

OCA

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COUNSELING
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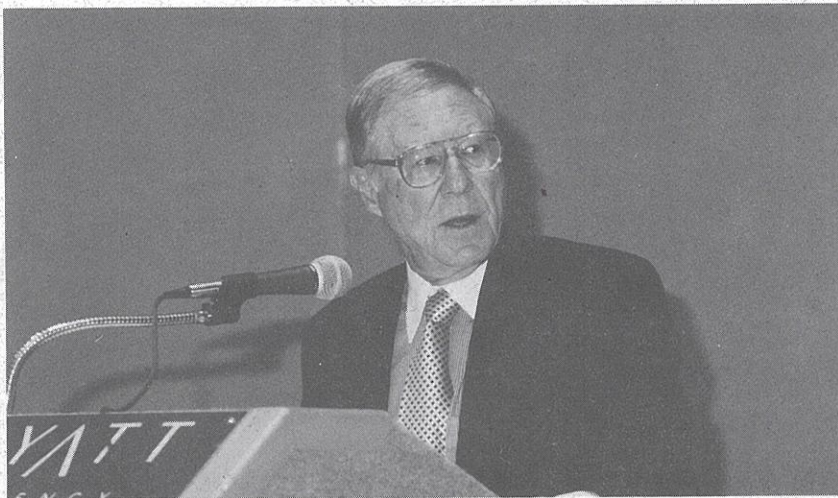
A Branch of the
American Counseling Association

GUIDELINES

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Glasser Keynotes AOCC

The opening session of the All Ohio Counseling Conference (AOCC) featured distinguished psychiatrist, lecturer, and trainer William Glasser, M.D. Glasser outlined the evolution of his theory, now referred to as "Choice Theory". For 25 years, Glasser has been traveling the United States and the world training practitioners in what he first called "Reality Therapy", later "Control Theory", and in recent times "Choice Theory".

"All behaviors are chosen," asserts Glasser. This premise is the basis

of his theory. According to Glasser, the client/patient is involved in unsatisfactory relationships and chooses behaviors that, from the client's perception, will propel him or her closer to others. An example used by Glasser is the acting-out child in the classroom. According to choice theory, the youngster is experiencing unsatisfying relationships, and to act out and receive negative attention is better than no attention at all. Thus, the young person "chooses" to act out.

Unsatisfying relationships is the only problem that humans have ever had, still have today, and will ever have, declares Glasser. All

relationship dilemmas take place in one or more of the following four categories: marriage, family, school, and work.

Improving relationships is the key to problem-solving, declares Glasser. For 2,000 years, humans have tried to achieve satisfying relationships and solve relationship problems by striving to control others. This struggle to control others only drives humans further apart. Unsatisfying relationships are the result of attempts to control others. Humans then proceed to implement a system of punishment. Glasser maintains that punishment never improves relationships. "Punishment destroys relationships," he contends.

"Choice theory is internal control," claims Glasser. His theory proposes that humans consider, "that what I do, don't do, say, or don't say will bring" two people closer together or further apart. Giving this concept consideration before speaking or acting is the primary element or tool in choice theory. Glasser will be illustrating this theory in its entirety in his new book, Choice Theory: A New Psychology of Personal Freedom, which will be making its debut in January, 1998.

Table of Contents

Glasser Keynotes AOCC
p. 1

From the President's Desk
p. 2

Awards Presented
p. 3

Call for Nominations
p. 3

Nichols Speaks at Luncheon
p. 4

Good News
p. 4

Standards for the Ethical Practice
of WebCounseling
p. 4

Morgan Decision Coalition Update
p. 5

Chapter and Division News
p. 6

From the President's Desk

Eileen Self, Ph.D.

Since the newsletter deadline is the day after the All Ohio Counselors Conference (AOCC), I am writing this at the conclusion of the conference. The 1997 AOCC is now history. This past year of planning was all worth it as "Counseling Skills for the New Millennium" presented over 100 excellent programs with over 900 in attendance. The keynote speakers and two national presidents were well received. I heard many positive comments and ideas for next year. I hope each attendee found a major part of the conference to be a beneficial professional experience.

Congratulations to all the award winners and thanks to everyone who participated in the AOCC. It was a pleasure to work with Jeannine Studer, Ed Whitfield, and Tim Luckhaupt. Hope you were able to stop by the OCA booth to see our new banner, brochures, and legislative directories.

Scott Hall and I attended the Midwest Leadership Conference in Omaha, Nebraska on September 24-27, 1997. The theme was "Branching Out -- Staying Rooted". Dr. Courtland C. Lee, ACA President, gave us an overview of the status of ACA and issues for the profession looking toward the year 2010. Afterwards, the Midwest Branch presidents met with him in a roundtable discussion to identify issues related to member benefits. He also reported on the Millennium Commission and asked for feedback on a governance restructuring proposal. Dr. Lee presented strategic planning principles, goals, and strategies developed at the Multicultural/Diversity Summit in August. The principles are that ACA:

- will foster an appreciation of diversity and multiculturalism and has an obligation to work toward creating conditions in which leaders and members are encouraged to engage in issues of multiculturalism and diversity.
- values and respects the development, recruitment, retention, and involvement of a multiculturally diverse membership.
- values and encourages professional counselors who integrate multicultural/diversity knowledge and skills into their practices.
- values and respects a joyful expansion of leadership that is

Guidelines

diverse across the membership and the practice of counseling.

