,

After a successful annual conference with special keynote speaker Robert E. Wubbolding, Ed.D, plans are underway for our next conference. Thank you to all who attended and all of you who gave your time and expertise in putting together an informative and diverse group of presenters. Anyone who would like to share ideas or be on the conference planning committee please email Christy at the boardmembers@imhca.net account and use IMHCA CONFERENCE in the subject line.

IMHCA board member elections have wrapped up since the conference and we are pleased to have several new faces serving on our board. Joining the executive committee are: Kelly Wagner, our new president-elect, Dr. Carol Hinman, our new secretary, and Jim Wilwerding will be serving a second term as our treasurer. We also have some new and familiar faces serving as chairs for our standing committees. Cheryl Garland is continuing as chair of the Membership Development Committee, Kevin Petersen is acting chair of the Professional Standards Committee, Tracie Self has accepted the position of Ethics Committee chair, and Lisa Turner is chair of the Publications Committee so look for emails from her when it is time for the next IMHCA newsletter!

On the legislative front, during the last Iowa state legislative session, IMHCA partnered with the Iowa Association for



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Marriage and Family Therapy (IAMFT), to hire lobbyist Emily Piper. Many of you got the opportunity to meet Emily and ask questions when she spoke at the Annual Meeting during the IMHCA 2010 Conference. Recently Erik Oostenink and Jim Wilwerding met with the IAMFT board to explore the possibility of once again sharing the expense of lobbying to ensure IMHCA has a voice at the state legislative level. While no one is clear how the new national healthcare legislation will filter down to the state level, I believe it is important to make sure Iowa LMHCs don't miss opportunities to have our voices heard and be recognized as professional providers no matter what changes are on the horizon.

Of course lobbying takes money. As the trustees of IMHCA members, the board is asking for your thoughts regarding lobbying on such issues as: amount of the budget we set aside for lobbying, specific goals or objectives for the legislative year, and other potential allies for LMHCs at the legislative level. Our next IMHCA board meeting will be at **9:00 a.m.**

September 18 at 722 Water Street, Suite 403, in Waterloo. All IMHCA members are always welcome and encouraged to attend board meetings.

I look forward to another exciting year as the IMHCA president. I'd like to see IMHCA pursuing some public service projects this October for Mental Health Awareness Week (10/4-10/10) so be forewarned you may be seeing a few emails requesting information/support coming through the IMHCA listserv as those dates approach. Anyone who is offering special programs/screenings that week, please let us know and we will post them on a special place on the IMHCA website.

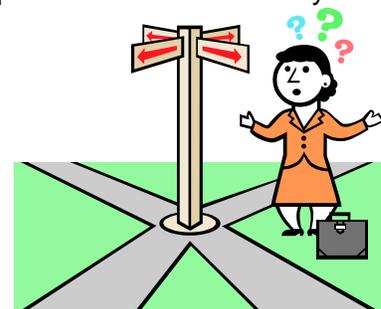
We have a great bunch of professionals serving on our board and as always I welcome input from our members. Please forward any of your questions, concerns, or comments to me at president@imhca.net.

Cindy R. Boyle,
IMHCA President



Ethics Committee

An important, and too often under-examined, aspect of mental health counseling is negotiating a variety of ethical issues. The Ethics Committee invites ethical issues or situations to be discussed by the committee. The EC also would like to share information via the IMHCA newsletter regarding issues of a broad interest. If you have an experience and resolution you'd like to share with the membership, we'd love to know. It should be noted that this is an educational tool only. Answers to questions will not be considered an official IMHCA position or advice, but rather as a tool to help promote professional discourse and options for working ethical decision making models.



Please send any questions, comments, or ethical dilemmas to:
Tracie Self, Ethics Committee Chairperson, IMHCA
She can be reached at: tracie.self@iavalley.edu

It is the goal of the Ethics Committee to continue to support annual ethics CEU opportunities as well as encourage our members to learn more about and feel comfortable in the application of our code of ethics. ◆



Upcoming Professional Events

31st Annual Summer School for Helping Professionals (ASSHP)

Webpage: <http://www.education.uiowa.edu/asshp/>

Contact Information: Jo Dickens, , jo-dickens@uiowa.edu

August 2-5, 2010 The University of Iowa Iowa City, IA

IMHCA 1st Annual Golf Outing (4 person best ball event)

September 10, 2010 Check-in 8:30, Tee-off 9:00 a.m.

Rolling Hills Golf Course, 615 Hwy 28, Norwalk Iowa

All IMHCA members, family and friends are welcome to attend!

Cost: \$40 per person, includes golf, cart, lunch; \$12 lunch only

Questions? Contact Isabell Lewis @ 641-753-0959

or Jim Wilwerding @ 515-771-1847

Download
flyer/registration
form at the events
page at
www.imhca.net



IMHCA Board Meeting 9:00 am

Saturday, September 18, 2010

722 Water St, Suite 403

Waterloo, IA.

IMHCA ANNUAL CONFERENCE:

Past and Future

Planning is already underway for the IMHCA 2011 Annual Conference. As usual the conference planning committee is looking at dates in late Spring. For the last two years the Annual Conference has been held at the Holiday Inn at Merle Hay Rd in Des Moines. Since we have received positive feedback on that location, and in an effort to increase conference accessibility

and continuity, we are planning on once again utilizing this location for our 2011 conference.



Since IMHCA resumed its annual conference in 2007, we have seen a steady increase in conference attendance. This gives us both the opportunity and the incentive to continue to locate and present workshops and learning sessions by state, national and international counseling experts such as: Dr. Samuel Gladding, Dr. Vilia Tarvydas, and Dr. Robert Wubbolding.



