



WMCA Newsletter

Fall 2010

President's Message By Nina Perko

Welcome West Michigan Counseling Association members!

I hope this newsletter finds everyone healthy and happy. How was your summer? I had a fantastic summer of travelling, camping, and fun; I was not ready for the school year (including the stress and back pain) to start and the good summer-times to end. As we continue in the year, please remember to take care of yourselves! I know that as counselors we are so often helping others that we forget to help ourselves by relaxing and taking care of our own emotional stability! Read a book; garden; rake leaves; take a bubble bath; exercise, see a therapist, get a massage... whatever helps you relax make sure to do it. (I have a fantastic Chiropractor and massage therapist who pound away at my stress each month {<http://www.grchirospa.com>}. If you don't have one, I suggest looking into it! That is probably the biggest perk if you have MESSA health insurance!).



Another way to help with the stress is to **network with each other**. Your membership entitles you to the two main conferences and a Spring Banquet (a celebration of our scholarship winners and each other). Take advantage of these opportunities to network with each other and find a new resource or someone to commiserate with—talking helps work the stress out as well!

WMCA is an affiliate of the Michigan Counseling Association... membership in WMCA does not make you a member of MCA but I would suggest you look into becoming a member... they do a lot of lobbying for counselors around the state. I encourage you to join one of the state organizations so you can stay updated on the important happenings that could impact your job.

Lastly, as we get started on the upcoming year, I ask that if there is an issue or topic that you would like to see addressed, please let any of the board members know. This organization is for YOU. We want to provide a valuable experience so please let us know how we can improve and offer more value. Contact anyone of the board members. If you would like to be more involved in organizing or assisting with some of our events, we will gladly take the assistance as well. Again, look for any of the board members (we now all have name badges with our positions so you can't miss us at our events).

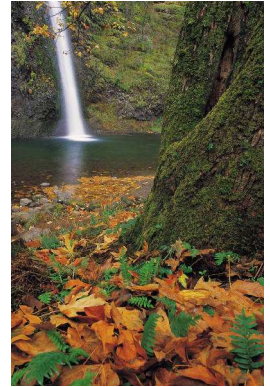
I look forward to seeing you at our upcoming conferences!

Nina Perko
Creston High School
Guidance Counselor
WMCA President, 2010-2011
616-819-3171
perkon@grps.k12.mi.us

A Message from President-Elect Laura Kuperus... ..

Join us for the 2010 Fall Program!

One of the benefits of a WMCA membership is the fall program, which will be held this year at Bethany Christian Services on Friday, October 1. As a board, we have been working hard to bring you a great day of learning and professional growth. I am so thankful to be the president-elect of such a wonderful organization! The WMCA board is made up of people from a wide variety of school and agency settings, and each one brings unique and important input and perspective to our meetings. We hope that the conference will be relevant and helpful to all of our members, from all job settings and counseling fields.



Several experts in the counseling field will share relevant information on a variety of topics. Representatives from several area agencies will share ways that they can provide services to our clients and students. In the afternoon, each attendee will have the opportunity to choose a topic to learn about and discuss that is applicable to his/her current job position. So please come to learn, grow, network, reconnect, and make new !



A Great Resource From the State... ..

Michigan CSI Michigan Cyber Safety Initiative

Protecting children from predators is one of my top priorities. Predators today typically use the Internet to befriend, seduce, and ultimately harm children. Shortly after I took office in 2003, I established a Child and Public Protection Unit and to date we have arrested more than 240 Internet predators who were seeking to harm Michigan children. Putting these criminals behind bars is not enough; we must also proactively combat the problem by educating children and adults.

The Michigan Cyber Safety Initiative (Michigan CSI) is an Internet safety education program with customized presentations for kindergarten through eighth-grade students and a community seminar. I have invited all public school district superintendents, intermediate school district superintendents, Michigan Dioceses, Homeschooling Michigan members, Michigan Association of Non-Public Schools members, and Michigan Association of Public School Academies members to participate in the Michigan CSI program through December 2010. Registrations are now being accepted. Encourage your school to become a leader in cyber safety education and to submit a Michigan CSI registration form as soon as possible.

Thank you for your interest in Michigan CSI.

Sincerely,

Mike Cox
Attorney General

For information about this program and to set up a presentation at your school go to:

Website: www.michigan.gov/ag or call Kimberly at 1-517-335-0855

Welcome New Faces on the Executive Board!!