A keynote presentation by Dr. Bobbie Davis, "Leading a Multicultural Organization", followed. Ohio has incorporated strategies to address many of these strategic goals.

Content sessions included mentoring, newsletters, conferences, ethics, and public policy/ legislation. Examples of intense legislative activity on a wide range of issues important to the profession were reviewed and included:

- Medicaid and Children's Health Insurance
- New Education Tax Breaks
- Individuals with Disabilities Education Act
- Perkins Vocational Education Act Reauthorization
- Medicare
- CHAMPUS
- Counselor Inclusion in Clinical Training Programs Administered by the Center for Mental Health Services
- Rehabilitation Act
- Confidentiality of Individual Health Information
- Higher Education Act
- Managed Care

Please check our web page for more information about these issues. Ohio will be the host site for the 1999 Midwest Leadership Conference.

On October 18, 1997, ACA voted to delete the following section of the Bylaws effective July 1, 1998: "Individuals who belong to ACA must also be members of at least one division or organizational affiliate. Members of divisions or organizational affiliates must be members of ACA". As a result, membership options will include

joining ACA only, joining one or more divisions only, and joining ACA and one or more divisions. Current options of the state branches will not be affected.

OCA completed action plans for 1997 - 1998 based on strategic issues and outcome goals identified by the Executive Council. A complete copy is available on our web page. Our membership is growing. We are reaching out and asking new licensees and students to join our association as we expand our member benefits. We are now at a record membership of 1309. "Thanks" to the 100 members who renewed last month and "welcome" to our 80 new members in October. We invite you to be an active participant in helping us to increase our visibility and stature. We will continue to invite all counselors to join as we strive to provide quality services to our members. Please continue to let us know your professional needs and check out the OCA web page!

Awards Presented

The Ohio Counseling Association is proud to announce the recipients of the 1996-97 OCA Awards. They are:

JANET THORNTON - Charles Weaver Award for long and distinguished service to the counseling profession and her exemplary caring for people.

DR. JEANNINE STUDER - Herman J. Peters Award for her exemplary leadership to the counseling profession.

KELLI JO MARQUETTE - Counselor of the Year Award for using OCA goals in provision of direct services, maintaining professional standards, and dedication to her job.

Guidelines



Elizabeth Brooks accepting Meritorious Service Award

MICHAEL MALY - Past President's Award for his outstanding service as president of the Ohio Counseling Association in 1996-97.

DR. DAVID K. BROOKS, JR. - Meritorious Service Award for his promotion of the counseling profession. As many of you know, Dr. Brooks devoted much of his life to the counseling profession as a teacher, counselor educator, writer, and champion of counselor licensure. Without his assistance and guidance, many of today's counselor licensure programs would not be in existence. His tireless efforts to educate and support those who could make licensure happen have improved the profession for many who chose this as their career. As counselors we would like to say "Thank you". Unfortunately, Dr. Brooks lost his battle with cancer before this award could be presented to him personally. His wife, Elizabeth, was able to accept the award at the AOCC and share in our gratitude for what her husband had done. In honor of the many contributions that he made to the counseling profession, the Executive Board of OCA has chosen to rename the Meritorious Service Award to the

Dave Brooks Award. Therefore, beginning with the 1997-1998 year awards, this award shall be known as the Dave Brooks Award for meritorious service and promotion of the counseling profession. Thank you, Dr. Brooks.

Call for Nominations for OCA Officers

Nominations for president-elect and treasurer are solicited from the membership until January 30, 1998.

The nominee for president-elect must have served on the Executive Council for at least one of the past three years. Both nominees must also be current members of OCA and ACA.

A letter of nomination must be sent to OCA, Heidelberg College, 14 Clinton Ave., Tiffin, OH 44883. The nominating committee of the Executive Council will select the finalists at its January 31 meeting. Ballots will then be spread to all members for election. The finalists assume office on July 1, 1998.

Deadline for the next Guidelines is February 1, 1998.

Nichols Speaks at Luncheon

Laughter as a means of making changes brings healing to people. This was Michael F. Nichols' well-received topic at the luncheon of the All Ohio Counselors Conference. Nichols' intent was to leave the audience with "a gift of laughter". He achieved his objective, as evidenced by frequent explosions of laughter.

Laughter brings about a biochemical, neurological, and physiological change within human beings. A pioneer in this field was the late Norman Cousins. Cousins found laughter to be good medicine in the healing of his illness. Since that time, practitioners have been researching laughter and the effects on the body and humans in general. Nichols outlined a connection between laughter and the improvement in body chemistry, moral atmosphere, improved team building skills, and assisting people to be more conducive to change.

"A sense of humor is not an inappropriate defense mechanism, but is not to be used as a weapon," asserts Nichols. Rather, he contends that a sense of humor is a way of looking at the world and what life deals to a person, giving him/her the ability to laugh at one's self. At times, humans need to have this ability to be better able to cope with life. Nichols maintains that when people laugh at something, they are better able to put the issue in perspective. Humorists can assist in achieving this goal, because a humorist describes the world in a unique manner, giving a different viewpoint to consider.

"When I grow up, I want to be a child," is a quote that Nichols cherishes and aspires to achieve.

