

Special points of interest:

- 🌀 LSCA is 51 years old!! See article on page 2.
- 🌀 Mini-Minutes from the last LSCA Executive Board Meeting on page 2.
- 🌀 List LSCA as your primary division! See page 3 for details.
- 🌀 The LSCA Track is on page 4. Nine content sessions will be offered at the LCA Annual Fall Conference.
- 🌀 All four Area Vice Presidents share beginning on page 5.
- 🌀 New Social Media mini flyer on page 6.
- 🌀 Nominees for LSCA awards are announced on page 7.
- 🌀 Report from Ethics Committee on page 8.
- 🌀 **Meet LSCA's** Nominees for Office on pages 9-11.
- 🌀 LSCA President Elect and Elect-Elect messages on pages 12 and 13.
- 🌀 LSCA Leadership Roster for 2021-2022 has been updated. See page 11.

PRESIDENTIAL VIEW

School Counseling: A Spectrum of Opportunity

Kesha M. Simmons, M.Ed., PLPC, LSCA President, 2021-22



Being a school counselor is a calling. I did not choose school counseling; school counseling chose me, and I answered the call. School counselors are often called to serve in many roles. As challenging as some roles may be, they have a purpose. The multi-dimensional demands enable us to hone our skills, find our niches and discover our passion to become more effective counseling professionals

When I first answered the call to school counseling, it was to serve as a parent **volunteer, where I stepped in to assist my daughter's high school principal, after two counselors retired in the same year.** It came about one morning when I encountered a teacher from the school who approached me in panic and disbelief

(Presidential View, continues on page 2)

OUTGOING PRESIDENTIAL MESSAGE

Parting is Such Sweet Sorrow ...

Dr. Ariel Encalade Mitchell, PhD, LPC/S, LMFT, RPT/S, LSCA President 2020-2021



When the time arrives to pass the torch, it can be a bitter-sweet experience. That specific moment can create a wide array of emotions that we may or may not be ready to attend. As for me, I am meeting that moment with gratitude and excitement.

Gratitude because I am so fulfilled by the work we have all accomplished over the past year, while I sat as your president of the Louisiana School Counseling Association. For example, you may have noticed the increase of our online presence and that our website received a bit of a facelift. Also, you may have been informed that through our lobbying efforts, we saw the change from guidance counselor to Professional School Counselor in the Louisiana job descriptions. Lastly, you may have been called upon to re-engage in our LSCA Comes To You continuing educa-

(Parting is Such Sweet Sorrow, continued on page 2)

LSCA's Mission:

To support professional school counselors as they assist students and their families in their academic, career, and personal/social development.

LSCA is 51 Years Young!

Submitted by Dr. Wendy Rock, Ethics Chair



Dr. Rock with Dr. Tinisha Parker, Board Chair, of the American School Counselor Association.

ative Board and President, Kesha Simmons, I was honored to accept our commemorative plaque! 🦋

Parting is Such Sweet Sorrow, continued from page 1

tion program. As you can see, we have had a busy but productive year in our advocacy and outreach work.

Although I am filled with gratitude for what we have accomplished, I am excited to move forward as Past-President of LSCA and continue to offer my support to the future leadership. Each year, as new leadership takes over, there are always goals specific to the leader that must be addressed. However, I am confident that the achievements of this past year will continue to grow with the vision of each new LSCA president. While I believe that we still have much work to do, I am confident that we are on the right track. As such, I am able to move forward with a peace of mind that WE as a LSCA community are professionally progressing. I look forward to standing with our new leadership in LSCA and working more closely with LCA to continue professional growth and increase the positive public perception of counselors in various settings. 🦋

The Louisiana School Counselor Association received its charter in 1970, 50 years ago. It is customary for milestone anniversaries like this to be celebrated at the Leadership Delegate Institute, LDI, an annual gathering of the American School Counseling Association, ASCA. Last year, due to Covid, that gathering was virtual. This year, on behalf of our Execu-

You can't knock on
opportunity's door and
not be ready.

— Bruno Mars

Presidential View, continued from page 1

after learning of her colleagues' retirements. She said to me, "What are we going to do...you have to do something?" Understanding my involvement as a volunteer in the School Counseling Complex, I dashed home to get cleaned up and went to the school to see the principal. There she was, sitting at her desk, with her head in her hands. I asked, "How can I help?" She replied, "I need two school counselors." I said, "Well, you have one. Now, we can work together to find another."