Shanna Bell

WMCA Middle School Representative

As a member of WMCA since 2005, I am looking forward to this opportunity to take on a more active role as a Middle School Representative. I began my counseling career as a medical social worker at Spectrum Hospital before moving to a therapist role at Michigan Medical, PC. After five years in the private sector, I decided that it was time for a change. I took evening and weekend courses at Western Michigan University to supplement my MA in Counseling Psychology (Ball State University), with school counseling licensure. In 2005, I accepted a position as School Counselor at Crestwood Middle School in the Kentwood Public School system.

This school year starts my sixth year as School Counselor with Crestwood, and I couldn't be happier to be in this field. In the Spring, I coach the Crestwood Middle School tennis team. When I am not working I enjoy travelling with my husband, spending time outdoors and practicing yoga.

Judy Bouley

WMCA Middle School Representative

I have been with the Forest Hills school district for 11 years and I am currently a counselor at Central Woodlands 5/6 building. This has been a year of transitions for my family and me. Our youngest, Michelle, moved to West Lafayette to become a Boilermaker at Purdue University, leaving us empty nesters. We also moved the first week of school, what was I thinking? The three men in my life are my wonderfully understanding husband, Dave and my two sons, Jeff, a senior at Western Michigan University and Dan, a senior at Grand Valley State University.

One of my passions is fitness and I have been able to incorporate that into a variety of activities with my students. I have had the opportunity to get girls excited and participate in the wonderful program, Girls on the Run. Over the past 20 years I have taught hundreds of students, boys and girls alike, hip-hop, funk and Latin dance, which is the true love of my life, next to counseling energetic 5th and 6th graders.

I am deeply committed to understanding, educating, helping and healing those affected by addiction. A professional goal of mine is to establish a parent coalition in our district to address the topic of addiction, openly and honestly.

*We never know how high we are
Till we are called to rise
And then if we are true to plan
Our statures touch the skies
Emily Dickinson*

Katie Hagan

WMCA Elementary School Representative

I am currently a middle school counselor at Lowell Area Schools and have enjoyed my past two years in that role. I graduated from Aquinas College in 2004, with a Bachelor's of Arts in biology and was a member of the Aquinas women's basketball team for three years. I continued my education at Western Michigan University, receiving my Master's Degree in School Counseling in 2007. That same summer, I was hired as a counselor for two elementary schools in the Grand Rapids Public School district. Prior to taking my present job at Lowell. Besides counseling, I also coach one of Lowell's 8th grade girls' basketball teams and love spending time with my family and friends, and playing with her dog Lily Mae. I am excited about being a fully licensed professional counselor in November!

Katie and her husband Brent were recently married on September 18th. Congrats Katie!!!

Danelle Scott

WMCA High School Representative

I am a high school counselor at Caledonia High School where I have been for 2.5 years. Before that I was a high school government teacher at Tri County High School for 6.5 years. While there, I enjoyed coaching soccer and volleyball as well as officiating volleyball, which I still do on occasion. I am also currently working on my LPC and plan to be finished accruing hours by this summer. My husband and I live in Hudsonville with our two sons, who are three and six. In my free time I enjoy running and am currently training for the Grand Rapids Half Marathon in October.

WEST MICHIGAN COUNSELING ASSOCIATION

2010-2011 EXECUTIVE BOARD

The year in parentheses following each name indicates the year through which each elected board member will serve. Committee chair positions are appointed.

