



130+
members

450
People positively
impacted by NEFMHCA
community outreach

5,789
facebook reaches

WE ARE THE NORTHEAST FLORIDA MENTAL HEALTH COUNSELORS ASSOCIATION

We are NEFMHCA Strong!



JUNE 1, 2016
NEFMHCA
Jacksonville, Florida
www.nefmhca.com



NEFMHCA initiated several new programs, features and events for members in the 2015-2016 membership year. Read below to learn more.

- **NEFMHCA Scholarship Program** - a benefit offered to NEFMHCA members only. If selected, NEFMHCA will pay for the selected member(s) to attend any continuing education event in the Jacksonville Community which has been selected and approved by the NEFMHCA Board. NEFMHCA provides an online application and winners are randomly selected. NEFMHCA has already provided three scholarships to members to attend CEU events in Jacksonville.
- **NEFMHCA Strong Action Team** = our volunteer team of members who give their time to help out at local mental health related events. Our NEFMHCA Strong Action Team volunteered their time this year making holiday reindeer goodie bags for children receiving therapy at a local nonprofit center, volunteering to work craft therapy tables at a Family Fun Day and volunteering their time sitting at a resource table at the Nova Southeastern University's Professional Association Expo to represent NEFMHCA and encourage mental health students to join as student members.
- **Online Mental Health Community Calendar** which displays mental health related events being hosted by local agencies and other mental health providers.
- **Membership and Qualified Supervisor Directory**
A convenient way to search for NEFMHCA members and Qualified Supervisors
- **Active Facebook Mental Health Page**
NEFMHCA posts weekly articles, mental health legislative update announcements, and information regarding NEFMHCA, FMHCA, AMHCA activities to our members. We have accomplished over 5,789 Facebook reaches within the past year and averaged between 100-300 Facebook reaches per post that we publish indicating that we are increasing our presence on social media to advocate for mental health.

The 2015-2016 NEFMHCA Board

- Erica Whitfield, President
- Peggi Weginer, President Elect
- Connie Clark, Treasurer
- Ieshai Bailey-Davis, Secretary



Summary of 2015-2016 Northeast Florida Mental Health Counselors Association Events

June 2015

NEFMHCA publishes a NEFMCA Report and distributes this report to all of our members and associates.

NEFMHCA strives to deliver events and opportunities that its members and associates deem significant at times and locations that are convenient to them. We requested that our members and associates share their preferences in regards to how NEFMHCA could help to meet their professional needs by asking them to take a brief survey. Our NEFMHCA team then created an engaging report summarizing those results that we shared with all of our members and associates and published on our website. We then used these results to help us determine the direction of NEFMHCA activities for the 2015-2016 membership year.

July 2015

NEFMHCA hosts THE CONNECTION SESSION

The Connection Session was aimed at helping Mental Health Student Interns & Registered Mental Health Counselors on the journey to licensure. The NEFMHCA Board reached out to the Clinical Education Directors/Professors of the University of North Florida and successfully facilitated a free information and support session at UNF to help guide those on the path to becoming Licensed Mental Health Counselors. We had over 30 students and Registered Interns attend. The NEFMHCA Board

was able to answer questions the students had regarding the process of registering with the state of Florida and completing the application, finding a Florida Board approved Qualified Supervisor, and learning how to find the right climate that suits their therapeutic interests. We were also able to reach out to a few Clinical Supervisors of local mental health agencies in Jacksonville who attended to help give guidance and feedback to the students and interns.

August 2015

NEFMHCA hosts Mindful Meditation on the Beach!

NEFMHCA partnered with one of our members who offered an exclusive event in which she taught the art of being mindful. It was truly a soothing and peaceful group session for everyone who attended!

September 2015

NEFMHCA hosts Self-Care Strategies for Mental Health Counselors

NEFMHCA provided a continuing education event led by one of its members. The seminar focused on defining burnout and compassion fatigue, why burnout, compassion fatigue and vicarious trauma prevention matters and how to strategize self-care. Participants received 2 CEUS for attending this 2-hour course.

October 2015

NEFMHCA hosts Trauma Releasing Exercises

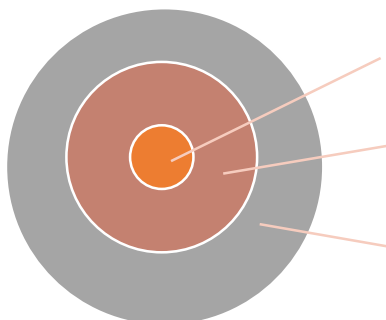
Our NEFMHCA President Elect facilitated a free event to members in October at the University of North Florida. This event focused on helping mental health counselors understand how the brain & body respond to trauma, reviewing the limitations of typical treatment of trauma, developing awareness of Trauma Releasing Exercises and understanding how TRE impacts the limbic system.

November 2015

NEFMHCA Completes Community Service Project

NEFMHCA members gathered together at the November NEFMHCA Board Meeting to make festive holiday reindeer "goodie bags" to donate to the Westside Full Service Schools Program, a program that provides free mental health counseling to kids 5-18. The kids at the Westside Full Service Schools Program loved their reindeer holiday goodie bags! So many little faces lit up when they received their treats!! However, some of the younger kids were very concerned about Rudolph's nose being a color other than red!! Our NEFMHCA quality control team will consider this for next year improvements!

Future Plans for NEFMHCA



Grow membership to 200+ members between 2016-2017

Focus on refining organizational objectives

Conduct a conference in May 2017 to celebrate month of mental health

December 2015

NEFMHCA host Holiday Mixer to Celebrate Members

Our members and associates came together to network and mingle at a local seaside restaurant in Jacksonville. We gave away several prizes and each member who attended received a personalized Holiday Card. We were also able to raise almost \$200 for NEFMHCA to go back into our funds for member events.

February 2016

NEFMHCA hosts Yes, There's Hope!

NEFMHCA partners with a well-known local motivational speaker to conduct a continuing education event for members. The event focused on how to encourage and empower clients on the great element of hope and how to understand principles to create an atmosphere of getting and maintaining hope for life.

April 2016

NEFMHCA Hosts Speed Networking Event

NEFMHCA hosts event to encourage networking and connection building.

May 2016

Self-care Campaign

NEFMHCA creates campaign to emphasize importance of self-care. Members sent in pictures engaging in their favorite self-care activities. Winners were selected each week and given a gift card.

