



October 2021

## Quarterly Insights

*Promoting quality mental health counseling services, maintain a viable and distinct professional identity, and influence public policy consistent with our professional ethics and values.*

### Letter From the President



I'm honored to serve as WMHCA president for the June 2021-2023 term. I follow in the footsteps of prominent behavioral health leaders; most recently Marianne Marlow, MA, LMHC, CFDW who was instrumental in assessing the needs of members. Based on those needs and under her leadership, we hired a Director of Advocacy and Education, grew the board, and formed legislative, education, and membership engagement committees. The committees have developed action plans focused on member's needs. Marianne began a strategic plan, started diversity, equity, inclusion initiatives, and continues to work diligently with AMHCA on OneAMHCA in addition to her work as our past president.

Just like our national organization, AMHCA, we are committed to *Reimagining* WMHCA in the era of Covid-19, Black Lives Matter, and political divisiveness. As an organization we are committed to assessing our members current needs, considering these unprecedented times, and adapt. We are turning to you to let us know how best to fulfill our mission of *promoting quality mental health counseling services, maintain a viable and distinct professional identity, and influence public policy consistent with our professional ethics and values*, bearing in mind the unique challenges presented.

Our [board meetings](#) are always open to our members. We welcome your presence and any distinctive skills you have to advocate for mental health in Washington state. We appreciate your continued support.

Keep an eye on out for our upcoming needs assessment survey that we will be sending to all members so that we can best meet your needs.

Susan K. Leveridge, Psy.D., LMHC  
WMHCA President 2021-2023

## Legislative and Policy Updates

Keeping up with changing legislation and policy updates can be a substantial amount of work and time for practitioners. One of the benefits of your WMHCA membership is we do it for you. This means you can stay in compliance with new legislation while allowing you to focus on your clients.



There are many things we are currently tracking. You can find this information on our [Legislative and Policy Updates](#) page under our Recent News tab.

We are following telemedicine and audio only implementation. We attend the CRIS (988 implementation) meetings as public members. We also plan to attend the rules meetings around ESSB 5229, which mandates health equity training for all Department of Health Licenses. Also Apple Health increased their rate for providers. To learn more about these and other policy changes visit our [website](#).



### Member Testimonials

Has WMHCA ever helped you in anyway or is there something that stands out as a great benefit from being a WMHCA member? Please take a moment to fill out this [FORM](#).

## Learn More: Psychedelic Assisted Therapy

“Recent data suggest that ketamine, .... might be the most important breakthrough in antidepressant treatment in decades. Three findings are worth noting. First and most important, several studies demonstrate that ketamine reduces depression within six hours, with effects that are equal to or greater than the effects of six weeks of treatment with other antidepressant medications. The shift from six weeks to six hours has already transformed what we could and should expect of antidepressant treatments. Second, ketamine’s effects have been noted in people with treatment-resistant depression. Most of the studies to date have tested ketamine in people for whom other treatments were not effective, including both medications and psychotherapy. This promises a new option for people with some of the most disabling and chronic forms of depression, whether classified as major depressive disorder or bipolar depression.”

- Thomas Insel,  
Previous Director of the National Institute for Mental Health

Karen King, WMHCA Board Member and CEO of [King Health Associates](#) in Bellingham, WA runs one of only two ketamine assisted therapy clinics in Washington State. She says, "I have found my greatest creative purpose in life: to witness and to partner with clients as they heal and grow through insight and self-compassion. I have seen incredible growth and changes as clients slowly reveal themselves to themselves and see how the use of psilocybin offers the possibility to expedite and deepen that process with skillful guidance and support. [READ MORE](#) (and if you would like to submit an article for our next newsletter please contact [sara@wmhca.org](mailto:sara@wmhca.org) )

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You can join AMHCA & WMHCA for a discounted rate as a unified dues member which allows you to attend all their events at the member rate. Learn more [HERE](#)



# 2021 AMHCA Virtual Fall Summit Nov 1-5

Promoting Healing for the Community,  
Clients, and Counselors



**Keynote Speaker**  
**Brandon J. Johnson**  
MHS, MCHES



**Lee A. Teufel-Prida**  
PhD, LMHC, LPCC, NCC



**Courtney L. McMickens**  
MD, MPH, MMS



**Olivia Wedel**  
PhD, LPC, NCC, LCDC



**Claudia Calder**  
PhD, LPC



**Albrina Burger**  
Graduate Student



**Jahaan Abdulla**  
EdD, NCC, LPC



**Sonja A. Sutherland**  
PhD, LPC, BC-TMH, ACS



**Fredrick Dombrowski**  
PhD, MHC, CASAC, LPC, LADC,  
NCC, CCMHC, ACS, BC-TMH,  
HS-BCP, ICADC, DCMHS



**Rola Aamar**  
PhD



**Anita A. Neuer Colburn**  
PhD, LPC (VA), LCMHCS (NC),  
BC-TMH, ACS, NCC



**Ruby L. Blow**  
MA, LPC, NCC, BCC,  
CPCS, ACS, BC-TMH



**Karla L. Sapp**  
EdD, LPC-S, LMHC-S, MAC



**Angela Graham  
Williams**  
PhD, LPC, LPC-S



**Valerie J. Shinbaum**  
MS, LPC, MAC, NCC



**Keith Klostermann**  
PhD, LMFT, LMHC,  
NCC, CFT



**Beverly Smith, PhD, LPC (GA & AL), NCC, CCMHC,  
ACS, NCSC, CFT, HS-BCP, BCC, MAC, CPCS, BC-TMH, BCPPC**  
American Mental Health Counselors Association, President

**Register today!**  
**\$99 for 18 CE**  
Early Bird Price Ends Oct 10

**Member Engagement Committee Update:  
Virtually Connected and Growing!**

**Upcoming  
Events**

Katie Lorz, Membership Chair

It goes without saying that social connection  
has been a big issue for everyone this past

year and a half. As counselors we have had the added challenge of holding space for our clients, our friends, and our families, as we navigated our own isolation and engagement in this surreal new world. The membership committee set goals this past year to: increase member engagement, increase member value, and support our legislative and education committees in their endeavors. For a peek at where we've been, where we are going, and how you can get involved click [HERE](#).

