

# **Guidelines** | Ohio Counseling Association

The mission of OCA is to promote and advance the profession of counseling.

Volume 36, Issue 1—October 2009



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**2009 All Ohio Counselors Conference (AOCC) - Nov. 4-6**



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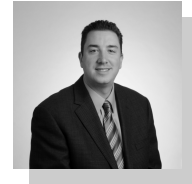
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## From the President | Jake Protivnak



### Medicare Coverage of Counselors: I Can't Drive 65

There are several ways that individuals in Ohio Counseling Association (OCA) advance the mission of the Ohio Counseling Association (OCA) to promote the profession of counseling. OCA is involved in recognizing counselors with state awards, supporting both a newsletter and a peer-reviewed journal, collaborating with the Ohio Counselor, Social Worker & Marriage and Family Therapist Board, delivering professional development through regional workshops and the All Ohio Counselors Conference, and mentoring future leaders through their service on the OCA Executive Council.

An important way in which OCA serves counselors in Ohio is through our ability to lobby on behalf of professional counselors. Through our lobbyist group we are committed to advancing professional privileges, recognition and employment of all professional counselors in Ohio. This includes professional counselors working in clinical mental health, school, rehabilitation, college/university, corrections, and private practice settings.

Unfortunately, one way in which professional counselors in Ohio are severely restricted is in our inability to receive Medicare reimbursement. Currently, Medicare prohibits professional counselors from being reimbursed for their work with clients once they become eligible for Medicare coverage (e.g., age 65). The client must either transfer to another Medicare Provider (e.g., Social Worker or Psychologist) or pay to see the professional counselor out of pocket. It is distressing that when our clients reach a certain age we are seen as no longer qualified to be paid to work with them. This is a critical issue for professional counselors particularly with the aging baby boomer population who have been utilizing counseling services and meeting with licensed professional counselors in Ohio over the past 25 years.



This past summer, Thelma Greaser (2006-07 OCA President), Jean Underfer-Babalis (2003-2004 OCA President), and myself attended the summer American Counseling Association (ACA) Leadership Institute in Washington, DC. One of the main objectives was to travel to Capital Hill to advocate for Medicare Coverage of licensed professional counselors. The house health reform bill (H.R. 3200) already includes Medicare coverage of professional counselors, but the senate version of the health reform bill does not.

This gathering included Professional Counselors from 50 states and was the largest gathering of professional counselors in Washington, DC. We had productive meetings with the offices of Ohio Senator Sherrod Brown and Senator George Voinovich. Each of us met with the office for the congressman from our districts. Congressman Tim Ryan's (Youngstown / Kent area) and Senator Brown's aide both responded that their legislators strongly supported licensed professional counselors being covered by Medicare. This was positive news and we thanked them both for their position. The legislative aide for Senator Voinovich's was supportive of professional counselors, stating that her mother was a counselor who received her degree from the University of Dayton. She asked a number of specific questions particularly about the amount it would cost to cover professional counselors under Medicare. The legislative aides reiterated that the Senators and Representatives were looking for any testimony from professional counselors who have experienced difficulty or had clients experience difficulty due to not being covered by Medicare.

Gregg Pollock (OCA Government Relations Committee Chair / Clinical Counselor at the Cleveland Clinic) has been working on this issue and is continuing to look for support/stories from professional counselors in Ohio. If you are a practicing counselor and have experienced difficulty due to not being covered by Medicare, this is an important time to send any e-mail with the short description of the program to Gregg (pollocg@ccf.org). He will send them to ACA in which the testimonies will be combined with reports from counselors in all 50 states. **(Continued on Pg. 4)**

- Jake J. Protivnak, Ph.D., PCC-S, LSC is an Assistant Professor and Counseling Program Coordinator at Youngstown State University. Contact him at [jjprotivnak@ysu.edu](mailto:jjprotivnak@ysu.edu)

## From the President *continued from Pg. 3*

These will then be sent to Senators/Representatives. This is also a good time to send any personal messages to Senator Voinovich, Senator Brown, and/or your representative about Medicare coverage of licensed professional counselors.

There is an excellent update regarding Medicare/healthcare in the Aug. 2009 ACA Counseling Today issue (on page. 10). You can also visit <http://capwiz.com/counseling/home/> for more information or to send a personalized e-mail message.

OCA will continue working on this issue to end professional counselors from being restricted by an age limit (65 years old) on the clients we serve. If counselors are not covered by Medicare by Spring 2010, we will have an opportunity to strategize at the April 22, 2010 Counselor Legislative Advocacy Day at the State Capital in Columbus on how to continue to advocate for Medicare coverage of licensed professional counselors.

## OCSWMFT Update | By Thelma Greaser Update from the Sept 18, 2009 meeting

The new requirement for the Laws and Rules Exam for first time applicants for both the PC and PCC exams will become effective January 1, 2010. The purpose of this exam is assure that all applicants for counseling licensure are aware of current laws and rules governing the practice of counseling. The applicant will be given opportunity to answer all questions until the correct answer is provided, in other words, one cannot fail this exam.

The Board is seeking an applicant willing to serve for a six year term as a representative for counselors as a professional member of the Board. This person must have a PC license, per the rules governing the membership of the board. Jan White, PC from the Dayton area is completing his six year term.

Jim Rough, Director of the OCSWMFT Board is presenting a CEU workshop at the AOCC, addressing Board issues of interest to counselors. This workshop will be at 9:00 A.M. on Thursday, November 5.

All OCA members are encouraged to go to the OCSWMFT Board website to read the current newsletter and minutes of the July Board meeting.

