



Upcoming Events:

- IMHCA Conference Monday, April 14, 2014 to Tuesday, April 15, 2014
- IMHCA Golf Fundraising Tournament Saturday August 23, 2014 at 9am
- IMHCA Board Meeting Saturday, October 12, 2013 at 9am

Inside this issue:

- Golf Fundraiser a Success 2
- Grandfathering for TRI-CARE to end 2
- Pro's & Con's of serving IMHCA 3
- ACA 2014 Ethics Code 3
- 2013 Leadership Conference Updates 4
- Opportunities to serve your IMHCA 5
- Golf Fundraiser Photos 6
- Gold Fundraiser Sponsors 7

IMHCA Wins First Ever AMHCA Grant

In 2013, the AMHCA Board of Directors approved a new budget item that established grants available to state chapters to enhance their development and functioning. The first ever grants were awarded to Iowa, Arkansas, and North Carolina in June. Although the amounts expected to be awarded were \$1,000.00, the AMHCA Board of Directors awarded \$2,500.00 to IMHCA.

IMHCA's application were for funds to support changes involving the IMHCA website at www.imhca.net and to support and improve IM-

HCA's involvement with the Iowa legislative process.

The grant money will support changes to the IMHCA website that will permit the Web Coordinator, a member of the IMHCA Board, to actively make timely changes to the website without the assistance of the web designer. This is anticipated to reduce the cost of the web designer's involvement and free future funds to be used in other efforts to build and enhance IMHCA.

The grant money will also support IMHCA's efforts to be actively involved in ac-

tivities of the Iowa legislature that impact LMHC's in Iowa. During the most recent legislative session, our chapter worked directly with our lobbyist and Representative Mark Smith to amend a bill that could have potentially hurt efforts for a national CACREP standard and allowed for diagnosing by individuals at a Bachelor's level. The bill did not become law, but serves as an indication of the need for IMHCA's active knowledge of and involvement in the work of the Iowa Legislature. This grant will allow us to continue this process.

A Letter from IMHCA's President

Hello IMHCA members. My name is Kristy Johnson and I am honored to begin my role as president of IMHCA starting July 1, 2013, with the term of 2013-2015. It has been an exciting and busy two months. The three main areas I have focused on as president thus far has been participating and gaining knowledge from the Leadership training and AMHCA's annual conference, facilitating my first board meeting, and working with the board on making our first annual golf tournament a success.

There are many outstanding board members who have worked together and accomplished a great deal. I would



Kristy Johnson

like to thank Kelly Wagner for serving as our IMHCA president from October 2010-June 2013. My hope is to continue to find opportunities for growth within IMHCA by getting our LMHC voices heard, increasing conference attendees, and striving towards

getting more LMHCs actively involved in IMHCA. Currently there are approximately 867 LMHCs in the state of Iowa and only 152 are members of IMHCA. As you know, 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.

I am enthusiastic about my new role and look forward to serving as your president. Please do not hesitate to contact me at president@imhca.net with any questions, comments, or concerns.



First Annual IMHCA Golf Fundraiser a Tremendous Success

Money was raised for one to two scholarships for graduate students for the 2014-2015 school year.

Our goal for next year is to raise enough for at least two scholarships for graduate students and two scholarships for continuing education at the IMHCA or AMHCA Conference.

The First Annual IMHCA Golf Outing was a wonderful turnout with a great group of golfers. Enough money was raised for one to two scholarships for graduate students for the 2014-2015 school year. A generous group of businesses and individuals sponsored the tournament, sponsored individual holes, and donated items for the silent auction (see the last two pages of the newsletter). The most popular silent auction item was a basketball signed by Royce White.

Prizes were awarded as follows:

Our 2013 Tournament win-

ners, the Micheal Joroengen chiropractic team, came in 11 under par. They took home the \$200.00 purse.

Longest Putt winner Nic Wagner won a Tiger Shark putter valued at over \$125.00.

Closest to the Pin winner Simon Gaheen won a basket of golf balls, a hat, and a gift certificate to Outback all valued at over \$120.00.

The Golf Fund Raising Committee has already started planning for next year's outing. It will be held at the Coldwater Golf Course on August 23, 2014 at 9:00 am. Our goal for next year is to

raise enough for at least two scholarships for graduate students and two scholarships for continuing education at the IMHCA or AMHCA Conference.

If you would be interested in serving on the committee for The Second Annual IMHCA Golf Fund Raising tournament, contact Don Gilbert at 515-964-5003 or newlife50021@gmail.com.

The IMHCA Board will determine the process for applying for scholarships and will announce this at a later date.

The board wishes to extend its appreciation to the work of Golf Fundraiser Committee co-chairs: Don Gilbert & Amy Mooney for their hard work in making this fundraiser happen.