Though I was not certified, I was willing to work for free to serve the needs of our students and protect the integrity of our school counseling program. For almost an entire year, I volunteered to implement what was then known as the Louisiana School Counseling Model. Adopted from the ASCA Model, Louisiana School Counseling model was new back in 2013. Still, it was our roadmap for implementing a school counseling program using the three pillars of school counseling: Academics, Social/ Emotional Learning, and College and Career Readiness. We worked to execute this new modality under the old construct of guidance counseling, creating practical communication tools for students and parents, establishing an advisory committee of community leaders, and creating a school counseling manual to help guide future counselors. I eventually completed the certification process at Louisiana State University Shreveport and joined the pool of applicants, and was chosen for the school counselor position. While explaining her expectations for the role, the principal told me, "If you advocate for
(Presidential View, continued on page 3)

these students as you have for your own child, you will **change the trajectory of school counseling.** In fact, she was foreshadowing the many opportunities I would have to use my platform to advocate for the profession of school counseling- at the state and national level.

Eight years later as president of the Louisiana School Counselor Association, I reflect on my unconventional entrance into the profession and our ongoing battle to establish a professional identity and change the modality of our work. **My message is unchanged: “Answer the Call”.** Efforts to implement a comprehensive school counseling program will sharpen those transferable skills that make you a transformative educational leader. The call can take you many places, but it is my sincere hope that wherever you land, under whatever title, that you are fulfilling your dreams as a school counselor, meeting the needs of students in your community, and striving



Is LSCA Your Primary Division?

When you register for the LCA Fall Conference, be sure to list LSCA as your PRIMARY Division. When you do this, you will increase the amount of the rebate LSCA will receive after the conference. The amount we receive is based on the number of members who attended the conference AND listed LSCA as the primary division.

Doing this helps LSCA keep your membership fee low and allows us to offer great member benefits, celebrate outstanding counselors, and provide scholarships! 🌀

LSCA Meeting Minutes

*Claire Barry-Thomas, Outgoing
LSCA Secretary*



The transitional board meeting of the Louisiana School Counseling Association (LSCA) was held via Zoom on June 30, 2021. Because a quorum of voting members was present, business was conducted. Here is a summary of the proceedings.

- 🌀 Dr. Ariel Mitchell shared the successes of the 2020 -2021 Board. She included in her remarks, the updated website and language changed from Guidance Counselor to School Counselor.
- 🌀 There was a passing of the gavel to signify the transition in LSCA leadership to Kesha Simmons.
- 🌀 The LSCA Executive Board for 2021-22 was introduced: Dr. Mitchell, current Past President; Dr. Dymphna Davis, President-Elect; Dr. Stephanie Eberts, Post-Secondary Vice President; Sarah Jorge, Secondary Vice President; and Mary Speed, Middle School Vice President. Committee Chairs were also introduced. For the complete list of the board, please see page 10 of this newsletter.
- 🌀 Newly appointed to the board was Jenny Bourgeois, Secretary; Linda Anderson, Treasurer; and Dr. Christianne Richard, Parliamentarian.
- 🌀 A committee was formed to evaluate the current LSCA Bylaws. The committee was scheduled to meet the following week.
- 🌀 Vinetta Frie, Newsletter Editor, informed new board members and reminded continuing members of the importance of writing for the Cajun Counselor.
- 🌀 Rachel Young, LSCA Social Media Chair suggested developing a new LSCA Facebook Page and a generic email address for the LSCA President to be used as well by the LSCA Secretary. This change would provide more professionalism and transparency.
- 🌀 The board will meet again at the LCA Annual Fall Conference, in September. The conference will be virtual. 🌀

The LSCA Track ...

Depression and Anxiety During Covid and Beyond

Pamela McPhearson, MD ▪ pamelamcphearsonmd@gmail.com
Adult, Child & Adolescent, and Forensic Psychiatrist, Associate Professor of Psychiatry and Behavioral Health at LSUH Shreveport, Shreveport Behavioral Health Center

Emphasizing the Need for a Cultural Competence Elective Course at the Secondary Education Level: An Action Plan for the High School Counselor

Dr. Toni Thibeaux, EdD, MPH ▪ tthibe@lsuhsc.edu
Assistant Vice Chancellor for Diversity Affairs, LSU Health Shreveport

Fast Forward

Stephanie Hernandez Marcum ▪ Stephanie.Marcum@la.gov
Executive Director of Postsecondary Readiness
Office of Career and College Readiness, LA Department of Education

Growth Mindset: The Foundation To Teaching Social-Emotional Skills and the Student's Abilities to Learn Them

Kesha M. Simmons, M.Ed. ▪ kmsimmons@caddoschools.org
School Counselor, Behavior Intervention Specialist, TBRI Practitioner
Caddo Parish Department of Exceptional Children

Danielle Cole, EdS, PLPC ▪ dtcole80@gmail.com
School Counselor, Lukeville Elementary School

Illuminating an Epidemic: The Crisis of Children & Family Violence

Britney A. Green, Esq. ▪ britneyagreen@gmail.com
Chief of Domestic Violence at Caddo Parish District Attorney's Office & Director of Domestic Violence Training Group, LLC