As always the conference planning committee and the IMHCA Board welcomes input from IMHCA members about conference themes, presenters, dates, and topics. The next IMHCA board meeting takes place on September 18th, 2010 in Waterloo (see Upcoming Professional Events page). Dates and times for board meetings can also always be found at the



IMHCA website at www.imhca.net. If you are interested in sharing your ideas or would like to be more actively involved in the conference planning process please contact our conference committee chair by Christy at the boardmembers@imhca.net account

and use IMHCA CONFERENCE in the subject line.

We look forward to seeing even more professional peers and presenters, offering social and networking activities, including a variety of exhibitors and perhaps providing some offerings on mental health issues to the general public. See you in the Spring!



If you only have a hammer, you tend to see every problem as a nail.

- Abraham Maslow

When you come to the end of your rope, tie a knot and hang on.

- Franklin D. Roosevelt



Students' Corner

New Eyes by Jessica DeBoom

When I run across something multiple times in different areas of my life, like a name or a concept, I make it a point to take notice. This time it was a quote by Marcel Proust: "The real voyage of discovery lies not in seeking new landscapes but in having new eyes."

Let me explain.

Now that my summer classes are finished and I have some honest-to-goodness free time, I pulled up my mental list of things I've been meaning to do. This morning, I settled on putting together a scrapbook of a trip I took many years ago, a project I've started and stopped numerous times. As I sorted through pictures and memorabilia, I came across a compilation of travel quotes I had collected over the years. I paused to read through it. Although it contained many excellent quotes, Proust's really stood out to me.

Then this afternoon, I turned my attention to writing this article. I brainstormed for a while, trying to come up with an interesting topic about which to write. As I sat at my computer, my eyes began to wander around the room, in the general direction of one of my bookshelves. They landed on my copy of *Thriving: A Manual for Students in the Helping Professions*, one of the required texts for my Intro to Professional Counseling class. I grabbed it and started flipping through it for the first time since the end of the Fall 2008 semester. And there it was again – Proust's quote.

As I sat there, contemplating, I was reminded of something that was said the day I attended the group interview for admission into UNI's counseling program. Although I don't recall the exact words, we were told that the person who leaves the program will not be the same person who entered. At the time, I remember thinking that was a curious thing to tell us. It was such a global, certain prediction, yet stated in such a casual way. The idea was simultaneously exciting and terrifying. Was it a promise or a warning? As it turns out, it was both.

The students reading this who have just finished or are nearing the end of their program are probably nodding, knowingly.

For those of you just beginning your program, rest assured you will get lots of "new landscapes." You'll learn about counseling skills, interventions, diagnostic criteria, case conceptualization, and developmental and multicultural considerations, to name a few. And while all of those things are important, learning them doesn't actually change you. The change is much more abstract and occurs gradually, almost without notice. It requires students to take an honest look at themselves and the world around them, take chances and try new things, make new connections, and let the change happen. As a counseling student, that is how you get "new eyes."

Jessica DeBoom is the Student Member of the IMHCA Board, serving since 2009. She is pursuing a Masters Degree in Mental Health Counseling at the University of Northern Iowa. For questions or comments regarding the student section of the newsletter or other student topics/concerns, please contact Jessica at jdeboom@uni.edu.





On the Legislative Front

Erik Oostenink and Jim Wilwerding represented IMHCA at a joint meeting with the Iowa Association for Marriage and Family Therapy (IAMFT). Erik has provided the following details for IMHCA members' information. The IMHCA board will meet again on September 18, 2010 to discuss the outcome of this meeting and the future of the joint lobbying effort between IMHCA and IAMFT. Anyone wishing to share their thoughts or concerns or wishing to address the board at the next meeting should email me at president@imhca.net

*Cindy R. Boyle, MA, LMHC, NCC
IMHCA President*

Some of the goals are to increase access to providers, specifically with a couple of insurance companies (Principal/Coventry and Iowa Health Systems). This may be worked on legislatively as well as through both organizations meeting together with the state Insurance Commissioner. Principal often requires LMHC's and LMFT's to get supervision from an LISW, Ph.D. Psychologist, or MD. We have issues with the LISW part of the process.

Another legislative goal is to work on a Fair Practice Law. This would basically say that insurance companies would be required to accept groups of mental health practitioners by profession (SW's, MFT's, and MHC's). This would prevent insurance companies from discriminating against LMHC's and LMFT's and increase provider availability. We would still allow insurance companies to decide on credentials such as independent licensure and number of years of experience as we still want to ensure competent practitioners. Apparently, Oklahoma just put a law into effect saying something similar so we will try to model off of this. This will likely be met with resistance from the insurance lobby. We also would likely include Psychologists and Substance Abuse Counselors in this to ensure a strong coalition (SA would not be providing for MH, but for SA of course).

We also agreed to work on adding LMHC's to Medicaid. Emily did not think this should be very controversial and either will look to add it on to another bill or do a standalone. She will work with Amanda Ragan, Becky Schmitz, and Mark Smith on this. Although this would not affect us with Magellan, as we are covered by Magellan the same as SW's, it would improve opportunities for MHC's under IME with In-home Family Therapy under the CMH Waiver.

We also discussed the distaste for the term "temporary" in the licensure rules. We discussed how any changes to the terminology would need to come from the licensure board (my area now). We would want input from our membership as to what the terminology should be for the different tiers.

Also, related to access to providers, we would like to have stories from our membership of problems with clients or potential clients not being able to be seen due to provider panels being closed in their geographic areas or not being covered by providers in their areas. These stories can make a difference to legislators, particularly if they are military vets.

Cost wise, since we are looking at drafting new legislation, both the Fair Practice and the Medicaid area, the cost would be \$10,000 total or \$5000 for each organization. This would be payable at the end of the legislative session. We are planning another meeting after the state elections on November 22, 2010.

Report by Erik Oostenink