TRICARE Grandfathering to end Dec 31st

If you meet requirements for becoming a certified TRICARE provider, applying will help current and future Mental Health Counselors.

Your efforts to become certified are wanted because AMHCA's opinion is that the qualifications developed for certification for TRICARE will be used as a model for certifying MHC's to provide services to Medicare beneficiaries. The more MHC's

who get certified for TRICARE, the more we demonstrate the value of the services we provide and our desire and willingness to provide them. This demonstration will help efforts to make sure that current MHC's who do not meet new certification requirements but who have the experiences needed to serve Medicare recipients need to be grandfathered in.

The grandfathering process for TRICARE will end on 12/31/2013.

The managed care support contractor for Iowa is UnitedHealthcare Military & Veterans (UnitedHealthcare). To apply to become a certified TRICARE provider or to learn if you qualify, go to UnitedHealthcare's website at www.uhcmilitarywest.com.

Pro's & Con's of Serving on the IMHCA Board

Past IMHCA Board members were interviewed at the IMHCA Annual Conference in Des Moines about the pros and cons of serving on the IMHCA Board.

The pros included two themes. First, serving on the Board makes you more visible both inside and outside of the association. You meet more people, make more personal and professional connections, and build your network of personal and professional support. Second, serving on the Board gets you into the nuts and bolts of the profession. You are exposed to

the legislative issues and have an impact on the process of the state House and Senate developing and voting on legislation. You have the opportunity to be involved in goal setting for the direction of the profession of counseling in the state. You are more aware of issues and concerns of the AMHCA and how these may impact those practicing mental health counseling in Iowa. You are a part of the process.

The cons were simple. Serving on the board means having yet another commitment to have to meet in an already busy life.

Without exception, every past member of the IMHCA Board stated they did not regret and, in fact, were glad to have had the opportunity to have served on the Board.

There are positions available on several committees.

Whether you are interested in serving as a voting Board member, serving on a committee, or just wanting to be more informed, you are always welcome to attend board meetings.

Prepare for ACA's 2014 Ethics Code

While we are still operating under the 2005 ACA Code of Ethics, the 2014 Code is under development. The IMHCA Board did submit comments during the comment period. The comment period is closed and the final revisions are under way.

The Knowledge Center on the ACA website offers ten easy to read interviews of members of the task force discussing ten changes in the code. These changes may require some adjustments that should be considered prior to the implementation of the 2014 code. The link for these interviews and for other information regarding the ACA Code of Ethics is <http://www.counseling.org/knowledge-center/ethics>

Briefly, the ten changes reviewed are:

- ◇ A shift from "clear and

- ◇ imminent danger" to "serious and foreseeable harm"
- ◇ Allowing a dual relationship (not of a sexual nature) when it is beneficial to the client, supervisee, student or research participant
- ◇ Addressing the needs of the terminally ill and end-of-life care, with special attention to the counselor's role in relation to changes in some state laws permitting assisted suicide
- ◇ A new focus on cultural sensitivity
- ◇ Explicitly giving counselors a tool to refrain from making or reporting a diagnosis if it is in the best interest of their client to do so
- ◇ The necessity of using interventions and approaches grounded in theory and/or have an empirical or scientific foundation and informing clients of the risks when not using such interventions
- ◇ The need to have a plan in place for assisting clients to transition to a new counselor or to obtain their records if the counselor leaves the practice, becomes incapacitated or dies
- ◇ Specific provisions addressing the use of current and anticipated future technologies in counseling practices
- ◇ The need to protect the confidentiality of clients who have died

"These changes may require some adjustments that should be considered prior to the implementation of the 2014 code."

2013 Leadership Training & AMHCA Conference: Highlights from Washington D.C.

By Kristy Johnson, IMHCA President

IMHCA President, Kristy Johnson, attended the annual Leadership Training in Washington DC on July 17th and 18th, offered by the American Mental Health Counselors Association. She also attended the AMHCA's annual conference, titled "Resilience, Transformation, and Advocacy". Erik Oostenink, Midwest Region Director and IMHCA member attended both as well.

There were two tracks this year at the leadership training. The new leadership track focused on 501 status for chapters, board development, and new chapter relations. Kristy found this track to be informative, as IMHCA was used as a working example in the 501 status breakout session. IMHCA is working to develop a foundation that will be classified as a 501c3 to assist in fundraising for charitable activities such as the golf tournament. The foundation will work to further develop scholarship opportunities, increase public awareness of mental health issues, and continue to further development of leadership within IMHCA.