Research reveals that adults laugh fifteen times a day. In contrast, children laugh 300 times a day. Nichols makes it a point to bring laughter into his life and to those he encounters. As well, he is generous in his praise of others, demonstrated by his imparting to the counseling audience that "What you're doing is 'so' important".

Good News!

Barbara Denny of Youngstown reports that Worthington Custom Plastics has made the decision to allow LPCCs and LISWs to be independent providers.

This is one of three companies she targeted recently asking that each organization help support her efforts. Within one week they changed their policy. "This is the first time my personal efforts with a large corporation paid off. I feel exhilarated!" says Denny.

Worthington employs approximately 780 employees in Salem, OH, and has about 28 companies nation wide.

Standards for the Ethical Practice of WebCounseling

Susan Norris Huss, Ph.D.

The National Board of Certified Counselors (NBCC) has made an attempt to create some standards for a new area of the counseling field that has the potential of doing great good for many people as well as the potential for doing great harm because it is so hard to regulate. This article will try to highlight important parts of that attempt to create standards.

The practice of WebCounseling is defined by NBCC as "the practice of professional counseling and information delivery that occurs when client and counselor are in

Guidelines

separate or remote locations and utilize electronic means to communicate over the Internet".

In addition to following the Code of Ethics of their profession, WebCounselors should consider the following issues. They are grouped into three major areas. The first area are those issues related to the technology itself and include:

- inform WebClients of encryption methods being used to help insure the security of the communications. Encryption methods should be used whenever possible. Potential hazards of unsecured communication on the Internet should be discussed if encryption is not available.
- provide links to websites of all appropriate certification bodies and licensure boards to facilitate consumer protection.
- discuss procedures for contacting WebCounselor when he or she is off-line. This means explaining exactly how often e-mail messages are to be checked by the WebCounselor.

The second group are issues that are basic ethical issues that need addressed by the counselor and when appropriate with client. These include:

- review legal and ethical codes for possible violations emanating from WebCounseling and supervision.
- review liability insurance to determine if the practice is a covered activity.
- review local, state, provincial, and national statutes as well as codes of professional organizations, professional certifying bodies, and licensing boards.
- follow appropriate procedures regarding the release of

information for sharing WebClient information.

- identify on the website those presenting problems believed to be inappropriate for WebCounseling. While there is no conclusive research to date regarding what these topics may be, it seems reasonable that it would include: sexual abuse as primary issue, violent relationships, eating disorders, and psychiatric disorders that involve distortions of reality.

The third area includes issues unique to WebCounseling because of the absence of face to face contact. These include:

- contact NBCC/CEE or the WebClient's state licensing board to obtain the name of at least one Counselor-on-Call within the WebClient's geographical area.
- also ensure that the WebClient is provided with local crisis intervention hotline numbers, 911, and similar numbers in the event the Counselor-on-Call is not available.
- since no definitive answers are known to questions pertaining to whether WebCounseling takes place in the WebCounselor's location or the WebClient's locations, WebCounselors should carefully consider local customs and laws regarding age of consent and child abuse reporting. NBCC recognizes the ever changing nature of WebCounseling and states that the code will change as information and circumstances not yet foreseen evolve. Also the standards are not to duplicate non--Internet-based standards adopted in other codes of ethics but are in addition to.

This is an area that will be ever evolving and extremely tricky in terms of ethical behavior. WebCounselors need to be extremely professional in their approach to this new venue for counseling.

Information for this article was taken from the NBCC website.

Morgan Decision Coalition Update

Michael Maly

Ohio Counseling Association has participated in a series of meetings of interested professional organizations, convened in May by the Ohio Council of Behavioral Healthcare Providers. The coalition has as its mission to devise and pursue a legal solution to the recent Ohio Supreme Court decision.

Our involvement has been out of serious concern over the new rule of liability for a broad class of mental health professionals, referred to as "psychotherapists" in the decision, who practice in Ohio. Counselors, among other mental health professionals, are charged with a duty to protect against and/or control the violent propensities of their clients, regardless of the setting in which they practice. "The psychotherapist must exercise professional judgment to prevent harm from occurring when s/he knows or should know that his or her outpatient represents a substantial risk of harm to others." The case revokes an Ohio statute which had provided immunity from liability for failing to disclose confidential information and any harm that resulted from keeping that information privileged.

As the law now stands, we are potentially liable for the unforeseen

Guidelines

violent acts of outpatients directed at unidentifiable third parties. The proposed draft bill, agreed upon in the October meeting, has the support of the coalition for its limitations on the broad duty to protect and/or control imposed by the decision, while still articulating a standard of care for professionals faced with the knowledge of a client's violent potential. We have sponsors from the Senate and the House, and the coalition is evaluating the strategy for introducing the bill.

The coalition has benefited from the active participation from leaders of all of the state associations representing psychology, psychiatry, social work, and nursing; the Ohio Counselor and Social Worker Board; the Ohio Department of Mental Health; Ohio Legal Rights Service; Alliance for the Mentally Ill of Ohio; the Ohio Association of Alcohol, Drug Addiction, and Mental Health Services Boards, as well as some local boards; and lobbyists and attorneys from the above named organizations. Ohio Counseling Association has been represented by Jean Whitney, Government Relations Committee Chair; Cynthia Snyder, Legislative Consultant; and Michael Maly, Past President.

