



# Suncoast Mental Health Counselors Association

Serving Licensed Mental Health Counselors Throughout the Suncoast Area June 2005

## SMHCA Officers

**Jim Teixeira, LMHC**  
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President- Elect  
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**Greg Hietpas, LMHC**  
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**Christina Ward, LMHC**  
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**Jay Schrader, LMHC, CAP**  
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**Elizabeth Guinea**  
Graduate Student Representative  
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## Election

An example of SMHCA's vitality is the first contested election for President in recent memory!!

Ballots were e-mailed out to members with e-mail and for those who do not have an e-mail address with SMHCA, the ballots were mailed.

Please register your vote. Remember, this is **YOUR** organization and it is **YOUR** responsibility to contribute to its functioning. One manner in which you can contribute is to vote!!! Candidates for President Elect are:

### Heather Pugh, LMHC

"I have been practicing in the mental health and addictions fields for the past 17 years. I am licensed in Pennsylvania as a Clinical Psychologist and have been an LMHC for the past five years. Currently I own my own private practice specializing in treating eating disorders, addictions, women's issues, depression and anxiety. I have been a member of SMHCA for the past three years and many of you know me as the Treasurer of SMHCA for the past two years. As a result of holding the Treasurer position, it has placed me in the unique position of understanding not only the integral workings of SMHCA, but also an understanding of how to keep SMHCA thriving into the future. As Treasurer, I have worked on the By-laws committee and am the leader of the Financial Committee. My main focus as president would be to: provide new opportunities for LMHC's and encouraging the recruitment of students and interns. This would include networking opportunities, mentoring programs as well as continuing to provide wonderful seminars. As part of doing this, I would also seek input from the members of SMHCA regarding what they want from their organization. I believe by doing this it keeps SMHCA growing and thriving which also allows SMHCA to (along with FMHCA) to continue to advocate in the legislature for the promotion of LMHC's in the State of Florida."

### Christina Ward, LMHC

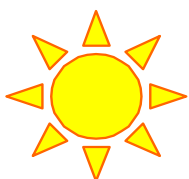
"I have been a board member of SMHCA for two years. I am currently Co-Chair of Community Relations and Membership Committee. I am an LMHC with nine years experience in the Mental Health field working with adults and children. I have always worked for an agency so I am very knowledgeable of community resources and keep myself updated with current legislative information. You should vote for me because I am dependable, experienced, sociable, and generally care about the field of mental health. As President, I would maintain the integrity of SMHCA and work together to build on our great community."

**Do Not Forget to Vote!!**

E-mail your ballot to [SMHCA@Knology.net](mailto:SMHCA@Knology.net)

Please consider serving on the SMHCA Board.  
There are several positions available: Contact Al Lyons @  
[ALyons2@TampaBay.rr.com](mailto:ALyons2@TampaBay.rr.com)

<http://www.coedu.usf.edu/zalaquett/smhca/smhca.html#top>  
Click on this link and visit YOUR web page.



## President's Message

My term as President ends next Friday. Without question it has been a unique combination of challenging and richly rewarding experiences.

The most gratifying aspect for me has been working with the extraordinarily talented members of SMHCA, especially those who served on the Board of Directors and members who contributed much of their personal time.

Remember, these folks give of their "free time", time away from their family and their employment—be it private practice or agency work. And they do it without compensation or public recognition. They do it for similar reasons that we all came into this field—to give to others. They epitomize the "Helping Profession."

Each Board Member deserves singular credit for their effort; however, these deserve special recognition:

**Heather Pugh** is completing 2 years as Treasurer. Not only did she submit detailed monthly financial reports, Heather provided analysis and guidance to assist the Board in utilizing our funds the most effectively and efficiency.

**Pamela Paul** and **Christina Ward** have proved to be energetic and creative in promoting SMHCA. From the "ice breaker" exercisers before trainings to the enormously successful "Spring Symposium" for interns and graduate students. There were almost **50 participants** at this years' event! Through their efforts SMHCA and FMHCA gained new members, the attendees now know SMHCA is a resource for them.

**Carlos Zalaquett**, our Professor contributes in several ways; however, one tangible effort is the USF/SMHCA web site.

**Jay Schrader**: SMHCA's everything person!! Always provides steady and insightful counsel to the Board, Jay willingly took on the challenges of By-Laws Revision and Nominations.

And then there are the numerous members who contribute and support SMHCA in so many ways. Of special note is **Roland Martin**.

This year SMHCA continued to lead the State Mental Health Counselor community. SMHCA was instrumental in providing financial and organizational support for the formation of a Miami-Dade Mental Health Counselors Association. For several years the Florida Mental Health Counselors Association has, without little success, attempted to establish a chapter in the Miami-Dade area. They are now a vibrant and highly effective Chapter, and their existence as a sister organization benefits all Mental Health Counselors in Florida.

If you attend only one SMHCA Board Meeting—all of which are *open to general membership*—the June 17, 2005 is the one to attend.

The professional workshop presentation is 1:30 PM to 4:30 PM, and the **General Membership Meeting/Board Meeting** begins immediately following.

Agenda Items include: Discussion on **Incorporation; Revision of the By-Laws**; Review of the **Budget and Business Plan**.

It has been a busy year and although SMHCA has accomplished much, there remains more. I thank you for your support and the privilege to serve as your president. I look forward to supporting Al Lyons as he begins his adventure as President. Join us for the voyage!!

*Jim Teixeira, LMHC*

## Professional Development

1:30 PM to 4:30 PM, June 17, 2005

### **Psychosocial Assessment: A Comprehensive Review** **Chip Weiner, LMHC, CAP, CEAP**

St. Anthony Carillon Outpatient Center  
900 Carillon Parkway, St. Petersburg

*Directions to St. Anthony Carillon Outpatient Center*

*From South St. Petersburg:*

- Take I-275 to Roosevelt Boulevard/SR-686-West via exit number 30 toward Largo/Clearwater
- Follow Roosevelt to the off-ramp on the right-hand side and exit right onto Ulmerton Road/SR-688
- Make your first right (at traffic light) onto Carillon Parkway West
- Turn left onto Carillon Parkway
- The Carillon Outpatient Center is immediately on the left

*From Tampa:*

- Take I-275 S. over the Howard Frankland Bridge
- Merge onto Ulmerton Road/SR-688 West via exit number 31B toward Largo
- Turn left onto Carillon Parkway West, the Turn left onto Carillon Parkway
- The Carillon Outpatient Center is immediately on the left

FEES: Prepaid: Clinical Members-\$ 10  
Student Members-NO charge  
Non-Members-\$ 25

At the Door: Clinical Members-\$ 15  
Student Members-\$ 5  
Non-Members-\$ 30

## SMHCA Colleague Connection



Care to break away from the office and connect with other professionals in your area? Get to know the SMHCA members in your neighborhood. Take the time to join us for an occasional luncheon. No meetings; no agenda; just a brief time of fellowship and refreshment at a restaurant near you.

**Interested?** Then get in touch with Pamela Paul by emailing [SMHCA@Knology.net](mailto:SMHCA@Knology.net) for more information. You deserve a break today!

### **Scheduled Luncheons:**

June 24 Olive Garden in Largo – 12:30  
July 22 TBA – North Tampa – 12:30

**Membership/Questions:** [SMHCA@knology.net](mailto:SMHCA@knology.net)