Jumpstart 2.0

Erica K. Spencer, M.Ed.
Louisiana Department of Education, School Counselor
Educational Technology Consultant

Legal and Ethical Considerations of Threat Assessments for School Counselors

Dr. Wendy Rock wendy.rock@selu.edu
Virginia Heidler virginia.heidler@selu.edu
Alexandra Giardina Alexandra.Giardina@selu.edu

LSCA Book Club: So You Want to Talk About Race By Ijeoma Oluo

Kesha M. Simmons, M.Ed, PLPC
School Counselor, Behavior Intervention Specialist, TBRI Practitioner
Caddo Parish Department of Exceptional Children

Clint Davis, M.S., LPC, CSAT, CCTP
Clint Davis Counseling LLC

Money: All Students Are Not The Same

Ja'Net Adams, B.S ▪ janet@debtsucksuniversity.com
Financial Literacy Speaker & Author of
Debt Sucks University! A College Student's Guide To Winning With Money So They Can Live Their Dreams!

Linda Anderson, M.Ed., NCSC, NCC

The Power of Words

Tara Washington, NBCC, NBCSC, BCPC, School Counselor, ▪ Woodlawn Middle School ▪ twashington97@ebschools.org

Dr. Alice Cryer-Sumler, Ph.D ▪ St. Charles Parish School System
acryersumler@stcharles.k12.la.us

Danielle Cole, EdS, PLPC ▪ School Counselor, Lukeville Elementary School

A Spectrum of Opportunities!

LSCA Vice Presidents Report



Calling ALL Elementary School Counselors

Marquita Hill George, Elementary Vice President

Hello everyone! I am excited to serve as your area VP! I have served as a School Counselor in St. Charles Parish for 8 years for elementary and high school students. I graduated from Nicholls State University in 2012 and I am currently a doctoral student at the University of Holy Cross.

While completing my masters in school counseling, one thing that stuck out to me the most was the statement that **“you will have to advocate for your role as a school counselor.”** At the time I understood what it meant to advocate for others because as school counselors this is what we do, but I underestimated the amount of resilience it would take to advocate for myself as well as for my profession.

As I continue to gain years in this profession, my mission has been to shine light on what we as school counselors were trained to do and advocate for ways to make this a reality in the school system. In complete transparency, I agreed to run for this position because it **was the next step in my advocating journey.** I've served on committees on the school level, district level, and state level with the focus of speaking on behalf of school counselors and I know firsthand that the battle is real.

I am excited to continue to be a voice for school counselors while serving on the LSCA Board, but know that my voice is not for me alone. My goal is to reach as many school counselors as I can so that we can join to-

Article continues in next column

Every moment is an organizing opportunity, every person a potential activist, every minute a chance to change the world.

— Delores Huerta

gether to support one another, highlight the amazing things taking place within our schools, and promote change within our profession where it is needed.

I can't wait to connect with you all throughout my journey! Please feel free to reach out to me with any thoughts, concerns, or ideas that you may have at mgeorge@stcharles.k12.la.us. I wish you all the absolute best this school year! See you soon!



Welcome Back, Middle School Counselors!

Mary M. Speed, M.A., NCC, LPC, RPT, Middle School Vice President



I've always loved the beginning of a new school year: new students, new planners, new colorful pens and markers, new ideas on how to engage with students, creating new programs, connecting with new counselors, and the list goes on! As I think about a new school year, I reflect on what the LSCA Board has been focused on this past year: what does it mean to be a school counselor, free CEUs, and connecting with one another — especially to support each other this past year and a half.

The Vice-Presidents from last year started reaching out to all school counselors in the state. We wanted to connect with you and get your input on what professional development topics would be of use to you. If you have not been contacted by us, please reach out to me at maryspeed.ma@gmail.com so I can put you on our contact list. Our hope is to represent and advocate for Louisiana School Counselors as best as we can. Knowing your specific needs makes such a difference! You may also reach me through our new and improved website at <http://www.louisianaschoolcounselor.com/> and click on the **“Let's Chat!”** box at the bottom of the homepage to connect with the board. In addition, if you are interested in volunteering for the LSCA Board or are curious about positions on our board, please reach out!

(LSCA Area Vice Presidents, continued on page 6)

Everyone has something to contribute to this world. It's just a matter of being given that opportunity to do so.

— Grace Hightower



LSCA Area Vice Presidents Report, continued from page 4

I hope to hear from you soon. I hope you have a **great beginning and smooth school year.** If you “see” me in a break out room at the LCA Conference, please **say hello!** (Also, don't forget to designate LSCA as your primary division when registering for the conference!) Take Care.



We ARE Better Together!

Sarah Jorge, Secondary Vice President

Hello fellow Professional School Counselors! I am honored to begin my term serving as your secondary vice president for LSCA. For the past five years, I have been a high school counselor here in Louisiana. I have worked in New Orleans, St Charles Parish, and will now begin a new journey at St. Amant High School in Ascension Parish. It is truly my passion to work with students and provide resources to enhance their academic success, college and career awareness, and social and emotional development.

