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Letter From the Executive Director



Sherry L. Allen

The NBCC Foundation is catching on. A growing number of the more than 48,000 National Certified Counselors (NCCs) are donors, choosing the Foundation as a means of making a difference beyond the hard won accomplishments in their daily practice. NCCs represent the majority of current donors, yet the Foundation recognizes the essential value that other donors bring. Now is the time for the NBCC Foundation to reach out to the public at large, and this newsletter is a part of that effort.

Read on to learn what donor contributions are accomplishing, and why you want to be a part of this collective effort.

NBCC Foundation recently produced three four-minute videos intended to highlight the good works that donors accomplish through the Foundation. (Watch them at <http://youtu.be/O4gxpKLomGA>.) In one video, David Weisenhorn, a 2010 military scholarship winner, describes the NBCC Foundation by saying, “This is OUR Foundation. This is our alma mater as far as counseling goes.”

I couldn’t have said it any better, as that is truly our intention. The NBCC Foundation is the philanthropic tool for all those who want to advance the counseling profession while increasing the counseling and mental health resources available to the underserved and never-served.

Anyone can make a difference through donations via personal check or the online donation portal (www.nbccf.org/donate). The Foundation recently joined the online fundraising site FirstGiving (www.firstgiving.com/nbccf), allowing donors to establish a page in honor or memory of a special person or occasion. Family, friends and colleagues are able to give in lieu of flowers or other gifts. It’s a great way to show support for someone while also making a tax-deductible gift.

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NBCC FOUNDATION CHAIR
WILLIAM EDWARD BYXBEE

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SHERRY ALLEN

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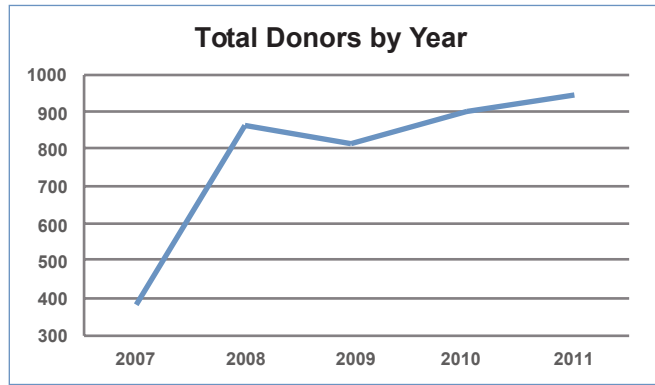
Letter From the Executive Director

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There are many other ways to shape and use the Foundation. Want to help determine the giving priorities? Join The Counselors' Voice project. Want to expand your fundraising skills and influence? Be a part of the President's Circle. Want national and international leadership opportunities? Apply for a position on the Board of Trustees. To find more information about these and other offerings, visit www.nbccf.org/donate/beinvolved.

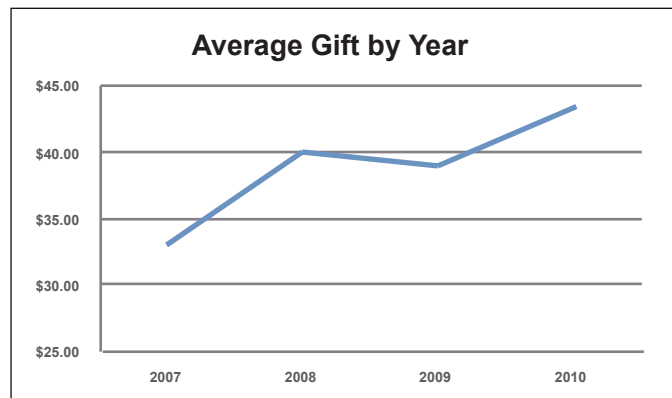
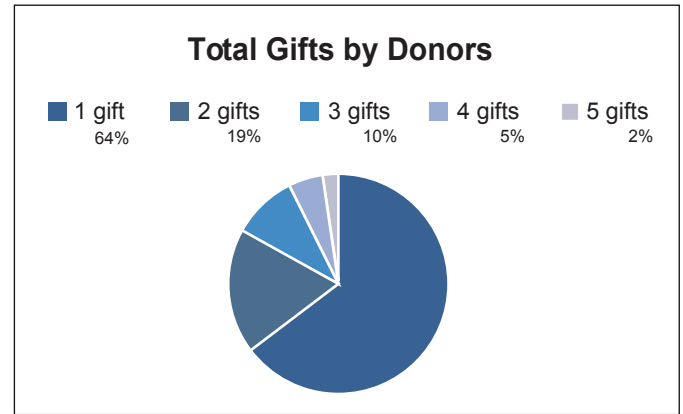
The NBCC Foundation Board and staff are thinking BIG. What if the Foundation could provide a scholarship to one student in each counseling program nationwide? What if the Foundation could provide seed money or matching funds for counseling practices in communities throughout the world where there are none? Even modest donations from a large community of givers can accomplish this and more. Join the growing number of people making the Foundation their own, and make these and other big ideas a reality. NBCC Foundation, www.nbccf.org.

