

Progress Notes

A QUARTERLY PUBLICATION
OF THE CONNECTICUT
CERTIFICATION BOARD, INC.



NEW CODE OF ETHICAL CONDUCT AND DISCIPLINARY PROCEDURES

We are pleased to announce the publication of a new Code of Ethical Conduct, to be applied to all professionals certified by or seeking certification by the Board. All individuals are subject to the CCB Ethics Code and Disciplinary Procedure from the date of application for any CCB credential. Effective March 1, 2010, the new Code of Ethical Conduct and Code of Ethical Conduct-Disciplinary Procedures will replace the previously published CCB ethics code and investigation procedures. All CCB credentialed professionals will be expected to familiarize themselves with and be required to observe the new Code of Ethical Conduct and Disciplinary Procedures.

The Code of Ethical Conduct exists, in part, for the protection of consumers and to maintain the integrity and professionalism of the field. The Board is committed to investigate and sanction those who breach this code. Certified professionals are encouraged to thoroughly familiarize themselves with the Code and guide their behavior according to the new CCB Code of Ethical Conduct.

The development of the new CCB Code of Ethical Conduct and Code of Ethical Conduct-Disciplinary Procedures represent the significant and ongoing efforts of the CCB Board of Directors, staff and

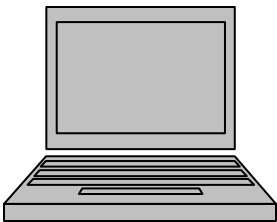
in particular, the dedicated members of the CCB ethics committee. These documents were based primarily upon documents developed by the Pennsylvania Certification Board (PCB). The CCB acknowledges with gratitude the assistance offered by the PCB around the development of these documents and for granting permission to use the PCB documents as the foundation of the new CCB Code of Ethical Conduct and Disciplinary Procedures.

For more information, please visit our website at www.ctcertboard.org.

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NEW WEBSITE!



We are pleased to announce that the new and improved CCB website is now live. It is not only significantly improved in terms of design, but is more user friendly and will include new functionality over the coming months.

Please take a few minutes to peruse the site and as always, your feedback is always welcome!

DID YOU KNOW?
CCB Certified Professionals work in over 250 different programs, schools and agencies? The largest employer of CCB Certified professionals is *Regional Network of Programs* in Fairfield County, with **99 certified employees** (as of December 2009)

NEW QUALIFYING CREDENTIALS FOR CAC CERTIFICATION

For the purpose of documenting work experience and supervised practical training (practicum), the previous standard for qualifying credentials for Certified Addictions Counselor (CAC) certification was that a person must hold one or more of the following credentials-LADC (Licensed Alcohol and Drug Counselor), CCS (Certified Clinical Supervisor), or NCCS (Non-Certified Clinical Supervisor).

Effective March 1, 2010, the new standard allows a person holding a CAC to document work experience and supervised practical training for the purposes of CAC certification.

This change in standard comes after much review and extensive discussion in the Board's Programs and Services Committee, and represents the Board's commitment to the talents, skills and competencies that

all credentialed professionals demonstrate on a daily basis.

Beginning with the June 2010 deadline, CAC applicants will now be able to have work experience and supervised practicum documented by professionals holding a CAC. More on this to come on the CCB website. As with any certification process issues, do not hesitate to contact Associate Director Jeffrey Quamme with questions.



*"Be kind
whenever possible.
It is always
possible."*

-Dalai Lama



NEW RECERTIFICATION STANDARDS

Effective March 2010, New Recertification Standards and fees are going in to effect. For details, take a look at the center insert of this newsletter or feel free to contact the CCB offices for assistance.

In the past, CCB has allowed various activities such as 12 step attendance and participation in clinical supervision to fulfill a portion of recertification hours. Effective March 1, recertification hours must be obtained by participating in education and training activities specific to the credential held and must be earned by attending workshops, college courses, conferences, seminars,

or through distance learning, web based or correspondence-type courses. All education and training applied to recertification MUST have been completed after the last recertification date. There is no carry-over of "extra" hours.

