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The

WMCA Memo

West Michigan Counseling Association

President's Message

Danelle Scott
WMCA President

As the holiday season approaches I hope that you're able to spend time with family as well as get some rest to face the new year refreshed and recharged. As counselors we are often emotionally drained at the end of the day, week, month, etc... Remember to take some time for yourself so that you can continue to be useful to others. Here at WMCA we are hoping to help with the recharging of your professional batteries with the upcoming programing that we have planned in February and April of 2013. As always please feel free to drop me a note with suggestions for how we can best meet your needs. Take care of yourselves!

Wishing you a Merry Christmas and Happy New Year,

Danelle



What's the Point?

By Barbara Williams



Hello everyone! My name is Barbara, and I am the newest newsletter editor for the WMCA Memo. I don't usually take advantage of my position to write an "editorial" piece, but I feel compelled to add comment to the issue of BCBS paneling.

I admit it, I am one of Those People who are great at being concerned about an issue, but when it comes time to actually DO something, I drag my feet. For example, multiple pleas have been issued, both through this newsletter and in email blasts, for WMCA members to take up arms and let Blue Cross Blue Shield of Michigan know we are here and we are a force to be reckoned with. YEAH!! GO LPC'S!, right? Like many of you, I was fired up and ready to send emails to all my friends and family, BCBS administrators, state legislators, Wood TV 8, and anybody else that would listen. Right after I get done with a long hard week at work, and balancing my checkbook, and folding this one last load of laundry, and...and...and....

A big part of my procrastination is the thought that I am just one person, what difference could my voice have? Why should anyone care about my opinion? Then that familiar quote from Margaret Mead whispers in my ear:

"Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has."

Maybe it's true, my one voice won't make a difference. But it's not just MY one voice, it's hundreds, maybe thousands of people using their "one voice" to speak up, or to leave a voicemail message for one legislator, or to ask one friend or family member to send an email, that eventually turns the tide.

So, I stop worrying about what impact little ol' me can have, and I think about what one thing I can do to impact my corner of the world. Who knows, maybe my one voice will be the one that tips the scale and wins the day! Wouldn't THAT be cool?



Looking Back.....

Our last conference, held September 28th at the Prince Center at Calvin College, was a great success! Approximately 80 people attended and enjoyed a day of education and professional connection. The staff and students at Calvin College were gracious hosts, and many members have expressed positive feedback and excitement about the Winter Conference.



...Looking Forward!

**WMCA Winter Conference
Wednesday, February 13, 2013
Kent Intermediate School District (KISD)**

The WMCA Board is hard at work organizing the next conference. Craig Gray, from The Peacemaker Project, has been secured as a keynote speaker, addressing issues including bullying and ethical leadership. Here is a link to one of Craig's recent blogs that demonstrates his approach:

["The Leader, The Bully, The Bystander"](#)

Stay tuned for more information on other speakers and exhibitors that will be joining us!

Update on BCBS paneling efforts

Christine Nace, president of MCA, and the MCA Executive Board, is asking for help in reaching out to the Insurance Committee of the state's House of Representatives to support the paneling of LPC's by Blue Cross Blue Shield. Below is suggested verbiage you may choose to use when making your phone calls.

"As an LPC, a member of Michigan Counseling Association, a counselor educator, and an advocate for our profession, I am keenly aware of our qualifications to provide counseling services for those in need of mental health or other counseling services. However, I too am a BC/BS subscriber who could not receive services from another LPC under BC/BS's current agreement. What is the committee going to do about this issue?"

The chair of the committee is Pete Lund, and the Committee Clerk is Cath Petroskey. The phone number is 517-373-8538. Let's make our voices heard!!



Another way to get involved:

Consider joining the WMCA Executive Board; help with conference planning and execution; encourage colleagues to become members (only \$25 a year, which includes quarterly e-newsletters and admission to the Fall and Winter Conferences!

Contact Board President Danelle Scott for more information: scottd@calschools.org



Counselor Resources and Trainings



Save the Date!
 Michigan School Counselors Association
 Spring Conference
 May 2, 2013



*Accountable and Effective School Counseling:
 A Working Session for Principals and School Counselors*
 Washtenaw Intermediate School District

- Candid Discussion of School Code with the Michigan Department of Education
- Overview of Best Practices in School Counseling
- Data Driven Accountability Model for School Counseling
- Leave the Conference with a Principal/School Counselor Management Agreement and Tailored School Counselor Evaluation

Discounted Fees for School Counselor Teams that Include Principals

(Space is limited so register early!)

General Counseling Resources:
American Counselor Association
<http://www.counseling.org>
American School Counseling Association
<http://www.schoolcounselor.org/>

Evidence Based School Counselors Site
http://sharecisdbbc.ning.com/?xg_source=msg_mes_network
Find more resources at:
<http://www.wmca1.org>

Save The Date

Developing Healthy Kids
January 17th, 6:30-8:30 PM
 Rockford HS Auditorium
 4100 Kroes, Rockford
 Electronic Safety in the 21st Century:
 Texting and Driving, Sexting, and the
 Importance of Internet Safety
www.rockfordschools.org

**Forest View
 Breakfast and Learn**
2nd Wednesday of Every Month
8:00 a.m.-10:00 AM
 Kent Intermediate School District
 Education Services Center
 2930 Knapp NE
 Grand Rapids, MI 49546
 Check website for 2013 schedule:
<http://www.forestviewhospital.com/home.html>

WMCA Winter Conference
February 13, 2013
KISD
 More details coming in January!