Thinking about the theme of this year's ASCA conference, “Better Together,” I am encouraged to join together with you all professionally and collaborate. We are better together, and I want to encourage you all to join LSCA and get involved. Join the annual conference and network with our wonderful colleagues. We all have something wonderful to share.



Still Wearing My Two LSCA “Hats!”

*Dr. Stephanie Eberts,
Post-Secondary Vice President*



It is a pleasure to continue serving as the Post-Secondary VP on the LSCA board. I am so proud to be a part of such an amazing group of school counselors who advocate for students and provide such important services for Louisiana youth. For those of you who do not know me, I am a Louisiana native, born and raised in New Orleans. My studies and work have taken me to Georgia and Texas, but I am grateful to have returned to my home state in 2015 to begin working at LSU.

Like I said last year, I am deeply invested in training the next generation of counselors, and in this role, I am focused on professional development for school counselors across the state. As we continue to plan for this academic year, please to not hesitate to reach out to me if you have some ideas or needs around professional development: seberts@lsu.edu.

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Awards and Recognition for Louisiana School Counselors

Danielle Cole, PLPC and Dr. Alice Cryer-Sumler, Awards Co-Chairs

The Louisiana School Counseling Association is dedicated to supporting school counselors. As the association continues to move forward with recognizing our dedicated school counselors who are implementing a comprehensive school counseling program that supports all students, we are excited to recognize the following districts for nominating their school counselors. This list is inclusive of all nominations. However, some of the nominations did not meet the overall criteria for moving to the final stage of the process (a full-time school counselor for 3-years and a member of the Louisiana School Counselors Association since October 1, 2020):

Stephanie Arabie, Grand Isle High School, Jefferson

Olivia Bessix, Prairieville Middle School, Ascension

Vanessa Blanchard, Academy of Our Lady,
Archdiocese of New Orleans

Chantell Blankenship, Bunkie High School, Avoyelles

Julie Bowman, Jack Hayes Elementary School, Ouachita

Katherine Campos, John Q. Adams Middle School, Jefferson

Zorayda Castillo, Phoebe Hurst Elementary, Jefferson

Angela Channell, North Caddo School, Caddo

Teikeshia Charles, L. B. Landry High School, Orleans

Tina Chiasson, Hurst Middle School, St. Charles

Ashley Churbock, Lowery Elementary School, Ascension

Tamara W. Colette, John Ehret High School, Jefferson

Geraldine Couvillion, St. Amant High School, Ascension

Latania Dillion, Tara High School, East Baton Rouge

(Awards and Recognitions, continued on page 8)



2007



2009



2014



2015



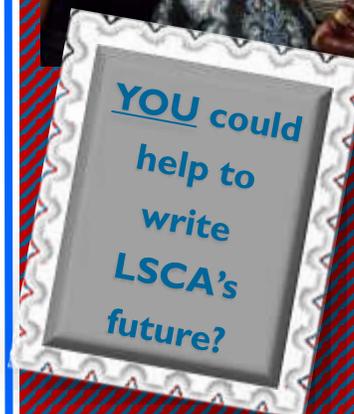
2016



2018



2019



Go to page 11 and connect with a committee chair or officer and volunteer!

Julie Domainque, Sulphur High School, Calcasieu

Carissima Edwards, Woodmere Elementary, Jefferson

Ferri Fontenot, New Iberia Senior High, New Iberia

Carolyn Granderson, Livaudias Middle School,
New Iberia

Barbara Gray, West Monroe High School, Quachita

Dana Hebert, Port Barre High School, St. Landry

LaToya Jackson, Sterlington Middle School, Quachita

Elizabeth Knighter, Paul J. Solis Elementary
School, Jefferson

Lauren Lafleur, Cypress Grove Elementary, Calcasieu

Ebonis Murray, Glen Oaks High School,
East Baton Rouge

Alysse Nelson, Woodlawn High School,
East Baton Rouge

Kerri Overstreet, Westdale Heights Magnet
Elementary School, East Baton Rouge

Karen Pethe, Ethel Schoeffner Elementary School,
St. Charles

Cathy Ray, Jefferson Elementary School, Jefferson

Meagan Simmons, Westside Junior High School,
Livingston

Danita Stewart, Pecan Grove Primary, Ascension

Lynne Treme, Dequincy Middle School, Calcasieu

Jacquelyn Waither, East Jefferson High School, Jefferson

Carmen Wingate, DeRidder High School, DeRidder

The winners in each division will be recognized at the Louisiana Counseling Association Conference in September 2021. Each overall winner will receive a cer-

Article continues in next column

tificate and a plaque. The state winner will be sent to the American School Counselor Association for entrance into the national competition.