Please note: Co-Occurring credentials (SCCD, CCDP and CCDP-D) no longer have an ethics requirement for recertification.

12 CORE FUNCTIONS OR 8 PERFORMANCE DOMAINS?

The IC&RC has made important changes to the

performance domains identified in the AODA Candidate Guide and the International Certification & Reciprocity Consortium Job Task Analysis (available on the IC & RC website: www.icrcada.org). The 12 Core Functions for the CAC credential have been integrated into 8 performance domains which include all of the 12 Core Functions. The number of hours will remain 300 total and no less than 10 hours per domain, but the domains will change from 12 to 8. The CAC application process will reflect these changes in the new CAC application to be released in March 2010.

FREE DISTANCE LEARNING PROGRAM

SPECIAL PROMOTION—5 hour course Free

The Spring Catalog features a **FREE** 5 hour distance learning course **Motivation and Change— a course which provides participants an introduction to the Stages of Change model.** In order to register for this free training course, you must complete a registration form and list promotion code **PR119** to receive the course materials by email.

The course is CCB approved for 5 hours which may be applied to initial certification or recertification.

This offer is good for email course content only, administrative fees would apply for either a printed workbook or CD version.

NEW CO-OCCURRING DISORDER CREDENTIAL UPGRADE PROCEDURE

Effective October 2009, the IC&RC developed an upgrade procedure for those credentialed with the Bachelor's level co-occurring credentials (CCDP) to be able to upgrade their credential to the Master's level credential (CCDP-D) if they are already certified and they complete a qualifying graduate degree.

If you are currently CCDP credentialed and you have completed a qualifying Master's degree, you may be eligible to upgrade your credential. Please contact the CCB for details. Please note, verification of your degree (degree must meet the CCDP-D standards), submission of an upgrade fee (\$75.00) and application is required in order to qualify.

NEW SPRING TRAINING CATALOG NOW ON THE CCB WEBSITE

In February, the CCB released our training catalog for Spring 2010. There is a good combination of live events, self paced distance learning and web-based events. Some of our most popular trainings will be repeated, and some new ones events are being offered. As

was the case in our inaugural catalog, many of the events are free of charge or offered at a minimal cost, and scholarships are available. We look forward to seeing you at an upcoming event!

The catalog is available online at
www.ctcertboard.org



**Join us in celebrating the 30th
Anniversary of the CCB!
We have been serving the People
of Connecticut since March 1980**

**30
YEARS
STRONG!**



Earn Credit for Initial Certification or Recertification with Materials You May Have Already Read with...

The CCB Science 2 Service® Distance Learning Program

The CCB Science 2 Service® Distance Learning Program is a self-paced learning program that was developed using science-based materials within the public domain such as **TIPs - Treatment Improvement Protocols (SAMHSA/CSAT)**, **TAPs – Technical Assistance Publications (SAMHSA/CSAT)**, research reports and training manuals. This program allows participants to earn CCB approved training hours that can be applied toward initial certification or recertification while reading high quality science-based content. The featured documents are widely available within the public domain, free of charge and in many cases participants may already be familiar with the content. The purpose of the program is to provide participants with an introduction to the content in a structured manner while providing technical assistance and verification of learning through the use of pre and post-tests.

The Science 2 Service® Distance Learning Program is simple:

Step 1: Pre-test

Prior to reading the material from each learning module, you will be asked to complete a brief pre-test which will typically consist of 6 - 15 multiple choice or true/false questions designed to measure your knowledge of the subject prior to reading the learning modules for the distance learning program. You are not required to correctly answer any of these questions in order to move forward. The pre-test data will be used to identify your current knowledge of the subject and to compare your answers on the post-test items. All pre-test questions will appear in the posttest. Please do not be overly concerned with your performance on the pre-test items as they are used primarily for internal purposes by the course developers.

