

Summer 2020

NORTH CAROLINA
BOARD of
LICENSED CLINICAL
MENTAL HEALTH
COUNSELORS

The Board Insider

Volume 5

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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

July 24, 2020

Dear Licensees and applicants:

Pursuant to Sections 4.38.(b) and {d) of SB 704, the Board has determined that, due to the impacts of the coronavirus, it is in the public interest, including the public health, safety, and welfare and the economic well-being of the citizens and businesses of the State, to extend the following deadlines:

- 1) The licenses that are due to be renewed on June 30, 2020 will not expire until October 10, 2020.
- 2) The applicant for renewal will have to return the properly completed documentation for renewal ("Board's Notice for License Renewal"), together with a renewal fee of two hundred dollars (\$200.00), and evidence of continuing counselor education as approved by the Board, by September 30, 2020.
- 3) The biennial renewal fee of two hundred dollars (\$200.00) shall be due and payable by September 30, 2020. Failure to pay the biennial renewal fee by June 20, 2020 will not suspend the license.
- 4) A licensee, who allows the license to lapse for failure to apply for renewal by September 30, 2020, will be subject to the late renewal fee of seventy-five dollars (\$75.00).



Denauvo Robinson
Board Chair

(Continued on next 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: 2-C Terrace Way, Greensboro, NC 27403

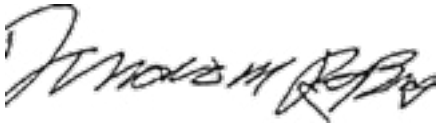
Toll free: 844-622-3572 or 336-217-6007 | Email: LCMHInfo@ncblcmhc.org

www.ncblcmhc.org

- 5) Failure to apply for renewal of an expired license, which was due to be renewed in 2020, by June 30, 2021 will require that a license be reissued only upon application as for an original license.
- 6) The deadline for completing continuing education requirements implemented by the Board is extended to September 30, 2020.
- 7) The deadline to satisfy the requirements for applications which are due to be satisfied between March 10, 2020 and June 25, 2020 pursuant to the Administrative Rule 21 NCAC 53 .0308, is extended to September 25, 2020.
- 8) The deadline to satisfy the requirements for applications which are due to be satisfied between June 25, 2020 and December 31, 2020 pursuant to the Administrative Rule 21 NCAC 53 .0308, is extended by three (3) months.

Please note that these extensions do not affect any other deadlines or renewal periods as stated in the North Carolina Licensed Clinical Mental Health Counselors Act or the Board's Administrative Rules.

Sincerely yours,

A handwritten signature in black ink, appearing to read "Dr. Denauvo M. Robinson".

*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

Mark Schwarze
Board Member

Gussie Tate
Board Member

Edward “Neal” Carter
Board Member

Mark Your Calendars 2020

July 23	Board Meeting via ZOOM (Location TBD)
September 11	Board Meeting via ZOOM (Location TBD)
September 25	Receipt of application material to be reviewed at the October 15 Board meeting..
September 30	License renewal deadline
October 10	Late fees apply for non-renewals
October 15-16	Board Meeting
December 11	Board Hearings

IMPORTANT RENEWAL INFORMATION: Renewal Deadlines Extended

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: nbcc.org/search/acepdirectory



Frequently Asked Questions

Regarding Clinical Practice and 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,” [here](#). Also, please refer to the US DHHS Statement on telehealth and HIPPA compliance during COVID-19 public health emergency, [here](#).

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 [here](#).

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 counseling 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 would 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 would 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 [here](#).

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 [here](#).

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 and submit a renewal fee and other necessary documentation in order to renew my license by June 30th?

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.**

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. Pursuant to Sections 4.38.(b) and (d) of SB 704, due to the impacts of the coronavirus, the Board has extended the deadline to satisfy the requirements for applications which are due to be satisfied between March 10, 2020 and August 1, 2020 pursuant to the Administrative Rule 21 NCAC 53 .0308, to September 25, 2020.

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. 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 closed because of COVID-19. What happens if I miss my deadline(s) to take the exam(s)?

A. Pursuant to Sections 4.38.(b) and (d) of SB 704, due to the impacts of the coronavirus, the Board has extended the deadline to satisfy the requirements for applications which are due to be satisfied between March 10, 2020 and August 1, 2020 pursuant to the Administrative Rule 21 NCAC 53 .0308, to September 25, 2020.

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, available [here](#).

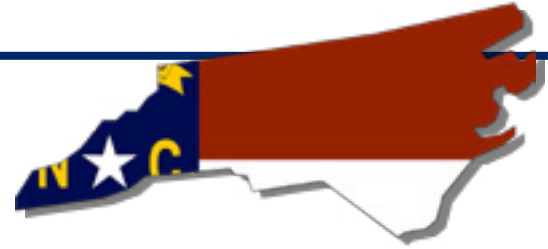
Q. The testing centers where the CPCE is administered is closed. What do I as a coordinator or student need to know?

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 effective immediately 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, available [here](#).



COVID-19 State and Local Policy Dashboard

North Carolina Recommends New Steps to Protect Against COVID-19





July is...

**Minority Mental Health
Awareness Month**



National Alliance on Mental Illness on Minority Mental Health

WARNING SIGNS of Mental Illness

Mental Health Care MATTERS

You Are Not ALONE

Office of Minority Mental Health

Mental and Behavioral Health - African Americans

American Indians/Alaska Natives and Mental Health

Asian Americans and Mental Health

Hispanics/Latinos and Mental Health

Pacific Islanders/Native Hawaiians and Mental Health



Violence Related Trauma Resources

Supporting Mental Health During the COVID-19 Pandemic

Moms' Mental Health Matters

Mental Health.gov

What to Look For

Talk about Mental Health

How to Get Help



Brother, You're On My Mind

July is also...

Family Reunion Month and Sandwich Generation Month:

honoring and recognition of multi-generational families



July 25: African American Hepatitis C Action Day

July 27: National HIV Testing Day #HIVTestingDay

- First observed on June 27, 1995
- National HIV Testing Day (NHTD) encourages testing, knowledge of status, and awareness of treatment options.
- Theme for 2020 - “Knowing” - this can be prevention or treatment options

July 28: World Hepatitis Day





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](#)

[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

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.

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

Please note that the North Carolina Board of Licensed Clinical Mental Health Counselors (NCBLCMHC) has moved, we are in the same business complex and have relocated to building 2, unit C. We are also working to set up protocols to keep our staff and licensees safe, at this time our office remains closed to the public. We thank you for your understanding as we implement protective measures.

When calling the board office please leave your name and email address in your voicemail so that we may respond to you quicker. Please also continue to submit your documents online, via fax, and US Mail.

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.