President:	Nina Perko (2012) Creston High School perkon@grps.k12.mi.us PH: 616-819-3171	High School Reps:	Connie Muller (2012) South Christian High School cmuller@schs.org PH: 616-534-8273
Past President:	Cara Harvey (2011) Forest Hills Northern High School charvey@fhps.us PH: 616-493-8605		Danelle Scott (2012) Caledonia High School scott@d@calschools.org PH: 616-891-0214
President Elect:	Laura Kuperus (2013) Kelloggsville Middle School lkuperus@kvilleps.org PH: 616-532-1575	Middle School Reps:	Shanna Bell (2012) Crestwood Middle School shanna.bell@kentwoodps.org PH: 616-915-8266
Treasurer:	Dave Witucki (2012) Northview High School dwitucki@nvps.net PH: 616-361-3434		Amy Zdanowski (2011) Greenville Middle School zdanowsa@greenville.k12.mi.us PH: 616-225-1000 ext 8303
Secretary:	Becky Turner (2011) Crossroads Middle School bturner@nvps.net PH: 616-361-3453	Elementary School Reps:	Judy Bouley (2012) Central Woodlands (Forest Hills) jbouley@fhps.us PH: 616-493-8792
Newsletter:	Sarah Gammans (appointed) Northview High School sgammans@nvps.net PH: 616-361-3434		Katie Hagen (2011) Lowell Middle School khagen@lowellschools.com PH: 616-987-2823
Membership:	Kelly Farkas (appointed) Kelloggsville Middle School kfarkas@kvilleps.org PH: 616-532-1575	Reps At Large:	Karyn Moulton (2012) Forest View Hospital karyn.moulton@UHSINC.com PH: 616-893-0936
MCA Reps:	Cecilia Skidmore (appointed) Third Coast Counseling Center ceciliaskidmore@hotmail.com PH: 616-331-6648	Student Rep:	Cindy Urban MSU Counseling Grad Student urbancindy@gmail.com
Website:	Shawn Bultsma (appointed) Grand Vally State University bultsmas@gvsu.edu PH: 616-331-6648	Historian:	Vacant (appointed)
		Advertising:	Vacant (appointed)

**West Michigan Counseling Association
Annual Fall Program
Friday, October 1, 2010
Bethany Christian Services Conference Center
901 Eastern Ave. NE
Grand Rapids, MI 49501**

- 8:00-8:30 Meet and greet, registration, breakfast provided by **WMCA**
Conference registration is free for WMCA members. If you are not already a member, you may join at the conference for \$25.
- 8:30-8:45 Welcome: **Nina Perko**, WMCA President
George Tyndale, Bethany Christian Services
- 8:45-9:15 Speaker: **Tim Gehrke**, Bethany Christian Services
Early & advanced impact prevention for at-risk families/students
- 9:15-10:15 Speaker: **Jeff Gorter**, LMSW, Crisis Care Network
Resiliency and Crisis Care
- 10:15-10:30 Break
- 10:30-11:30 Speaker: **Eric Klingensmith, PsyD**, Grand Valley State University
The Millennial Generation
- 11:30-12:15 **Roundtable Presentations:** Representatives from several local agencies will present about the services which they offer. Literature will be available.
- 12:15-1:00 Lunch provided by **Forest View Hospital**
- 1:00-2:00 **Breakout Sessions**--choose from the following topics:
Talking about grief, loss and crisis
Led by Hospice staff
Presentation and discussion about handling a crisis and being prepared with an effective crisis intervention plan
Counselor alphabet soup: what do all those letters really mean?
Led by **Shawn Bultsma**, GVSU
Discussion and Q&A about licensure, various counseling associations and memberships, and continuing education credits
Risky Behaviors: Detecting and Intervening
Led by **Gordon Greer**
Presentation and discussion about children and teens who are engaging in dangerous behaviors, including warning signs and ways to help

****RSVP to Nina Perko at PerkoN@grps.k12.mi.us by September 24****

Directions to Bethany: From I-196 west, take the College Ave. exit and go north on College.
From I-196 east, take the Ottawa Ave. exit. Turn left on Michigan and then left (north) on College.
Going north on College, turn right on the 2nd street north of I-196, Lydia St. Lydia dead ends into Eastern;
turn left on Eastern. Bethany is approximately ¼ mile down on the left side, 901 Eastern NE. Phone # 224-7550



Tools You Can Use!



This newsletter segment is for useful tools we can use with our students and/or clients. If you have something that might help the greater good please email to Sarah Gammans at sgammans@nvps.net

Studying for a Test:

- ◆ Make sure to bring home ALL necessary materials.
- ◆ Budget your time (better to study earlier in the day instead of late at night).
- ◆ Find a quiet, comfortable place where there are no distractions. (T.V., radio, siblings etc.).
- ◆ Get all study materials.
- ◆ If teacher has provided a study guide, begin with that. Concepts that are difficult, highlight if possible or write down for later study.
- ◆ Review materials again.
- ◆ Make up stories in your mind about the information to help you remember it.
- ◆ Ask someone to quiz you (preferably before 9:00 PM).
- ◆ Go to bed at a decent hour (lack of sleep causes memory loss).
- ◆ Eat a good breakfast the day of the test with some protein.
- ◆ If possible, review 10-20 minutes before the test so information is fresh in your mind.