Step 2: Read the Material Contained in the Learning Module

Each Science 2 Service® Distance Learning course will contain learning modules with various reading content. Each learning module will be a PDF file which will contain all of the reading material necessary for that module. Although the entire source documents will be provided to all participants, the learning modules are available for your convenience.

Step 3: Post-test

After you have read all of the material from a learning module, you will be asked to complete a post-test that will typically contain 20 to 40 items. In order to successfully complete a module, you must correctly answer at least 80% of the items contained in the post-test. If you do not answer at least 80% correctly, you will be advised of the questions that you missed, and you will be able to retake the post-test at your convenience. Once you answer at least 80% of the items correctly, you will have completed the module and will be able to move on with additional modules in the course until you complete all modules.

Certificate of Completion

Your certificate of completion will be emailed to you once you complete all of the course modules (pre-tests and posttests for all learning modules) and score 80% or better on all of the post-tests.

If you would like to try the Science 2 Service Program at no cost, visit the CCB website for more info about a special offer to take a 5 hour course at no cost.

**All CCB credentials are
due for recertification on
the 1st day of the month.**

IMPORTANT RECERTIFICATION UPDATE

Several changes have been made to the recertification application process, training standards and fees. Please take a moment to review this update which outlines several of the changes which are effective March 2010. If you have any questions or concerns around the changes, please contact the CCB or visit the CCB website www.ctcertboard.org

Recertification fees may be paid by check or money order or by credit card online at the CCB website. CASH IS NOT ACCEPTED BY THE CCB FOR ANY FEES. All CCB fees are non-refundable. It is your responsibility to know when your credential is due for recertification and to complete the recertification process prior to your recertification deadline. Late fees are due 30 days after your recertification due date and are applied to each credential due for recertification. All recertification fees are for a two year recertification period.

Please visit the CCB website for a copy of the new recertification application.

Two Year Recertification Fees - Effective March 2010

CAC	\$150.00
CCS	\$75.00
CAC & CCS	\$225.00
CCDP or CCDP-D	\$100.00 (\$75.00 if you are also CAC)
CIT	\$50.00
CPP	\$50.00
APP	\$25.00
MATS	\$100.00 (\$75.00 if you are also CAC or CCDP)
CAC-Emeritus	\$100.00
NCCS	\$100.00
SCCD	\$100.00 (\$75.00 if you are also CAC)
SCPG	\$100.00
SCSA	\$100.00

In order to process your recertification, payment and training documentation must be received with your original and signed application. Faxed or photocopies of recertification applications will not be accepted. However, copies of training documents can be submitted as original certificates are no longer required.

ETHICS is now required for all CAC – Certified Addiction Counselors each recertification period and can no longer be carried over between recertification periods. 2 hours of ethics is required during each recert period (two years). If you are having difficulty finding ethics training, the CCB staff can assist you to locate training or distance learning courses.

Paid Advertisement

BACK BY POPULAR DEMAND!

Offered at the CCB Office in Wallingford, CT

The Trundy Institute of Addiction Counseling Presents...

LADC/CAC/CADC Test Prep Course for the IC&RC June 2010 Written Exam

Friday May 14th 1:00 pm to 5:30 pm & Saturday May 15th 9:30 am to 5:00 pm

This two day courses will include:

- ◆ New Testing Format/Changes
- ◆ 12 Core Functions & Global Criteria
- ◆ Alcohol and Drug Info
- ◆ Three Practice Exams & Related Reviews
- ◆ Counseling Theory
- ◆ Test Taking Strategies
- ◆ MUCH MORE!!!

\$129.00 for Both Days!

Registration and fees must be received by May 1, 2010

\$149.00 for Both Days!

