

## Idaho Counseling Association

### Senate Education Committee Presentation

#### March 9, 2015 Speaker notes

1. Introduce speakers: Susan Perkins, Sean Nixon, Dennis Baughman, Lori Lodge
2. What is counseling: According to the American Counseling Association, counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals.
3. What do counselors do: Counselors assess, diagnose, and treat mental health problems for individuals, couples, and families. They do career counseling, group counseling, education, school counseling,
4. Where do counselors work: Counselors work in schools and universities, government, businesses and industries, health care, residential treatment facilities, community clinics, and private practice.
5. Counseling philosophy centers on personal growth and helping people reach their goals.
6. Comparable training for counselors, marriage and family therapists, and licensed social workers is addressed on a separate handout.
7. Idaho is consistently ranked in the low 10% of states on a variety of mental health topics.
8. Who is the Idaho Counseling Association? The Idaho Counseling Association is an organization of counseling and human development professionals who work in education, health care, residential treatment, private practice, community agency, governments and business/industry settings.
  - a. Our mission is to enhance human development throughout the life span and to promote the counseling and human development profession.
9. ICA has five divisions:
  - a. Idaho Association for Counselor Education and Supervision
  - b. Idaho Association of Marriage & Family Counselors
  - c. Idaho Career Development Association
  - d. Idaho Mental Health Counselors Association
  - e. Idaho School Counselor Association
10. ICA wants to be a resource for legislators.
11. What are current concerns and what is happening currently in Idaho legislature related to school counseling?
12. Career readiness is beginning in 8<sup>th</sup> grade—this needs to happen *much* sooner to be effective.
13. Who are school counselors? They are professionals with a 60-credit master's degree and 1,000 hours supervised experience.
14. What do school counselors do? Groups, support, class workshops, in-service training, crisis management, coordination of services, referrals, and much more.
15. The importance of school counselors is in helping students see their possibilities.

16. School counselors can help with many current concerns in Idaho:
  - a. Idaho has high drop-out rate in high school, low percent of students who attend college, and low percentage of students who complete college.
  - b. Regarding mental health, Idaho has one of the worst suicide rates across the states. RS23603 addresses the importance, and school counselors can be a significant component of the solution.
  - c. Bullying can be a problem across the state. RS23521 addresses this, and school counselors can aid in a variety of ways.
17. The ASCA model outlines how school counselors can most effectively be used. Unfortunately, in many schools, school counselors are not valued for what they can contribute.
18. School counselors are often the most highly trained and educated team member in a district, yet their pay is on the scale of new teachers.
19. In the future, ICA would like to request that legislators look to counselors to help fill the mental health needs in Idaho.
20. We are here to help—we are trained to find solutions and help people and systems reach their goals!
21. Contact us any time!