As a related activity, the coalition has committed to work toward a statewide training event some time next year, and has formed a subgroup to be chaired by the Ohio Department of Mental Health. Jean Whitney will represent OCA in this activity, which is an excellent opportunity for the mental health professions in the state to collaborate further in a common cause. This effort supports OCA President Eileen Self's future initiatives to pursue areas of

common interest with our fellow professionals in the state.

Chapter and Division News

North Central Ohio Counseling Association

NCOCA held its fall meeting Monday, October 13, at the Holiday Inn in Independence. One of the highlights of the evening was the recognition of State Senator Grace Drake as "NCOCA Legislator of the Year". This award, presented for the first time, honored Senator Drake for her support of the counseling profession and broader health issues in the legislature. Alice Morgan, NCOCA Past President, and Audrey Waldman, Chair of the chapter's Government Relations Committee presented the award.

David Santoro, Ph.D., LPCC, was the featured presenter; his topic was "Solution-Focused Approaches to Working with Difficult Clients". Dr. Santoro, a former president of the Ohio Counseling Association, is a faculty member at Cleveland State University and is also in private practice.

Plans for the winter and spring program meetings are being finalized. Check the OCA Home Page after December 1st for details on upcoming events.

Ohio School Counselor Association

Issues concerning Ohio's professional school counselors and ultimately Ohio's students are still in flux as the State Board of Education and Ohio's legislative bodies continue to work on Learner Standards and laws pertaining to education in Ohio.

The Ohio School Counselor Association, under the leadership of

Terri Pregitzer and Jean Howes, is persistently working with state board members to consider a temporary pupil services license for school counselors. As there is a drastic shortage of qualified school counselors in Ohio, school districts are filling this gap by hiring individuals who do not have the appropriate education and qualifications. At the present time a temporary license exists for other education personnel, but not for school counselors.

At the time of this writing, other state legislation that OSCA is watching that impacts school counselors includes HB 477 which proposes that school counselors and school psychologists be issued an administrator's contract.

At the national level, on September 15, 1997, the Senate passed the Gorton Amendment to S.1021. This amendment proposes block grants that would result in a loss of funds for such programs as school-based drug and violence-prevention programs; student assistance programs, including counseling, mentoring, and peer mediation, etc. No similar amendment was included in the Appropriations bill passed in the House, H.R.2264. Currently both bills are pending until a final version of the bill is reached.

As a profession, we need to stay involved and informed. Updated information may be found on the OSCA web page: <http://members.aol.com/osca1/index.html>.

Ohio Association for Multicultural Counseling and Development

OAMCD held its 10th annual symposium on October 3, 1997, at the Ramada Inn East in Columbus, Ohio. Dr. Lewis Dodley was the