**Opportunities for Engagement:** We would love to have our members be involved in our work. You do not have to be a board member, or commit to tons of hours (we are all busy!!!)

1. Connect with us on Facebook (we have a [page](#) and a [group](#)!)
2. Attend a membership, legislative, or education committee meeting
3. Attend a monthly virtual [happy hour](#)
4. Plan to attend the "Day on the Hill" this winter to meet your legislators and make your voice heard
5. Attend a monthly [board meeting](#)
6. Write an article for the newsletter
7. Join a committee task force or subcommittee
8. [Message](#) us and let us know what you would like to see from your association!

If you are interested in being more involved you can email Sara Oppler at [sara@wmhca.org](mailto:sara@wmhca.org)

## Member Spotlight

Brigid Blume,  
West Seattle WA



I am a board certified art therapist and licensed mental health counselor, working in the state of Washington since 2013.

My practice is [Well With Art PLLC](#), a private art therapy and psychotherapy practice



October 30th  
10 am - 11 am

### **Grad Student Meet & Greet**

[Register  
Here](#)

November 12th  
9 am - 11 am

### *Board Meeting*

[More Info](#)

November 12th  
9 am - 4:30 pm

### **Preparation Training for the National Clinical Mental Health Counseling Exam (NCMHCE)**

In partnership with  
Cascadia Training.

[Register  
Here](#)

The First Tuesday of  
every month 6:15  
pm

located in West Seattle. I work with teens and adults, individually and in groups. I believe that art and the creative process can be a form of healing and a way of sustaining one's well-being.

My focus is helping people achieve mental health, clarity and well-being, by using creative methods combined with psychotherapy techniques. I currently serve on the board of the [Evergreen Art Therapy Association](#) as secretary and was the Communications Director from 2013-2017. I am also a professional member of the [American Art Therapy Association](#). I have completed the Level I and Level II [First Aid Arts](#) trainings for providing trauma-informed care.

### *Virtual Happy Hour*

[More Information](#)

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Every Wednesday  
12:00 pm

*One4Me Mindful Practice Group*

[More Info](#)

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To be featured in a future member spotlight please fill out this [FORM](#)

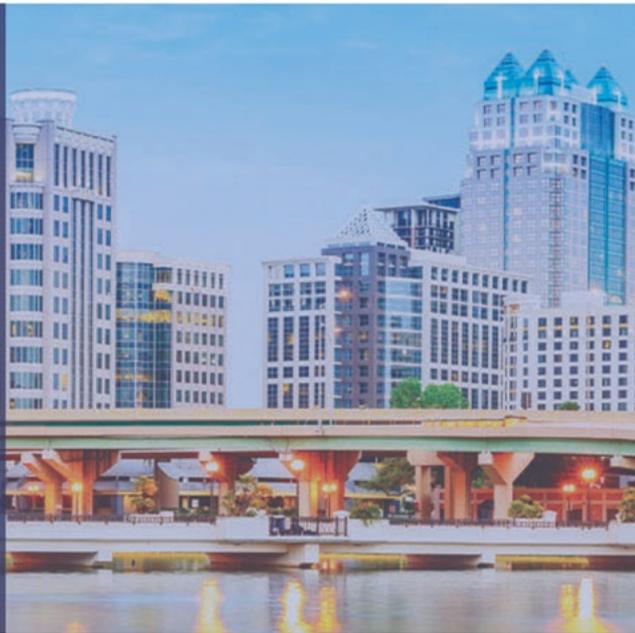
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WMHCA Members are eligible to attend FLORIDA MENTAL HEALTH COUNSELORS ASSOCIATION Annual Conference at the member rate

## EARLY BIRD REGISTRATION RATES

Earn up to 29.5\* CE credits earned over 3 days of learning! (February 3-5th)

\*Attendees have access to 21.5 CE credits at in-person Conference sessions (18.5 Virtual), and up to an additional 8 CE credits (in-person and virtual) in the Pre-Conference Workshops (Additional Fees Apply).



### IN-PERSON REGISTRATION

#### GENERAL REGISTRATION

Full Conference registration (2/4-2/5) + 1 Year FMHCA membership

~~\$496~~ **\$385**

1 Day Conference registration (2/4 or 2/5) + 1 Year FMHCA membership

~~\$396~~ **\$325**

#### MEMBER EXCLUSIVE REGISTRATION

##### Clinical, Regular, Rate

Full Conference registration (2/4-2/5)

~~\$366~~ **\$220**

1 Day Conference registration (2/4 or 2/5)

~~\$266~~ **\$160**

##### Student Member Rate

Full Conference registration (2/4-2/5)

~~\$234~~ **\$140**

1 Day Conference registration (2/4 or 2/5)

~~\$134~~ **\$80**

### VIRTUAL REGISTRATION

#### GENERAL RATE

~~\$546~~ **\$435**

#### MEMBER RATE

~~\$416~~ **\$250**



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with



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