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MARYLAND COUNSELING ASSOCIATION (MCA) A BRANCH OF ACA

*"SERVING THE COUNSELING, GUIDANCE, AND HUMAN
DEVELOPMENT PROFESSIONS"*



President's Letter

It's an honor and privilege to serve in a leadership role for the Maryland Counseling Association (MCA) for this, it's 50th Anniversary year. Looking back, I feel that it is important to recognize MCA leaders who have kept it a strong, viable professional organization. Looking forward, I think it's important to continue in their leadership tradition of taking risks, trying new leadership techniques, and continuing to grow.

A bit about me. I first became involved with the Maryland Association for Counseling and Development (MACD), now MCA, in 2005 in my role of Maryland Career Development Association (MCDA) President. I participated in MACD until 2007, when my term as Immediate Past President of MCDA ended. During that time, MACD's big accomplishment was to transition to our current accountant, a wise and financially sound decision.

I continued with MCDA as Public Relations Chair until last year when I ran for President-Elect for what is now MCA, and won. I have an MA in Counseling Psychology with an Adlerian focus from Bowie State University, the only University in the U.S. to offer Adlerian Studies at the graduate, not post graduate, level.

I am a federal career counselor, and am currently placed at a mid-sized federal agency where I provide internal career consultation. I coauthored two books on the federal job search, *Find Your Federal Job Fit*, and *Guide to America's Federal Jobs*, 4th ed. published by JIST, Inc.

Moving forward, MCA's annual conference is gearing up to be a powerful experience. Past Presidents will be sharing their expertise, and cutting-edge information. Building on last year's theme of Intersectionality, this year's theme is Courageous Conversations: Cultural Diversity and Inclusion. Our three keynote speakers are Dr. Catherine Buffalino Roland, ACA 2016-2017 President; Dr. Simone Lambert, 2017-2018 ACA President Elect-Elect; and Dr. Rich Feller, 2012-2013 National Career Development Association President.

MCA will offer the Dependable Strengths certification the three days prior to the Conference (October 30, 31, and November 1). This is a perfect certification to help you to validate your client's areas of strength and sense of wellbeing. More information about the certification will be forthcoming as plans are put in place.

Watch here for updated information and more Conference information becomes available. I think you will agree that this is an exciting time to be a part of MCA, and I look forward to your continued involvement.



Karol Taylor
President, Maryland Counseling Association

Part Time Contract Opportunity

Part-time Counselors/Therapists wanted to join, PACE Consulting, LLC, a thriving behavioral health counseling/therapy practice in College Park, MD. Our office is conveniently located near the University of Maryland College Park and close to the College Park Metro Station.

We are seeking part-time therapists:

School-Based therapists to provide clinical counseling services in (Middle and High schools) in Southern Prince George's County, MD for the 2017-2018 school year.

Qualifications preferred:

- Have at least 3 years' experience in the counseling/social work field.
- Have experience counseling school aged and adolescent students.
- Experience with facilitating groups and working with families.
- Have the ability to conduct trainings/workshops.
- Bilingual speaker not required, but would be plus!

Candidates must be licensed in Maryland as an LCPC, LCSW-C, LMFT, PhD, or PsyD. Candidates must be fully licensed Masters-level therapist or PhD.

Daytime hours available for school based therapists.

Candidates who are paneled with *Maryland Medicaid* and *private insurance* companies will be given priority.

Please send email to panderson@pace-consulting with your resume, cover letter, list of insurances you are in-network with (if any) and specialties.

To register for MCA or any of our events, please go to www.mdcounseling.org

Find us on Facebook (@[@mdcounseling](https://www.facebook.com/mdcounseling)) and Twitter (@[md_counseling](https://twitter.com/md_counseling))



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All submissions due to the Newsletter Committee by October 15, 2017.

Up to 19 NBCC
Clock Hours* with
more than 120 educa-
tion and poster sessions
scheduled!



Bronze Sponsor



Celebrating our 50th Year!

