

Spring 2020

NORTH CAROLINA
BOARD of
LICENSED CLINICAL
MENTAL HEALTH
COUNSELORS

The Board Insider

Volume 4

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Board Office Hours

The Board Office is closed to visitors; board staff is currently working remotely so please email or leave a voicemail.

Monday	8:30—5:00
Tuesday	8:30—8:00
Wednesday	8:30—5:00
Thursday	8:30—8:00
Friday	8:30—5:00
Saturday	Closed
Sunday	Closed

Message from the Board Chair

Denauvo Robinson

Dear Colleagues:

I hope this update finds you and your families safe at home and well. By now each of you should have received your new Licensed Clinical Mental Health Counselor certificate and card. If you have not received your information packet please let us know. We are proud and excited to have our new name and the possibilities that will be open to us because of it.



Denauvo Robinson
Board Chair

Since I brought you up-to-date on our new identity, I would like to remind all of you and perhaps challenge some, of the importance to take a moment and assess how you are taking care of yourself as you provide care for others. These are extraordinary times that invite us every day and in every way to look at ourselves and the world through different lenses. It has been said that “discomfort is a wise teacher.” This pandemic certainly raises the stakes of “discomfort” and consequently the importance for self-reflection.

(“Message From the Board Chair” continues on the following page)

NCBLCMHC Mission

The mission of the Board under NC GS Article 24 section 90-329 states that, it is declared to be the public policy of this State that the activities of persons who render counseling services to the public be regulated to insure the protection of the public health, safety, and welfare.

NCBLCMHC Headquarters: 7-D Terrace Way, Greensboro, NC 27403

Toll free: 844-622-3572 or 336-217-6007 | Email: LCMHCinfo@ncblcmhc.org

www.ncblcmhc.org

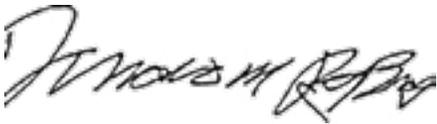
Just as we make some of these same recommendations to our clients, consider incorporating the following into your own lives:

1. **Limit** your daily intake of COVID-19 media
2. Prioritize what can be delegated or postponed
3. Create a daily routine - getting dressed, eating at regular times, having a separate workspace from where you sleep will support a sense of normalcy
4. Make a list of self-care activities that include getting fresh air, exercise, good nutrition, staying in touch with family and friends with regular virtual dates
5. Have a plan for how to manage or reduce your own anxiety
6. Wash your hands regularly for twenty (20) seconds. That's singing the Happy Birthday song twice.
7. Stay hydrated and practice social distancing.

