

HOTCA Happenings

A Newsletter for the Heart of Texas Counseling Association



2008 - 2009 CALENDAR

SEP 9
HOTCA Meeting

SEP 21-23
Dir. Guidance
Conference- Austin

NOV 5-8
TCA Conference

NOV 11
HOTCA Meeting

FEB 10
HOTCA Meeting

APR 17
HOTCA Meeting

2008 - 2009 Slate of Officers

President:
Amy Ames

President Elect:
Carroll Bonner

Past President:
Nick Galván

Secretary:
Lisa Snelling

Treasurer:
Garla Neal-Montez

Council Member at
Large:
John Baughman

Council Member at
Large:
Jill Borland

Senator:
Sharon Cunningham

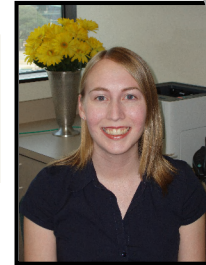
Membership
Chairperson:
Janna York

Making Strides

From the President:

If your fall has been anything like mine, you know what it is like to be caught in a whirlwind of counseling sessions, meetings, and personal commitments. I hope that you will take some time out to join us for the next Heart of Texas Counseling Association meeting, as we continue to make strides in our professional development. We will have an engaging ethics presentation by

Betty White, and we will again have the opportunity to network with colleagues. I have heard some great feedback regarding our community of counselors and the education gained from our workshops. Please consider inviting a fellow counselor to join our organization. I also hope to see HOTCA represented strongly at the Texas Counseling Association Professional Growth



Amy Ames,
HOTCA
President,
2008-2009

Conference, November 5-8. As always, I welcome your comments and suggestions as to how we can continue to improve our organization. Thank you for your participation. I look forward to seeing you in November!

Presenter Profile

Betty White will be presenting *Are You as Smart as a Buzzard?- How to Avoid Becoming Ethical Roadkill* at our November 11th meeting. She is a Licensed Professional Counselor, a Licensed Professional Counselor Supervisor, a Certified School Counselor, and a Certified Special Education Counselor.

She has served on the executive board of the Texas School Counselor Association, including service as president.

She currently works as a counselor and diagnostician with Dublin Independent School District.



Important

Please remember to turn off your cell phone or switch it to silent during the HOTCA business meetings and CEU presentations. If it is essential for you to take a call during a meeting, please step into the hall before speaking, so as not to interrupt the meeting. Thank you for your courtesy.

Program Objectives for November 11th Meeting

For more information on the Heart of Texas Counseling Association, please visit our website:
<http://www.hotxca.org>

Participants will complete:

1. A review of definitions and foundations of ethics.
2. An understanding of the ethical decision-making process.
3. An in-depth review of the ACA Code of Ethics.
4. An in-depth review of the School Counselor Code of Ethics.
5. Personality type understanding/ethical dangers.
6. Case studies and discussion.

TCA ANNUAL CONFERENCE

The 52nd Annual Professional Growth Conference will be held in Houston from November 5th – 8th, 2008. Conference information can be found at
<http://www.txca.org>.



Quarterly Meetings

The HOTCA will continue to have their meeting at the Crestview Church of Christ Community Center at 7129 Delhi Road. We will offer a time for networking and refreshments. We are implementing some new procedures this year to foster networking, so make a point to arrive early! The HOTCA business meeting will begin at 8:30 a.m. and the continuing education program will follow from 9:00 a.m. to 12:00 p.m. You must be present for the entire presentation in order to receive CEUs.

Upcoming CEU Presentations

November 11

Betty White, M.Ed., LPC, LPC-Supervisor, Certified School Counselor, and Certified Special Education Counselor will present, *Are You as Smart as a Buzzard?- How to Avoid Becoming Ethical Roadkill*

February 10

Carroll Bonner, M.S.Ed., LPC; and Aaron R. Baggett, M.Ed., LPC-Intern will offer a presentation titled *Viktor Frankl's Logotherapy: Helping Clients Find Meaning in Life*.

April 17

Janice Levi, M.S., LPC will present *The Ethical Evaluation of Your Average Juvenile Hoodwinker*.

College Night

- December 2, 2008
- 7:00-8:30 pm
- Midway High School cafeteria.
- A Financial Aid session for parents will be offered from 7:15-8:00 followed by a 30 minute session on the transition process from high school to college.
- Over 100 colleges are expected to be represented that evening.

HOTCA Awards

Do you know an outstanding counselor?

Nominate them for a HOTCA award!

Nomination forms will be available at our next meeting.

SENATE REPORT

Mental Health Parity Act

I want to extend my thanks to those of you who responded to the legislative call to contact your representatives regarding the Mental Health Parity Act. I have copied an email sent to me with the results of your efforts.

The following is an excerpt from ACA:

For more than a decade, ACA and the American Mental Health Counselors Association (AMHCA) have been working with other mental health and addictive disorder advocacy organizations to gain the enactment of a federal law to help end discriminatory insurance coverage of mental health and addictive disorder services. This goal was realized last week with the enactment of the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008, as part of broad economic rescue and tax policy extension legislation. The House approved a Senate-passed economic recovery package on Friday, October 3rd, by a vote of 263 to 171, and that afternoon President Bush signed the legislation into law.

The parity law's requirements will apply to group health plans for plan years beginning one year from now. Starting then, health plans covering more than 50 employees will be prohibited from using

different deductibles, copayment requirements, or treatment limits for mental health and addictive disorder services than are used for other types of covered care.

ACA and AMHCA devoted significant time and energy into pushing the parity legislation, and we will continue working alongside other mental health advocacy organizations on the development of regulations to implement the new law. Our work would not have succeeded, however, without grassroots advocacy by counselors. We sincerely thank our members who contacted their Senators and House members over the years to push for passage of this legislation.

Future Legislature Calls

Please know that we will have more requests to contact our representatives both at the state and federal level in the ensuing months. I know we are all busy and it seems almost a waste of our time to do the calls or emails because what difference call our one call or email make, anyway. Every call and email count. The calls take less than 5 minutes to make as do the emails. If we want to bring about change in our profession regarding insurance equity, etc., it is going to have to be done at the political level. To coin an old phrase, "YOU CAN MAKE A DIFFERENCE."

If you are asked to call or email, please let me know through email

that you did make the contact. We are sending this information along to TCA who keeps up with the number of contacts made.

Lobby Days

Remember that Lobby Days have been set for February 17, March 25, and May 5. As scary as this might sound to some, attending a Lobby Day is really very interesting. They pair you up with someone who has done this before, and you visit with your senator or representative (with whom you have already arranged an appointment). TCA will provide you with talking points or you may have your own. This gives the legislator an opportunity to speak with someone in the field, and it is very effective.

Grab a friend and make plans to attend Lobby Day. You will already be in Austin for the Secondary School Counselors Conference (February 15-17) or the Elementary School Counselors Conference (May 3-5) so it will be an easy transition to the offices.

Don't Forget!!

**Your CEU
certificates will be
available in the
gym following the
presentation.**