Thursday, November 2-Saturday, November 4, 2017

Annual Conference @ Embassy Suites by Hilton Baltimore at BWI Airport

Courageous Conversations: Diversity and Inclusion



Thursday Keynote Speaker: Dr. Rich Feller

Rich Feller Ph.D., served as the National Career Development Association's President 2012-2013, and has served as a consultant to NASA, UN, NFL, AARP, and international and small companies on six continents. NCD A Eminent Career Awardee, he is currently the Lead Trainer for the Career Development Network's JCTC/JCDC Coach Certificate held by 8K coaches across the world.

Friday Keynote Speaker: Dr. Catherine Roland

Catherine B. Roland, Ed.D., serves as the 65th President of the American Counseling Association. Dr. Roland has been a leader in the Counseling field for over 25 years, and has held many leadership positions, including President of the Association for Adult Development and Aging and the Inaugural Conference Chair for the Association for Lesbian, Gay, Bisexual and Transgender Issues in Counseling.



Saturday Keynote Speaker: Dr. Simone Lambert

Simone Lambert, Ph.D., will serve as President of the American Counseling Association for the 2018-2019 term. She is a past-president of the International Association of Addictions and Offenders Counselors and her research interests include addiction prevention, counselor wellness, chronic illness, sensory processing disorder, and issues related to children, adolescents, and families.



Conference registration includes Breakfast & Lunch each day & Friday night MCA Mixer; hotel registration includes complimentary appetizers and beverages each night at the hotel Evening Reception

*MCA is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

Articles

Think Your Way to a More Positive Mood *Written by Suzette Nozick MS, LGPC*

First Lady, Michell Why is it that when the hostess tells you that your table will be ready in 20 minutes and it really takes 40 minutes to be seated you tend to get irritated (or let's be honest, you might even "humpfp" your way out of the restaurant in search of another less popular dining establishment)... *but* ... when the darling hostess tells you the wait is going to be an hour and you are seated (in the same!) 40 minutes, you are delighted??? Because wait a minute, it is the same 40 minutes, right?

What is the difference between these two scenarios? It is not the event. In both cases, you have waited 40 minutes for your table. The event remains the same. What has changed, what makes you feel better in the second scenario, is that your perception has changed. Yes folks, it can be that simple.

Imagine this: you are cruising downtown to meet up with friends and have a good time when out of nowhere some guy cuts you off. All of a sudden you go from being happy and relaxed to being irritated or possibly even angry. "How dare he!," you think. "What a jerk," you say (or shout, let's be honest). And just like that you are stewing or even fuming about what just happened instead of enjoying your good mood. Now, take a deep breath, give yourself a minute, and then imagine again that the guy has just cut you off. This time (keep imagining!) you think kindly: "I wonder what is going on with that driver that they decided to pull out in front of me like that?" and consider the possibility that they may have just received a call that their child is in trouble and to come quickly, or that their mother has fallen and can't get up (remember that commercial?). You get the idea. Now, how do you feel? Better, right; maybe even good? One thing for sure, and what this illustrates, is that given the same event, how you choose to think about it influences your mood and your feelings.

Allowing yourself to explore possibilities instead of making (usually negative) assumptions, allowing yourself to wonder why things are the way they are, allows you to create a space where you can choose the way you are going to think. And when you are able to choose the way you are going to perceive something you can control how you feel about it. If you choose to think negatively about the driver, *you* end up feeling bad. But, if you choose to think that the driver may have had an acceptable reason for cutting you off, you are actively giving yourself the opportunity to feel good.

So next time someone pulls out in front of you in traffic (or does something equally irritating) and you start to get really annoyed, wonder what might be going on in that person's life that caused them to make that decision, and heck, why not decide to imagine that they just got that call to go pick up their sick child instead of assuming that they are some inconsiderate jerk. Don't assume, wonder. Wonder at the possibilities. And then reap the rewards of more positive thinking.