- **Thelma Greaser, PCC-S is a Clinical Counselor at Child Guidance Centers & Family Solutions in Akron, OH. Contact her at [great@cgfs.org](mailto:great@cgfs.org)**



## Call for Manuscripts

### *Journal of Counselor Practice*

The *Journal of Counselor Practice* (JCP) is the official on-line journal of the Ohio Counseling Association. The JCP editor is soliciting manuscripts for future issues.

The *JCP* aims to publish quality research and theory /practice articles that inform counseling practice with diverse client/student populations in a variety of settings. These articles should address issues related to counselor practice.

Published articles should be founded in peer-reviewed literature, and include implications for practice. Manuscripts typically fall into one of the following categories, although other kinds of submissions may be appropriate to the journal's readership:

**Research.** Both qualitative and quantitative studies are published in the journal.

**Theory and Practice.** These manuscripts focus on innovative approaches, various counseling programs, ethics-related issues, and training and supervision practices. These articles are grounded in counseling theory and empirical knowledge. Some evidence of effectiveness in practice is provided. These manuscripts may also provide a new theoretical perspective on a particular issue or integrate existing bodies of knowledge in an innovative way. A review of the literature in one type of conceptual piece This provides a critical overview of existing conceptual and empirical knowledge in a particular area. All theory and practice articles include implications for counseling practice.

For general information related to the journal, or to submit manuscripts, please contact:

**Jason McGlothlin, Ph.D., PCC-s**  
**Editor, *Journal of Counselor Practice***  
**[jmcgloth@kent.edu](mailto:jmcgloth@kent.edu)**  
**330-672-0716**

# Ohio Statehouse Report | by Carolyn Towner



## HB1—Budget Finally Passes and is Signed



On July 13, 2009 the Budget Conference Committee, comprised of Representatives Sykes, Goyal, and Amstutz and Senators Carey, Wagoner, and D. Miller, finally accepted a compromise budget proposal. The bill was accepted by the conference committee by a vote of 5-1 with Amstutz voting against the agreement. The compromise bill came after weeks of deadlock that saw two continuation budgets passed to give the Speaker of the House, the Senate President and the Governor (the Big Three) more time to come to an agreement that could pass both chambers. One point of contention centered on the Governor's proposal to expand gambling in Ohio to include video lottery terminals (VLTs) at Ohio's 7 race tracks. President Harris did not want to include the measure in the budget, but instead wanted the issue to be voted on by the people of Ohio. Harris also contended that the Governor could bring VLTs to Ohio by Executive Order, similar to what he did to get Keno in Ohio.

After the conference committee reported out the bill, it was sent to the House and Senate for approval. The House approved the conference report by a party line vote, 54-44, Representative Terry Blair (R-Dayton) was excused from the vote because he owns race horses and stands to gain from VLTs. The Senate approved the conference report by a vote of 17-15, with the Senate Finance Chair John Carey and members of Senate leadership (Senators Harris, Neihaus, Faber, and Wagoner) joining the Democrats in voting yes. The Governor then vetoed 61 provisions in the bill before signing the legislation on July 17, 2009. The appropriation provisions were effective on July 17, 2009.

Key provisions of Ohio's \$50.5 billion biennial budget bill include:

- *Medicaid provider rate increase from last year will be repealed* - All Medicaid providers, home health services, durable medical equipment, clinic services, and home and community-based services with a Medicaid waiver component will see a 3% cut in provider rates beginning January 1, 2010 from the rates in effect on December 31, 2009.
- The Governor's *education reform package* remained mostly intact.
- School counselor to student ratio's of 1:250 for grades six through twelve, to be effective 2012.
- Included definition of school "*counselor*" meaning "a person with a valid educator license issued pursuant to section 3319.22 of the Ohio Revised Code who provides pre-college and career counseling, general academic counseling, course planning, and other counseling services that are not related to a student's individualized education plan, as defined in section 3323.01 of the Ohio Revised Code."
- Substantial cuts were made to mental health services, residential state supplement program, housing for mentally ill living in adult care facilities, community-based services, and behavioral health services for children. The bill decreased community addiction prevention and treatment services by 30% and community mental health services by 16.5%.

- Editor's Note: H.B. 281, our Mental Health Hold Bill was introduced on September 17, 2009 and is awaiting assignment to a committee.

## Mental Health Hold Legislation Awaiting Introduction

Representative Kenny Yuko (D -Richmond Heights) has agreed to re-introduce a version of Senate Bill 53 from the last General Assembly. The bill would allow licensed professional clinical counselors to place a mental health hold on a patient who is a substantial threat to themselves or others. SB 53 only applied to LPCCs. This year the Ohio Counseling Association has teamed up with other professions to get the bill passed. The Independently Licensed Social Workers, the Independent Marriage and Family Therapist, and registered nurses who specialize in mental health or psychiatric mental health are also included in the latest draft of Representative Yuko's bill. The Ohio Counseling Association agrees that any professional licensee who has the ability to diagnose and treat mental and emotional disorders should have the ability to place a mental health hold on their patient within their scope of practice. Also, by opening up the law to other professionals we can all work together in a coordinated advocacy effort. We are currently working with Representative Yuko to get additional legislators to sign onto the bill as co-sponsors. The bill will then be introduced and get an official bill number.

## Counselor Career Stories | by Jennifer Yensel

### Voices from the Field

An interview with Shirley Sloan, School Counselor at Lake Elementary in Hartville, OH



The life of this school counselor includes a variety of tasks, interventions, and counseling. For example, she teaches a daily guidance class that involves education on life lessons, social skills, and character building. "I talk about anything from bullying, drugs, and divorce. I base lessons on what the kids need, it could change any given day." She also runs groups, which allow students to help one another with similar issues. "They are more open, supportive, and encouraging with each other than adults may think. I see communities among peers developing even if they aren't in the same social group." Shirley believes being someone the kids can talk to if they don't have anyone else is most rewarding. Building rapport with kids is a huge part of her day, "I let them come into my office during lunch or recess and play games. More often than not kids open up when they may not have otherwise come to talk". Extra steps like eating lunch with the kids shows them she is available to talk and approachable.