We hope that you all will register for the conference to take part in the LSCA track and view the awards presentation. 

Ethical Standards Revision

Submitted by Dr. Wendy Rock



The ethical standards of a profession are important. Conduct that school counselors agree is good and right for the profession is codified into our ethical codes. Ethical standards then provide a guide for our professional behavior and interactions. They are used by the courts and in administrative hearings to judge school counselors' actions and determine if they acted according to the expectations of the profession.

We also work in an ever-changing profession. It is important to keep our ethical standards current to reflect the changing expectations within the profession. The American School Counselor Association (ASCA) Ethical Standards were first adopted in 1984. They were revised for the first time in 1992 and every six years since. With the most recent revision in 2016, it is time to begin revising the ASCA Ethical Standards.

Because the ethical standards belong to the profession and for the profession, they need to have input from those in the profession. The input of school counselors from across the country is necessary to make sure our ethical standards accurately reflect professional expectations.

The 2022 ASCA Ethical Standards revision process is currently underway. It began at the 2021 ASCA Leadership Development Institute, where Dr. Carolyn Stone and I (Chair and Co-Chair of the ASCA Ethics Committee, respectively) presented the steps of the revision process to state leaders.

The first step is for every state counseling organization to identify a point person to communicate with the
(Ethical Standards, continued on page 12)

LSCA Elections for 2022

LSCA 2022 Election

At the annual LCA Fall Conference, LSCA holds our annual election. Every year we select a President Elect-Elect-Elect who is sworn in to become President Elect-Elect the following summer and two of the four area Vice Presidents. This year, we are selecting vice presidents to represent Middle School and Post Secondary Counselors.

Due to the LCA Fall Conference again being virtual, the LSCA Election will also be virtual. It will occur during the same time period of the conference, through a Google Form that you complete. We introduced this method last year. The ballot is for instructional purposes only. There was only one nominee for each office. Write in candidates are permitted, but they must be current professional LSCA members.

These are the current nominees for LSCA Office:

Miriam Davis,
President Elect-Elect-Elect Candidate

Monica Anthony Hardy,
Middle School Vice President Candidates

Dr. Chantrelle Varnado-Johnson,
Post-Secondary Vice President Candidate

In this issue, beginning on page 10 you will find a bio of each of the candidates to help you get to know them. The ballot also includes space for a write in candidate for each office. Candidates should professional LSCA members. Having served on the board before is preferred, but not required. The candidate for LSCA President is committed to fulfilling a three-year term as LSCA President Elect-Elect, then President Elect, before becoming LSCA President. The LSCA Vice President term is two years.



Mail-In LSCA Ballot

All Candidates MUST be current professional members of LSCA.



LSCA President Elect-Elect for 2022-2023 *(choose only one)*

Miriam Davis

Write In Candidate



Middle School Vice President for 2022-2023 *(choose only one)*

Monica Anthony Hardy

Write In Candidate



Post-Secondary Vice President for 2022-2023 *(choose only one)*

Dr. Chanrell Varnado-Johnson

Write In Candidate

Meet LSCA's Nominees



Candidate for President Elect-Elect: Miriam Davis

My name is Miriam Davis, I am a school counselor at Charles Burke Elementary, which is a part of the Lafayette Parish School System located in Duson, Louisiana. I acquired my Masters of Education degree from Nicholls State University in 2017. I am currently pursuing a Doctorate in Professional Counseling at Mississippi College. I have been a school counselor for 4 years and I currently counsel Pre-K through 2nd grade students. Prior to my present position, I counseled 3rd-5th grade students. In addition to being a school counselor, I am also a Licensed Professional Counselor (LPC). As a LPC, I work part-time with children, adolescents, and adults who experience a wide range of issues.

I am a member of the Louisiana Counseling Association, Louisiana School Counseling Association, and the **Louisiana Federation of Teachers. I served on LSCA's** executive board as the Vice President for Elementary Counselors from 2019-2021.

I enjoyed serving on the board and I would like to further my experience by becoming the next President Elect-Elect. It is my vision to enhance the awareness of the importance of school counselors in the state of Louisiana. I have a heart and passion for my profession and for seeing children succeed socially, emotionally, and academically. During these times of uncertainty, as we are facing a worldwide pandemic, it is imperative that school counselors present a holistic approach to the needs of our students and their families. It is my desire to encourage others to continue to be a beacon of hope by illuminating a positive image.

I have created and implemented many interventions that have met the needs of my students throughout the course of my school counseling career. For example, during the month of October every school year, my students participate in a school wide campaign that

Article continues in next column

brings awareness to bullying prevention. One year, the media was contacted in order for my students to share with their community the awareness of bullying. I have also created a small group for girls to discuss issues that they are currently facing as well as overcoming adversity and low self esteem.

