

Cajun  
Counselor

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LOUISIANA SCHOOL COUNSELOR ASSOCIATION

# Cajun Counselor

LSCA is the state branch of the American School Counselor Association



Clawdette

*Presidential View*

## Professional School Counselor ... A Commitment Like No Other

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



As I reflect on the end of 2020, I remember that there was a certain excitement in the air for what 2021 would bring to us all. Some of us thought that it was sure to be a better year than the one that had just left us. However, nearly two months later we are still left with the uncertainty of COVID 19, social/political unrest, and record breaking low temperatures that left a great deal of Louisiana and its neighboring states under inches of ice, snow, and without electricity for days. The recent unexpected frigid temperatures may also have increased the number of lives lost due to COVID, compounding the misery felt by so many. Following this current state of emergency, as per usual, academic institutions will reopen with plans in place to educate and matriculate students from one level to the next. The main link to those plans of matriculation are sure to include the irreplaceable work and commitment of Professional School Counselors across the state of Louisiana.

However far too often the work of our Professional School Counselors to

*(Presidential View, continued on page 2)*

## LSCA Election Results

*Veronica Douglas-Johnson, Nominations and Elections  
Chair*

I would like to congratulate our LSCA nominees and welcome our newest Louisiana School Counselor Association Officers for 2021-2022. Our election results are as follows.



Sarah Jorge, Secondary Vice President for 2021-2022

Marquita George, Elementary Vice President for 2021-2022

Taneka Fuller, President Elect-Elect for 2021-2022

Your Association is looking forward to working with you. Congratulations! 🍷

Louisiana School Counselor Association Mission:

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

## Inside this Issue...

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## *Presidential View, continued from page 1*

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go unnoticed and unacknowledged, but today on behalf of the Louisiana School Counseling Association, please know that we see you! We are aware of your efforts, strength, and tenacity. Additionally, we want you to know that we are also working for you and the entire profession. From a task force created to lobby for state level acknowledgment of the Professional School Counselor title to the continuing education provided by our board members, we are doing our best to serve the interest of all Professional School Counselors in Louisiana.

As we move forward through trying times, I want to close my message to you today with a challenge. I challenge you to take care of your mental health as you tend to the mental health of everyone around you. This challenge includes taking time for yourself, understanding that sometimes it is okay to not be okay, and seeking out support as needed. I must remind you that self-care is not selfish, it is self-preservation. We can and will get through this together! ✌️

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## The Newly Formed LSCA Counselor Ethics and Professional Standards Committee

### *Counselor Ethics and Professional Standards Committee*

**LSCA has historically had an ethics committee to “Review the ethics and professional standards of this association annually and report deviations and assist the membership in understanding the association’s Code of Ethics.”** It is with great pride that I announce a revitalization of the LSCA Counselor Ethics and Professional Standards Committee. I am honored to chair this important committee and lead its work. Joining me on the committee are many courageous and committed LSCA members including, Alexis Alexander, Toni Byers, Calvin DeHart, Verna Estoque, Krissy Hightower, Denise Latour, Ellen Starkey, and Tara Washington.

The committee will plan professional development on ethics, including workshops at conferences, webinars, LSCA Comes to You, and other venues to better assist the membership in understanding the association’s Code of Ethics. Additionally, the committee will share resources through the LSCA website, write articles for the Cajun Counselor newsletter, and offer to be a resource for collaboration for Louisiana school counselors facing an ethical dilemma. Finally, one of the most important tasks will be to participate in the revisions of the ASCA Ethical Standards beginning in 2021 by providing feedback to the ASCA Ethics Committee.

We still have room for one or two more members on our committee. If you are interested, please reach out to [wendy.rock@selu.edu](mailto:wendy.rock@selu.edu) the email of Dr. Wendy Rock. ✌️



## LSCA 2020 Awards and Recognitions

*Co-Chairs Danielle Cole & Dr. Alice Cryer-Sumler*

The 2020 LCA Conference had a theme of “How Do We Know We are Good at What We Do?” As school counselors, the answers may vary depending on what age students we serve.