Like any job, Shirley admits there are challenges, "there is a lot of balancing of time because there seems to be many different things that I am responsible for. There are so many kids it's hard to reach all of them completely." Shirley shared a story about a boy telling her how glad he was Shirley was his school counselor. The boy remarked that Shirley understands kids and knows they also have issues too. He felt that she really cares and helps them. Shirley says "that's what it's all about".

Jennifer Ferrini Yensel, M.Ed., NCC, is a doctoral student in Counselor Education at Kent State University and a Faculty Intern at Youngstown State University. Contact her at [jferrini@kent.edu](mailto:jferrini@kent.edu).

I asked Shirley about the economical changes affecting schools. "That is horrible because it's so important that kids have someone to talk with about anything going on in their lives. It helps them succeed academically and bringing mental baggage to school, they aren't going to concentrate. Counselors bring knowledge that others in the school aren't trained to identify or to address. If counselors are doing the job the way they should be, schools shouldn't be able to get rid of them. Shirley recommended future and current school counselors to keep their focus on the students and advocate for them because the whole community and school need your help in advocating for the kids.

## Welcome New OCA Members | by Tim Luckhaupt

The following individuals joined OCA between May 1, 2009 and August 30, 2009. New members are grouped by their OCA region of the state:

**Central Ohio Counseling Association (COCA):** Charisee Armstead, Emily Bistor, Barbara Clark, Clytemnestra Clarke, Courtney Frost, Linda Gaffey, Amber Gahn, Jean Hoitsma, Heather Lide-Gutierrez, Stephanie Marshall, Kathleen Martin, Kathy Moore, Honor Otmar, Deborah Pinckney, Boni Jean Probasco, Emily Ribnik, Angelee Richards, Hope Schrim, Demetra Taylor, Jill Thompson, Robert Uhle, Jeremy Wade, Adrienne Wells, Brittney Whiteside, & Rayshawn Wilson.

**Eastern Ohio Counselors Association (EOCA):** Kelly Bako, Carrie Burick, Michael Cadaret, Ashley Doren, Michelle Edenfield, Jim Evans, Linda Fitzwater, Jacqueline Glaros, Susan Kasten, Julie Krause, Charity Kurz, Kathleen Mahoney, Danielle Matos, Penny Minor, Matthew Paylo, Michael Polnik, Shaun Renato, & Margaret Tipka.

**Greater Cincinnati Counseling Association (GCCA):** Danielle Brantley-Gilbert, Julie Campbell-Ruggaard, Mark Clark, Todd Cutter, Kenneth Delaney, Jennifer Gasparec, Julia Groh, Kendra Hull, Bryan Manderfield, Kathy Miller, Meredith Siegman, Richard Spalding, Stephen Walkenhorst, & Elizabeth Williams.

**Miami Valley Counseling Association (MVCA):** Cindy Riley, Kai Shemsu, Louise Smith, Terri Tyson, & Carrie Underwood.

**North Central Ohio Counseling Association (NCOCA):** Celeste Bozeman, Susan Brown, Shaun Crabtree, Molly Daugherty, Erica Gray, Dee Dee Hecht Hewit, Kara Heil, Allison Hrovat, Jessica Hyla, Bridget Lind, Judith Marinich, Meredith Myers, Daniel O'Donnell, Jeffery Parobcheck, Carrie Price, Cindy Quick, Tony Rudlosky, Rebecca Ryder, Jaklyn Severance, Sarah Shilling, Joan Steidl, Beth Tramer, Jacqueline Votypka, Jennifer Waugh, & Theresa Wise.

**Northwest Ohio Counseling Association (NWOCA):** Clarissa Brighty, Megan Bullen, Melissa Dent, Elizabeth Goodsite, Shawn Grime, Lacey Klear, Scott Knapp, Kelly McFellin, Tara Rose, Audrey Rumler, & Carrie VanMeter.

**Southeastern Ohio Counseling Association (SEOCA):** Brian Bethel, Devon Deaton, Steven Gifford, Teresa Hedges, Brenda Miscovich, & Kate Ziff.

# OCA Member Spotlight | by Michelle Gimenez Hinkle



## Recognizing Accomplishments and Milestones of OCA Members

The Ohio Counseling Association wishes to acknowledge members for their accomplishments in counseling, as well as recognize milestones in their careers. This featured article, *OCA Member Spotlight*, serves to inform OCA members of the hard work and achievements of their colleagues and to highlight noteworthy news about members, university counseling programs, agencies, schools and other counseling environments. The following is a compilation of recent accomplishments, and information sent in by OCA members regarding themselves and their colleagues.



