



Upcoming Events:

IMHCA Conference Monday, April 14, 2014 & Tuesday, April 15, 2014

IMHCA Golf Fundraising Tournament Saturday August 23, 2014 at 9am

IMHCA Board Meeting Saturday, February 1, 2014 at 9am

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LMHC's MUST Get Involved in Seeking Medicare Inclusion!

By Kacey Peterson, LMHC, IMHCA Government Relations Chair

EDITOR'S NOTE: All insurances tend to base their contracted professions and payment rates off of those established by Medicare. LMHC's are not currently included as contracted professionals by Medicare. With the developments cascading from the Affordable Care Act, we are at a point where LMHC's will be excluded from payment, and therefore excluded from job opportunities and more. It is imperative that we get involved at the grass roots level, send letters, emails, and other communications to our elected officials that we must be included as identified providers by Medicare.

As we approach the start of the 2014 Legislative Session, IMHCA is

once again encouraging mental health counselors throughout the state to voice their support of Medicare legislation covering the services of mental health counselors (MHCs) and marriage and family therapists (MFTs) under part B of the Medicare program, reintroduced on March 14, 2013 by Senators Ron Wyden (D-OR) and John Barrasso (R-WY). It has been communicated to IMHCA that Senator Grassley's office wants to hear from Iowa constituents about the need for him to co-sponsor the Medicare provider status bill

(now S.562). We are therefore urging counselors to contact Senator Grassley and ask him to co-sponsor S.562. A sample e-mail, along with background and justification for S.562, can be found on the AMHCA website and accessed through the following link: <http://www.amhca.org/news/detail.aspx?ArticleId=627>. E-mail correspondence can be sent through the Senator's website: <http://www.grassley.senate.gov/constituents/Copy-of-contact.cfm>.

A Letter from IMHCA's President

Hello IMHCA members! Please join me in giving a warm welcome to Chad Brownfield IMHCA Ethics Committee Chair and also to Jessica Volk IMHCA Student Representative. We are so excited to have them be a part of the board!

There are numerous opportunities for you to get involved with IMHCA. I encourage all LMHCs to reach out and become a part of increasing



Kristy Johnson

knowledge with our profession and the association that works hard on your behalf to serve the interests of Licensed Mental Health Counselors in Iowa.

- * Did you know IMHCA is in the social media? It's simple to join. Just go to our web page under www.imhca.net and click on the icons for Facebook and Linked In to stay updated on IMHCA news!
- * Save the date. Register for our annual conference 4/14/14-4/15/14 4800 Merle Hay Road Des Moines, IA 50310.
- * Save the date. Our 2nd annual charity golf
...continued on page 7



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Ethical Issues to be Aware of By Chad Brownfield, IMHCA Ethics Committee Chair

In the era of managed care, making efficient and good use of our time is paramount for being an effective counselor. Of course, the embrace of technology can aid in our efforts to be more efficient. Those efforts do come with additional responsibility. The transition to the 2013 American Counselor Association's (ACA) Ethics Code is certain to make this a point of emphasis. The 2005 edition already covered many aspects in that area, but many things have changed in the last seven years. For example, Twitter was not founded until 2006 and it is hard for some to imagine life without their 140 characters.

Security and privacy appear to be the most important technological issues at hand. In addition to other federal and state regulations, clients want to know their rights to privacy and confiden-

tiality are preserved. Counselors want to be sure that they are not unintentionally providing services that are unsecure. This can be of the upmost clinical importance when working with paranoid or psychotic clients, who may be less trusting of technological advances. [Kaplan, Wade, Conteh, and Martz](#) (2011) wrote on the legal and ethical issues surrounding the use of social media in counseling. This is an up to date and free publication available on the ACA website for counselors who are already using or are considering using more technology in their practice. Resources like this are important as some counselors find themselves in unfamiliar territory when using newer technology.

It is never too early in one's career to consider ethical dilemmas in counseling. In an effort to educate current members and engage students, the ACA has developed a Graduate Student Ethics Competition. Teams of either Master's or Doctoral level students with a faculty advisory can enter the competition. Teams will be provided case

It is never too early in one's career to consider ethical dilemmas in counseling.

scenarios and be graded on their responses for a chance to win a gift certificate and have their response published in *Counseling Today*. This is an excellent opportunity for students to engage in the ACA community, get a gift certificate, and begin their publishing career. I look forward to reading the winning responses and hope to see some teams from Iowa submit entries.

Is Your Practice Now a HIPPA Covered Entity??

Your practice may not have been previously considered a HIPPA Covered Entity because of your small size.

However, "size" has been removed from the requirements.

If you...

Furnish, bill, or receive payment for health care in the normal course of business

And you...

Transmit (send) any covered transactions electronically,

then you are now considered a covered health

care provider subject to new HIPPA requirements that became active September 23, 2013.