Taking a Test:

- ◆ Close your eyes and take 3 deep breaths before beginning the test.
- ◆ Tell yourself that the test is important but that it is not the biggest deal in the world.
- ◆ If the beginning section looks difficult, go to an easier sections and come back later.
- ◆ Always review your answers, looking for careless errors (especially in math).
- ◆ Check for punctuation and usage and spelling if you have a written section.
- ◆ Be as neat as possible with your writing.
- ◆ Be as patient and as thorough as possible. Never leave answers blank.
- ◆ When a test is returned, try to review the incorrect answers so that you will know the correct ones next time.

**Also, if you do poorly on a test, talk to your teacher about reviewing whatever it is you are not understanding.*



WMCA Happenings!

Mark your calendars and save these dates!

- ◆ **October 1, 2010 - WMCA Fall Program**

8:00am to 2:00pm Bethany Christian Services Conference Center

See page 5 of this newsletter for details

- ◆ **February 22, 2011 - WMCA Mini - Conference**

7:30 am - 2:00 pm KISD Educational Service Center

- ◆ **April 29, 2011 - WMCA Spring Banquet**

KCTC Café—Watch future newsletters for details!

Other Happenings Around West Michigan

- ◆ **October 28, 2010 - ADHD and the Processing Disorders workshop**

Go to www.pesi.com for more information on workshop.

- ◆ **November 13-14, 2010 - MCA Conference 2010** *See page 9 for details*

- ◆ **March 29, 2011 - West Michigan National College Fair** DeVos Place

Please email sgammans@nvps.net with events around West Michigan that may interest our membership. I'll include them in future newsletters.



MCA Conference 2010

Navigating Uncertainty in the 21st Century: Leadership, Wellness, and Special Populations

Amway Grand Plaza Hotel, 187 Monroe NW, Grand Rapids, Phone #: 616-776-6400

Pro-D Institutes November 12; Conference November 13-14, 2010

REGISTRATION FORM

(Registration fee for the conference includes Saturday and Sunday continental breakfast and luncheon)

Name _____

Street Address _____ City _____ State _____ Zip _____

Home Phone _____ Email _____ Job Position _____

MCA Membership # (required for member rate): _____ Division/Chapter _____

Pro-D Institutes: Check one only. All are from 9am-3pm on Nov. 12 at \$75. Lunch on your own)

Play Therapy Counselor Supervision Career Counseling

Postmarked and Paid	By 10/30/10	After 10/30/10	
MCA Members (Regular)	\$150.00	\$250.00	_____
MCA Student Members*	\$100.00	\$250.00	_____
Non-members	\$225.00	\$250.00	_____
Pro-D Institute (Have you checked Pro-D above?)	\$ 75.00	\$ 75.00	_____
		TOTAL ENCLOSED	_____

As usual,
CEUs
will be
available

*Faculty advisor _____ University _____ Phone # _____
Faculty advisor's name, university, and phone number must be provided for student registration rate

Visa MasterCard Credit Card Holder's Name _____
Card # _____ Security Code** _____ Expiration date _____
***The Security Code (CVC2) is the 3 or 4 digit # on the back of your credit card*

Credit Card Holder's Signature _____

Mail registration form (with credit card information or with check payable to MCA Conference 2010) to: MCA Conference 2010,

MCA members, please list your Division(s) _____ and/or Chapter _____

Refund Policy: Cancellation requests MUST be made in writing by email or US post. Requests received by October 30 will incur an administrative charge of \$25; those received after October 30 but prior to November 10 will incur a further food charge of \$75 (a total of \$100) subtracted from the registration fees received. **NO REFUNDS AFTER THAT DATE.**

For more information or to inquire about special needs, email garrawga@udmercy.edu.

The Michigan Counseling Association does not discriminate on the basis of race, gender, age, religion, creed, sexual/affectional orientation, disability, or ethnic origin.



You Can Now Advertise Your Counseling Services Here!

Get the word out about your counseling services, seminars, or events through the WMCA newsletter. We publish electronically 3 times a year to 150+ members all over West Michigan.

RATES:

\$30 - business card size

\$45 - 1/4 page

\$60 - 1/2 page

\$90 - Full page

Prices will be pro-rated if placing an ad in less than 3 newsletters. Contact Sarah Gammans at sgammans@nvps.net to place your ad.

Photos, color logos, and artwork can be used!



See you at the Fall Program October 1st!