Sherry L. Allen, M.Ed.
NCC, CCMHC



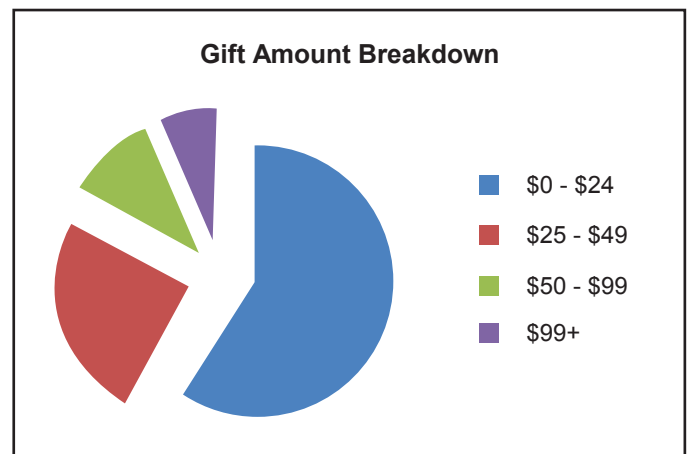
The NBCC Foundation has seen an increased number of donors over the last five years, and we're grateful that the number of repeat donors has grown as well.

Over one-third of our donors have given more than one gift. As time progresses, we expect to find that the majority of our donors are repeat givers.



We've seen the average gift increase steadily over the years, which we take as a thumbs-up from our supporters.

We appreciate all gifts, and hope to grow the \$25 or more contributions over time by effectively communicating the success of our mission and its positive impact.



2010 NBCCF SCHOLARSHIP RECIPIENT CLOSE-UPS



A graduate of Ashford University, **Jonathan Harold** is enrolled in the master's in higher education counseling program at West Chester University. Mr. Harold is currently pursuing his passion to serve veterans through his work at the Pennsylvania Department of Labor and Industry, where he helps veterans find employment.

Upon graduation, he plans

to continue serving veterans by moving to the Office of Vocational Rehabilitation and running an evening veterans group where he can offer not only his counseling skills, but resources and knowledge gained by working in state government.

What are your short- and long-term goals as a professional counselor? For the community/population you've committed to serve?

Currently, I've been working in the career counseling role [at Pennsylvania CareerLink]. My short-term goal is to keep getting knowledge about many of the different job industries out there. Learning more about these different industries will help me to better connect with my clients in the long run. As a career counselor . . . I can help clients work through the emotions of job loss, and we can show [them] great interview techniques, how to write an effective résumé, how to change careers with the skills they already have, but I am most satisfied when I see a client obtain a job that they find [personally] meaningful.

What impact has the NBCCF scholarship had on your life? What does it mean to you personally and professionally?