Maryland Counseling Association's Emerging Leaders Program *Written by Sara Pula, Ph.D., NCC, LCPC, ACS – Chair, Emerging Leaders Committee*

The Maryland Counseling Association's Emerging Leaders (EL) program just completed its very successful inaugural year! The program was initiated by past-president Stephanie Dailey, Ed.D., and launched during past-president Christian Chan's (MA, Doctoral Candidate) office term (2016-2017). The inaugural year was run by Committee Chair Sara Pula, Ph.D. and included four amazing emerging leaders: Rawn Boulden, Keyona Hall, Kristin Matthews, and Sarah Vayda. We want to thank all the committed, passionate individuals (mentors AND mentees) who were involved in making this program a success and giving our Emerging Leaders such a rich experience. We look forward to our second year under the leadership of MCA President Karol Taylor and Committee Chair, Sara Pula.

Last year's Emerging Leaders agreed that participating in the program was very positive and served to catapult them further in the profession. Rawn Boulden stated that, "Serving as an Emerging Leader has had so many benefits. I've been afforded a variety of opportunities to become active in the counseling field and further develop my professional identity." Keyona Hall further explained that "this program was very beneficial, in not only making connections with those in the field, but also in the development of my professional identity. Having the opportunity to present at the conference as well as at Dr. Pula's Adult Development class was great in boosting my confidence and skills in the area of leadership. This program helped to set the tone for my future in leadership within the profession."

The purpose of MCA's Emerging Leaders program is to provide participating counselors with cultivating experiences that support the following: leadership skills, competency development, and diverse association opportunities. These opportunities include participating in MCA's Executive Board meetings, serving on an MCA committee or task force, engaging in projects of interest, receiving association mentorship, building professional networks, and being exposed to the responsibilities associated with leadership positions in the counseling profession. Benefits of being selected to participate in the program include: free conference registration to the Maryland Counseling Association Annual Conference, being recognized at the MCA Conference as an Emerging Leader, being recognized on MCA's website, and being featured in the MCA newsletter *Compass Points*. For the 2017-2018 cycle, MCA leadership has reduced the number of service hours to 30 so the focus on service can be more purposeful and intentional. Five applications were received for the program and chosen applicants will be announced in mid-August.

MENTORS WANTED! The EL Committee is actively seeking mentors for this cycle and for coming years. We are seeking to create a rich database of exemplary counselors who are current MCA members. We would like a diverse mentor pool including skill-specific master's and doctoral-level professionals (e.g., substance abuse, play therapy, CBT, DBT, private practice, career counseling, etc), as well as counselor educators, advocates, and entrepreneurs. If interested, please contact Karol Taylor (karoltaylor@verizon.net) and Sara Pula (pulas@trinitydc.edu) and provide the following information: name, title (including whether licensed or not), education level, counseling field, email address, phone number, and whether or not you are interested in starting as a mentor for this cycle or a future cycle. Thank you for considering this enriching endeavor in your professional career!

The National Opioid Epidemic: The State of Affairs in Maryland, Part 2 *Written by Janelle Bettis, LCPC-S, NCC, ACS and Kerri Legette McCullough, LPC, NCC - MCA Advocacy Committee*

The previous article in MCA's spring newsletter focused on an overview of opioids, options of treatments available for treating the opioid disorder, the current state of opioid use and legislation that were introduced in Maryland. This article will focus on the importance of identifying legislation, identification of federal laws that impact the opioid epidemic, understanding the Maryland General Assembly, and conclude with locating delegates and Congress members.

Importance of Legislation

In the development of laws, there is one common factor. That common factor lays in the idea. With an increase of drug use, particularly the use of opioids in MD, having a clear understanding of the process of legislation and federal laws is important. With this increased knowledge, individuals will understand ways to help make the difference needed to help reduce and stop a growing epidemic.

