



Alberta/Northwest Territories Chapter of the CCPA Annual Board of Directors' Annual Reports

**Board of Directors:**

***Shelley Skelton – President***

This has been a very exciting and active year for our Chapter. We have continued to focus on regulation, third party billing, professional development, and connecting with our membership. Over the past year, our membership has increased from 534 in November of 2017 to 599 by September, 2018. Our Chapter has met monthly for teleconference meetings as well as in between when needs have arisen.

In addition to chairing the monthly teleconference meetings, I currently have the pleasure of sitting on the Ethics Review Committee that was formed at the May 2018 annual conference; our mandate is to review and make recommendations for the next edition of the CCPA Code of Ethics and Standards of Practice. Attending the Chapter Presidents meetings, both over the phone and at the last annual conference has been very useful in providing continuity and communication among CCPA's many chapters. Additionally, I served as a conference proposal evaluator for the annual conference as well as a presenter.

Along with others on the Executive of this Chapter, I have helped plan our professional development event on October 13 in Calgary with a presentation by Dr. McBride on the ethics of record keeping.

Without a doubt, I have been afforded a number of valuable experiences this past year both in our Chapter and with the CCPA in general.

***Blythe Shepard – President-Elect***

Over the past year, I have worked with FACT-AB Ethics Committee to incorporate feedback from the Steering Group meetings. We used CCPA as the basic Code of Ethics and then compared each of the codes of the 12 associations that belong to FACT-AB to the CCPA code.

The Ethics Committee reviewed the following Codes of Ethics for each of the member associations: AASC, PACCP, CYCAA, AAMFT, AACT, CCPA, CDAA, CPCA, CAMT, NADTA, IEATA, CATA, and APTA. Our process involved developing a table that compared all the codes to the Canadian Counselling and Psychotherapy Association (CCPA) code of ethics, to

note any novel areas, similarities, and differences. We noted where there were gaps or particular emphasis (e.g., AAMFT focused a great deal on supervision).

It is acknowledged that when the College is formed in Alberta, each member will still abide by the code of ethics for their specific discipline, and that the code for the College will be applicable to all counsellor practitioners. The CCPA code of ethics was chosen as the “base document” for creating the code for the College, as it is quite extensive and detailed.

I continue to work with FACT-BC on the registration process committee and am the lead of the Indigenous Entry-to-Practice Counselling Competencies project. These competencies will be shared with FACT-AB once completed in early 2019.

Based on my work on a CCPA clinical supervision project and the Chapter’s interest in serving the North, a meeting has been set up with BC and AB National Directors and the Presidents of the AB/NWT Chapter and the BC Chapter to discuss the feasibility and desire to offer a CCPA Clinical Supervision Workshop in Yellowknife.

I attended the President's Chapter Meeting in Winnipeg Sunday May 13<sup>th</sup> during the CCPA conference. It was useful to have an update on initiatives that the various chapters were engaged in. The Indigenous Circle Chapter encouraged all chapters to participate in implementing some aspect of the Truth and Reconciliation Commissions call to action. That might be something we can discuss at our next Board meeting.

Shelley has sent me the minutes, agendas, newsletters for the past two years so that I can review. I am looking forward to catching up on the activities of the chapter and preparing for the AGM. I have assisted in identifying those interested in serving on the AB/NWT Chapter Executive and elections will occur at the AGM in October 2018.

I look forward to serving as President of the Chapter once again.

### ***Nicole Imgrund – Regulation***

We continue to make significant progress towards regulating the profession of Counselling Therapy in Alberta. In the past year, FACT-Alberta has been successful in its advocacy with the government, as many MLA's have expressed their support for regulation. The government initiated a consultation process with stakeholders over the summer and we are increasingly hopeful that they will add regulation to the legislative agenda this fall.

FACT-Alberta has also continued its public education campaign about the inherent safety risk to vulnerable people in an unregulated environment. We have had widespread media coverage

for regulation and well over 7000 letters have been sent to MLA's and the Minister of Health from the public expressing support for regulation.

The attached infographic illustrates the model of regulation being proposed for a new College of Counselling Therapy. Most significant to note is that it is now being proposed that the college will regulate three separate professions: Counselling Therapy, Addictions Counsellors, and Child and Youth Care Counsellors.

FACT-Alberta has also worked on regulation workbooks for all three professions, which include proposed requirements for registration of expedited grandparenting, grandparenting, and regular route applicants. We have finalized a code of ethics and are currently working on bylaws for the proposed college. We are also planning a transition process to help with a smooth a transition as possible for practitioners and to ensure continuity of care for the public..

**Members should monitor all communication from CCPA over the next few months closely, as well as the social media pages for FACT-Alberta, for updates on regulation.**

Twitter: [https://twitter.com/fact\\_alberta](https://twitter.com/fact_alberta)

Facebook: <https://www.facebook.com/FACTAlberta/>

**Members are also asked to help ensure regulation is on the fall agenda by taking less than 30 seconds to send our updated letter to their MLA:** <https://www.pushpolitics.ca/clients/FACT-Alberta>

**Please also invite others to participate by forwarding the link to the message (above), or this campaign note with more information:** <https://mailchi.mp/5896e9b11f64/urgent-action-needed-send-a-letter-to-your-mla-right-now-356139>

It is my privilege to continue to represent CCPA on the FACT-Alberta Steering Committee, along with Nicholas Renaud. It is also my intention to continue in my role as Chair of FACT-Alberta. I look forward to an exciting year of making great strides forward in a journey that has entailed many small steps over many years. With the strong support of members from all the counselling associations and the public, as well as the dedication of the FACT-Alberta Steering committee, I believe we will finally accomplish the dream of regulating the counselling therapy profession in Alberta.