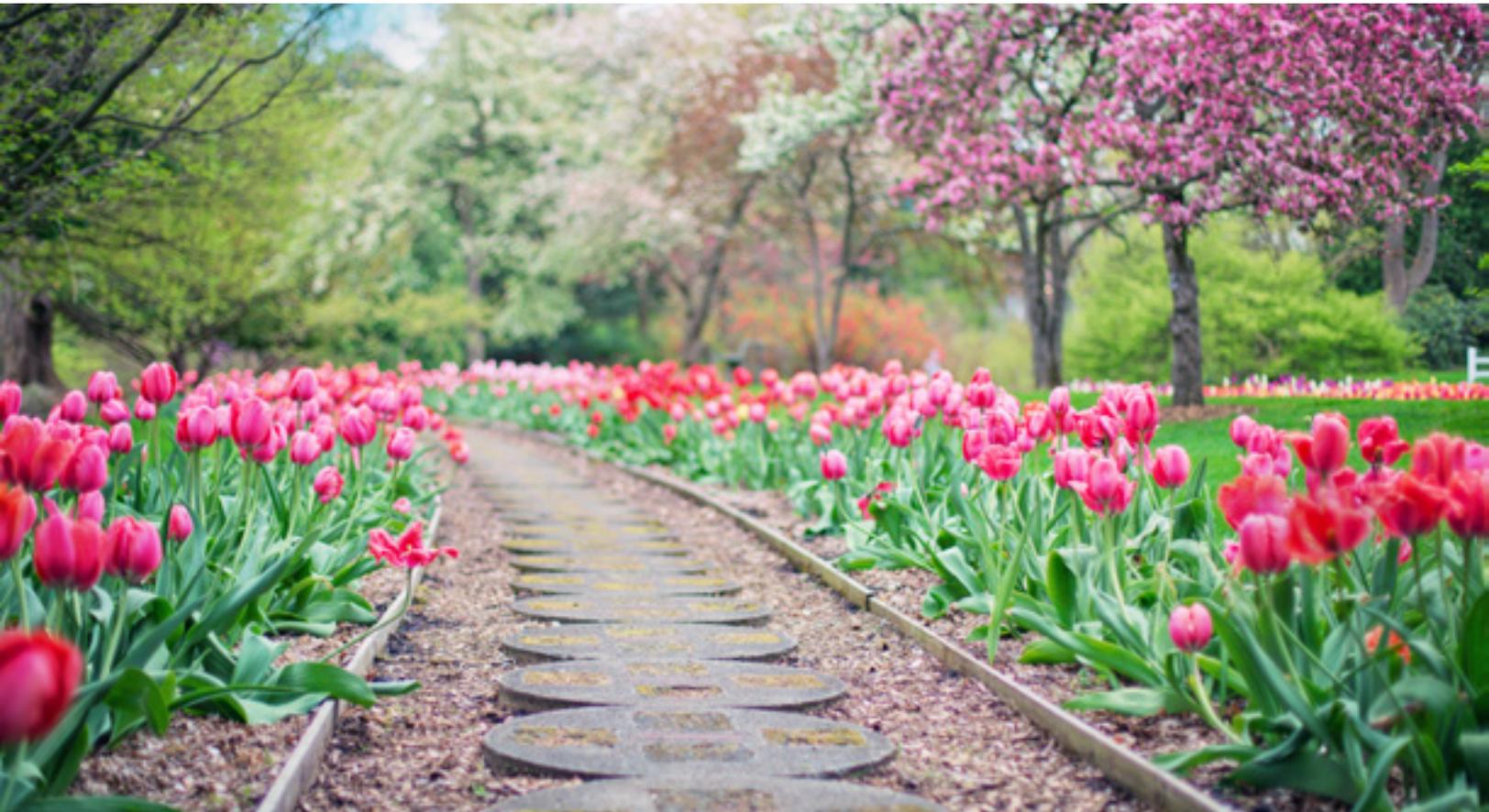
It is important for us to ask ourselves, "how are we building self-care into our everyday lives?" Compassion meditation teaches us that "the level of true compassion you have for yourself is directly proportionate to the true compassion you can direct to another person." I invite you to take the time to consider how you are being generous to yourself and taking time to breathe and be present throughout your day.

Stay safe, be healthy, be careful, and be kind to yourself and others.

Respectfully submitted,



*Dr. Denauvo M. Robinson, NCC, LCMHCS
Board Chair, NCBLCMHC*



Meet the Board

Denauvo Robinson
Board Chair

Kyla Kurian
Vice Chair

Katherine Glenn
Ethics Chair

Charles Wentz
Board Member

Michael Brooks
Board Member

Gussie Tate
Board Member

Edward “Neal” Carter
Board Member

Mark Your Calendars

2020

January 8-10	Board Meeting
March 6	Board Hearings
March 20	Receipt of application material to be reviewed at the April 9 Board meeting.
March 20	Board Meeting (Telephonic Meeting)
April 9-10	Board Meeting (Telephonic Meeting)
July 3	Receipt of application material to be reviewed at the July 23 Board meeting.
July 23	Board Meeting
September 11	Board Hearings
September 25	Receipt of application material to be reviewed at the October 15 Board meeting.
October 15-16	Board Meeting
December 11	Board Hearings

IMPORTANT RENEWAL INFORMATION

The Board has extended the deadline for licensees to complete required continuing education to 30 September 2020. However, the Board strongly recommends that the licensees begin the renewal process as soon as they can. If you plan to take online continuing education, please make sure it complies with the Board’s requirements under Rule 21 NCAC 53 .0603. If you are unable to meet the requirements, the Board refers you to Rule 21 NCAC 53 .0604. We recognize that a lot of plans for live continuing education opportunities have been changed or canceled. If you are looking for quality online continuing education opportunities, you may search NBCC’s Approved Continuing Education Provider directory, available at: <https://www.nbcc.org/search/acepdirectory>



FAQs

COVID-19

Q.

My practice/agency/university is moving services to telehealth only. Am I allowed to provide clinical mental health services by telehealth to clients located within North Carolina?

A.