If I am chosen for the position of President-Elect Elect, I will continue to advocate for my profession to those in the state of Louisiana, my school district, and in my community. I would also work together with my other board members to find new and innovative ways to encourage new members to join LSCA. Lastly, to ensure that new board members are acclimated to their positions, I would like to incorporate the process of onboarding when new officers transition on the board.



Candidate for Middle School Vice President: Monica Anthony Hardy

My name is Monica Hardy. I am from Natchitoches, LA. I am presently a School Counselor at McKinley Middle Magnet School in Baton Rouge, LA. I have been a School Counselor for 25 years, I am Nationally Board Certified and I am a Licensed Professional Counselor-Supervisor. I am also affiliated with ASCA, Alpha Kappa Alpha (AKA) Sorority Inc, and the National Association of University Women, where I served as the EBR branch President as well as Youth Committee Chair.

My interest in serving as Middle Level Vice President stems from my constant need for growth as a School Counselor. My goals as a Middle Level Vice President would be to a) help the President accomplish their goals by providing helpful support; b) to increase membership

(Meet LSCA's Nominees, continued on page 11)

and involvement in LSCA; c) to learn more about LSCA and what it has to offer so that I can help other School Counselors to prioritize LSCA membership.



Candidate for Post-Secondary Vice President: Chantrelle Varnado-Johnson, Ph.D., LPC-S, RPT, BC-TMH, NCC



Chantrelle D. Varnado-Johnson is an assistant professor of counseling & coordinator of the school counseling program at Nicholls State University. She received her doctorate in Counselor Education and Supervision from the University of New Orleans. She earned a master's in Counseling and a master's in Sociology from The University of New Orleans. Dr. Varnado-Johnson is a Licensed Professional Counselor, a Licensed Professional Counselor Approved Supervisor, a Registered Play Therapist, a Board Certified Tele-Mental Health Provider, and a National Certified Counselor, as well as having Louisiana Appraisal Privilege. Her areas of clinical, scholarly, and advocacy interests include career development in K-12 settings, multicultural/diversity issues in organizational settings, mentorship, school counselor preparation, and trans-generational trauma among socially ascribed groups and communities.

Dr. Varnado-Johnson has over sixteen years of clinical experience in outpatient and inpatient behavioral health treatment centers, providing clinical mental health counseling to children, adolescents, and adults with a wide range of issues, crisis intervention, and collaborations in school and private practice.

Dr. Varnado-Johnson has presented at local, state, national, and international conferences. Plus, she is involved in the following professional organizations: the American Counseling Association, Association for Assessment and Research in Counseling (AARC), Association for Counselor Education and Supervision (ACES) & Southern Association for Counselor Education and Supervision (SACES), Association for Multicultural Counselors and Development (AMCD), Association for Play Therapy (APT), Association of Counseling Sexology &

Sexual Wellness, the Louisiana Counseling Association, Louisiana Association for Play Therapy, Association for Child and Adolescent Counseling in Louisiana (ACACL), European Branch of the American Counseling Association (EB-ACA), the International Association for Resilience and Trauma Counseling (IARTC), Louisiana Association for Counselor Education and Supervision (LACES), Louisiana Association for Multicultural Counseling and Development (LAMCD), Louisiana Career Development Association (LCDA), and of course, the Louisiana School Counselor Association (LSCA). She also holds active membership in several honor societies.

Dr. Varnado-Johnson is running for office because she enjoys working to remove barriers to promote authentically relating to members of LSCA. As Post-Secondary VP, she would like to make progress towards the following goals: (1) Build collaborative partnerships with other LCA divisions; (2) Increase the number of LSCA events and activities at the LCA annual meeting; and (3) Increase the level of engagement of counselor educators, counselors working in higher education, professional school counselors, and graduate students in LSCA.

Do You Like Our Work?

Vinetta Frie, Cajun Counselor Editor



We hope you are enjoying this start of this new publishing year of the Cajun Counselor. This is my 21st year in this post. I have enjoyed the opportunity to help preserve the history of the Louisiana School Counselor Association. While I have enjoyed this opportunity to give back to my profession, the newsletter is not my work alone. My current committee includes Ms. Clare Barry-Thomas, former LSCA Secretary and Ms. Pam Radford, former LSCA Treasurer. Serving as continuity editors they review the drafts of the newsletter, not just looking for typos, but consistency and accessibility. They are not just professional, they are good people to work with! I am grateful they have continued in their roles.





Greetings From the LSCA President Elect

I am Dr. Dymphna D. Davis, and I am excited to serve and advocate for school counselors and the counseling profession as LSCA President-Elect 2021 - 2022.

As President-Elect-Elect I have grown professionally and personally, as I have gotten to know many of you through counselor meetups and zoom meetings. There is so much work to be done, and I am ready to continue the work I have been diligently a part of for the past year.

