



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 Agenda 3-11-22

MEETING INFORMATION

Objective: Monthly Board Meeting
Date: 3-11-22
Location: Online
Zoom Meeting Link: <https://us02web.zoom.us/j/89437156382>
Time: 9 am - 11 am
Meeting Type: Monthly Board Meeting
Called By: Susan K. Leveridge
Facilitator: Susan K. Leveridge
Secretary: Gay Niven

Attendance: Susan Leverage, Robyn Hansen, Emily Hughes, Mitch Teufel, Marianne Marlow, Dominique Avery, Jenny White, Debiruth Stanford, Sara Oppler, Shannon Thompson
955am: Sara Stewart, lobbyist joined 10am: Tim Griswold joined
Guests: Jonobie Ford, Pam Raphael, Adair Hasty-Vannoy (scholarship recipient) and at 10am Ayse Koc (scholarship recipient) joined

Decisions:

Approve consent items: Marianne Marlow, second from Mitch Teufel. All approved
Susan appointed Jenny to head the nomination committee, and Debiruth and Robyn are members
Mitch has agreed to take over the Membership committee, effective immediately

Action Items:

Finance committee will email times/links to the April 1 committee meeting, for those interested in a deeper dive into the budget. Look for an email from Emily
Katie has decided to leave the board, effective immediately, and has left the Membership committee
Dept of Health meetings can be attended. Next one 3/18. Reach out to Shannon if interested in attending
Legislative Committee meets 03/18
Reach out to Susan to comment on Jenny's meeting recommendation

OTHER NOTES OR INFORMATION

Next Meetings: 2nd Friday of every month 9-11 am unless otherwise noted. Link on website or use the one in the notes (above)

April 8, May 13, June 3*(1st Friday)

AMHCA Conference in Las Vegas: June 21 - 24

CONSENT ITEMS

1. Approval of [February Minutes](#)
2. Treasurer's Report – Emily Hughes



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February:

Income: \$14,241.02

Expenses: \$11,208.87

Net Income for February: \$3032.15

Net Income for Fiscal Year 2021-2022: \$11,056.64

3. Membership Information – Sara Oppler

WMHCA Membership Numbers											
Month	Total Members	WMHCA						AMHCA		WMHCA	
		Associate	Clinical	Regular	Retired	Student	Total	Dual	%	Total	%
	2020-2021	2021-2022						2021-2022			
July	511										
August	526	109	624	14	9	134	890	270	30.3%	620	69.7%
September	560	113	632	19	9	136	909	284	31.2%	625	68.8%
October	628	116	638	21	9	159	943	284	30.1%	659	69.9%
November											
December	695	121	642	30	11	176	980	285	29.1%	695	70.9%
January	741	127	659	34	10	183	1013	299	29.5%	714	70.5%
February	765	131	675	36	10	194	1046	302	28.9%	744	71.1%

DISCUSSION AND REPORTING ITEMS

1. [Executive Committee](#) Susan K. Leveridge

a. Nomination Committee update

Review of Executive meeting minutes

b. Change in the Nomination committee from the notes: Jenny White will chair and Robyn and Debiruth are on the committee. Reach out to them with questions/comments

c. Board meeting recommendation Change - Jenny White

Recommendation: it would be 1x per quarter (say month 1-3 hour meeting). Then months 2/3 would that same time slot would have 1 hour committee meetings. Members would attend the committee meetings they are members. Executive committee meeting schedule would continue to meet monthly. To be discussed at the Executive Committee.

d. Executive Director position update - Marianne Marlow

<https://docs.zoho.com/writer/open/nuen6856b6decd9d64b73b7a170650f931d7b>

2. [Finance Committee Oct. Meeting](#) – Emily Hughes

Budget time line: Finance Committee Meeting 3/10/22, Present Budget to Board in April, Vote on Budget in May. If you are interested in a deep dive into the budget, please come to the April 1st meeting. Committee heads will get a note The board meeting will discuss an overview.



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3. Education and Training Committee – Shannon

- a. Scholarships- Karen K, Shannon, Ellen: Sara and Shannon had the happy task of calling recipients for scholarships that were determined by a committee of WMHCA members
- b. Farestart update: Meeting on Monday. Email Susan if you are interested in joining this emerging work

4. Membership Committee - Susan

Katie has decided to roll off the board. Thank you Katie for all your work! And Mitch has agreed to take over the chair position of the Membership committee

- a. AMHCA conference raffle for 5 members - Sara

All are notified and are excited to go to the conference in June

- b. Newsletter - Gay, Sara, Shannon

As of 3/8, we are at a 51.8% open rate, which is fantastic! (For reference, our fall newsletter had a 43.9% open rate). About 996 members were , so about 92% of members

Most clicked links are:

- Link to complete the Survey
- Article on the Counseling Compact
- Listing of Resources
- “No Surprises” Act article

Discussion about outreach, technology, and how/when to use Constant Contact

- c. Member survey – Sara

Link was sent in the newsletter, and an email will go out Monday, 3/14

- d. Community Mental Health Membership Outreach - Robyn

Overview from Robyn, raising WMHCA awareness via membership

5. Legislative Committee – Sara Stewart and Dominique

- a. [Lobbyist Report](#) – Sara Stewart
- b. AMHCA Portability update - Dominique

Seven states have passed compacts with Maine looking like it will be #8. It is moving faster than anticipated. !2 states approving would make it happen

- c. Health Equity Training - Shannon

They have not determined rules and DOH might be doing the training and we may just need to notify members about the change and training need. This stage of the Rules meetings is what rules can be shaped and changed

<https://content.govdelivery.com/accounts/WADOH/bulletins/30cdae2>

Break 1019am until 1025am

6. AMHCA Conference

- a. WMHCA will sponsor the keynote: Eric Strom
- b. Conference Dates June 21-24 - Attending: Gay, Marianne, Shannon, Emily, Jenny, and Debiruth

Debiruth and Jenny volunteered to assist with travel and planning

7. DEI initiative - Susan

- a. Member survey launched and will update based on responses



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8. Strategic Plan – Marianne

- a. Tim joined the committee, with Gay and Mitch

Marianne reviewed the value and preliminary process that has been talked about to date

9. Other items – Susan

- a. Dean Nakanishi, a scholarship recipient sent a voice mail of appreciation that was played

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.

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 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.



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- 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.
- 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