After May 2, 2010

Cash, Check or Credit Cards accepted

**To register: Please call Elizabeth at
774.930.0389 or 508.993.0802**

IMPORTANT UPDATE AND ANNOUNCEMENT

CCB Recertification Requirements

Effective March 2010

Certification Type	Training Requirements Effective March 2010
CAC	40 hours of addiction specific training (1) (2) <i>including 2 hours of ethics PER RECERTIFICATION PERIOD</i>
CIT	60 hours of addiction specific training (1) <i>including 2 hours of ethics PER RECERTIFICATION PERIOD</i>
CCS	6 hours of clinical supervision specific training (1) (2) (3)
NCCS	6 hours of clinical supervision specific training (1) <i>including 2 hours of ethics PER RECERTIFICATION PERIOD</i>
CCDP CCDP-D SCCD	40 hours of co-occurring disorders specific training (1) (2) (4)
CPP	40 hours of prevention specific training (1) (2) <i>including 2 hours of ethics PER RECERTIFICATION PERIOD</i>
APP	36 hours of prevention specific training (1) <i>including 2 hours of ethics PER RECERTIFICATION PERIOD</i>
MATS	12 hours of medication assisted treatment specific training (1) (2) (5)
SCPG	20 hours of gambling specific training (1) (2)
SCSA	12 hours of addiction specific training (1) (2) <i>including 2 hours of ethics PER RECERTIFICATION PERIOD</i>
CAC - Emeritus	Currently no required training to maintain CAC-Emeritus status
NOTES:	(1) Training events include workshops, conference, college courses, in services and distance learning programs and must be documented with a certificate of attendance, official transcript or letter from training entity in order to be applied to the recertification purposes. No other activities will be accepted in lieu of training requirements (i.e., Category II activities). (2) At least half of the trainings must be CCB-approved (i.e., 20 CCB-approved hours for CAC) (3) These hours are in addition to the CAC training hours (46 hours total required for CAC & CCS) (4) Co-occurring disorder specific training must include content that focuses upon co-occurring substance use and mental disorders (5) Medication assisted treatment specific training must include content that focuses upon medication assisted treatment of addiction

IMPORTANT NOTICE: *The CCB no longer requires original educational and training certificates to be submitted with the recertification application (copies of trainings are accepted). Your recertification application will not be processed unless you submit copies of all educational activities being applied to recertification*

Please Note:

1. In order to become/maintain international certification with the IC&RC if you are reciprocally certified as a CAC, CCS, CCDP, CCDP-D or CPP, no fee or application is required as the CCB staff will process this as part of your recertification application. If you are eligible for international certification with IC&RC, your certificate will be sent directly to you by the IC&RC approximately 6 weeks after you complete the recertification process.
2. ***It is your responsibility to be aware of your recertification date and to complete the recertification process prior to your renewal date.*** Applicants should make copies of everything submitted and ensure they are maintaining records of training events attended and copies of all recertification applications submitted.
3. ***Education not properly documented will be denied and delay the processing of your recertification.*** Training documentation must include at minimum your name, sponsoring organization, date of training, number of hours attended, trainer, and title of training. All trainings must be at least 1 hour in duration and must have been obtained in the previous two year period.
4. College courses submitted must have a completion date within the recertification period and be documented with an official transcript sent directly from the educational institution. ***Unofficial transcripts will not be accepted.***
5. If you do not have sufficient CCB-approved content, you can request a review of the content by CCB staff (application, fee and training materials required). To request a CCB content review, contact the CCB office for details, submission requirements and to request an application.

New CCB S2S Distance Learning Courses!

An Introduction to Substance Abuse Treatment – Families

CCB approved hours: 1.5 hours Learning Modules: 1 Emailed content Cost: \$10.00

Medication Assisted Treatment Facts – Opioid Addiction

CCB approved hours: 1 hour Learning Modules: 1 Emailed content Cost: \$7.00

Medication Assisted Treatment Facts – Naltrexone

CCB approved hours: 0.75 hours Learning Modules: 1 Emailed content Cost: \$5.00

Medication Assisted Treatment Facts – Buprenorphine

CCB approved hours: 0.75 hours Learning Modules: 1 Emailed content Cost: \$5.00

An Introduction to Group Therapy in Addiction Treatment

CCB approved hours: 8 hours Learning Modules: 4 CD or emailed content Cost: \$55.00