### ***Dawn Israel – Professional Advocacy***

Over the year it seems that more insurance companies and employers are open to considering covering the CCC designation under their policies / plans. It continues to be that Manulife, Sunlife, Equitable Life, and Green Shield have the most existing policies that cover the CCC designation and are most open to working with employers to explore coverage options. Alberta Blue Cross has two out of three policies they offer that include the CCC designation as an option but do not offer any policies that include the CCC designation for self-employed customers. My hope is that as regulation efforts continue that insurance companies will be more open to working with us and expanding their existing policies to be more inclusive.

There have been a few more employers I am aware of that have included the CCC designation for coverage - AB Health Services (no official confirmation but many clients are reporting successful claims), Dialog Design, and UA Local 488. I have also learned that some plans include the CCC designation for coverage, such as UA Local 488 with GreenShield but have a two-tiered system so they cover the CCC designation at a lesser amount than what they will cover with Reg. Psychologists.

Over the year, working with Kim Hollihan out of the Ottawa head office has been very positive and I have found involving her in advocacy to be very helpful. When employers and insurance companies hear from Kim out of the CCPA Head Office I think there is more credibility and openness to hearing what she has to say. I would like to spread the word about involving Kim perhaps over our Facebook Page and through emails. I would also like us to be able to make the consent Kim requires and the Advocacy Letters more readily available for members as the google doc system is not effective. I would like to propose a place for them on the CCPA AB Chapter website or CCPA head office website that we can direct certified members to and they can directly download them as PDF's with instructions re: how to use them (already created). Then we can do regular Facebook posts once a week and send group emails directing members to where to find them. I think this is the biggest area for growth over the coming year - how can we effectively reach more members and spread the word.

### ***Cathy Underhill – Secretary/Treasurer***

As Secretary-Treasurer, my duties over the past year have included the following:

Taking minutes of regular monthly meetings and at the Annual General Meetings; distributing these to the Executive; corresponding with other members of the Executive as required; writing cheques for invoices/reimbursements of receipts as needed; making deposits of monies received from the CCPA National Office; providing financial updates at each Board meeting; and presenting a financial report at the AGM.

I also attended the CCPA National Conference held in Winnipeg in May 2018.

As this is my last year as Secretary-Treasurer with the AB/NWT Chapter, I would like to express my gratitude for the support I have received in fulfilling my role and I wish the Chapter continued success and growth in the coming year!

### ***Nicholas Renaud – Communications***

As Communications director, my duties over the past year have included the following:

- Oversaw the creation and ongoing maintenance of the chapter's new social media presence, including accounts on both Facebook and Twitter. Through these services, chapter business and information relevant to members was communicated.
- Worked with the national office to redesign the chapter's page on the CCPA's website with the goal of removing out-of-date information, streamlining paragraphs for easier readability, clarifying information on awards, and reorganizing sections to provide the most relevant content in the most easily accessible format possible.
- Attended chapter meetings and provided updates to board members as necessary. Liaised with the Professional Development Director to communicate professionally relevant events to members.

### ***Carol-Anne Haring – Professional Development***

Over the past year, I researched and submitted opportunities for members to consider, both for the Chapter newsletter and our new forms of social media. The last few months have revolved around the planning of the workshop for October 13 for which I have served as a committee member.

### ***Barbara Pickering – Student Liaison***

As Student Liaison for Southern Alberta I was engaged in the following activities.

- Throughout the year attended board meetings and contributed when asked.
- Volunteered to review applications for travel awards for the annual CCPA conference.
- Served as an ambassador for students and/or faculty when I had the opportunity to speak about the benefits of both CCPA and belonging to the AB/NWT Chapter.
- Maintain communication with the institutional student liaisons for the University of Calgary and Athabasca University.
- Attended and presented at the annual CCPA conference.
- Presented to students at the University of Calgary, Master's of Counselling Program: August 9, 2018.
- Contributed a video clip in the making of the webinar presentation "Who Wants to be a Volunteer"

Overall it has been a challenging year and I have enjoyed serving in this capacity for our community.

***Lindsay Ashmore – Student Liaison***

As a Student Liaison my role is to connect student members to resources offered through the CCPA. At times this means communicating with institutions or organizations to organize and/or present information sessions on CCPA student membership benefits, facilitate meet and greet opportunities, collaborate with other CCPA board members to facilitate professional development sessions that students and others members could benefit from, and answer any questions through the Chapter email. I also look to support our CCPA student representatives who serve their local learning communities within certain Graduate institutions across the region. I have had the opportunity this past year to benefit from the tremendous learning through being a selected candidate for the 2018 CCPA Leaders of Tomorrow Conference, and look forward to another year in the role of Student Liaison with Barbara Pickering (Student Liaison South).

***Mira Singh – Member at Large***

In this role, I attended monthly teleconference meetings and was able to step in as secretary and take the minutes when Cathy was unavailable. I contributed to a number of Chapter decisions and votes that occurred throughout the year, as well as to the planning of the upcoming Professional Development Day.