



# WASHINGTON MENTAL HEALTH COUNSELOR ASSOCIATION

*Our mission is to promote quality mental health counseling services, maintain a viable and distinct professional identity, and influence public policy consistent with our professional ethics and values.*

## WMHCA Board Meeting Minutes

### MEETING INFORMATION

**Objective:** Monthly Board Meeting

**Date:** 1-14-22

**Location:** Online

**Zoom Meeting Link:**

<https://us02web.zoom.us/j/82139093409?pwd=SmJacVFickZHc25kRERjOHk4cm5OZz09>

**Time:** 9 am - 11 am

**Meeting Type:** Monthly Board Meeting

**Called By:** Susan K. Leveridge

**Facilitator:** Susan K. Leveridge

**Secretary:** Shannon Thompson

**Attendance:** Introduction of guests

Susan Leveridge

Karen King

Robyn Hansen

Sara Oppler

Ellen Carruth

Dominique Avery

Emily Hughes

Jenny White

Marianne Marlow

Katie Lorz

Debiruth Stanford

Guests-Pam Raphael

### CONSENT ITEMS

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1. Approval of <https://docs.zoho.com/writer/open/icr4n8d8dd521b6e04450a140ca4142239539>
2. Treasurer's Report – Emily Hughes



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**November:**

Income: \$10,574.45  
Expenses: \$6,739.24  
Net Income for November: \$3835.21

**December:**

Income: \$ 9,766.13  
Expenses: \$10,700.29  
Net Income for December (\$934.16)

**Net Income for Fiscal Year 2021-2022: \$250.11**

3. Membership Information – Sara Oppler

WMHCA Membership Numbers											
Month	Total Members 2020-2021	WMHCA						AMHCA		WMHCA	
		Associate	Clinical	Regular	Retired	Student	Total	Dual	%	Total	%
		2021-2022						2021-2022			
July	511										
August	526	109	624	14	9	134	<b>890</b>	270	30.3%	620	69.7%
September	560	113	632	19	9	136	<b>909</b>	284	31.2%	625	68.8%
October	628	116	638	21	9	159	<b>943</b>	284	30.1%	659	69.9%
November											
December	695	121	642	30	11	176	<b>980</b>	285	29.1%	695	70.9%

Emily made a motion to approve consent and Marianne seconded- Motion carried

**DISCUSSION AND REPORTING ITEMS**

Guests-Pam Raphael-introduced herself.

Debiruth-announced her resignation of the legislative chair

1. [Executive Committee Oct Minutes](#) – Susan K. Leveridge
  - a. Exec Committee hasn't met since Oct. They will look at changing Shannon's title to Executive Director, Reach out to Susan with questions,
2. [Finance Committee Oct. Meeting](#) – Emily Hughes



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- a. Finance Committee met in October, they are looking at getting an audit set up, met with a financial advisor, profit loss statements need to be sent to our members, the committee wants an annual report to go out, discussed our meeting our financial advisor, we need a investment strategy, we can invest in sustainable companies, Emily wants to bring the budget to the board in April, process will start in Feb

Karen gave an update and check in

Gave an update on scholarship committee- the announcement went out. There are 10 applications. We need to set up direct donations. Members want to donate directly, general members will review the applications

3. Education and Training Committee – Ellen

- a. Launching of the Lunch and Learn -6-part series focused on clinician self-care
  - i. 99 people attended the 1<sup>st</sup> one, committee meeting next week

4. Membership Committee: Katie Lorz

- a. Started virtual monthly happy hour-Jan was canceled. Need to discuss if we want to keep it going, will discuss at the next Membership Committee Meeting, membership committee will reassess action plan

Sara Oppler gave an update and check in, discussed our increase in membership, our members really turn to us for legislative issues, members love our trainings and workshops and see the value, discussed how much our members loved the No Surprise Act info, Another Newsletter will go out in Feb. Sara manages social media, we have a FB page and group. We updated our advertising recently