Kristy Johnson received her Master's Degree in Mental Health Counseling from the University of Northern Iowa in 2004. She currently is a Licensed Mental Health Counselor, a National Certified Counselor, and a Certified Alcohol and Drug Counselor. Kristy has worked for Orchard Place for the last 7 years. Previously she worked at Orchard Place's Psychiatric Medical Institute for Children (PMIC), Iowa's largest PMIC which is licensed for 103 children. She provided therapy services and also served as the Substance Abuse Coordinator, and worked to get the program they created licensed with the Iowa Department of Public Health. Currently Kristy works on an outpatient level with Orchard Place; Child Guidance Center

The IMHCA chapter is growing with its leadership and moving in the right direction to increase awareness. The second track breakout sessions were attended by Erik Oostenink which included conference planning, hiring an executive director, and non-dues revenues.

The different state chapters in the Midwest Region had a breakout session to brainstorm together, swap information, and discuss the areas of growth and concern within each chapter. It was beneficial to hear where some states were with the success of their chapters. The Iowa Chapter seemed to be in the mid to upper range in regards to its functionality as a board and progress with bringing awareness to LMHCs.

Kristy was excited to present to the chapter presidents at the leadership training. She spoke of the success IMHCA had in receiving a \$2500 grant from AMHCA and what the grant would be used for. Being only one of three states receiving this first time grant, was a great honor to IMHCA.

Another highlighted area of the leadership training was that Kristy and Erik got to spend a day on the hill, speaking with Senator Grassley and Senator Harkin's offices', advocating for them to co-sponsor S. 1155, the "Rural Veterans Mental Health Care Improvement Act" which would encourage the VA to hire more mental health counselors. The other bill we advocated for them to co-sponsor is S. 562, adding mental health counselor services under part B of the Medicare program. It is important that we as LMHCs continue to advocate for these bills. Please help by writing a letter to our senators. AMHCA's website, <http://www.amhca.org/news/detail.aspx?ArticleId=627>, has detailed information about the Medicare bill and sample letters that can be used as guides for both of the bills we are asking the senators to help to co-sponsor.

AMHCA's annual conference titled "The resiliency, transformation, and advocacy" included a variety of speakers on a number of topics. The keynotes were on *The Righteous Mind: Why Good People are Divided by Politics and Religion* by Jonathan Haidt, PhD and *The Challenges of Reintegration Following Deployment* by William Brim, PsyD. The conference covered several areas such as trauma, changes in the DSM-5, neurocounseling, and resiliency, along with a variety of evidenced based practices.



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

IMHCA Board Members

- President Kristy Johnson
- Past-President..... Kelly Wagner
- Treasurer Don Gilbert
- Secretary Amy Mooney
- Membership Chair Veronica Saulog
- Conference Committee Chair Christy Johnston
- Ethics Committee Chairopen
- Government Relations Chair . Kacey Peterson
- Member-at-Large Jessica Romey
- Member-at-Large Marty Wallace
- Public Relations Chair/Website Coordinator ..
..... Heather Harris
- Publications Committee Chair . Carol Hinman
- Student Member Katie Blair
- Student Member Susan Heitshusen

Opportunities to Serve your IMHCA

Nominations Committee - Sue Heitshusen has been appointed to the chair of this committee. Other members would assist in working to better define roles on the board and strategically encourage nominees to positions who will best serve the association.

Membership Committee - A chair and members are needed to do outreach and marketing of the association to encourage further growth of the association.

Graduate Student Committee - Although there are two graduate student representatives to the board, this committee would work to provide communication and cohesion amongst graduate student programs in Iowa. There are many possibilities for what this committee could work toward including networking among students in different programs, options for

internships, and exploring job options. There may be opportunities to develop outreach projects as well to communities. Committee members are needed.

Ethics Committee - A chair and members are needed for this committee. This committee provides a sounding board to members who have ethical concerns as well as represents the board in looking for potential ethical conflicts for the board.

Conference Committee - This committee currently has a chair and several members as well. This committee develops the annual conference theme, seeks out speakers, and plans the details of the conference. This committee is definitely a working group and tends to be most active from September into the time of the conference with meetings held more intensely from September

through December until the flier goes out to Mental Health Counselors in December/January. We have historically had a strong working team and would welcome more input and members.

Marketing Committee - This committee needs a chair and members. The committee will be responsible to reach out to community organizations and seek out potential partnerships and sponsors. This could include advertising on their websites and sponsoring IMHCA events in exchange for advertising on IMHCA's website and receiving reduced prices for conferences and trainings. The committee could also look at strategic partnerships that would benefit the association with services and income such as liability insurance.

August 10
2013

Golf Tournament



Iowa Mental Health
Counselors Association



COLDWATER
GOLF LINKS



Golfers were sold mulligans by Jessica Romney, greeted by Kristy Johnson, and registered by Veronica Saulog



After some instructions from the Coldwater Link's Golf Pro, the golfers were off to golf 18 holes.



Each of the golfers received a bag with some extra golf balls and a couple of bottles of water



The Silent Auction included more than a dozen items/baskets





**Iowa Mental Health
Counselors Association**

Golf Tournament Sponsorship

Fundraiser for scholarship & mental health
education awareness



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