We may hear everything from the amount of positive praise and hugs received to the number of students we helped complete FAFSA and graduate on time. While all of these things matter, we know the importance of creating and implementing a comprehensive school counseling program. This year’s conference gave us an opportunity to participate virtually in workshops to help build programs, address trauma, and focus on our own self-care.

As the Awards & Recognition Committee, we were charged with recognizing those who were nominated for School Counselor of the Year. A short video and recognition information was shared with the district superintendents for the elementary, middle, and high school levels winners.

All of our nominees are implementing top-notch Comprehensive Counseling Programs that serve all students in the school. The nominees were as follows:

### Elementary School Counselors

Amy Arceneaux  
Milton Elementary, Lafayette Parish

Erin Bently  
A. A. Nelson Elementary, Calcasieu Parish

Jennie Hermann  
Norco Elementary, St. Charles Parish

Margo Rivet  
Lukeville Elementary, West Baton Rouge Parish

*(LSCA Recognizes, continued on page 4)*

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“The ultimate tragedy is not the oppression and cruelty by the bad people, but the silence over that by the good people .”

– Rev. Martin Luther King, Jr.

“Our problems stem from our acceptance of this filthy, rotten system .”

– Dorothy Day

“The ends you serve that are selfish will take you no further than yourself but the ends you serve that are for all, in common, will take you into eternity.”

— Marcus Garvey



## LSCA Recognizes, continued from page 3

### Middle School Counselors

Hannah Broussard  
Broussard Middle, Lafayette Parish

Destiny Jamison  
Walnut Hill Middle, Caddo Parish

Francine Jumonville  
Albert Cammon Middle, St. Charles Parish

Robin Wood  
Caroline Dormon Middle School in Rapides Parish



### High School Counselors

Tristen Bergholtz  
Jonesboro-Hodge High, Jackson Parish

Hanna Daigle  
E. J. Sam Accelerated, Lafayette Parish

Halee Eagles  
Tioga High School, Rapides Parish

We are so excited to announce and congratulate our overall winners in each category:

🏆 Congratulations to Ms. Amy Arceneaux, as the Elementary School Counselor of the Year and the overall winner for Louisiana. She will go on to represent our state in Washington, D.C. She has worked at Milton Elementary School in Lafayette Parish for the last five years. She works alongside the administrators, teachers and support staff at her school, who are a part of the team that makes their school counseling program so impactful. She believes that she is a positive influence in the lives of her students. Superintendent Irma Trosclair is grateful that Amy is in the district and supporting the students. Mrs. Arceneaux is working hard to enhance her comprehensive school counseling program to make sure her students and parents know how they are better because of the skills

*(LSCA Recognizes, continued on page 5)*

Image by [https://pixabay.com/users/qimono-1962238/?utm\\_source=link-](https://pixabay.com/users/qimono-1962238/?utm_source=link-)

and competencies they learned from her program, which includes classroom lessons, small groups and individual support.

🏆 Congratulations to Ms. Destiny Jamison, as the Middle School Counselor of the Year. She serves as the Vice-President of Caddo School Counselor Association. She volunteers as a coach in Caddo Parish's Amazing Shake Program and as the Red Apple Educator and Student Awards Chair for the Shreveport Bossier African American Chamber of Commerce (SBAACC). As a true advocate for her profession, she has visited Louisiana State Capital and sat in on education sessions advocating for the needs of school counselors. She is recognized for her groundbreaking work in the implementation of Trauma-Based Relational Intervention Strategies and Techniques. She has shared her knowledge and skills with her colleagues and the Louisiana Association of School Administrators of Federally Assisted Programs. Her work and dedication to her students and the community are phenomenal.