As previously stated, laws begin with an idea. This idea can come from anyone to include everyday citizens. Johnson (2003) shared that citizens have the option to contact their delegates within their geographic area to present the idea. If the idea is accepted, the delegate will seek a sponsor within the Senate or the House of Representatives to present before Congress. Following, the bill is introduced either by the Senate or House of Representatives sponsor during a Congress session. Once presented, the bill is then given a legislative number. This legislation is forwarded to a committee to be presented and further reviewed.

Johnson (2003) explained that this committee comprise of a small group of individuals that comes together to discuss the potential bill. This committee decides whether the bill is rejected or accepted. Also, this committee determines if further research is needed. When a bill is accepted by this committee, it is presented back to Congress for additional reviews and amendments. At this time, the bill is up for debate within Congress. Once both the Senate and House of Representatives come to an agreement with the bill, voting occurs.

According to the US Government (2017) in order for a bill to become Federal law, the President also has to approve the bill. This is done by the President reviewing and signing the bill to approve it as law. The President also has the options to reject or veto a bill, decide not to take action, or pocket the veto. If the President veto the bill, Congress has the option to override the veto. If this occur, the bill will become law. If the President takes no action and Congress is in session, after 10 days of receiving no answer from the President, the bill will become law. Lastly, if Congress is not in session, after 10 days, if the President does not sign the bill, it will not become law.

Laws Passed in Maryland: Opioid

The following laws were passed in Maryland:

1. House Bill 869 will require DHMH to compile a list of accredited recovery residences which is easily accessible online. Requiring a county board of education to consult with the county superintendent of schools before any change in the hiring or termination of personnel in connection with a school health services program; requiring the drug addiction and prevention program implemented in the public schools to include instruction on heroin and opioid addiction and prevention, including information on the lethal effects of fentanyl; prohibiting specified personnel from being held personally liable under specified circumstances; etc.
2. House Bill 887 Health Insurance – Prior Authorization for Drug Products to Treat an Opioid Use Disorder – Prohibition Chapter 581 – 5/25 was sponsored by Delegate Pena-Melnyk. This legislation will prohibit specified insurers, nonprofit health service plans, and health maintenance organizations from applying a preauthorization requirement for a prescription drug to be used for treatment of an opioid use disorder and that contains methadone, buprenorphine, or naltrexone; and applying the Act to all policies, contracts, and health benefit plans issued, delivered, or renewed in the State on or after the effective date of the Act.
3. House Bill 1082 Heroin and Opioid Education and Community Action Act of 2017 (Start Talking Maryland Act) Chapter 573 – 5/25; sponsored by Delegate Bromwell will require public schools to provide educational programs on substance use disorders and train personnel to respond to an opioid overdose

continued...

4. HB 1329 Heroin and Opioid Prevention Effort (HOPE) and Treatment Act of 2017 Chapter 571 – 5/25; establishes a 24/7 Health Crisis Hotline and a network of crisis treatment centers for substance use disorders. Requires the State Court Administrator of the Administrative Office of the Courts to assess specified drug court programs to make specified determinations; stating the intent of the General Assembly that the Administrative Office request an appropriation of \$2,000,000 in additional funding for grants to expand the scope of drug court programs; requiring the Behavioral Health Administration to establish at least one crisis treatment center by June 1, 2018; authorizing the Overdose Response Program; etc.
5. House Bill 1432 Health Care Providers – Prescription Opioids – Limits on Prescribing (The Prescriber Limits Act of 2017) Chapter 570 – 5/25; sponsored by the chair, health, and government operations committee. Requires health care providers to prescribe the lowest effective dose of an opioid and in a quantity no greater than the quantity needed for the expected duration of specified pain unless the opioid is prescribed to treat a specified disorder or specified pain; requiring the dosage, quantity, and duration of specified prescribed opioids to be based on an evidence-based clinical guideline for prescribing controlled dangerous substances; authorizing specified disciplinary action by health occupations boards; etc.
6. Senate Bill 967 Heroin and Opioid Prevention Effort (HOPE) and Treatment Act of 2017 Chapter 572 – 5/25; sponsored: Senator Klausmeier. Requires the State Court Administrator of the Administrative Office of the Courts to assess specified drug court programs to make specified determinations; stating the intent of the General Assembly that the Administrative Office request an appropriation of \$2,000,000 in additional funding for grants to expand the scope of drug court programs; requiring the Behavioral Health Administration to establish at least 1 crisis treatment center by June 1, 2018; authorizing the Overdose Response Program; etc.
7. Senate Bill 1060 Heroin and Opioid Education and Community Action Act of 2017 (Start Talking Maryland Act) Chapter 574 – 5/25; sponsored by Sen Miller. Requires a county board of education to consult with the county superintendent of schools before any change in the hiring or termination of personnel in connection with a school health services program; requiring the drug addiction and prevention program implemented in the public schools to include instruction on heroin and opioid addiction and prevention, including information on the lethal effects of fentanyl; prohibiting specified personnel from being held personally liable under specified circumstances; etc.

