



# March 17, 2022 10:00am Capital District Counseling Association Executive Board Meeting

**Call to Order: 10:03am**  
**Welcome**

## CDCA OFFICERS

2021-2022  
PO Box 50153  
Albany, NY 12205  
cdcany.org

### President:

Janelle Lyons  
raegan\_3159@yahoo.com

### Past President:

Kathleen Freese  
kathleenfreese@yahoo.com

### President Elect:

Katie Lesko  
klesko@mariacollege.edu

### Vice President for

### Professional Development:

Shanell Brown  
shanellcb@gmail.com

### Treasurer:

Cassandra Metcalf  
cmetcalf@mariacollege.edu

### VP of Communications:

Sage Fulgan  
sagefulgan@gmail.com

### Membership:

Megan Beauchamp  
beauchampm@apcsd.org

### Chair of Committees:

Paige Collins  
collip3@gmail.com

### Secretary:

Alicia Caldara  
acaldara@albany.k12.ny.us

## I. President's Report - Janelle Lyons

### A. President Report:

1. NYSSCA Affiliation and collaborations:
  - 5 new members
    - Through NYSSCA/CDCA affiliate
2. June Business Meeting:
  - Secured Saratoga National for June 7th
3. CASDA/CDCA College Fair
  - March 9th HVCC -need 3-4 CDCA Members to attend
  - **POSTPONED** due to inclement weather
    - NEW date to be determined

## Executive Board Member Reports

### A. Secretary - Alicia Caldara

1. Approval of February Minutes
  - Motion to Approve by Alicia, Second by Paige
    - All in Favor
  - If approved, post to website:
    - <https://www.cdcany.org/meeting-minutes/>

### B. Chair of Committees - Paige Collins

1. Caravan Follow Update:
  - Survey needs to be sent to High School
    - Will be held outside, will be taking place at a few schools a day
  - Save the date sent to colleges
  - May 16-20, 2022
2. Committee Updates:
  - Scholarship Committee: UPDATE

### C. Vice President of Professional Development - Shanell Brown

1. Roundtables: Potential Focus for March 15th: Topics other than scheduling?
  - March Information
    - 3 new people attended
    - Talked a lot about Regents exams, the unknown, and how to prepare students mentally and emotionally
    - Discussions about scheduling
    - Colleges have had to hire a lot of additional tutoring support for students not prepared for the rigor
    - Increase in numbers of 504s for anxiety and stress
  - Upcoming Suggestions
    - Communication between home and school
    - Tired supports
      - (a) What happened to these? Why are we jumping to extremes?
    - Career and Tech opportunities
      - (a) Similar to Winter Program
2. Winter Program: Career Exploration Panel
  - Feedback Survey went out: Review of feedback
    - Topic was very well received by everyone who attended

3. Graduate Event with NYSSCA- April 7th
  - Troy Russell Sage Campus
    - Cost will be split with NYSSCA
      - CDCA Cost will be approximately \$300
    - People will sign up for memberships, can receive newsletters, a space to draw in membership
    - Panel of administrators to review resumes, speaker, and counselors
    - Flier sent to counseling students at Sage and St. Rose
      - Current members of CDCA or NYSSCA - the event is free; if not, there is a cost
4. June Business Meeting:
  - Shanell contacted Hamad Alghareeb to be our speaker.
  - Set up will be:
    - Tuesday, June 7th
      - 11:30am Registration
      - 12:00pm Event Begins
    - 12:00-12:40 pm - Speaker
    - 12:45 pm - Lunch
    - 1:15pm - Business Meeting

#### **D. Communications - Sage Fulgan**

1. Member Certificates went out.
2. Website update/ideas
3. Member newsletter: Spring Newsletter went out March 4th
4. LINKED IN, & More web accessibility/exposure
5. FACEBOOK/INSTAGRAM ideas
  - Encourage posting on social media!
  - Flyers will be coming for June Business Meeting

#### **E. Treasurer - Cassandra Metcalf**

1. Checking & Fidelity Accounts
  - Checking (Key Bank): \$3,589.75
  - Fidelity: \$71,006.75
  - Scholarships will be coming up, June Business meeting will be coming up
    - Looking to be pulling from Fidelity to cover these expenses
  - Insurance was paid last month, everything else on track

#### **F. Membership - Megan Beauchamp**

1. Current Membership
  - 120 Members currently
    - 5 new members from NYSSCA crossover
    - 2 from March Membership Drive
2. Membership: DRIVE update

#### **G. Past President - Kathleen Dowd Freese**

1. Adirondack School Counseling Association updates
  - Held a meeting on March 4th with Melissa Montequ from NYSED with updates- no info was shared with membership but Kathleen can inquire for info from event

## **II. Old Business**

A.

## **III. New Business**

A. School Counselor of the Year Application update and on website:

- Deadline: May 15, 2022

B. SLATE for 2022-2023

- To be determined by Past President and President Elect

## **IV. Adjourn**

- 11:02am