🏆 Congratulations to Mrs. Tristen Bergholtz as the High School Counselor of the Year. She is data-driven. She has helped to reduce the number of students failing three or more classes by 56%. She led the effort and implemented "The Great Kindness Challenge" at her school, making this the first school in the district to become a Kindness certified school. Tristen uses advocacy, leadership, collaboration, and a systematic change in every aspect of decision-making in order to make a difference with students. Tristen embraces the mantra, "Doing what is right isn't always easy, but it is always right." She believes that it embodies the concept of leadership.



Just as the counselors above have been recognized for their commitment to overall student success, it is time to nominate school counselors for the 2021 School Counselor of the Year. There are numerous counselors helping to build better humans through comprehensive counseling programs across the state. If you would like to nominate a school counselor, please do so at ([www.lasca.schoolcounselorawards.org](http://www.lasca.schoolcounselorawards.org)). All nominations should be made by Friday, April 9, 2021. The deadline for application submissions is Friday, April 30, 2021 at midnight. For additional information contact: D. Cole at [dtcole80@gmail.com](mailto:dtcole80@gmail.com) or Dr. A. Cryer-Sumler at [acryersumler@stcharles.k12.la.us](mailto:acryersumler@stcharles.k12.la.us). 🌱



**“In these days**  
of difficulty, we  
Americans  
everywhere  
must and shall  
choose the  
path of social  
**justice...**, the  
path of faith,  
the path of  
hope, and the  
path of love  
toward our  
**fellow man.”**

– Franklin D.  
Roosevelt

# LSCA Vice Presidents Report



## Finish Strong!

*Miriam Davis, Elementary Vice President*

This school year has definitely been one for the books! The last few months have definitely been challenging, however, I have persevered and I hope that you have too!

Last month, we celebrated National School Counseling Week, which is a time to celebrate all the wonderful things that counselors do. This year, I celebrated it a little differently. I chose to reflect on what it truly means to be a school counselor. There were times throughout the school year where I doubted if I were truly helping my students. I even felt discouraged because I felt like I was experiencing hardships by myself. Speaking with other school counselors helped me to realize that I was not alone.

As we continue to persevere for the last few months of school, I encourage you to finish strongly. Take into account all the amazing things that you have done this year even though you may not think that they have mattered, trust me, they have. Take out time during the summer months to reflect on this wild, crazy, and amazing year to make next year an even greater one for you, your students, and their families!

I would love to hear how you coped with the challenges of this school year! Please reach out to me by emailing me at:

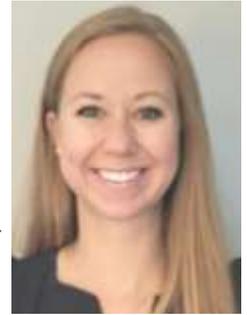
[mxdavis@lpssonline.com](mailto:mxdavis@lpssonline.com).



*Reports continue in next column*

## Let's Connect

*Mary M. Speed, MA, NCC, LPC, Middle Level Vice-President*



Greetings Middle School Counselors! How are you? How has the new semester started out? I hope you felt the love during School Counselor Week!! You are much appreciated, and I saw so many wonderful gestures of gratitude for our School Counselors. We know you are working hard, and with continuing to move back and forth from virtual to in-person learning (and vice-versa), you may be longing for connection, support, and/or a community to bounce around ideas.

I've heard and read about so many new requests of our School Counselors including impromptu presentations for students and staff as well as needed consultation around crisis situations. LSCA is here to support you. In the previous edition of the Cajun Counselor, I noted that I wanted to become a board member to stay connected to fellow School Counselors, to be able to learn and grow as a professional, and to further advocate for our profession. These are things that we can accomplish together.

To move forward, we will be reaching out to School Counselors around the state to connect, support, and build relationships in our LSCA community. We want to encourage connectedness so that we can be here for each other and learn from one another. I really enjoy speaking with School Counselors, learning about your work, and learning what's working for you so if you would like to connect before we directly reach out to you, please contact me at [maryspeed.ma@gmail.com](mailto:maryspeed.ma@gmail.com).

