

A Chapter of the Texas Counseling Association  
**CHAPTER NOTES**  
**NOVEMBER 29 MEETING**  
**ADDRESSES SUICIDE!**

Suicide prevention and awareness will be presented by Monica Kintigh, PhD, LPC at our next meeting. This program has been recently developed by the Suicide Prevention Coalition of Tarrant County. Members of the coalition include agencies, mental health professionals, persons who have lost a loved one to suicide, and those who have been at risk of suicide. By participating in this interactive presentation, you will learn:

- The impact of suicide in Tarrant County;
- Myths related to suicide;
- Suicide risk and protective factors;
- To identify signs of suicide;
- Available community resources/interventions.

Additional discussion will address evidenced based programs that increase skills in alertness and intervention of suicide and help build a suicide safer community. Dr. Kintigh received her PhD in counseling from the University of North Texas and also holds degrees from the University Of Dayton and Trinity University. Dr. Kintigh is a private practitioner, trainer and consultant. She has special interest in stress management, coping with depression, grief counseling relationship enhancement, communication, and suicide intervention. Her most recent experience has been with college and adolescent populations, but she also has experience with adults, children, couples and groups.

**NCTCA NEWSLETTER GOING ELECTRONIC!**

Unless you notify us that you wish to continue receiving your North Central newsletter through the mail, newsletters will soon be sent via e-mail. Some school districts block mass emails, so if this applies to you, please be sure we have your home email address.

The board meets from 5-6 pm; program from 6-8 pm at the Mental Health Assn. of Tarrant County, 3136 W. 4th (see page 3 for directions). Two CEU's awarded. No charge for members; \$10 charge for non-members wanting CEU's.

**NORTH CENTRAL TEXAS ASSOCIATION**

# NOTES FROM THE PRESIDENT

Claudia Roberts [crobe@charter.net](mailto:crobe@charter.net)

## Dear NCTCA Members:

It was really great to see new faces at our October meeting. James Turnage and Stephannie Jacques from MHMR provided a practical and enlightening program on working with resistant patients. We had opportunities to work in groups and were even able to compare notes and learn from one another. I continue to be amazed by MaryAnn Maryol and her ability to provide programs that are not only interesting but practical as well. Our membership is also increasing to include more private practice counselors as well as a continued increase in school counselors.

At the November meeting Janie Fox will cook because we know you all want to win one of her special cakes. The cakes freeze and will be a big hit for Christmas. We will also be announcing our alternative fund raiser. Remember, the more money we make with our door prize money, the more scholarships we will be able to provide.

The Holiday whirlwind has started. As you read this newsletter, you will be in the midst of Thanksgiving, our Professional Growth Conference in Austin will be completed, and Christmas is just around the corner. Professionally and socially, we are entering the busiest time of the year. Remember, you **must** take care of yourself before you can help

anyone else. Take a deep breath and relax. When we were children we all looked forward to these holidays with great joy. Recapture those times and celebrate the season. Celebrate with family and if your family isn't very large, gather enough friends to fill the house. Have a great Holiday Season! Make new friends and invite at least one new professional to come to our November 29 meeting!

Claudia

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## 2010-2011 PROGRAMS

Oct. 25: Engaging Clients, James Turnage & Stephanie Jacques

Nov. 29: Working with Suicide, Monica Kintigh, PhD, LPC

Jan. 24: Sad & Anxious Children & Teens (What's a Counselor to Do?), Ginger Robinson

Feb. 21: Bullying & Sexual Harassment, Angie Walston, Parenting Center

March 26: Ethics Spring Workshop

May 5: The Role of Humor in Counseling, Ginger Robinson

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## A FEW GOOD MEN NEEDED (AND WOMEN!)

Fort Worth is hosting the 2011 Texas Counseling Association's Professional Growth Conference. We need your help! We particularly need volunteers to facilitate the sectional meetings, but there are many other ways you can help also.

Please call MaryAnn Maryol (817/737-9102) and help us make this the best conference ever!

## NCTCA SENATE REPORT NOV. 10, 2010

Submitted by Sandra Dear, Senator

The TCA Senate met in Austin on Nov. 10, 2010 at the Hyatt Regency at Town Lake. President Susan Adams introduced the TCA Emerging Leaders and welcomed the Senate, Board, and guests. She stated that the Emerging Leaders are the future of our organization and asked all who were present to make them welcome and take the time to introduce ourselves to them during the course of the day. She informed us that ACA is in the process of reviewing state by-laws and that they had high words of praise for the Texas model. She thanked Don McCormick for all of his hard work and guidance on our by-laws.

Past president, Judy Nelson, brought several proposals for amending the By-laws and Governance Manual to modify the Nominations and Elections process. After discussion, the Senate decided that changes were not necessary to the By-laws, but that the Governance Manual would be amended to eliminate all campaigning by TCA candidates for offices. The purpose of this change was to allow all candidates equal venues and access through the web-site and the Guidelines. The CEU approval for programs was also moved from the President-elect's position to the Past-president's office and the Wellness Committee's purpose and responsibilities will be added to the Governness Manual.

President-elect, Alma Leal, mentioned the kick-off party in Ft. Worth for next year's conference and was impressed by the level of commitment shown by the people present. It was also announced that the first 100 graduate students who sign up to work the Ft. Worth Conference will receive a \$25 gift card.

Jan Friese reported record membership numbers, but is challenging chapters to recruit members (one new member, per month, per current member) to help meet the TCA goal of 6800 members. Jan also extended an invitation

for current members to present testimony at Legislative Committee sessions on topics that they were knowledgeable about.

Our new Public Service Announcement for TV is currently being shown in communities, including Austin, that have been touched by tragedies . The PSA is Evergreen (not dated and can run anytime). If you have contacts with TV or radio stations, or needs in your community, contact TCA and they will work on getting it aired. The Senate listened to five new PSA radio spots on: suicide, drug use/alcohol abuse, domestic violence, stress, and developmental learning issues. The tag line of each spot is "You are not alone" and gives the TCA web site for contact information.

The Guidelines needs articles of around 400 words about chapter activities, goals, workshops, "save the date", etc. We are encouraged to contact an associate editor for our area for information and ideas. You must be a member of TCA to contribute.

This is a Legislative year and we are encouraged to call our elected officials before the session begins and introduce ourselves as a resource available to them, if needed, on matters pertaining to counseling. Advocacy Days are Feb. 22, March 22, and April 19. The Public Policy Agenda was modified by the Senate to reflect the current trend in Austin and Washington. A copy of the new policy is available from your Senator.

After discussion of problems some chapters/areas were having in recruiting and retaining members due to the diverse areas that some chapters cover, the Senate directed the Board to study area/chapter make-up to see if re-districting needs to be done.