Depressive Symptoms in Early Recovery from Substance Use Disorders

CCB approved hours: 8 hours Learning Modules: 3 CD or emailed content Cost: \$55.00

An Introduction to Alcohol Pharmacotherapy

CCB approved hours: 5 hours Learning Modules: 2 CD or emailed content Cost: \$40.00

Dealing with Suicidal Thoughts and Behaviors in Addiction Treatment

CCB approved hours: 8 hours Learning Modules: 4 CD or emailed content Cost: \$55.00

Clinical Supervision of Addiction Professionals

CCB approved hours: 6 hours Learning Modules: 3 CD or emailed content Cost: \$45.00

Counselor Competencies for Addiction Professionals

CCB approved hours: 6 hours Learning Modules: 3 CD or emailed content Cost: \$45.00

Supervisor Competencies for Clinical Supervisors of Addiction Professionals

CCB approved hours: 3 hours Learning Modules: 2 CD or emailed content Cost: \$30.00

Buprenorphine: Medical and Nursing Considerations

CCB approved hours: 4 hours Learning Modules: 3 CD or emailed content Cost: \$35.00

Enhancing Motivation for Change in Addiction Treatment

CCB approved hours: 10 hours Learning Modules: 6 CD or emailed content Cost: \$70.00

Over 60 hours of new content now available in the Spring Catalog!

Please contact Jeff at jquamme@ctcertboard.org for more information

Developed by The Florida Certification Board



**New STUDY GUIDE for the
IC&RC Alcohol and Other Drug Abuse Counselor
Examination is now available!**

Contact Lisa for information on how to purchase

CCB SPECIAL PRICE is \$85.00

Did You Know?

**The CCB
certifies 1279
professionals
with a total
number of
1771 active
certifications
As of December
2009.**

HISTORIC PARITY LEGISLATION BECOMES LAW REQUIRING INSURANCE PROVIDERS TO OFFER ADDICTION AND MENTAL HEALTH SERVICES



Sen. Paul Wellstone

On January 29, 2010, the U.S. Departments of Health and Human Services (HHS), Labor, and the Treasury jointly issued new rules providing parity for consumers enrolled in group health plans who need treatment for mental health or substance use disorders.

The new rules implement the Wellstone and Domenici Mental Health Parity and Addiction Equity Act of 2008 (MHPAEA) which requires that any group health plan that includes mental health and substance use disorder benefits must treat them equally with any medical and surgical coverage in terms of out of pocket costs, benefit limits and practices such as prior authorization and utilization review. The new rules are effective for plan years beginning on or after July 1, 2010.



Sen. Pete Domenici

The Act is named for 2 individuals committed to equal treatment of benefits, the late Senator Paul Wellstone (D-MN), who was a vocal advocate for parity throughout his Senate career, and former Senator Pete Domenici (R-NM). Other champions of this bi-partisan effort included Representative Patrick Kennedy (D-RI) and former Representative Jim Ramstad (R-MN).

The passing of this Act represents a giant step forward for individuals who wish to access behavioral health services, as well as a fitting tribute to the work of the late Senator Wellstone. More information is available from samhsa.hhs.gov, and the full text of the act is available from www.jointogether.org or by contacting Jeff by email at jquamme@ctcertboard.org.

International Organization Credentials One of the Fastest Growing Professions

HARRISBURG, PA – January 18, 2010 – IC&RC announced that the number of professionals who hold its credentials has crossed the 40,000 mark. That number is expected to continue to increase, with the U.S. Department of Labor (DOL) naming substance abuse and behavioral disorder counseling as one of the fastest growing professions. In its *Occupational Outlook Handbook, 2010-11 Edition*, the DOL reported that there are 86,100 substance abuse and behavioral disorder counselors in 2008, and they projected growth of 21 percent in the next 10 years.