Additionally, check out our new LSCA website! [www.louisianaschoolcounselor.com](http://www.louisianaschoolcounselor.com) and you can connect with the LSCA board by clicking the "Let's Chat!" button at the bottom right. We want to hear your ideas, concerns, and questions. This can aid in directing upcoming profes-

*(Vice Presidents Reports, continued on page 7)*

sional developments and can help our School Counselors' voices be heard. I look forward to getting to know you and to learning more about the needs of our Middle School Counselors in Louisiana. Take Care!



## How Did YOU Celebrate It?!

Amanda Duplantier, Secondary School Vice President

Although National School Counseling Week was in February, I am wondering how you decided to celebrate it in your school. I hear all the time how people have no clue what we do and I can say I have said this same thing before. And I know February is a difficult month — second month of the year, Black History Month, Heart Health Month, and National School Counseling Week! What is so great about National School Counseling Week is that it allows us an opportunity to brag about our work. Not only can we share what we do with others, but we can thank those who help our programs to run effectively.

If we think back to February 2020, we would NEVER have pictured how much our work would change and evolve in such a short time. By next year, we could have the pandemic in our rear view mirror! How much we would have to share about how High School Counselors met the challenges and served our students in unique and appropriate ways to help them cope, survive, and even thrive!

I am inspired to hear how high school counselors are working to make sure their roles and duties remained accessible and equitable for all students no matter where they were physically or emotionally. When it was necessary to work from home and we were no longer able to see students everyday, we did not give up on the important idea of being THERE for our students.

National School Counseling Week is always the first week of February. We are COUNSELORS, after all! We know how to PLAN! We have 10 months to plan the activities for our 2022 National School Counseling Week to remind ourselves how we helped our students, schools **and communities during an extremely stressful time.** I can't wait to hear how YOU celebrate, it next year!!

**“When asked if I am pessimistic or optimistic about the future, my answer is always the same: If you look at the science about what is happening on earth and aren’t pessimistic, you don’t understand data. But if you meet the people who are working to restore this earth and the lives of the poor, and you aren’t optimistic, you haven’t got a pulse. What I see everywhere in the world are ordinary people willing to confront despair, power, and incalculable odds in order to restore some semblance of grace, justice, and beauty to this world.”**

— Paul Hawken





**“Prisons do not disappear social problems, they disappear human beings. Homelessness, unemployment, drug addiction, mental illness, and illiteracy are only a few of the problems that disappear from public view when the human beings contending with them are relegated to cages.”**

— Angela Davis

## The Ethics of Black Lives Matter

*Counselor Ethics and Professional Standards Committee*

As I read posts on school counselor Facebook Groups, I am surprised to see the same arguments and rhetoric that have infiltrated our media, social and otherwise. I considered counselors to have more insight and understanding based on education and experience than my family members, friends, and acquaintances who have never taken a cross-cultural counseling course. And yet, there is the phrase "All Lives Matter" in a post on a page for professional school counselors.

We all can agree that school counselors address *all* students' academic, career, and social/emotional development. In our world, all lives do matter. However, we must recognize that we have populations of students who have been historically marginalized, and today I am focusing on our Black students. As a result of marginalization and oppression, there have been opportunity gaps that have disadvantaged Black students leaving them behind peers who have been afforded more opportunities based on skin color and economic advantage. As data-informed practitioners, we can see it in the numbers. If you want to know how your school's Black student population is faring compared to White students, and if the data on students of color is proportional to overall enrollment, look up your school on the Civil Rights Data Collection website: <https://ocrdata.ed.gov/>. Until we address the discrepancies that

*(Ethics of Black Lives Matter, continued on page 9)*

## Have You Seen Our New Website?!

LSCA would like to hear from you. As you read through the information provided in this newsletter, I urge you to consider reaching out to any of our board members to share your needs and your talents. Visit our redesigned website and click the contact link to share your thoughts with us. Your voice matters and we would love to hear from you! 🙌

## *The Ethics of Black Lives Matter, continued from page 9*

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exist, demonstrating that Black Lives Matter, we are not demonstrating that all lives matter. Our Black students are part of the "all."