Yes. The practice of counseling may be provided in North Carolina by clinical mental health counselors licensed by this Board or by those exempt from licensure in North Carolina (i.e., school counselor certified by the State Board of Education, qualified counselor interns who are providing services that constitute a part of the supervised course of study, etc. Please see North Carolina General Statute § 90-332.1 “Exemptions from licensure” for more specifics.) through electronic means such as telehealth. Please find the Board’s Distance Counseling Policy, “Provision of Services via Electronic, Distance Professional Counseling Services, and Supervision,” at <https://ncblcmhc.org/LawsAndCodes>.

Also, please refer to the US DHHS Statement on telehealth and HIPAA compliance during COVID-19 public health emergency:

<https://www.hhs.gov/hipaa/for-professionals/special-topics/emergency-preparedness/notification-enforcement-discretion-telehealth/index.html>.

Q.

What does the ACA Code of Ethics state about distance counseling?

A.

The Introduction to Section H, entitled “Distance Counseling, Technology, and Social Media” states that:

Counselors understand that the profession of counseling may no longer be limited to in-person, face-to-face interactions. Counselors actively attempt to understand the evolving nature of the profession with regard to distance counseling, technology and social media, and how such resources may be used to better serve their clients. Counselors strive to become knowledgeable about these resources. Counselors understand the additional concerns related to the use of distance counseling, technology and social media and make every attempt to protect confidentiality and meet any legal and ethical requirements for the use of such resources. (2014 ACA Code of Ethics, p. 17)

Please refer to the entire Section H of the ACA Code of Ethics: <https://www.counseling.org/resources/aca-code-of-ethics.pdf>

Q.

My practice/agency/university is moving services to telehealth only, but many of my clients reside out of state. Am I allowed to provide telehealth services to individuals outside of North Carolina?

A.

The Board considers the practice of counseling to occur both where the counselor who is providing clinical mental health services is located and where the individual (patient/client) who is receiving the services is located. Therefore, if you are licensed in North Carolina (or exempt from licensure), you can practice clinical mental health counseling through electronic means to someone located in another state; however, you will need to first contact the state licensing board in the state where your client is located to determine if licensure is required to provide counseling services through telehealth to someone located in that state. According to the Board's Distance Counseling Policy, "if an individual licensed in North Carolina renders services electronically to an out-of-state client, it is the responsibility of the counselor to ensure that the counselor is complying with the laws and rules in the other state."

Q.

My practice/agency/university is moving services to telehealth only. My clients reside in North Carolina, but I reside out of state. Am I allowed to provide telehealth services to individuals from outside of North Carolina to my clients within North Carolina?

A.

If you are licensed to practice counseling in North Carolina, you can provide counseling services to someone located in North Carolina; however, you will need to contact the state where you reside to determine if licensure is required to provide counseling services from the state where you reside into another state such as North Carolina.

Q.

I am licensed and located in another state and my client is returning to North Carolina. As I am not licensed in North Carolina, can I provide counseling services to my client by telehealth when I am located in another state and they are located in North Carolina?

A.

Pursuant to North Carolina Governor Roy Cooper's Executive Order No. 130, Section 3, effective April 8, 2020, which will remain in effect until June 7, 2020, unless rescinded or replaced, the Board has voted to temporarily waive the licensure requirements for clinical mental health counselors who are licensed in another state, territory, or the District of Columbia to provide counseling services within North Carolina. Any counselor licensed in another state, territory, or the District of Columbia who intends to provide counseling services (either through telehealth or in person) to someone located in North Carolina must notify the North Carolina Board of Licensed Clinical Mental Health Counselors at LCMHCinfo@ncblcmhc.org of their intent to provide counseling services to someone located in North Carolina, must identify their license number and the state(s) in which the counselor is licensed, and provide their contact information. This notification must be done either prior to or, in case of an emergency, as soon as practicable, but no later than 2 business days, after providing counseling services to someone located in North Carolina. Again, the licensure waiver is temporary and is effective only until June 7, 2020, unless Executive Order No. 130 is rescinded or replaced. The Executive Order No. 130 is available at: <https://files.nc.gov/governor/documents/files/EO130-Meeting-North-Carolinas-Health-and-Human-Services-Needs.pdf>

Q.

I am a North Carolina Licensed Clinical Mental Health Counselor Supervisor. Am I able to supervise through audio or video methods?

A.