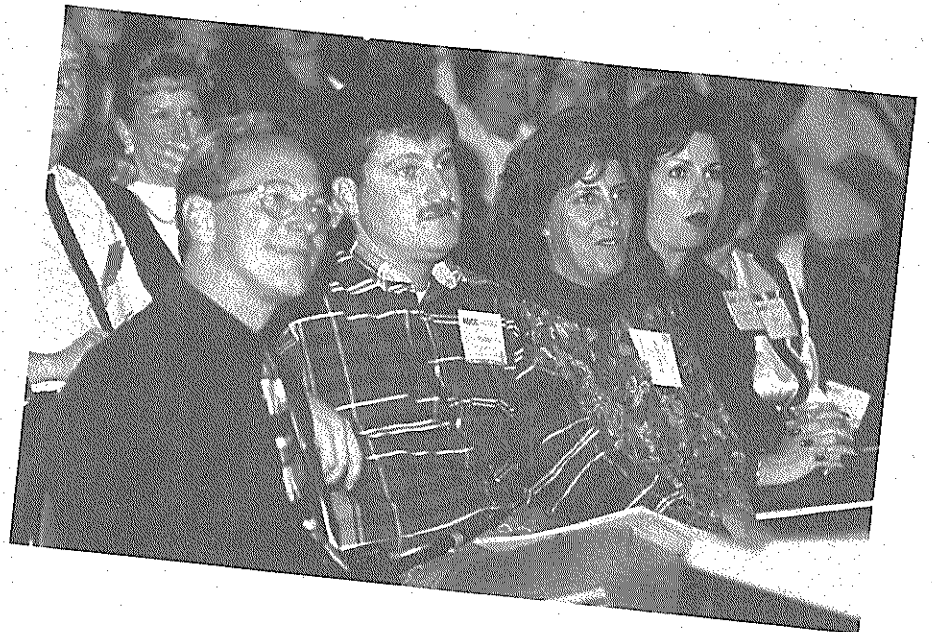
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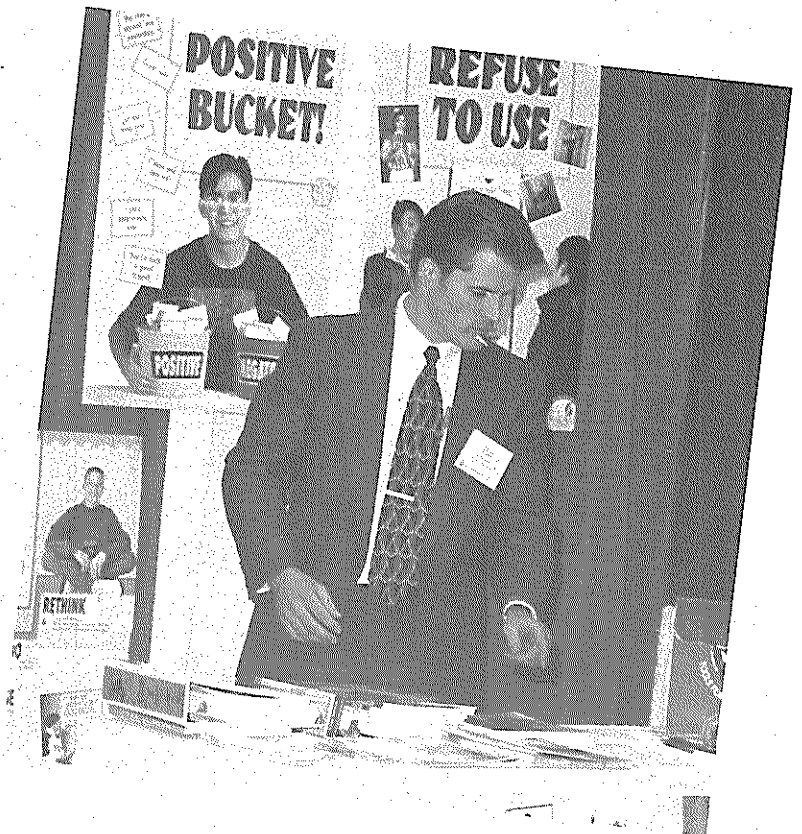
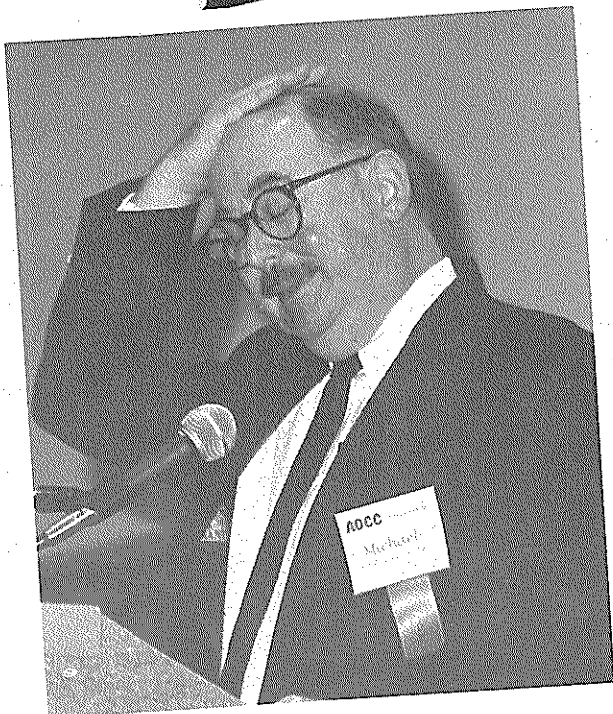
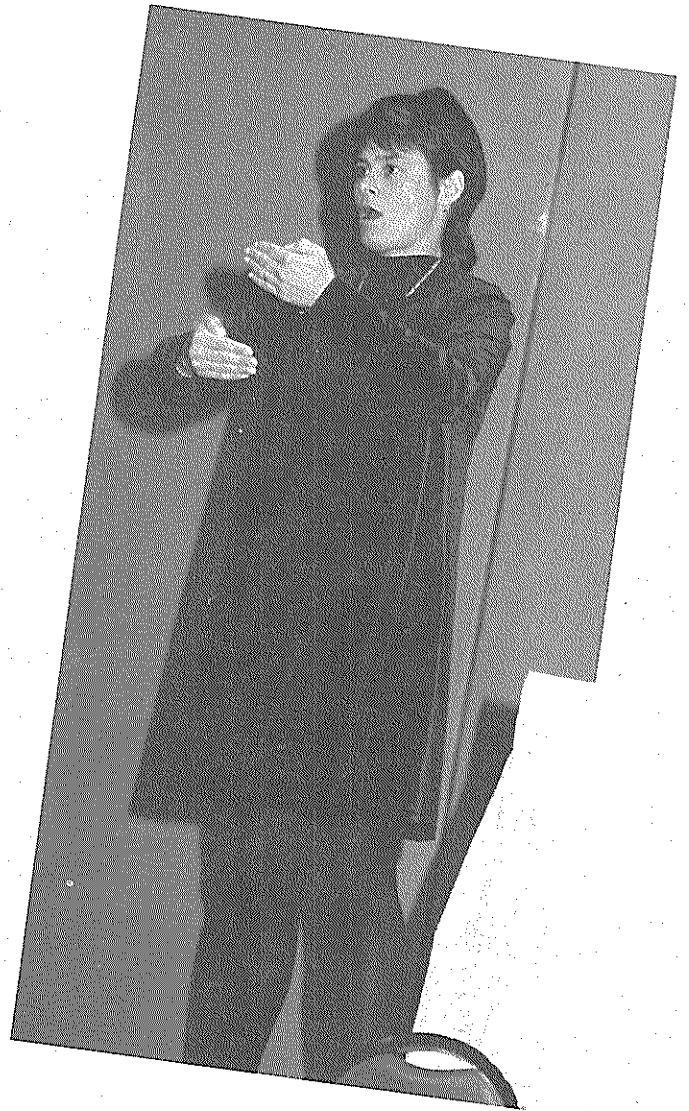
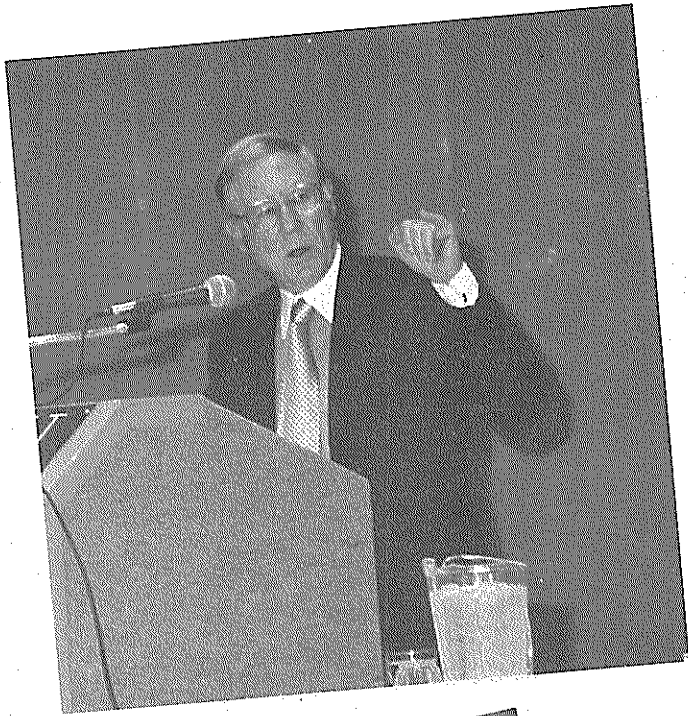
keynote speaker. He addressed issues of violence in our society and how it affects individuals with regard to gender, sexual orientation, culture, race, and ethnicity. Additionally, attendants were provided with the opportunity to attend the following workshops: "Moving From Violence to Peace: Designing Culturally Relevant Dispute Resolution Processes", "The Violence of Language, The Language of Violence", "Sexual Minorities and Multicultural Inclusivity", "Gay Affirmative Counseling", "Violence and the Juvenile", and "Conversation: Peace". Evaluations reflected that attendants felt the symposium was an excellent opportunity to obtain new information pertinent to the counseling profession.