### **Awards, Recognitions, & Accomplishments:**

**Shawn Grime, LPSC, NBCT** successfully completed his National Board of Professional Teaching Standards Certification in School Counseling. **Cynthia Linn, PC** and **Liesta Walker, PC** of the Center for Personal Empowerment received the Zanesville YMCA Women of Achievement Award. In June 2009, **Robert E. Wubbolding, Ed.D.**, was awarded the Gratitude Award for Initiating Reality Therapy in the United Kingdom by the Institute for Reality Therapy United Kingdom. **Tara Hill, Amber Lange**, and **Megan Mahon** of The University of Toledo won first place in the 2009 ACA Doctoral Student Ethics Essay Competition. **Emily Myers** of Youngstown State University won second place in the 2009 ACA Masters Student Ethics Essay Competition. **Layla Kurt**, doctoral student at the University of Toledo, is the 2009 recipient of the Association of Death Education and Counseling Student Initiative Conference Scholarship. **John Laux, Ph.D.**, and **Holly Harper, Ph.D.**, professors of counseling at the University of Toledo, were awarded the 2009 Research Grant Award from the International Association of Addiction and Offenders Counseling for their project "College Drop Outs, Substance Use, and Resiliency." **Tara Hill, Ph.D.**, received the 2009 Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling Graduate Student Award for her work in establishing an Ohio branch of ALGBTIC. The Ohio Career Development Association (OCDA) recognized **Mimi Patterson, PC** and **Kevin Glavin, PC** as Life Members for their contributions to career development and OCDA. **Jane Eigner Mintz** has created The Field Model of Intervention, the first and only on-line training program that is supported by the Association for Intervention Specialist Certification Board and the Association for Addiction Professionals. **David Santoro, Ph. D.**, has created the Cognitive-Behavioral-Sensory Desensitization Method, for more information contact him at [d.santoro@csuohio.edu](mailto:d.santoro@csuohio.edu).

### **Counselor Education Program News:**

Congratulations to the **Counselor Education and School Psychology Program** at **The University of Toledo** for recently celebrating its 50<sup>th</sup> anniversary! The counseling faculty at **John Carroll University** welcomes **Celia Brennan, Ph.D.**, as a new faculty member. The counseling program at **Youngstown State University** welcomes **Matthew Paylo, Ph.D.**, as a new assistant professor to start this academic year. The counseling faculty at **Cleveland State University** has created the first cross-disciplinary Chemical Dependency Counseling Certificate Program in Ohio. This program, in a joint effort with the social work department, offers 12 hours of training in Chemical Dependency Counseling and is coordinated by **Elliot Ingersoll, Ph.D.** The counseling program at **Youngstown State University** welcomes **Matthew Paylo, Ph.D.**, as a new assistant professor.

### **Books and Other Publications:**

Ohio counselors and counselor educators have been busy spreading counseling ideas through publication. The following are recent publications by OCA members: *Case Studies in Suicide: Experiences of Mental Health Professionals* edited by **Paul F. Granello** and Gerald A. Juhnke; the revised second edition of *The Accountable School Counselor* by **Larry Loesch** and **Martin Ritchie**; *Reality Therapy: Theories of Psychotherapy Series* by **Robert E. Wubbolding**; *Achieving Against the Odds: African American Professional Women in Higher Education* by **Anita P. Jackson Ph. D.**, PCC-S and **Marlene R. Dorsey, Ph.D.**; *Organizational Skills Boot Camp* by **Shawn Grime, LPSC, NBCT**; *Is There a Magic Bullet? – Pharmacologically Assisted Addiction Management – What Counselors Should Know* in the ACA Vista Online by **Benjamin P. Kelch, MS.Ed.**

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Michelle Gimenez Hinkle, M.A., PC, is a professional counselor at Children's Advantage in Northeast Ohio and a doctoral candidate at Kent State University. Contact her at [minkle2@kent.edu](mailto:minkle2@kent.edu) to send her news of OCA members and Counselor Education Programs.

# Ethics and Professional Identity | By the OCA Ethics Committee



## Professional Disclosure Statements: Are you Proficient in your Competency Areas?

The Ohio Counseling Association's (OCA) Ethics and Professional Identity Committee has been called upon by OCA leadership to facilitate discussion surrounding counselor competency areas (e.g., has a counselor received the appropriate amount of education and training to legally and ethically practice within the specialty areas listed on his or her professional disclosure statement, how does one know if he or she is competent to practice in a specific area, etc.). This column will raise awareness and foster conversation among counselors and therefore is not intended to provide specific guidelines or criteria for determining competency.

The Scope of Practice, as defined by the Ohio Counselor, Social Worker, Marriage and Family Therapist (CSWMFT) Laws and Rules outlines the services that professional counselors are allowed to render within the limits of the law (e.g., provide counseling services, apply counseling principles, and diagnose and treat mental and emotional disorders; 4757-15-01). Competency, however, is a more elusive term that describes specific counseling services or, more explicitly, specialization or expertise in a given area (e.g., specializing in providing counseling services to individuals diagnosed with eating disorders).

The Ohio CSWMFT Laws and Rules do not directly state the qualifications required to determine counselor competency. The law reads that, "a counselor, social worker, or marriage and family therapist shall develop skills in specialty areas only after appropriate education, training and while receiving approved supervision" (CSWMFT 4757-5-02). The difficulty with interpreting this section of the Ohio CSWMFT Laws and Rules comes from the lack of a concrete definition for words such as *appropriate* and *approved*. Counselors are therefore encouraged to unite as a whole and define the terms of counselor competency within the profession.

Several benefits may come as a result of counselor unification surrounding the issue of counselor competency. Areas of competency are outlined in professional disclosure statements which serve not only to inform clients, but to enhance the image of professional counselors (Gill, 1982). The image of the profession could be further enhanced by counselors taking the initiative to standardize the information presented in professional disclosure statements. A counselor's statement of competency would begin to hold even more value than it currently does and client trust will be increased as counselors are able to clearly define their limits as well as their strengths in regards to competency.

The lack of a well-defined set of competency standards might be perceived to reflect a general lack of self-confidence in professional counselors. Nelson and Jackson (2003) found that some masters-level counseling students did not feel confident that he or she could effectively help in a counseling setting. If this attitude is present while under formal supervision, it may be persisting throughout the careers of professional counselors. It is possible that the lack of well-defined counseling competency standards is the result of professional counselors' doubt that such standards are sufficient and could be achieved on an ongoing basis.