Understanding Maryland General Assembly

Understanding the Maryland General Assembly (MGA) and how we as counselors fit into this equation is essential. The MGA meets roughly every January yearly and ends April of that same year. Legislation's that are introduced can be found on the state website (<http://mgaleg.maryland.gov/webmga/frmlst.aspx?tab=home>). Here you can also find who represents your state, county, and district. All three representatives are necessary to identify. At times these individuals have introduced a bill, and you can contact them to argue for or against the legislation.

Once you have identified your legislation stance you can then contact your delegate or senator to schedule a face to face meeting, write an email, or letter to voice your opinion. Lastly, every February, MCA will hold our annual Advocacy Day in Annapolis to meet with our delegates and senators. Attendance at Advocacy Day is an opportunity to visit your representatives with assistance from other counselors to back you up!

Locating Delegates and Congress Members

In May 2016 Congressmen C.A. Dutch Ruppberger, Elijah Cummings and John Sarbanes (all D-Md.) joined Baltimore Mayor Stephanie Rawlings Blake and City Health Commission Dr. Leana Wen and announced 17 new bipartisan bills passed by the U.S. House of Representatives to address the national opioid abuse and overdose epidemic. These bills will expand access to overdose reversal drugs, reevaluate best practices for pain management and examine over-prescription of opioids to student athletes and veterans, among other measures.

In the state of Maryland, the city of Baltimore alone has the highest per capita heroin addiction rate in the country, with more than 19,000 active users, according to the U.S. Drug Enforcement Agency. Below are the federal bills that have been passed in the House of Representatives:

- H.R. 5046, Comprehensive Opioid Abuse Reduction Act
- H.R. 4641, Establishing An Inter-Agency Task Force on Best Practices for Pain Management
- H.R. 4063, Jason Simcakoski PROMISE Act,
- H.R. 4985, Kingpin Designation Improvement Act
- H.R. 5048, Good Samaritan Assessment Act
- H.R. 5052, Opioid Program Evaluation (OPEN) Act

continued...

H.R. 4843, Improving Safe Care for the Prevention of Infant Abuse and Neglect Act
H.R. 4978, Nurturing and Supporting Healthy Babies Act
H.R. 3680, Co-Prescribing to Reduce Overdoses Act
H.R. 3691, Improving Treatment for Pregnant and Postpartum Women Act
H.R. 1818, Veteran Emergency Medical Technician Support Act
H.R. 4969, John Thomas Decker Act
H.R. 4586, Lali's Law
H.R. 4599, Reducing Unused Medications Act
H.R. 4976, Opioid Review Modernization Act
H.R. 4982, Examining Opioid Treatment Infrastructure Act
H.R. 4981, Opioid Use Disorder Treatment Expansion and Modernization Act

The congressional Senate has also passed legislation for opioid addiction. Congress is currently in the process of putting together a council to reconcile the bills and figure out a way to fund treatment.