A (modifiable) Model Notice of Privacy Practices is available at <http://www.hhs.gov/ocr/privacy/hipaa/modelnotices.html>

The Student Corner: Benefits of IMHCA Student Membership

By Katie Blair & Jessica Volk , Student Representatives on the IMHCA Board

Beginning with our first graduate courses we hear about the importance of professional development. And while many things can support and foster the acquisition of skills and knowledge within the counseling profession, the benefits that come from professional organization affiliation can provide some of the greatest impacts and richest experiences. Annual IMHCA student membership is only \$15. With this modest investment you develop a professional connection with Iowa's only organization dedicated exclusively to meeting the professional needs of mental health counselors and their clients. Student membership benefits include:

- * Education that continues outside of the classroom.
- * Discounted rates for attendance at the IMHCA annual conference. Mark your calendars!! The next IMHCA conference is scheduled for Monday, April 14 and Tuesday, April 15, 2014.
- * Full access to the IMHCA web site including job board posts and information about supervision.
- * State lobbying efforts for legislation affecting mental health counselors.... support for YOU and your profession.
- * Quarterly newsletter (like this one) reporting on current issues.
- * Leadership opportunities within the Board, at the annual conference, with the annual scholarship golf outing, and more.
- * Scholarship opportunities.

We are the future of the profession and our time to get involved is now. Student membership begins a professional partnership with other Iowa mental health counselors; a partnership that we can carry into internship, supervision, and beyond. As fellow graduate students we write to encourage you to not only join the Iowa Mental Health Counselor's Association, but to find ways that you would like to get involved and make your voice be heard.

Upcoming IMHCA Scholarship Opportunities

This past August IMHCA held its first annual charity golf outing. Using proceeds from this annual event, beginning in 2014, the Iowa Mental Health Counselors Association will begin awarding four annual scholarships to association members. These scholarships include one \$500 academic scholarship to be awarded to a graduate student member and three IMHCA Annual Conference attendance scholarships (two will be awarded to any IMHCA member and one specifically for an IMHCA student member).

REQUIREMENTS FOR \$500 ACADEMIC SCHOLARSHIP:

- * Applicant must be a current student member of IMHCA.
- * Scholarship application.
- * One letter of recommendation submitted by a graduate-level faculty member within the student's program.

REQUIREMENTS FOR \$200 CONFERENCE SCHOLARSHIPS:

- * Applicant is a current member of IMHCA
- * Scholarship application
- * Letter of professional involvement including attendance at previous years' IMHCA annual conferences.

SELECTION PROCESS:

- * IMHCA board members will select scholarship recipients.
- * Length of membership and involvement will be considered for scholarships.

TIMELINE:

- * All scholarship applications must be submitted by January 15th.
- * IMHCA will notify scholarship recipients via email after February 1st.
- * Scholarship winners will be announced to the IMHCA membership as well as at the Annual Conference.

ALL COMPLETED MATERIALS SHOULD BE SUBMITTED TO:

- * nominations@imhca.net or sent via regular mail: Sue Heitshusen
7012 Sweetwater Dr.
Des Moines, IA 50320
- * Don't forget to mark your calendars for the Second Annual Charity Golf Outing scheduled for Saturday, August 23, 2014. For more information, please visit the IMHCA website or contact Donald Gilbert at new-life50021@gmail.com.

*Student and
IMHCA Conference
Scholarship
Applications Due:
January 15, 2013.*



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**In Iowa, contact Mike Husak, Community Relations Representative, at:
mhusak@woodridgecare.com or 641-691-5339**

Piney Ridge Center

Private Practice Impacts of the Affordable Care Act

By Carol Hinman, Ph.D., LMHC, Publications Committee Chair

I recently attended AMHCA's Webcast: Medicare & Obamacare Challenges for the Profession. The main presenter, James Finley, shared a great deal of information about the current and future possibilities for healthcare and the role of Licensed Mental Health Counselors. Here are a few things I feel are essential for LMHC's to be aware of:

As we are all aware, the next round of implementation of the Affordable Care Act occurs on January 1, 2013 when all Americans are required to have insurance coverage or pay fines. This has several impacts on Mental Health Counselors in Private Practice:

- * Since insurance policies are required to cover mental health and substance abuse care, thousands of lowans that did not have coverage previously, will now be eligible for your services.
- * Existing insurance companies are currently seeking to increase the number of contracted providers in order to serve larger number of clients. You may want to apply to insurance companies that previously

turned you down.

- * The Affordable Care Act offered loans for the creation of new insurance companies and six companies will be offering policies in Iowa. You may want to investigate which companies are offering services in your area and apply to contract with them.
- * The Affordable Care Act is focusing toward increasing integration of care. It may be to your benefit to increase your level of communication with your clients' Primary Healthcare Providers, i.e. send a letter indicating diagnosis.