Doctoral-level counselors reported dissatisfaction with the control that managed care had begun to pose over the profession, as well as a feeling that counselors and psychologists were involved in a struggle for clients and power. These counselors considered gravitating toward a medical model of treatment and abandoning the preventative or developmental models to which counselors currently ascribe (Swickert, 1997). This reinforces the possibility that counselors lack a firm sense of professional identity and would rather choose the path  
**(continued on Pg. 9)**

OCA Ethics Committee :  
Nicole Adamson  
Nicole Bradley  
Brandy Kelly  
Rachel Hoffman  
Jessica Eaton  
Michelle Edenfield  
Jonathan Lent



## Ethics and Professional Identity *continued from Pg. 8*

counselors lack a firm sense of professional identity and would rather choose the path of least resistance. The discontent experienced by these counselors could motivate them to fight harder for the profession and to educate legislators, competitors, and insurance companies on the value of professional counselors and the services they provide. Furthermore, the importance of informative and standardized professional disclosure statements is once again highlighted. Responsible counselors could work together to advocate for the profession and emphasize to a new generation of counselors that a clear and proficient disclosure statement is an imperative tool for building a stronger and more comprehensive identity as professional counselors.

Ohio CSWMFT Board Laws and Rules (4757.12) state that professional disclosure statements must contain “the areas of competence in the field in which the person is licensed or registered...” James R. Rough, Executive Director of the Ohio CSWMFT Board stated, “The board often gets requests as to how much training is required for a particular specialty area, we do not have a simple answer.” His comment emphasizes the struggle to define competency and highlights the concern among counselors and consumers. There are many areas of counselor competencies and the variation of these specialties makes a certain set of standards difficult to outline.

It is stated in Ohio CSWMFT board Laws and Rules that three components are essential to counselor competency: education, training, and experience. Education surrounding a particular specialty may be obtained in a graduate program through a university or in a continued education setting. Workshops and certification sessions can be regarded as specific training for a particular specialty. The amount of education and training required for each competency is yet to be determined. It may be said that earning national certification in a certain specialty area is sufficient in order to claim counselor competency on a professional disclosure statement. However, it should be noted that some national certification programs may not incorporate all three components of competency.

Experience is gained as a professional uses and develops the skills that are fundamental to a desired specialization. “Approved supervision” should accompany this experience in order for competency to be established (CSWMFT, 4757-5-02). It has been found that supervision plays an integral role in counselor development (Howard, Inman, & Altman, 2006). In order for a professional counselor to earn a clinical endorsement (i.e., PCC licensure) in the state of Ohio, he or she must work under a supervisor for two years. One proposed component to a competency standard may involve supervision in a given specialty for a similar amount of time.

A source of further complication surrounding the issue of supervision is that many counselors who are currently seen as experts in a given area may not meet the standards of competency that might be established in the future. Therefore, a lack of qualified supervisors would result in a lack of opportunity for new professionals to earn competency in a chosen area. An initial round of competent, specialized counselors must first be designated before a second generation can be produced.

The OCA Ethics and Professional Identity Committee was contacted in hopes of encouraging membership to consider the subject of competency and expertise. The need for a more specific definition of counselor competency can be clearly demonstrated through empirical research as well as in vivo experience. It is clear that counselors need to set their own standards and take ownership of this debate. Due to the intricate details that pertain to the many issues regarding counselor competency, counselors are encouraged to take the initiative to make these difficult decisions.

It is difficult to determine the amount of education, training, and experience necessary for a counselor to become nationally certified or to claim competency. It is suggested that counselors construct a formula for counselor competency based upon the three areas of education, training, and supervised experience. In regards to education, a certain amount of Continuing Education Units (CEUs) in a given specialty could be required to earn and maintain competency. However, the issue of CEU accessibility may then become a concern. In regards to training, a national certification could be required to claim competency in any area. Finally, in regards to supervision, two years could be used as a benchmark for counselor competency. **(continued on Pg. 10)**

## Ethics and Professional Identity *continued from Pg. 9*

Of course, some competencies may require more or less supervised experience based upon the difficulty and intensity of the given specialty. These broad guidelines are presented to encourage discussion and are not presented as defined criteria.

The OCA Ethics and Professional Identity Committee encourages OCA members and professional counselors to recognize the importance of defining counselor competency. The Ethics and Professional Identity Committee would like to serve as a liaison between the body of professional counselors in Ohio and the Ohio Counseling Association. It is now up to you to offer your personal insights in order to promote discussion of this critical topic (e.g., how many CEUs or formal classes should be required by a competency formula, what should be included in a national certification program, how much experience is enough, and must it be supervised etc).

As mentioned, the issue of counselor competency is composed of several concepts that are difficult to define and quantify. A definition of counselor competency, specialization, and expertise is necessary to assure that areas of competence are appropriately depicted on counselors' professional disclosure statements. This can be expected to increase counselor feelings of self-efficacy, ensure ethical and legal services are provided, improve consumers' perceptions and understanding of the counseling profession, and to increase the trust that clients can place on their counselor's competency to name a few. The complexity of defining competency within the profession calls for a discussion among all counselors and you are therefore encouraged to share your thoughts with the OCA Ethics and Professional Identity Committee. Please send thoughts, comments, and suggestions to Brandy Kelly, OCA Ethics and Professional Identity Committee Chairperson, at [blkelly10@yahoo.com](mailto:blkelly10@yahoo.com).

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## OCA Member Feedback | by Jake Protivnak



### OCSWMFT Discussions

A short survey was sent out in August 2009 to obtain OCA member feedback on several of the issues discussed by the Counseling Professional Standards Committee (CPSC) meeting at the Ohio Counselor, Social Worker, and Marriage and Family Therapist Board.