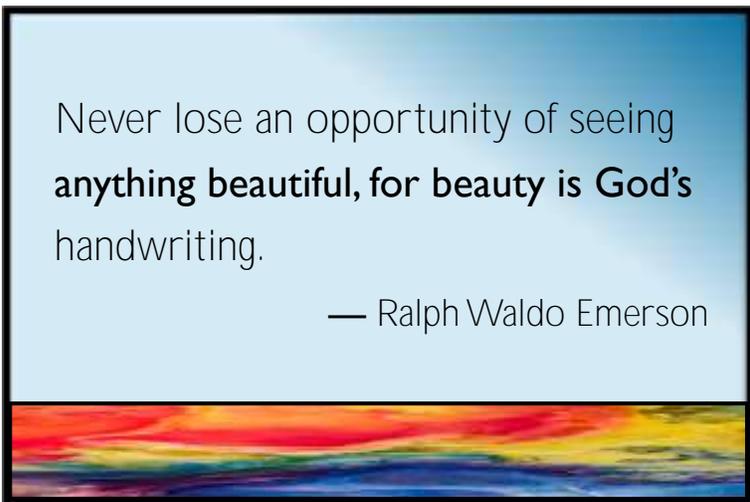
Specifically, as President-Elect, I plan to:

- 1) continue to expand the realm of advocacy focused on highlighting the value of having competent professional school counselors on staff to help with school climate and mental health services;
- 2) serve as a liaison between school counselors, the State of Louisiana, and LCA the board in efforts to continue sharing ideas that have been successfully implemented;
- 3) plan professional development opportunities for school counselors that empower school counselors to be confident in the services they provide to their students.

I am looking forward to continuing my service to LSCA Executive Board as President-Elect. I can be reached via phdddavis191307@gmail.com or please call (504) 356-2206. 

Never lose an opportunity of seeing anything beautiful, for beauty is God's handwriting.

— Ralph Waldo Emerson



Ethical Standards, continued from page 1

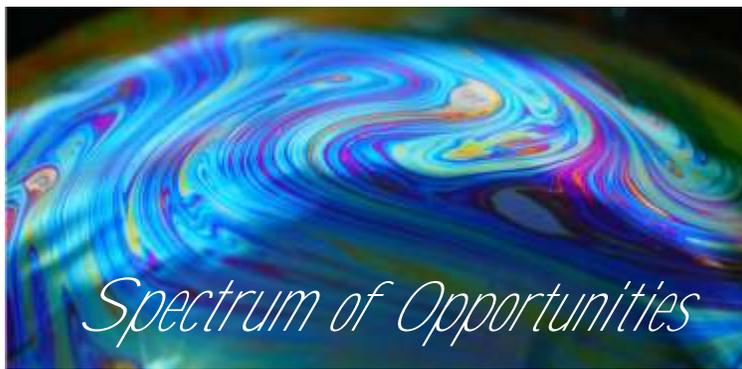
ASCA Ethics Committee. The LSCA Ethics Committee co-chairs, Ellen Starkey, Counselor at Central Private, and Tara Washington, Counselor at Woodlawn Middle School, will determine which one will be our state contact. Together, they will coordinate the revision efforts. Each state must identify its point person by September 10, 2021. The point person for each state will be asked to participate in a webinar offered on September 22, 2021, that will further explain the process and what is expected of them.

The ASCA Ethics committee will distribute the revisions among the states, providing a section to each state to revise. Each state will only be responsible for weighing in on one section; however, states are welcome to tackle additional sections of the ethical standards and provide feedback. Each state will have until January 14, 2022, to return its feedback to the ASCA Ethics Committee. The ASCA Ethics Committee will take the feedback received and create a document that reflects the recommended changes.

The revised document with recommended changes will be released for public comment on April 15, 2022. The public comment period will last one month until May 15, 2022. Consideration is given to feedback provided during the public comment period, and edits will be made based on the input. The final draft of the revised ethical standards will be provided to delegates at the 2022 ASCA Delegate Assembly for their approval.

Be on the lookout for an ethics session entitled Legal and Ethical Considerations of Threat Assessments for School Counselors. In addition, contact President-Elect Dr. Dymphna Davis if you are interested in the LSCA Comes to You presentation Legal and Ethical Issues in School Counseling. Get involved! If you or someone you know is interested in joining the LSCA Ethics Committee, contact wendy.rock@selu.edu. 





Setting Goals and Taking Action!

Taneka Fuller, President Elect-Elect

I am truly excited to serve the Louisiana School Counselor Association this year. I believe all

school counselors recognize that setting goals is important. At some point, we all have discussed goal setting with students, for we realize that setting goals helps to guide our focus.