In the Administrative Rule 21 NCAC 53 .0212, Face-to-face clinical supervision means supervision that is live, interactive and visual. Video supervision is permitted as long as the session is synchronous and involves verbal and visual interaction during the supervision. All supervision, whether live or audio and video recordings, shall be done in a confidential manner in accordance with the *ACA Code of Ethics* and the Board's Administrative Rule. The Board also refers you to the Board's Distance Counseling Policy, "Provision of Services via Electronic, Distance Professional Counseling Services, and Supervision," available at <https://ncblcmhc.org/LawsAndCodes>.

Please note that the following requirements must be met when engaging in a supervised practice as defined at the Board's Administrative Rule 21 NCAC 53 .0208. A Clinical Mental Health Counselor Associate must comply with the Board's Administrative Rule 21 NCAC 53.0702 before and while engaging in supervised practice. A Clinical Mental Health Counselor Supervisor must comply with the requirements of the Board's Administrative Rule 21 NCAC 53.0801 prior to and while engaging in supervised practice.

Q.

Is there a raw data requirement for supervision during this time if a client is not able to participate in a video conference or does not consent to a video recording of a session?

A.

The Board encourages you to explore the following devices which may be utilized for such purposes: transcription, 3-way conversation with a supervisor, or other HIPPA compliant digital platforms offering confidential services.

Q.

I am a North Carolina Licensed Clinical Mental Health Counselor. Do I still have to complete my required continuing education in order to renew my license by June 30?

A.

The Board has extended the deadline for licensees to complete required continuing education by 30 September 2020. However, the Board strongly recommends that the licensees begin the renewal process as soon as they can. If you plan to take online continuing education, please make sure it complies with the Board's requirements under Rule 21 NCAC 53 .0603. If you are unable to meet the requirements, the Board refers you to Rule 21 NCAC 53 .0604. We recognize that a lot of plans for live continuing education opportunities have been changed or canceled. If you are looking for quality online continuing education opportunities, you may search NBCC's Approved Continuing Education Provider directory, available at <https://www.nbcc.org/search/acepdirectory>.

Q.

I am unable to receive the necessary documentation to complete my application by the Board's deadline due to closures (e.g., university closures). When will my application be reviewed by the Board?

A.

The Board is aware of the closures and delays. The Board will be meeting virtually and periodically to assess the developing situation and review the applications we receive. (For the next 90 days the Board will not be meeting face-to-face. However, the Board will continue to assess the situation in case the dates or deadlines need to be adjusted.) It is the Board's desire to assist all applicants and process applications as efficiently as possible. The Board is committed to processing completed applications during this time. Please continue to upload the appropriate documentation for your application on the Board's website as you receive it.

Q.

The testing centers where I was scheduled to take the NCE/NCMHCE have been closed because of COVID-19. What happens if I miss my deadline(s) to take the exam(s)?

A.

The Board is aware that testing cannot proceed as planned. The Board will be meeting periodically to assess the developing situation. It is the Board's desire to assist all applicants and process applications as efficiently as possible. Please continue to upload the appropriate documentation for your application on the Board's website as you receive it.

As it relates to the actual testing, Pearson VUE has made an effort to prioritize the safety of its staff and testing candidates and has recently announced that they will be suspending test delivery at all U.S.- and Canada-based Pearson VUE testing centers until April 16. The Board encourages you to continue to study and prepare so when your exam is rescheduled, you can succeed on the exam. The Board refers you to Pearson VUE website for additional information at <https://home.pearsonvue.com/>.

Q.

The testing centers where the CPCE is administered are closed. What are the consequences of such closures for coordinators and students?

A.

In an effort to prioritize the safety of staff and testing candidates, Pearson VUE recently announced that they will be suspending test delivery at all U.S.- and Canada-based Pearson VUE testing centers until April 16. The Board encourages you to continue to study and prepare so you can succeed on the exams once the testing centers reopen. The Board refers you to Pearson VUE website for additional information at <https://home.pearsonvue.com/>.





General Resources for Counselor Educators

NBCC's Professional Resources Department has compiled helpful information for those of you who are working through transitioning into an online learning environment.