I am honored that I received a scholarship. . . . I feel great that I have an organization such as NBCC rooting for me to obtain my master's in counseling. One thing I am really interested in doing is . . . to run groups for veterans. . . . When I first got out of the military and started my first semester at West Chester, I joined a group. I joined the group for two reasons. One was because I knew that I was going to be a future counselor and I had to understand the workings of a group. The second reason that I joined a group was because I needed some help readjusting from life [in] the military. . . . At first, I didn't really feel anything, and then one day after three months, a vibrant spirit woke up inside of me. I can't really explain what it was, but I would like to offer veterans that same safe place to work out those feelings.



Kristen Keim is a graduate of Lock Haven University and is enrolled in Pennsylvania State University's master's in elementary school counseling program. Possessing a natural talent for working with children and recognizing the need for quality mental health care in her rural hometown, Ms. Keim realized that school counseling was the path for her. Upon graduation, she plans to work as

a counselor and child advocate, addressing the behavioral, emotional and academic needs of children experiencing both the benefits and hardships of living in a rural area.

What led you to pursue a career in counseling?

I have always known that I love working with children, and I feel that I have a natural talent for interacting and engaging with kids. After college, I became employed as a therapeutic support staff (TSS) working in school, home and community settings. I especially enjoyed working in a school setting and found that I had a talent for working with elementary-age children. While working in a kindergarten classroom, I found so many of the kids opening up to me. I decided that I wanted a job helping not just one child in the school, but all of them. I wanted to be an elementary school counselor.

What does becoming a National Certified Counselor (NCC) mean to you personally? Professionally?

Becoming a National Certified Counselor was something that I didn't even really consider not doing because I want to be the best counselor I can be, and being certified, to me, is one of the highest counselor achievements that I can strive for.

What impact has the NBCCF scholarship had on your life? What does it mean to you personally and professionally?

Winning the NBCCF scholarship has allowed me to be the best counselor-in-training that I could be. . . . With the scholarship, I was able to focus fully on my classes and internship experience without the stress of working part-time or taking out even more loans. I was so thankful to the NBCC Foundation when I found out I that I won this scholarship.

2011 NBCCF SCHOLARSHIP RECIPIENTS

The NBCC Foundation recently awarded 10 \$3,000 scholarships to counseling students who are dedicated to serving rural or military communities. The purpose of the scholarships is to increase the availability of much-needed counseling services for these two groups. Five of each type of scholarship were awarded.

Rural Scholarship Recipients

Paula Davis is both a student and a graduate of Mississippi State University where she is pursuing a master's in community counseling. Ms. Davis currently operates a nonprofit organization that mentors, educates and empowers women to excellence, and plans to expand its operations to include a private practice targeted toward African American women and serving their particular needs. She plans to carry out these goals as a counselor in Waynesboro, a rural community in Mississippi.

Katherine Failing is a graduate of Sewanee: the University of the South and is enrolled in Delta State University's master's in counselor education program. A former teacher, Ms. Failing observed the help children needed in rural parts of Mississippi. This experience led her to a career in counseling, and she plans on serving the delta region of Mississippi and its children as a counselor.

Tara Jackson is a graduate of Fort Lewis College and is enrolled in Adams State College's master's in clinical counseling program. A single mother of two, Ms. Jackson is dedicated to her rural Colorado town of Durango and has been for nearly 20 years. She currently interns with a local mental health care organization serving young single mothers, local immigrant families and other members of her community in need, and she plans to continue her work there as a counselor after graduation.

Anna Kirkley is both a student and graduate of Southeast Missouri State University where she is pursuing a master's in mental health counseling. A native of rural southeast Missouri, Ms. Kirkley always knew she had a skill for helping others. Her path to counseling was initiated by her experiences working at Head Start and as a case manager, where

she worked to help those in need, but longed to be able to do more. She plans to work in the Cape Girardeau county area after graduation.

Lee Lapham is a graduate of Western Michigan University and is enrolled in Walden University's master's in mental health counseling program. She was born and raised in the small, rural town of Harrison, Michigan, and after college, she moved to the even smaller community of Martin. Ms. Lapham's own experience with oppression led her to become a counselor and an advocate for her community. She has plans to develop community-based obesity projects, a problem that affects many rural towns, and fight against bullying as a part of a local antibullying program, in addition to serving her town as a counselor.