At the start of each school year, I take time to reflect on my prior school year and I ask myself these questions:

- 🌀 What things do I want to handle differently this year?
- 🌀 What are some programs that I wish to implement this year?
- 🌀 What new strategies/techniques will I incorporate into my personal individual counseling with students this year?
- 🌀 Can I do anything differently to reduce my level of stress this year?
- 🌀 What personal changes do I need to make in order to help my students, faculty/staff, and parents get the best version of me?
- 🌀 What self-care strategies will I implement consistently this year?

These and other questions help me set my goals for the upcoming school year. Once I write down my goals, I write the steps I need to take to reach the goals. Each month, I revisit them to track my progress.

Article continues in next column

Let's make this 2021-22 school year a goal smashing year! Start that program that you have been wanting to start! Start incorporating those new strategies/ techniques with your students! Make the necessary adjustments in your workflow to decrease your stress level! Implement those self-care days!

I would also highly encourage you to attend the 2021 Virtual LCA conference which will be held September 26-28, 2021. You can register online at lacounseling.org. I would like to close with this favorite quote from Jim Rohn: "Goals. There's no telling what you can do when you get inspired by them. There's no telling what you can do when you believe in them. And there's no telling what will happen when you act upon them."



Thanks LSCA!

Claire Barry-Thomas, Outgoing LSCA Secretary

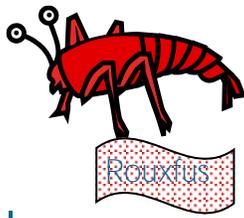


The first time I served on the LSCA Executive Board, I was one of two Graduate Student Representatives. My next job was LSCA Secretary.

While I was serving in that capacity, I was tapped by Vinetta Frie and invited to join the Cajun Counselor committee. As Kesha Simmons begins her term and a new secretary begins her role, I am rotating out of this position. It has been a great experience. I encourage you take a look at the various committees listed on page 10 of this issue. Consider where you might want to serve and email the chair! 🌀

Look at the sky; remind yourself of the cosmos. Seek vastness at every opportunity in order to see the smallness of yourself.

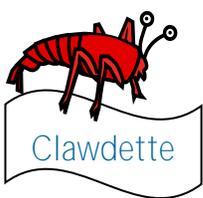
— Matt Haig



Cajun Counselor

The Cajun Counselor is the quarterly newsletter of LSCA, the Louisiana School Counselor Association. It is written by the elected or appointed leaders and LSCA members. LSCA is the state branch of the American School Counselor Association, ASCA. LSCA is also one of the largest divisions in LCA, the Louisiana Counseling Association. The newsletter is produced by the Cajun Counselor Committee: Vinetta Frie, Editor Claire Barry-Thomas and Pam Radford, proofreaders and consulting editors.

Please submit articles to Vinetta Frie, Newsletter Editor, frienews@yahoo.com. Please include LSCA Cajun Counselor in subject line. Next deadline:



Nov. 3,
2021

Upcoming Event

LSCA Board Meeting
Saturday:
During the LCA
Annual Fall Conference

Louisiana School Counselor Association's Leadership Roster for 2021-2022

Elected & Appointed Officers

- Kesha Simmons, President*
kmsimmons@caddoschools.org
- Dr. Ariel Mitchell, Past-President*
amitch11@xula.edu
- Dr. Dymphna Davis, President Elect*
phdddavis191307@gmail.com
- Taneka Fuller*, President Elect*
taneka.fuller@yahoo.com
- Marquita George, Elementary VP*
mgeorge922@yahoo.com
- Mary Speed, Middle VP*
maryspeed.ma@gmail.com
- Sara Jorge, Secondary VP*
sarah.kay.jorge@gmail.com
- Dr. Stephanie Eberts, Post Secondary VP*
seberts@lsu.edu

- Jennifer Bourgeois, Secretary*
jenniferbourgeois2@tpsd.org
- Linda Anderson, Treasurer*
lwanderson45@aol.com
- Dr. Christianne Richard, Parliamentarian*
christianne.ricard@gmail.com

Committee Chairs

- Awards, Danielle Cole*
dtcole80@gmail.com
- Ethics Board and Professional Certification, Dr. Wendy Rock*
wendy.rock@selu.edu

*Finance, Linda Anderson**

By-Laws, Tirza Brazier

*Government Relations, Kesha Simmons**

Graduate Student Rep., Vacant

*Nominations & Elections, Dr. Ariel Mitchell,**

Membership Committee, Robyn Bentley

Research Grant & Scholarship Chair, Vacant

Professional Development, Dr. Stephanie Eberts

Publications, Vinetta Frie
frienews@yahoo.com

Public Relations/Advocacy, Tara Washington
twashington97@ebrpps.k12.la.us

Social Media, Rachel Young
rachelyoung43@gmail.com

*Strategic Planning/Long-Range Planning, Taneka Fuller**

2021-22
Counselors of the Year
(To be announced)

*see first column for email