The OCA Executive Council received the full report of the member responses. There were many detailed and thoughtful responses to these issues and the OCA Executive Council appreciated the members who took time to respond to the survey and share their opinion. The member feedback was helpful in getting a sense of OCA member beliefs and providing suggestions for how to respond to the Counseling Professional Standards Committee. Fifty-eight OCA members responded and 90% held licensure as either an LPC or PCC. The following is a reflection of the themes that were represented by the majority of respondents to each issue.

- OCA members supported the idea about the OCSWMFT board moving towards an electronic system which licensees provide evidence that they completed their CEU's.
- OCA members supported the OCSWMFT board adopting new Laws and Rules Exam for newly licensed counselors in Jan 1<sup>st</sup>, 2010. **(continued on Pg. 11)**

## OCA Member Feedback *continued from Pg. 10*

- OCA members expressed positive comments about the NCE Exam (PC exam), some had questions regarding how to better prepare for the NCMHCE Exam (PCC exam).
- While some OCA members felt that a PCC should sign-off on all progress notes of supervisors, the majority of respondents felt that the decision to sign off on documents not required by ODMH (e.g., progress notes), should be left up to the discretion of the PCC-S.
- The majority of OCA members did not support the idea of automatic fines and public discipline for licensees who did not complete their required or appropriate number of CEU's every two years. The majority of the concerns from OCA members were themed around the following two responses:
  - ◆ Fine and public discipline may be too severe of a punishment for honest unintentional mistakes or extenuating circumstances. OCA members wanted the board to consider individual circumstances and have professional discretion when determining the consequence for a licensee (e.g., difference between being accidentally one credit short vs. 30 credits short; what about a counselor who had an accident, illness, etc.).
  - ◆ Several OCA members proposed that licensees should receive a warning/get a one time chance and/or have a grace period time to make up the CEU if there were extenuating circumstances or an honest mistake. Members felt that first time mistakes should have some a leniency.

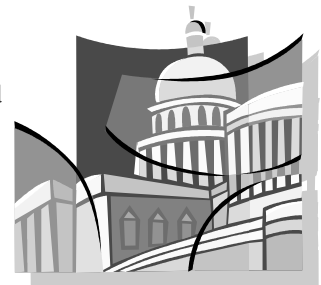
The above comments are a reflection of the majority of the OCA members that responded to the survey. Please look for future member feedback e-mails on the OCA listserv about Professional Counseling issues in Ohio.

## Legislative Update | by Gregg Pollock



### Call to Action!

There has been progress seen in the State of Ohio in relation to legislative issues over the past few months. The future looks bright for counselors based on recent developments that have been made. Legislation was introduced in March, 2009 that directly relates to counselors having the ability to bill under the Medicare system. The legislation has been named The Seniors Mental Health Access Improvement Act of 2009. Several OCA members in the State have lobbied for the support of this legislation spending time visiting with legislators along with writing letters asking for their support and cosponsorship of the bill. The bill is currently being considered in the House of Representatives as well as in the Senate, and has been sent to Committee in both branches of the Legislature.



We have one cosponsor, Senator Sherrod Brown, from the State of Ohio since the legislation was introduced. This came from Senator Sherrod Brown. I encourage all of you to send Senator Brown letters and messages of Thanks for his support for this important issue that not only assists the profession of counseling, but also opens the door for the elderly population to have greater access to mental health services.

There are no other cosponsors at the present time from the State of Ohio. I would like to see this change. We can change this by an increased and continued effort to spread the word about the importance of this legislation as well as the fact that we as counselors are just as qualified and in some instances more than qualified to provide services needed under the auspices of Medicare. **(continued on Pg. 12)**

## Legislative Update *continued from Pg. 11*

I encourage all of you to contact your district Congressman as well as Senator Voinovich urging them to support the legislation as well as asking for them to be cosponsors of the bill. Examples of letters urging Congressional support for the Medicare initiative can be found on the Ohio Counseling Association's website. If we all take the time and notify Congress about the importance of this legislation, I am very confident that we will be able to convince our legislators to vote for the Medicare bill. I have received very positive feedback from legislators and their aides during and after visits to their offices over the past few months. We all need to rally around this issue and contact our legislators again, or make an initial contact urging their support.

I am planning on implementing a "Call to Action" list that we in the State of Ohio can utilize at times where public advocacy is needed. There are several situations where a list such as this will be helpful. We have several exciting legislative items important to Counselors on the horizon including a reintroduction of the Mental Health Hold, Medicare reimbursement, as well as ongoing issues with VA occupational categories and Tricare insurance reform to provide counselors the ability to bill independently within their network.

Please contact me at [pollocg@ccf.org](mailto:pollocg@ccf.org) if you are interested in being a part of this list and taking more of an active role with the important legislative issues that we are and will be facing in the future.

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Greg Pollock, PCC-S is a Clinical Counselor at the Cleveland Clinic. Contact him at [pollocg@ccf.org](mailto:pollocg@ccf.org)

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## By the Numbers | by Matthew Paylo



### Mental Health Problems of Prison and Jail Inmates

A national study conducted by the U.S. Department of Justice reported that an estimated **56%** of State inmates have a mental health problem. The study defined a mental health problem as a recent history or current symptoms of a mental disorder according to the Diagnostic and Statistical Manual of Mental Disorders, fourth edition (DSM-IV).