“We’re proud to reach that milestone, especially at such an exciting time in the organization’s history,” explains Mary Jo Mather, Executive Director of IC&RC. “It’s even more remarkable when you look at those statistics – up to half of all substance abuse professionals hold IC&RC certificates.”

A 2007 report by the California Association of Alcoholism and Drug Abuse Counselors (CAADAC) found that 38 states/boards – or 74 percent – exclusively use the IC&RC & Other Drug Abuse Counselor (AODA) standards for certification and competency exams. Another 20 percent allow the IC&RC exam as an option.

“Consumers who seek treatment or prevention programs deserve to know that their counselor, preventionist or other specialist has met the most rigorous competency demands,” explains Rhonda Messamore, Executive Director of CAADAC and President of IC&RC. “The public can be assured that they will receive the utmost professional and cutting edge-care if their provider has achieved a professional designation that IC&RC offers.”

“As society becomes more knowledgeable about addiction, more people are seeking treatment. Furthermore, drug offenders are increasingly being sent to treatment programs rather than to jail,” the DOL wrote. The report states that “projected job growth varies by specialty, but job opportunities should be favorable because job openings are expected to exceed the number of graduates from counseling programs, especially in rural areas.”

The government report especially mentions the value of certification: “Usually, becoming certified is voluntary, but having certification may enhance one’s job prospects.”

“For almost three decades, IC&RC has furthered the substance abuse profession through credentialing,” says Mather. “Certification ensures that practitioners have the skills, knowledge, and training necessary to best serve their clients – and our communities. Our exams are constantly updated, based on the latest research and evaluated by leaders in the field.”

The career is attractive, due to several factors. The *Occupational Outlook Handbook* cites stable salaries and career advancement:

- “Median annual wages of substance abuse and behavioral disorder counselors in May 2008 were \$37,030. The middle 50 percent earned between \$29,410 and \$47,290. The lowest 10 percent earned less than \$24,240, and the highest 10 percent earned more than \$59,460. ”
- “Prospects for advancement vary by counseling field. Counselors also may become supervisors or administrators in their agencies. Some counselors move into research, consulting, or college teaching or go into private or group practice. Some may choose to pursue a doctoral degree to improve their chances for advancement.”

IC&RC sets the international standards for competency-based certification programs through testing and credentialing of addiction professionals. Incorporated in 1981, IC&RC represents 73 member boards, including 42 states, the District of Columbia, two U.S. territories, and 13 countries worldwide, as well as affiliations with the U.S. Army, U.S. Air Force, U.S. Navy and Marines.

IC&RC’s credentials include Alcohol & Other Drug Abuse Counselor (AODA), Advanced Alcohol & Other Drug Abuse Counselor (AAODA), Certified Clinical Supervisor (CCS), Certified Prevention Specialist (CPS), Certified Criminal Justice Addictions Professional (CCJP), Certified Co-Occurring Disorders Professional (CCDP), and Certified Co-Occurring Disorders Professional Diplomat (CCDP-D).

A Special Offer for ALL CCB Reciprocally Certified Professionals

FREE Online Subscription to COUNSELOR Magazine!

The Connecticut Certification Board is pleased to announce ALL CCB certified professionals reciprocally certified (CAC, CCDP, CCS & CPP) with the IC&RC are now eligible to receive a FREE online subscription to COUNSELOR Magazine – the Magazine for Addiction Professionals. For more than 20 years, COUNSELOR Magazine has been the premier publication in the addiction field, providing addiction & behavioral health counselors with useful, relevant & informative content.

This FREE online subscription gives you access to the current issue of COUNSELOR Magazine as well as the extensive archive of articles featured in previous issues and other great content

Signing up is easy!

To receive your FREE subscription, visit the CCB website and follow a few simple steps to gain immediate access to COUNSELOR Magazine.



www.counselormagazine.com

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**The NEW CCB Spring
Training Catalog is
now available on the
CCB website!**