- [Prepare to Move Online \(in a Hurry\)](#)
- [Understanding by Design – Backward Design](#)
- [ACES Guidelines for Online Learning in Counselor Education](#)
- [Experiences of Faculty Members Transitioning from Land-Based to Online Counselor Education](#)
- [VISTAS - A Dialogue on Strategies for Effective Online Counselor Education Instruction](#)
- [Beyond the Myth of the Pajama Party - Delivering Quality Online Counselor Education and Supervision](#)
- [Cultural Impacts on Distance Learning, Online Learning Styles, and Design](#)
- [Designing Deeper Learning Experiences for Online Instruction](#)
- [Thoughtfully Designed Online Courses as Effective Adult Learning Tools](#)
- [Guide to Online Education](#)
- [Instructional Methods for Online Learning](#)
- [How to Be a Better Online Teacher](#)
- [10 Tips for Success from New Online Teachers](#)
- [20 Tips for Teaching an Accessible Online Course](#)
- [Understanding Document Accessibility](#)
- [20 Best Practices and Expectations for Online Teaching](#)

For those looking for online counseling resources:

- [Search for Board Certified-TeleMental Health Providers](#)
- [Endeavors](#)
- [Talkspace](#)
- [BetterHelp](#)
- [Family Essentials Counseling](#)
- [Christian Family Solutions](#)
- [TeleMental Health Network Virtual Counselor](#)
- [Insight Renewal Center](#)
- [MD Live](#)
- [LiveHealthOnline](#)
- [AmWell](#)
- [Plush Care](#)
- [Best Telemedicine Apps of 2019](#)

Reminder from the Board Office

NCBLCMHC Name Change Updates:

All licensees must submit an updated Professional Disclosure Statement (PDS) that includes the new license name and board name. We ask that you verify that you have made the appropriate changes before submitting your PDS for review. Please note: The blue box marked “PDS Upload” is only to upload your PDS reflecting the changes to the board’s name and your license name. Please do not upload renewal documentation, application documentation, insurance documentation, fingerprints forms, etc., in this section.

PDS uploads are reviewed daily to verify that you are providing the correct information. If an error is found, you will be requested by email to revise the document and resubmit for another review.

Please Note: Any other documents uploaded to the PDS upload area are not posted to your record. Thank you for your understanding and patience.

How to upload your PDS

1. Log into your counselor gateway account
2. Click on your current license certificate (Active)
3. Click the blue box on the right side of your screen
4. Browse or drag file to blue box (make sure your file is in a PDF format)

How to confirm the file uploaded

1. Search the file’s name under the license files section by dragging or scrolling down

Previous Name	Current Name
The North Carolina Board of Licensed Professional Counselors (NCBLPC)	North Carolina Board of Licensed Clinical Mental Health Counselors (NCBLCMHC)
Licensed Professional Counselor Associate (LPCA)	Licensed Clinical Mental Health Counselor Associate (LCMHCA)
Licensed Professional Counselor (LPC)	Licensed Clinical Mental Health Counselor (LCMHC)
Licensed Professional Counselor Supervisor (LPCS)	Licensed Clinical Mental Health Counselor Supervisor (LCMHCS)

Applications

- Application deadlines are for the application form and payment. Additional documents may be sent separately.
- Please review applications to make sure they are as complete as possible.
- If your name or contact information changes during the application process, please notify the Board as soon as possible.

Renewals

- Please make sure that your Professional Disclosure Statement (PDS) contains the Board's current name, address and contact information.
- Submit a copy of your Jurisprudence Exam certificate of completion for the license currently being renewed. The exam shall be completed after January 1, 2020.
- Copies of all CE Certificates/Documentation of Completion will not be required at the time of submitting your renewal packet.
- Documentation of continuing education is only required to be submitted if audited by the Board.

Other Licensee Reminders

- Application deadlines are for the application form and payment. Additional documents may be sent separately.
- Please review applications to make sure they are as complete as possible.
- If your name or contact information changes during the application process, please notify the Board as soon as possible.

Other Licensee Reminders

- A licensee shall inform the Board of any change in his or her name within 60 days. A **name change form** shall be submitted on forms available on the Board's website and must include any required legal documentation, such as a marriage certificate, divorce decree or court order.

Click [here](#) for a list of all administrative forms available on our website.

Disclaimer: All information provided by the North Carolina Board of Licensed Clinical Mental Health Counselors (hereafter "the Board") on this web site is made available to provide immediate access for the convenience of interested persons. While the Board believes the information to be reliable, human or mechanical error remains a possibility, as does delay in the posting or updating of information. Therefore, the Board makes no guarantee as to the accuracy, completeness, timeliness, currency, or for any errors or omissions, or for the use or results obtained from the use of this information. All access to and use of this web site is governed by the Disclaimers as set forth by the Board.

