

## **AB/NWT Chapter**

This report covers the period of: Oct. 2016-Oct. 2017

Submitted by: Shelley Skelton, Chapter President

### **Chapter Officers:**

Shelley Skelton - President

Kathy Offet-Gardner – Past President (recently ended) and Regional Director

Blythe Shepherd – President-Elect (newly elected)

Nicole Imgrund – Director of Regulation

Dawn Isreal – Director of Professional Advocacy

Cathy Underhill –secretary and treasurer

Lindsay Ashmore and Barbara Pickering – Student Liaisons

Nicholas Renaud – Communications Director (newly elected)

Carol –Anne Haring – Director of Professional Development (newly elected)

Mira Singh – Member at Large

### **Membership: 529 as of Oct. 4**

### **Past activities** (last 6 months or whole year)

1. Quarterly newsletters – Connect and Refresh
2. Professional Development flyers quarterly
3. Regulation Webinar provided by Nicole Imgrund in September
4. AGM on Oct. 22 hosted in Calgary with a group in St. Albert joining online as well as two other members joining online. Included was PD event presented by Barbara Pickering on OCD and assessment
5. Continued communication between Dawn Isreal and local employers to add CCCs to their health plan benefits
6. Board teleconferences every month except form June- August
7. The process of Regulation with Nicole Imgrund represents the most significant activities with which the Chapter is involved. This comes from Nicole Imgrund’s annual report:
  - Since submission of the application for regulation in September, I have become the Chair of FACT-AB (Federation of Associations of Counselling Therapists in Alberta)
  - On behalf of FACT-AB, I continue to meet regularly with Government of Alberta staff to discuss regulation and necessary work to be done
  - This year, FACT-AB engaged in numerous discussion with other stakeholders, including representatives of addition counsellors in AHS, counselling-related associations not yet affiliated with FACT-AB, and the Union of Healthcare Professionals. I also made several

presentations for member associations of FACT-AB, to help inform their members of the need for regulation and process to date.

- I represented FACT-AB in a meeting with Minister Payne on April 19th. It was an exceptionally positive meeting. The Minister expressed appreciation for the environment in which counsellors work and recognized the benefits of regulating the profession to increase accountability, facilitate health system integration and enhance addiction and mental health services to Albertans. The Minister expressed support for her department staff to further explore the application and asked staff to continue to work with FACT-AB. I will say as a side note that this meeting was one of the highlights of my career and long journey to promote regulation in Alberta. It left me hopeful that regulation may come sooner, rather than later.
- After the meeting with the Minister, I was invited to represent FACT-AB on the Valuing Mental Health Advisory Committee. I look forward to the first meeting on June 27th.
- As part of our commitment to both regulation and advocacy for counselling in Alberta, I requested that the AB/NWT Chapter made an application to the Alberta Alliance on Mental Illness and Mental Health (AAMIMH) to become a member. After a formal presentation about CCPA to the Alliance in September, we were accepted as members. It is now my privilege to represent the Chapter and our unique perspective on the needs of Albertans for safe and effective counselling as a Director of AAMIMH. On June 24th, I made a presentation at the AGM about regulation of the counselling profession. It was well received the alliance has offered to initiate further conversation between FACT-AB and other stakeholders on this topic.
- I presented on regulation in AB at the national CCPA conference in St. John's at a cross country regulation check-up. The experience of hearing what is happening other provinces reiterated for me how quickly the process is moving in Alberta, and how positive our working relationship with government has been to date.
- FACT-AB is currently working on a budget and determining how much money may be needed to carry out its work this year. There are immediate expenses which will be incurred, such as legal costs for a review of case law in Alberta regarding restricted activity of psychosocial interventions. I am working with our Provincial Director, Kathy Offet-Gartner, and our Chapter President, Shelley Skelton, to apply for funding within CCPA for some of these urgent and immediate costs.

- As Chair of FACT-AB and Regulation Director for our Chapter, I continue to meet with my MLA, other politicians, media, members of the public, and counselling therapists in the profession, to provide information about regulation.
- FACT-AB is currently approving the final draft of a document which summarizes the need for regulation of the counselling profession, and highlights the ways in which it will help to bring about some of the recommendations of the *Valuing Mental Health Report*. I hope that this document will be available to members to familiarize themselves with regulation and talk about it with others, in the next few weeks.
- FACT-AB continues to work on the next steps towards regulation, including:
  - creating Code of Ethics, Standards of Practice and By-Laws for the college
  - working on communications strategies with the government
  - connecting with stakeholders in preparation for the formal consultation process
  - researching and discussing the legislation for the HPA
  - establishing a budget and formula for collecting fees from the associations
  - developing a memorandum of understanding for any new associations joining FACT-AB
  - writing an 'enhanced application' to include more detail in some areas of the application
  - filling out a workbook provided by the government about regulation of our profession.

### **Planned Activities**

See above for planned activities regarding regulation  
 Continuation of quarterly newsletters and PD flyers  
 Winter launch of a chapter facebook page  
 (*Newsletters, meetings, special project, surveys, etc.*)

### **Other**

We will begin discussing the possibility of a small one-day conference in Calgary for the fall of 2018.

### **Chapter Finances**

Alberta and N.W.T. Chapter		
Financial Statement for the period of August 31, 2016 to September 29, 2017		
	#	\$
Membership (February 28, 2017)	473	
Membership (September 29, 2017)	529	
<b>Bank Balance forward 29/09/2017</b>		<b>\$12,919.27</b>
<b>Revenue (membership dues @\$10)</b>		<b>\$5,050.00</b>
<b>Expenses</b>		
Meetup Fees		\$120.00
Conference Calls		\$286.14
Awards		\$150.00
Creation of Awards		\$139.53
AAMIMH* Membership dues		\$750.00
AGM 2016 expenses		\$241.17
FACT Alberta Case Law Review		\$3,830.40
Postage		\$13.86
Banking charges		\$1.50
<b>Total expenses</b>		<b>\$5,532.60</b>
<b>Bank Balance September 29, 2017</b>		<b>\$12,436.67</b>

\*Alberta Alliance on Mental Illness and Mental Health

*Cathy Hundert*  
 Secretary - Treasurer