On November 6, 2013, AMHCA released an announcement that the release of the long awaited rules for the implementation of the Mental Health Parity Law of 2008 is imminent. These rules are expected to be complex and will take some time to interpret and implement. However, they are expected to have a major impact on mental health care. This will be important to keep an eye on.

Finally, a brief encouragement to write to your elected representatives in Washington, DC to request inclusion of LMHC's as recognized providers in Medicare. This will have long-term effects on the continued ability of LMHC's to practice.

As you see by this newsletter, IMHCA is an active organization involved in the many processes that affect Mental Health Counseling in Iowa. Joining means that you will be informed, that your membership dues will be used to further the interests of mental health counseling, and that you will have opportunities to be involved.

Log on to <http://www.imhca.net/> to become a part of this active organization.



Iowa Mental Health Counselors Association

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Annual Conference

[conference details](#), [register today](#)

IMHCA Annual Conference

Monday, April 14, 2014 to Tuesday,
April 15, 2014

[View all upcoming events](#)

Welcome

Thank you for visiting our site! There are many resources for both IMHCA members and non-members. Follow the links to the left to learn more.

Are you a member? If so, please login to view your membership status and gain exclusive access to all areas of our site.

If you are not a member, please consider joining today! Membership is always open.

Thank you for visiting!

Member login

Username *

Password *

- [Create new account](#)
- [Request new password](#)

Message from IMHCA President, con't.

tournament 8/23/14 at Coldwater Golf Links 1400 S Grand Ave, Ames, IA 50010.

- * IMHCA board members/ members also partake in speaking engagements to colleges in the state of Iowa to increase knowledge of our profession. If you would like someone to speak to a certain population about IMHCA, please let us know.
- * Get involved to improve public policy. We urge you to contact Senator Grassley about co-sponsoring the Medicare provider status bill (S.562). Further information and examples are on our web page under Legislative News.

*Come
be part
of the
change*

- * Become a member. There are several benefits to you listed on our web page.
- * As a board, we meet several times throughout the year. The board welcomes you to visit, participate, volunteer, or become part of a committee at any time. We love seeing new faces at our meetings. Board meetings are held at New Life Counseling 225 NW School Street Ankeny, IA 50023. Our upcoming board meetings for 2014 are 2/1/13, 4/14/13 (at the IMHCA conference), 6/7/13 (tentative), 8/2/13, and 10/11/13. Our board continues to progress as two new committees have

been added to help meet the needs of our profession. Currently we have committees for the annual conference, ethics, membership, fundraising, and 501c3.

- * Browse our web page to see more exciting things happening within our profession and association.

By getting involved with IMHCA, and taking advantage of the numerous opportunities listed above, you too, can be part of this change. Together, we can make such a difference. I am excited to continue to serve as the IMHCA president; it has been a pleasure to see the impact the board, members, and LMHCs are making to help better our profession.

2014 IMHCA Conference

by Christy Johnston, M.S., LMHC

Our 2014 conference will be April 14-15 at the Merle Hay Holiday Inn. The title of the 2014 conference is "Innovative Strategies for a New Age in Mental Health". Our main speaker will be Gary Gintner, PhD who will be presenting on April 15, 2014 on the new DSM-5 which should be very helpful for all practitioners due to the upcoming changes. Other tentative topics include Spirituality-Integrated Psychotherapy, Hoarding, LBGQTQ-AA, Play therapy, Clinical Supervision based on personality assessment tools, Addictions in the military, Autism and Grief therapy. Ethics will be presented in the morning session on April 14, 2014. Remember 2014 is a licensure year and this will be the only chance to get Ethics prior to that through IMHCA.

We have sent out a Call for Proposals and also a call for Poster presentations so if anyone is interested in either of these things please contact Christy Johnston at cjohnston@broadlawns.org or (515)-256-0254. We have also had a couple exhibitors from last years conference already sign up for tables again this year, which is very exciting. We have also sent out sponsorship forms for help with conference costs. Online registration and early bird rates will again be offered this year.

We have three new people on our planning committee, three students from Drake so we are looking forward to some fresh ideas for the conference. We will have prizes again this year

so you won't want to miss out on that. So please watch your email/mailbox for the conference brochure to come out in January. Where else can you get Ethics, two lunches, two breakfasts, snacks, prizes, approximately 12 CEU's and quality networking time with other LMHC's in the state of Iowa for the low cost of \$130? Only at the 2014 Annual IMHCA Conference, that's where!

We look forward to seeing you all at our 2014 IMHCA Annual Conference.

*Call for
Proposals*

*Call for
Poster
Presentations*



Iowa Mental Health Counselors Association

The Iowa Mental Health Counselors Association is a chapter of the American Mental Health Counselors Association. IMHCA is the only organization dedicated exclusively to meeting the professional needs of mental health counselors in Iowa. Its sole purpose is to promote the profession of mental health counseling and the needs of our clients.

www.imhca.net

To contact the entire board, please e-mail boardmembers@imhca.net

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