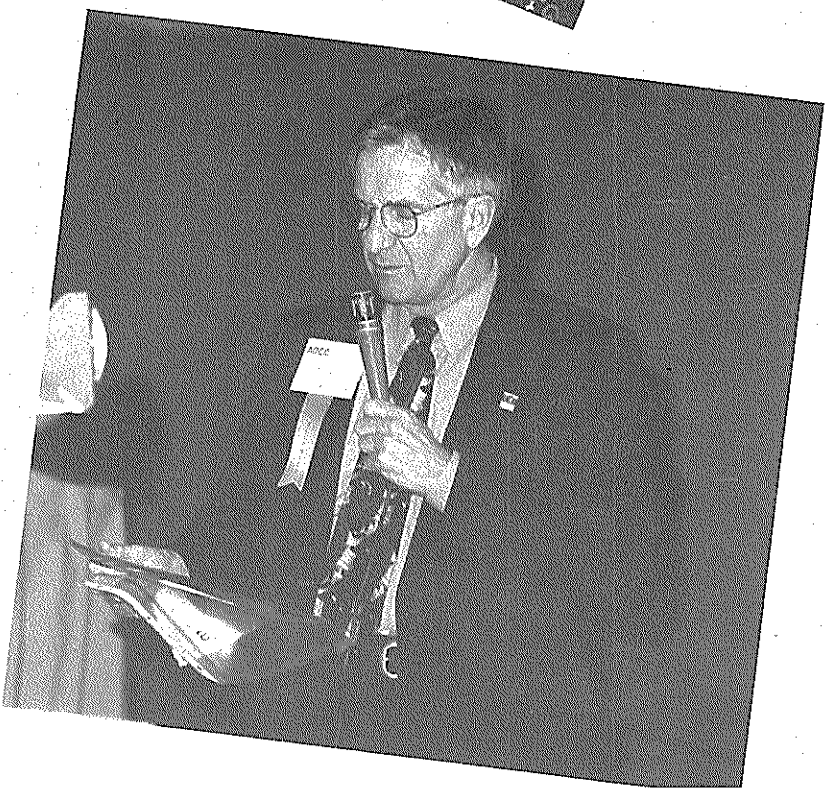
David Stone, Ph.D., President-Elect, will be chairing the symposium committee for our 11th annual symposium. The date of the symposium is to be announced. OAMCD members interested in participating in this planning process can contact David Stone for additional information and committee meeting schedule.

Ohio Association for Counselor Education and Supervision

Counselor educators and supervisors, along with their students and interns, are considering the implication of changes in the licensure law and have been involved in discussions with members of the licensure board. Many questions have been raised relative to the educational requirements for students, curricula of counselor education programs, as well as practica, internship, and supervision requirements. Part of the concerns seem to have more to do with the lack of clear and timely communication as changes are being made and reliance on verbal









communication due to not having a written document that clearly outlines the new law. It is our understanding that a written document will be issued soon.

