



Hello WMHCA member!

Boy has this been an unusual year on every front, family, business, social, LIFE... Many of you have had banner years in spite of the COVID and some have not. I want to let you know that the WMHCA Board thinks of each of you at this time and wants to let you that we are beside you rooting for you and your businesses and ready to help in anyway that we can.

The WMHCA leadership has worked hard this year to provide relevant and topical training, legislative initiatives that strive for excellence in the counseling profession, and strength, support, and diversity in membership. We continue to plan for 2021 to continue to bring the very best in each of the areas identified by our members as most important for the counseling profession in our state. We on the WMHCA board have continued to work on your behalf in the critical areas of training, legislation, and membership services.

As we prepare to end the year strong, we look forward to serving you in the new year. There will be opportunities for members to get involved in a number initiatives we are working on in each of the areas above. Please stay tuned for how to best get your interests and voices heard. We are here for you and look forward to hearing about your successes and challenges so we can shoulder those together and cheer each other on. Happy Holidays to each and every one of you and I look forward to serving you through this next year.

Warmly,

Marianne Marlow, LMHC,  
President of the Board of WMHCA

You can find our monthly lobbyist report [here](#) and also on our website [www.wmhca.org](http://www.wmhca.org).

## Committee Updates

WMHCA has launched our committees and we are excited to get these up and running in the new year. There are many things on the horizon and wanted to

make sure our members know what to expect in 2021 from each of the committees.

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## Membership Committee

We know COVID has been difficult and trying to support our clients and staying sane ourselves has been extra challenging. The membership committee will be hosting its first event on **January 5<sup>th</sup> at 6:00 pm** to help support fellow therapists. We are hoping to have these forums monthly. To register for the one in January follow this link.

[https://us02web.zoom.us/meeting/register/tZEtfuuhqDwvGdV\\_1-46LiSwre84VeakxJfR](https://us02web.zoom.us/meeting/register/tZEtfuuhqDwvGdV_1-46LiSwre84VeakxJfR)

The theme for January will be Coping during Covid: What creative strategies have you used during this time. Come ready to share with other therapists what you are doing to take care of yourself or to learn from others.

Here are a few ideas we have come up with to get you thinking! Paint rocks then distribute them around your neighborhood or favorite hike for others to find. Add a hashtag or facebook page for a local group to see your rock become famous!

Watch a super hero movie to help build resiliency and foster hope

We are also reaching out to different groups to do meet and greets. This includes, graduate school programs, community mental health agencies, and community partners. If you are interested in having us come please reach out to Katie Lorz: [kathryn.lorz@wmhca.org](mailto:kathryn.lorz@wmhca.org).

We are on [LinkedIn](#) and [Facebook](#).

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## Legislative Committee

The legislative committee is busy planning for our 3<sup>d</sup> annual day on the hill event. This year will look a little different than previous years. We are hoping people can attend due to it being virtual. If you are interested in attending this event and speaking with your legislators directly stay tuned for a date announcement after session gets started in January. The day on the hill will be toward the end of February beginning of March. Mental Health is more important now than ever and we need our voices heard in Olympia. We have also been attending Department of Health Meetings and other important meetings to see what's in store for 2021. There is a new telehealth training requirement and an advanced suicide and assessment training requirement coming next year. WMHCA has also been invited to be part of the 988 implementation workgroup. If you haven't heard 988 will be the new National Suicide Hotline number.

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## Education and Training Committee

The education is looking at several offerings for next year. We will continue to monitor the requirement changes from the DOH and will plan trainings accordingly. Currently we have a telehealth training on our website to satisfy the new training requirement starting in January 2021. We also have three other upcoming trainings with Eric Strom. We will open registration for those trainings in the next couple weeks and send out an update when we do. Those trainings can be found here: <https://wmhca.org/events/categories/cont-ed/> In the future we are looking at offering 1 hour CE events, around clinical issues that have been exacerbated by COVID.