Military Scholarship Recipients

Sybil Allison is both a student and graduate of the University of Texas at San Antonio where she is pursuing a master's in community counseling. During her deployment to Iraq in support of Operation Iraqi Freedom, Ms. Allison learned firsthand of the need for mental health professionals in the military. Since that point, she has been pursuing education in the mental health field and is currently working with faculty to establish a counseling facility at the University of Texas at San Antonio. She plans to serve the military population as a counselor after graduation, and is extremely dedicated to helping this population with their mental health needs.

Shannon Ayres is both a student and graduate of Wilmington University where she is pursuing a master's in community counseling. A daughter of a naval aviator, Ms. Ayres followed in her father's

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2011 NBCCF SCHOLARSHIP RECIPIENTS

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footsteps and joined the U.S. Air Force at age 19. A desire awoke to help her fellow men and women in uniform cope with trauma and transition when she lost a friend in the service to suicide. Ms. Ayres plans to work with service members and veterans as a counselor through Veterans Affairs (VA) or at a local veteran center.

Jeffrey Hensley is a graduate of the University of Texas and is enrolled in the University of North Texas's master's in clinical mental health counseling program. Following his return from service in Iraq, Mr. Hensley sought the help of a professional counselor. This valuable and beneficial experience led to a decision to join the profession of counseling so that he could help others as he had been helped. He plans to use his own military experience as a tool in counseling service members and veterans.

Aaron Smith is both a student and graduate of the University of New Mexico where he is pursuing a master's in clinical mental health counseling. A Marine Corps reservist, Mr. Smith experienced several deployments and struggled with the challenges of military service.

He has a particular interest in treating post-traumatic stress disorder (PTSD), a problem he witnessed in many of his fellow service members.

As a counselor, he hopes to provide relief for the military population dealing with the rigors of deployment and military life.

Craig Wells is both a student and graduate of Clemson University where he is pursuing a master's in clinical mental health counseling. A disabled army veteran who did multiple tours of combat duty, Mr. Wells served in support of Operation Desert Shield/Desert Storm and in Iraq developing critical infrastructure projects, such as clean water distribution. These experiences shaped his desire to serve military personnel as a counselor, and he is currently interning at a local veteran's center in preparation for this goal.

Why Scholarships?

NBCC Foundation staff members recently completed a study of the amount of tuition required to obtain the equivalent of a 60-semester hour master's degree in counseling. An analysis of 2011 tuition rates for 163 public and private institutions revealed the average tuition without consideration of out-of-state tuition to be **\$26,818** and with consideration of out-of-state tuition to be **\$32,212**. At the same time, the Bureau of Labor Statistics (BLS) estimates the mean annual wage for mental health counselors to be **\$41,360**. The BLS's *Occupation Outlook Handbook* also shows a projected job growth rate for counselors outstripping the expected number of graduates from counseling programs. Because of this, scholarships are needed to encourage good candidates to seek counseling degrees. The NBCC Foundation invites you to help us grow the number and size of scholarships available. Visit www.nbccf.org/donate.



NCCs Send Much-Needed Counseling Books Overseas

In 2003, NBCC International (NBCC-I) initiated an important program to supply counseling books and materials at no charge to countries in need of these resources. Since then, generous National Certified Counselors (NCCs) have sustained this project through continued donations of books and journals. This support has allowed NBCC-I to regularly send books to countries around the world, including Bhutan, Bulgaria, Cambodia, Cyprus, Greece, Kenya, Macedonia, Malawi, the Philippines, Portugal, Romania, Turkey and Uganda.

The NBCC Foundation proudly supports this project by contributing to the cost of shipping these materials to their destinations. You are invited to join NBCC-I and the NBCC Foundation in this effort by making a gift to the Foundation at www.nbccf.org/donate, or sending gently used counseling-related books and journals published after 1995 to

NBCC-I
3 Terrace Way
Greensboro, NC 27403.