I recognize that the term Black Lives Matter has become politicized due to the organization started by three women following the acquittal of the man who killed the young Black unarmed teenager, Trayvon Martin. Some people do not accept some of the founding members' ideologies, or maybe they do not agree with some of the group's calls to action, like defunding the police. It is okay to have differences of opinion on these matters. However, we cannot understate the importance and significance of the words Black Lives Matter.

As school counselors, our ethical standards call us to action. Section A.10 addresses *Underserved and At-Risk Populations*; however, I want to focus on standards *B.2.m* and *B.3.i*. Ethical standard *B.2.m* states that school counselors "Promote cultural competence to help create a safer more inclusive school environment." Ethical standard *B.3.i* calls us to "Monitor and expand personal multicultural and social-justice advocacy awareness, knowledge and skills to be an effective culturally competent school counselor. Understand how prejudice, privilege and various forms of oppression based on ethnicity, racial identity, age, economic status, abilities/disabilities, language, immigration status, sexual orientation, gender, gender identity expression, family type, religious/spiritual identity, appearance and living situations (e.g., foster care, homelessness, incarceration) affect students and stakeholders."

What are you doing for your professional development to monitor and expand your multicultural and social-justice advocacy awareness, knowledge, and skills, especially during this time of civil unrest following the death of Ahmaud Arbery, George Floyd, Breonna Taylor, and so many others? What are you doing to understand better the struggles faced by your Black and Brown students? How are you using your knowledge and skills to promote cultural competence in your school and to create a more inclusive school environment, one where all students feel safe? As school counselors, we are in a unique position to dismantle the systemic barriers that continue to oppress and disadvantage our students of color. Once those barriers are broken down and cease to exist, and our Black students have the same opportunities and demonstrate achievement at the same level as their White peers, we can then authentically claim that all lives matter.

I invite any comments or questions at [wendy.rock@selu.edu](mailto:wendy.rock@selu.edu). We still have room for one or two more members on our committee. If you are interested, please reach out to Dr. Wendy Rock at [wendy.rock@selu.edu](mailto:wendy.rock@selu.edu).



"The function of education is to teach one to think intensively and to think critically. Intelligence plus character — that is the goal of true education."

—Rev. Martin Luther King, Jr.



**Editor's Note:** Thanks to YOUR active membership, the board has expanded!! If you wish to contact any member of the LSCA Leadership, simply click on the email hyperlinks below! Many of these committees are still seeking members!

## Louisiana School Counselor Association's Leadership Roster for 2020-2021

### LSCA Officers

Dr. Ariel Encalade Mitchell,  
President  
[Amitch11@xula.edu](mailto:Amitch11@xula.edu)

Veronica Douglas-Johnson,  
Past President  
[jarelle2npower@aol.com](mailto:jarelle2npower@aol.com)

Kesha Simmons,  
President Elect  
[kmsimmons@caddoschools.org](mailto:kmsimmons@caddoschools.org)

Dr. Dymphna Davis,  
President Elect Elect  
[phdddavis191307@gmail.com](mailto:phdddavis191307@gmail.com)

Claire Barry, Secretary  
[chbarry@uno.edu](mailto:chbarry@uno.edu)

Pamela Radford, Treasurer

Vacant, Parliamentarian

Miriam Davis,  
Elementary Level VP  
[miriamdavis77@gmail.com](mailto:miriamdavis77@gmail.com)

Mary Speed, Middle Level VP  
[maryspeed.ma@gmail.com](mailto:maryspeed.ma@gmail.com)

Amanda Duplantier,  
Secondary VP  
[Amanda.duplantier@gmail.com](mailto:Amanda.duplantier@gmail.com)

Dr. Stephanie Eberts,  
Post Secondary VP  
[seberts@lsu.edu](mailto:seberts@lsu.edu)

### Committee Chairs and Co-Chairs

Awards Co-Chairs:  
Danielle Cole and  
Dr. Alice Cryer-Sumler,  
[dtcole@lpssonline.com](mailto:dtcole@lpssonline.com)  
[acryer-sumler@cox.net](mailto:acryer-sumler@cox.net)

Vacant,  
Ethics Board and  
Professional Certification

Pamela Radford\*,  
Finance

Chauntreniece Davis,  
Graduate Student Rep.