The study surveyed 14,499 State inmates from 287 State facilities. The facilities were selected first and then specific inmates were systematically selected (i.e., a two-stage stratified sampling technique). Among the study's findings concerning State facilities:

- Mental health problems were more common among females (73 %) than males (55%).
- Mental health problems were highest among inmates 24 or younger (62.6 %) than those inmates that were over 55 years old (39.6 %).
- Most inmates with mental health problems were employed in the month before the arrest (70 %) as compared to those inmates without mental health problems (75.6 %).
- Twenty-seven percent of inmates with mental health problems had been sexually or physically abused prior to incarceration, which was two times more likely than inmates without mental health problems (10.5 %).
- Inmates with mental health problems were shown to have higher rates of substance abuse and dependence (74.1 %) than inmates without mental health problems (55.6 %).
- Inmates with mental health problems reported a mean maximum sentence (146 mo.), which was 5 months longer than inmates without mental health problems (141 mo.).
- Inmates with mental health problems were more likely to have rule violations (58 %) than inmates without mental health problems (43 %).

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View this study in its entirety at: <http://www.ojp.usdoj.gov/bjs/pub/pdf/mhppji.pdf>.

## Public Service | by Holly Harper



### Public Service Committee Formed

This is the first year that the OCA has appointed a chair to the newly formed public service committee. The purpose of this committee is to identify and advocate for mental health issues that impact clients and students.



As chair of the public service committee, I attended the first collaborative meeting of disciplines in our profession with representatives from the Ohio Psychological Association (OPA), Ohio Psychiatric Physicians Association (OPPA), and Ohio Association for Social Workers (OASW). The purpose of this group is to discuss similarities across our disciplines, determine overlap of agendas and to collaborate on specific issues relative to each of our professional associations and the public that we serve. The progress made in this initial collaborative meeting is a step in a productive direction for the OCA.

In addition, the public service committee is actively seeking opportunities to collaborate with other associations to serve the public and ultimately educate individuals on various mental health issues. Our agenda is to begin planning and implementing a public education project that would inform the public of the roles of counselors and the impact that seeking counseling can have for individuals overall functioning. Additionally, the OCA public service committee will join with other associations on campaigns that function to educate the public on mental health and wellness including health fairs, campaigns on campuses, communities, and in practices and agencies.

The OCA website is a venue to include topics on timely issues in the media that affect the public such as dealing with stress related to disasters, disease outbreaks, tips of the day, and sponsored events in the state that relate to public mental health education. If you are interested in serving on the OCA Public Service Committee and joining efforts to develop the public education project, please email Holly Harper at [holly.harper2@utoledo.edu](mailto:holly.harper2@utoledo.edu).

Holly Harper, Ph.D., LPC is an Assistant Professor at the University of Toledo. Contact her at [hharper2@utnet.utoledo.edu](mailto:hharper2@utnet.utoledo.edu)

## Public Relations | by Kerry Sebera



### Connections

My goal this year is to find ways to connect counselors in Ohio with both the general public and one another. One way you can connect with other counselors this year is very exciting to me. At this year's All-Ohio Counselors Conference, there will be a fabulous new Welcome Reception! The reception will be held on Thursday night, Nov. 5<sup>th</sup>, from 5:50-8:00 PM in Easton Ballrooms A & B. The Rick Brunetto Band will be entertaining all of us with a variety of music, both oldies and contemporary, ranging from Swing to rock. You can dance the evening away or just enjoy the music. Food and soft drinks will be provided. Plus, there will be a cash bar and the first 200 attendees will be given a free drink ticket. Don't miss your chance to connect, rejuvenate, and have some fun with your counseling colleagues!

Another opportunity exists to connect in cyberspace. Did you know that OCA has a Google Group? Created by Stephanie Burns and Dr. Daniel Cruikshanks, the Google Group allows OCA members to interact, share interests and concerns, pose questions, etc. The group is only available to OCA members. You can access the page via <http://www.ohiocounseling.org/member/ideas.htm>, but you will need the login ID and password used for all OCA member restricted pages. If you're an OCA member and do not know this ID/password, contact Tim Luckhaupt [ocaohio@yahoo.com](mailto:ocaohio@yahoo.com)

Finally, I am looking for a few additional committee members to join me this year. If you are interested in being involved, please contact me ([Kerry.Sebera@uc.edu](mailto:Kerry.Sebera@uc.edu)) as soon as possible. This is a great way to get involved with OCA and your colleagues with little commitment of your time and effort. Come join in on the fun!



Kerry Sebera, Ph.D., PCC-S is an Assistant Professor at the University of Cincinnati. Contact her at [kerry.sebera@uc.edu](mailto:kerry.sebera@uc.edu).

# 1:250 Ratio for School Counselors Established |

by Kelley Schubert



The education provisions included in the state budget bill may be the most sweeping set of changes in Ohio's school funding history. The new funding system and the education reform provisions called for in House Bill 1 will be phased in over the next several years. The scheduled changes include a number of areas that will impact school counselors including all-day Kindergarten, changes in test administration, and the evidence-based model which contains a school counselor-to-student ratio.

The evidence-based model establishes a 1:250 school counselor-to-student ratio at the high school and middle school levels beginning in FY 2011. This powerful piece of legislation will allow school counselors to better implement a comprehensive program. However, not all districts will be required to implement the ratio. HB 1 established a provision for school districts that have earned the excellent or excellent with distinction score on the state report card. These districts are not required to implement the spending rules outlined in the evidence-based model (except for the requirement to offer all-day-Kindergarten). According to the Ohio Department of Education, 270 of Ohio's 610 districts have earned either the excellent or excellent with distinction designation. Therefore, 270 districts are currently exempt from implementing the school counselor-to-student ratio. Despite this reality, the established ratio will have a significant impact upon the educational outcomes of Ohio's children.