A task force comprised of OACES members has been established to provide on-going dialogue with the licensure board to address issues that have been raised. Members of the task force are: Darcy Haag Granello - The Ohio State University, Pat Taricone - Wright State, Melanie Warnke - University of Toledo, Scott Hall - University of Dayton, David Stcne - Ohio University, Anita P. Jackson, Chair - Kent Sate University. If you have concerns relative to licensure changes, please direct them to task force members. It is hoped that the task force will be a means through which 1) issues can be presented and discussed, 2) on-going dialogue can take place, 3) communication between supervisors, counselor educators, students, interns, and licensure board members can be implemented in a clear and timely manner. The licensure board is sensitive to the issues, open to recommendations, and is desirous of facilitating a smooth transition. As we work together, let us also keep in mind the purpose and intent of the changes.

Also, OACES and Chi Sigma Iota-Alpha Chapter have compiled data from meetings held last year for the purpose of strategic planning for the operationalization of multicultural counseling competence in the profession. A series of three meetings brought educators and students together to develop a statewide action plan for making the counseling profession in Ohio more inclusive and representative of the diverse populations it serves. Participants identified many areas for implementation. Among them were

1)integrating multiculturalism into the entire curriculum rather than in only specific courses, 2) establishing a task force to work with accrediting bodies to review the current teaching of counseling theory so that theory incorporates a collective/contextual philosophy rather than primarily an individualistic perspective, and 3) utilizing alternative teaching methods, multiple languages, chat groups, electronic discussions, exchange programs, experiential learning opportunities with marginalized groups, and a developmental approach to multicultural education and mentoring with the use of portfolios and journals. With multiculturalism as an area of competence for supervisors and a curricular requirement according to the licensure law and CACREP standards this is an extremely important area. Based on input from last year's meeting, OACES will continue to emphasize and work toward these objectives.

If you are not already an active member of OACES, please contact Anita P. Jackson and become involved.

East Ohio Counseling Association

The EOCA fall dinner was a great success. It was held at the Moonraker Restaurant in Boardman, Ohio, on Monday October 13, 1997. The featured speaker was Dr. Jan Gill-Wigal from Y.S.U., whose topic was "Counseling in the Next Millennium". Everyone had an opportunity to network and earn CEUs.

Janet Thornton, Past President of EOCA, received the Charles "Chuck" Weaver Award for long and distinguished service to the counseling profession and

Guidelines

exemplary caring for people, on Thursday, October 30, 1997, at the AOCC.

Plans for our directory of professional counselors are underway. The deadline for submission is November 25, 1997. This is a resource whereby counselors may advertise their services to managed care companies, EAP's, hospitals, doctor's offices, etc. The directory will be a useful marketing tool, and an educational reference about counselors and our profession.

On Saturday, September 27, 1997, Judy Roth, president of EOCA, spoke to the counselor orientation class at Youngstown State University. Among the topics discussed were: what EOCA can do for them; how to sign up for membership in EOCA, OCA, and ACA; information on the different publications of the organizations, and future activities of the organizations. There were many questions and it seemed to be well received.

A licensure law update workshop is being planned for winter. It will be co-sponsored with Chi Sigma Iota. Worships on multicultural issues and supervision are being discussed for winter and spring.

We are very pleased to have two student members on our board. They are Steve Ilko and Melissa Schlarb.

Guidelines Advertising Rates

Full Page \$250

Half Page \$125

Quarter Page \$ 65

Back Cover (1/2 page) or preferred placement: Add \$25. Discount 15% if ad runs 2+ issues.

A Letter from the President

Dear OCA Colleague:

As you hopefully know, over the past several years, our organization has devoted both time and resources toward improving our government relations activities. We have retained a contract lobbyist, Cynthia Snyder, to represent the interests of our profession in the Ohio General Assembly, as well as with the executive branch of government. As a result, we have improved our relations with the Ohio Department of Mental Health, Department of Education, Department of Rehabilitation and Corrections, the Counselor and Social Worker Board, and other state agencies with which we interact. We have also successfully participated in the legislative process, working on a variety of legislative proposals that would impact the services that we provide, and the students, patients, or clients with whom we work.

It remains a priority with OCA to continue, and enhance, our government relations efforts. This process includes working toward a variety of goals. Among our current priorities are: stimulating involvement of our individual members with their respective state legislators; educating the public and third party payers on the background and qualifications of licensed professional counselors; working on issues of interest to educators and school counselors; and otherwise enabling our members to address the needs of our students, patients, and clients.

I know that you, like me, entertain many requests for financial support. However, I ask you to seriously consider making a voluntary donation to the legislative action fund at OCA. This segregated account is used to finance our government relations activities, including special mailings, receptions, and the cost of our contract lobbyist. The Executive Council of OCA has determined that, as government becomes increasingly involved in the way we practice our professions, it becomes ever more important to have a voice in the government process. Please help us continue our successful government relations campaign by making a **voluntary, non tax-deductible**, contribution to the OCA government relations program.