Thank you

Dear NCCs,



Thank you very much to those of you who sent us books in response to our article in the last newsletter, "NCC Book and Journal Donations Shipped Worldwide." Your generosity is allowing NBCC-I to expand this program to other countries that request much-needed counseling resources.

Sincerely,

A handwritten signature in blue ink that reads "Wendi K. Schweiger".

Wendi Schweiger
Associate Vice President
NBCC International

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September 21, 2011 – January 13, 2012

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NBCC Foundation Grants Support MHF Program

NBCC International (NBCC-I), a division of the National Board for Certified Counselors (NBCC), recently received two grants from the NBCC Foundation's Community Capacity Building Fund. The first grant supports the continued implementation of the Mental Health Facilitator (MHF) program in Malawi, Liberia and Tanzania. The second grant funds an impact study to determine the outcomes of the MHF program through scholarly research.

The following are just some of the highlights of these grant-funded efforts:

- NBCC-I received 37 applications for the research position that will lead the impact study efforts. The selection will be made by mid-March, with study design completed by late spring.
- The rural Malawi MHF training was conducted in Mchinji District, Malawi, in November 2011. The 18 participants—primarily teachers—were trained by NBCC-I registered master trainers from the Guidance, Counselling and Youth Development Centre for Africa.
- The training in Liberia is scheduled for May 2012. It will take place at the Lott Carey Baptist Mission School in Monrovia, Liberia. Two NBCC-I registered master trainers who assisted NBCC-I in developing the program in Liberia will conduct this second set of trainings. In addition, Liberian trainers registered after the first set of trainings will coteach with these master trainers.
- An upcoming training will be held in Tanzania, on a date to be announced.

The NBCC Foundation is proud to support these efforts. For more information about the Community Capacity Building Fund, visit www.nbccf.org/Programs/Community. If you are interested in participating in the MHF program, contact NBCC-I at nbccinternational@nbcc.org.

About the Mental Health Facilitator (MHF)

The Mental Health Facilitator (MHF) program is designed to improve access to mental health care within a given community by educating and training professionals, paraprofessionals and lay people in the basics of mental

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NBCC Foundation Grants Support MHF Program

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health. The intent is not to create a new mental health profession, but rather to provide individuals with the tools and skills necessary to identify mental health needs, make referrals, and work with and support those in need of mental health care.



The MHF program is only introduced at the request of local mental health experts. NBCC-I provides a 30-hour core curriculum, which includes a basic structure for teaching helping skills, working with integrity, diversity awareness, suicide prevention, trauma response, and referral and consultation techniques. To ensure culturally appropriate training, the program is evaluated and modified to fit cultural norms, and translated as needed prior to presentation.

MHF program partnerships have been formed in the following countries with the following MHF partners:

- Bhutan—RENEW (Respect, Educate, Nurture, and Empower Women), in the capital city of Thimphu;
- Botswana—Centre for Organisational Wellness, located in Gaborone;
- Bulgaria—NBCC Bulgaria, located at the Business Foundation for Education in Sofia;
- Germany—IUK GmbH Institut, in Dortmund;
- Liberia—Lott Carey Baptist Mission School, in Monrovia;
- Malawi—Guidance, Counselling and Youth Development Centre for Africa, in Lilongwe;
- Malaysia—Universiti Sains Malaysia, in Penang, and Turning Point Integrated Wellness, in Bandar Purteri;
- Mexico—AMOPP (Asociación Mexicana de Orientación Psicológica y Psicoterapia), located in Mexico City, Mexico;
- Romania—NBCC Romania, located in Bucharest; and
- Tanzania—The Catholic Diocese of Moshi, the Tanzania Network of Community Health Funds, and the Guidance, Counselling and Youth Development Centre for Africa, located in Lilongwe, Malawi.

The MHF curriculum has been translated into Chinese, Spanish, Bahasa Malaysia, Dzongkha (the language of Bhutan), German and Swahili. A Romanian translation is planned for the near future.