Membership Committee:  
Dr. Ariel Mitchell and all Vice  
Presidents

Kesha Simmons,\*  
Long-Range Planning

Veronica Douglas-Johnson, \*  
Nominations & Elections

Brenda Eccles,  
Policies/Procedures/By-Laws and  
Government Relations  
[bdeccles@lpssonline.com](mailto:bdeccles@lpssonline.com)

Vacant  
Professional Development

Vacant for this year  
Luncheon Program

Vinetta Frie, Publications  
[frienews@yahoo.com](mailto:frienews@yahoo.com)

Tara Washington,  
Public Relations/Advocacy  
[twashington97@ebrschools.org](mailto:twashington97@ebrschools.org)

Vacant  
Research Grant & Scholarship  
Chair

Rachel Young, Social Media  
[Rachelyoung43@gmail.com](mailto:Rachelyoung43@gmail.com)

Leslie Lancaster,  
Social Media @ Conference  
[LLancaster@lsdvi.org](mailto:LLancaster@lsdvi.org)

**\*see first column for member's  
contact information contact info**

2021  
Counselors of the Year:

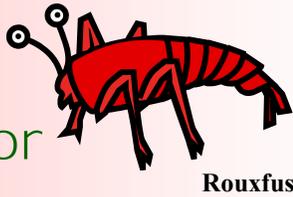
Amy Arceneaux,  
Milton Elementary,  
Lafayette Parish

Destiny Jamison,  
Walnut Hill Middle, Caddo Parish

Tristen Bergholtz,  
Jonesboro-Hodge High,  
Jackson Parish



# Cajun Counselor



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## Your Newsletter Team ...

In addition to the authors of the great articles, the Cajun Counselor is created by an unseen team. Carefully reviewing each issue are Claire Barry, LSCA Secretary and Chautrice Davis, Graduate Student Award winner in 2020. Cathy Smith, LSCA Technology and Website Chair posts the final copy of the newsletter and maintains the online archive of LSCA documents. Thanks to the entire team, for keeping our division informed!

## We're on the Web:

[www.louisianaschoolcounselor.org](http://www.louisianaschoolcounselor.org)

*Cajun Counselor is the quarterly newsletter of the Louisiana School Counselor Association, LSCA. LSCA is the state branch of the American School Counselor Association, ASCA. LSCA is also the largest division in LCA, the LA Counseling Association. Total LSCA membership now exceeds 650 counselors statewide.*

Submit articles to Vinetta Frie

[frienews@yahoo.com](mailto:frienews@yahoo.com)

(please include LSCA in subject line)



Clawdette

*A Note of Thanks from the  
LSCA Board ...*

## Kudos, Cathy!

*Veronica Douglas-Johnson,  
Immediate LSCA Past-President*



CATHY T. SMITH, we would be remiss if we did not thank you for your time and contributions to the Louisiana School Counselor Association. Even in the midst of this pandemic, you distinguished yourself as a judicious steward of the LSCA Executive Board by serving as our Technology and Website Chairman. We know that board service can be one of the toughest volunteer roles of all, and you performed your duties with commitment and tenacity. It is because of your behind-the-scenes work that the current and past administrations have been able to share the memories and actions taken in our many meetings, trainings, luncheons and conferences. We **THANK YOU** and we are most grateful for your work and dedication to the profession of School Counselors! 🍷



Cathy T. Smith,  
Outgoing Technology Chair  
and a Past LSCA President!



Hope you and your loved ones are taking care of each other!