Beginning in 2011, HB 1 requires school districts to offer all-day-Kindergarten to families with the following exceptions: 1) Districts are required to accommodate kindergarteners whose parents elect to enroll them for only a half-day program and 2) districts are eligible to apply for a waiver of the requirement from the State Superintendent until they have resolved the necessary space or alternative instructional delivery systems needed. Although elementary school counselors may not see an increase in the number of students they serve, they will likely see an increase in number of student and family interactions. Additionally, the increase in staff needed to accommodate the all day kindergarten requirement will increase the daily teacher and staff consultation demands placed upon elementary school counselors.



The changes to the administration of Ohio's assessment program are numerous. The administration of the elementary writing and social studies achievement assessments is prohibited during the 2009-2010 and 2010-2011 school years unless the State Superintendent determines that the Ohio Department of Education has the funds necessary for furnishing and scoring the assessments. The State Board of Education, State Superintendent and the Chancellor of the Board of Regents are charged with developing a new high school assessment system to replace the Ohio Graduation Test (OGT). The new assessment system must consist of 1) a nationally standardized assessment in science, mathematics, and English/Language Arts, 2) a series of end-of-course examinations in science, mathematics, English language arts, and social studies and 3) a senior capstone project. High school counselors will likely find themselves immersed in conversations about the new assessment requirements and the methods for sharing the information with all stakeholders.

Even the smallest changes impact a school's overall functioning and therefore, as members of an educational system, these changes impact school counselors. Although the items listed above represent only a few of the educational transformations enacted with the passage of HB 1, they are certainly important items to consider for practicing school counselors and school counselors-in-training.

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## Announcements | by Allison Bruce



### Division & Chapter Information

Ever wondering what is happening around the state of Ohio when it comes to professional and school counselors? Find yourself thinking, "I really would like to be active in the profession!" Just one of the many benefits of being a member of the Ohio Counseling Association (OCA) is the ability to join a local chapter. Currently, OCA has seven local chapters throughout the state serving Cleveland/Akron, Youngstown, Cincinnati, Columbus, and more! Additionally, OCA has seven divisions that work to support a variety of interests in the counseling profession. So, whether your interests are counselor education and supervision, multicultural issues in counseling, or career development, there are divisions to meet your needs on the state level. Check out OCA's website for a detailed listing of chapters and divisions at <http://www.ohiocounseling.org/affiliates.htm>. Remember, membership for local chapters is included in the cost of your OCA membership and division may be joined for a minimal fee.

One way to learn more about OCA and membership benefits, including activity in local chapters or divisions is to hear about what is going on around the state. The Guidelines will feature an article in each issue that speaks to the activity of the chapters and divisions. This column will work to inform OCA members across the state about official chapter and division announcements. If OCA members or non-OCA members would like to advertise in *Guidelines* please contact Tim Luckhaupt at [oca@yahoo.com](mailto:oca@yahoo.com). Chapter and Divisions can submit events to Allison Bruce at [aeahall@kent.edu](mailto:aeahall@kent.edu).

The North Central Ohio Counseling Association (NCOCA) would like to take this opportunity to share recent events with you. On April 3<sup>rd</sup>, 2009 NCOCA co-sponsored with OCA a workshop on substance abuse for mental health and chemical dependency counselors. This workshop featured Sue Taggart, treatment counselor from New Directions (an adolescent treatment facility located in Beachwood, Ohio) and Dr. Nancy Taylor from John Carroll University in Cleveland, Ohio. Topics included current trends in adolescent substance abuse, as well as guilt and shame as roadblocks to recovery. On May 18, 2009 NCOCA hosted their annual spring banquet which featured LPCC-S and adjunct professor at Ashland Theological Seminary, Carol Ball. Ms. Ball who spoke on "Perfectionism, Procrastination, and Productivity." NCOCA Executive Board Member Martha Flemming reflected on the workshop with the following statement "Ms. Ball differentiated between healthy and maladaptive perfectionism, discussed clinical issues connected to procrastination, and therapeutic interventions when these traits become problematic". To find out more information about NCOCA, please visit their website at <http://chdsw.educ.kent.edu/ncoca>.

The Ohio Career Development Association (OCDA) would like to take a moment to highlight their very successful spring conference held on June 19<sup>th</sup>, 2009 at the University of Akron. OCDA reports "Dr. Spencer Niles, from Penn State University, topic "Making Career Decisions in the 21<sup>st</sup> Century: Simple Techniques for Complex Times!" was excellent!" Activities of the day included presentations by Dr. Niles and small group activities which attendees really enjoyed and found challenging. Stay tuned for more information on next years spring conference being held in May of 2010. In other news, OCDA will again be offering a session at The All-Ohio Counselor's Conference (AOCC) titled "Credentialing of Career Professionals: What's out there? What can I do?" to honor **National Career Development Month**, held in November each year. Board members continue to focus on a variety of networking opportunities around the state. To learn more about OCDA please visit their website at <http://www.ocdaonline.org/>.

The Ohio Association for Spiritual and Religious Values in Counseling (OASERVIC) will be sponsoring an Ethics workshop offering continuing education credits presented by Elizabeth Welfel, PhD, Cleveland State University on April 2, 2010 from 8-12 PM. The location is the Sandberg Leadership Center at Ashland Seminary, Ashland, Ohio. OASERVIC will provide further details as the date of the workshop nears.

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# Guidelines



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*Guidelines* is the Ohio Counseling Association's quarterly newsletter published for members. We welcome your comments, suggestions, and news.

**Deadline for submission are Sept. 1; Dec. 1; March 1; June 1 of each year.**

Please address correspondence and submissions to:

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**The Ohio Counseling Association is a branch of the American Counseling Association.**