Thank you and best regards,

Eileen Fernandez Self
President, OCA

OCA EXECUTIVE COUNCIL
1997-98

Eileen Self, President
2430 Bentree Court
Miamisburg, OH 45342
(937) 775-3290

Scott Hall, Pres/Elect
401 Corona Ave.
Dayton, OH 45419
(937) 229-3607

Michael Maly, Past President
29133 Health Campus Drive
Westlake, OH 44145
(216) 835-6212

David Di Lullo, Treasurer
283 S. Alling Road
Tallmadge, OH 44278
(330) 762-7908

Dennis Mendleson, Secretary
6620-8 Green Branch Drive
Centerville, OH 45459
(937) 224-1694 x 2357

Joe Saunders, Admin. Consultant
Heidelberg College - 14 Clinton Ave.
Tiffin, OH 44883
(419) 448-7474

Anita Jackson, OACES President 310 White Hall, Kent 44242 (330) 672-2662
Lucinda Boright, OMHCA President 2317 Co. Rd. 15, South Point 45680 (614) 894-3765
Cher Igelman, OAMCD President 2352 1/2 E. Main St., Columbus 43209 (614) 231-5371
John Brent, OASERVIC President 201 S. Grant Ave., Franklin U., Cols 43215 (614) 341-6343
Mike Russell, OASGW President 960 N. Union St., Fostoria 44830 (419) 352-2551
Mimi Patterson, OCDA President 12931 Westchester Trail, Chesterland 44026 (216) 475-2225
Jeannine Studer, OSCA President 413 Winona Ave., Huron 44839 (419) 448-2068

Vacant, COCA President

Diane Stump, GCCA President 24-9 Woodland Hills Dr., Southgate, KY 41071 (513) 569-1546
Bob Windle, NCOCA President 16830 Holbrook Rd., Shaker Hts. 44120 (216) 737-2515
Judy Roth, EOCA President 7725 Silver Fox Dr., Youngstown 44512 (330) 782-7701
Holly Welther, MVCA President 225 N. Barron St., Eaton 45320 (937) 456-6201
Jan Preston, NWOCA President 815 Fremont St., Elmore 43416 (419) 862-2721
David Stone, SEOCA President 32 Canterbury Dr., Athens 45701 (614) 593-0846

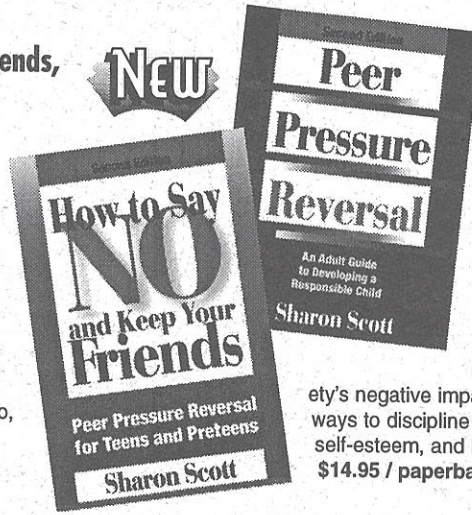
Rebecca Jenkins, Awards 1398 Meadow Wood Dr., Fairborn 45324 (937) 328-2041
Susan Huss, Ethics 1442 Middleton Pike, Luckey 43443 (419) 837-6231
Jean Whitney, Government Relations 7303 Concord Bend, Powell 43065 (614) 793-8261
David Stone, Professional Development 32 Canterbury Dr., Athens 45701 (614) 593-0846
Jason McGlothlin, Public Relations 691 Parkbluff Way, Lewis Center 43035 (614) 299-6600
Barbara Bryndal, Membership 14637 Russell Lane, Russell Twp 44072 (216) 349-6220
Bill Neme, Finance 212 Pinehurst Rd., Munroe Falls 44262 (330) 471-8439
Ron Partin, Archives 173 Winfield Ave., Bowling Green 43402 (419) 352-4417
Jean Underfer-Babalis, Newsletter 3775 Frampton Dr., Toledo 43614 (419) 251-7014
Rose Quinones-Del Valle, Bylaws 3730 Erie St., Youngstown 44507 (330) 782-8554
Holly Welther, OCSWB Liaison 225 N. Barron St., Eaton 45320 (937) 456-6201

Books to Empower Children to Think Independently

written by Texas counselor/author Sharon Scott, LPC, LMFT

How to Say No and Keep Your Friends, Second Edition

This new second edition offers even more true stories, helpful suggestions, funky cartoons, and proven effective skills to help teens and preteens manage all kinds of negative peer pressure while maintaining their friendships. A strong message to "Stand out— don't just fit in!" is the book's theme. Also included are 125 sure-fire refusal lines to use when being asked to cheat, skip school, fight, steal, gossip, etc. Plus a special section (full of examples) is devoted to the most serious peer pressure problems: tobacco, alcohol, other drugs, sexuality, and violence. **\$11.95 / paperback / 173 pages**
Code ... HSNK2



Peer Pressure Reversal, Second Edition

An Adult Guide to Developing a Responsible Child

This companion book for adult helpers shows how to teach the *How to Say No* program in a one-on-one situation or in the classroom to youth from ages 5 to 18. This new edition, complete with comprehensive lesson plans, offers 25 new tips for teachers and parents on how to tone down society's negative impact on children. Also discussed are ways to discipline the instigator of trouble, bolster kid's self-esteem, and help youth select appropriate friends. **\$14.95 / paperback / 208 pages / Code ... PPR2**

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