5. Lobbyist Report – Sara Stewart

<https://docs.zoho.com/writer/open/jxgjn0bf735a084674c06975246bc17787b75>–

Working on the virtual day on the hill, Sara is writing a provisio around barriers to supervision and licensure, we will need to talk to legislators to get it to stay in the budge, meeting with Wagner next week. Sara will vet the bills and send them to Shannon. Wants to talk with legislators about Medicaid reimbursement rates. Make sure come



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Shannon discussed portability and what it takes to join the compact, we have to change the requirement to 60 hours in legislation, the DOH wants to work with is, Discussed SB 5596. Some people use clinic wide consents, they put it in the disclosure statement, Sara and Shannon met with the sponsor, and then the lawyers,  
No Surprise Act – Shannon, people love the info

Marianne did an update and check in

Jenny did an update and check in-gave update about needs assessment, executive committee needs to review and comment, need to have another meeting next week or the following week

Susan discussed the newsletter-3 points connectivity, self-care, using “thick time”

Tim gave an update and check in

Robyn gave an update and check in

Ellen-we could do lunch and learns at Community Mental Health Centers to gain membership, Pam- can organizations join instead of just individual members, Marianne suggested we align with other organizations or partner with or get support from, Lots of discussion about an organization fee, we should talk about community mental health organizations from a value lens,

Meeting closed @ 11:01

## **OTHER NOTES OR INFORMATION**

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**Next Meetings: 2nd Friday of every month 9-11 am unless otherwise noted**

Feb. 4, 2022 Zoom Meeting 9-11 am – Susan’s needs to reschedule to Feb. 18th

Goals:

President Initial Goals

- ♣ Members Needs Assessment
- ♣ Financial tightening – Increase revenue/Outside audit/financial assistance



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♣ Informing Members of their membership benefits

Newsletter

♣ Increase Member Regional Representation

♣ DEI - Board Diversity - task force

Increase Board Understanding of DEI

Create DEI Vision and Mission

Increase Board Diversity

Other irons in the fire

- Reciprocity/Portability - task force (Goal – increase support to AMHCA)
- By-Laws- Shannon/Gay/Emily/Susan
- Roles and Responsibilities Shannon/Gay/Emily/Susan
- Legislative Chair
- ED position - Executive Committee (Strategic Planning)
- AMHCA - Conference 2022



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Washington Mental Health Counselors Association (WMHCA) is the professional organization working exclusively to meet the needs of Licensed Mental Health Counselors in Washington State.

WMHCA is chartered through the American Mental Health Counselors Association (AMHCA), our national professional organization.

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WMHCA performs its mission by working with other professional organizations, the state legislature, state regulatory agencies, insurance companies and consumers to promote quality in mental health counseling practices. We maintain standing committees whose focus is to safeguard and advocate for Licensed Mental Health Counselors and their clients.

WMHCA in principle and in practice recognizes that all individuals have the right to be accepted for their unique and authentic self. WMHCA seeks diverse membership with respect and honor of the unique human spirit and without discrimination of gender identity, race, age, ethnicity, disability, or socioeconomic status. WMHCA is committed to non-discriminating practices and to the prevention of harassment in all forms, verbal, physical, sexual, emotional, and psychological that infringe on the freedom for all people to be who they are.

The Purpose of WMHCA:

- Promote and maintain the profession of mental health counseling by stressing high levels of ethical and professional practice
- Promote legislation and administrative rules that recognize and advance the profession of mental health counseling.
- Foster cooperation among mental health providers to improve care and services to clients.
- Position the profession favorably in the healthcare market through marketing and education.
- Encourage the next generation of mental health counselors by supporting the transition from graduate school to professional life. <https://wmhca.org/wp-content/uploads/2021/04/2-AMHCA-Code-of-Ethics-2020-2.pdf>
- Provide advocacy with insurance companies for contract language that protects licensed mental health counselors and their clients.
- Provide educational programs that enhance knowledge and promote continuing professional growth.
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Provide opportunities for connection and networking among its members for professional development.

Counselors in WA have the core values/practices of:

- a. Focus on the relationship; therapeutic alliance as primary
- b. Personal development/self-awareness
- c. Multiculturalism/diversity
- d. Holistic focus for both clients and counselor striving towards personal growth
- e. Ethical practice
- f. Social justice/empowerment
- g. Reduce suffering