References

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U.S. Government (2017, July 13). How laws are made and how to research them. Retrieved from <https://www.usa.gov/how-laws-are-made>

MCA at ILT July 2017! *Written by Catherine J. Eaton, LCPC, NCC, MCA President-Elect*

Every year, the American Counseling Association (ACA) hosts an intensive leadership training event, the Institute for Leadership Training (ILT), designed for branch and division leadership skills. Included in this ten-year tradition is a Day on the Hill, an opportunity to meet with our Federal legislative representatives to discuss topical issues affecting the counseling profession.

This was my first experience with ILT, and I was impressed! Everyone was warm and welcoming, and how wonderful to meet and talk with our national and division leaders! We had three and a half days of workshops, networking and feedback on our Day on the Hill in addition to the comprehensive training sessions.

As I learned at MCA's Advocacy Day in February, our elected representatives are very approachable, and so, too are our leaders at ACA. They were patient and receptive to speaking with branch leaders and, as Richard Yep stated, "One of you in this room may be a future President of ACA!"

We started with a phenomenal keynote speaker, Alex Sheen of Because I Said I Would. Check out his TedTalks and YouTube videos for a moving and powerful experience: <https://becauseisaidiwould.com/ted/>. Next, we attended four breakout sessions – A Shared Vision: Help Us Help You (David Kaplan), The Finances of Leadership (Dave Jackson) Managing Your Digital Footprint (Adele Cehrs) and Leaders Learning from Leaders (Holly Press of Southern Region). I was able to network with our mentee branch of Mississippi and gather more resources to build our branch. I began the process of scouting around for a keynote for our 2018 Conference, to which Richard Yep and Gerald Lawson were very responsive to my queries.

Karol Taylor nominated Southern Region member Dr. Sue Pressman to run for ACA President Elect-Elect. Dr. Stephanie Dailey, Christian Chan and Michelle Branham Cousar each spoke on behalf of the merits of having Sue represent us. The Southern Region voted unanimously to present Dr. Sue Pressman as a nominee for ACA President Elect-Elect.

The Day on the Hill was hot and humid, as usual for July in Washington, DC. We briefly met with Senator Chris Van Hollen for a photo op and a quick elevator speech about our issues before meeting with his legislative aides. Senator Van Hollen's office was cordial and took the time to listen and promised to give him our position papers. They were most interested in our personal stories how the health care legislation effected their constituents rather than we were part of a national organization advocating for Medicare reimbursement for counselors, as that was of primary concern. Senator Ben Cardin's office was just as welcoming. Representative Jaime Raskin consented to co-sponsoring the HR 3030 that would allow for LCPCs to have Medicare reimbursement for professional services after Christian met with him that morning!

ILT participants were offered professional headshots at no additional cost and there are some amusing photos on ACA's photo stream of our MCA attendees, including the one of me wrapped in a blanket because the rooms were so cold.

ILT reminded me that everyone has leadership qualities. I originally joined MCA to attend a conference that looked interesting and to further my professional development. I became involved with the Executive Committee to fill a needed position as Secretary with no thought of pursuing further leadership positions. Without a push and a shove from my Board colleagues I would not have considered my own leadership abilities.

There is a place for you in MCA, and anyone can grow in leadership. Please consider adding your time and talents to our committees or divisions, so we can have a stronger voice in our profession and for our clients.

Why should you join MCA?

Membership is important to your professional growth and career development. It provides:

- Continuing education units at discount prices
- Early notification of MCA and all division events
- Current public policy issues and new laws of interest to professional counselors
- Grant opportunities
- Four newsletters and opportunities to publish and advertise
- Early notification of job openings in the field
- Leadership training and greatly reduced registration costs to annual, regional or national conferences for board members
- Free registration to all MCA conferences and workshops for board members
- Electronic reminders to renew your membership
- A list of events that you have participated in
- Support and advocacy for professional counseling in the state of Maryland



[Click here to join MCA today!](#)

Not ready to join? Choose the non-Member Contact option for a no-cost way to add your name to our email list.



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