

# VAMHCA ANNUAL MEMBERSHIP MEETING

MAY 1, 2026

# **President's Overview of VAMHCA 2025-2026**

# 2025-2026 Year Accomplishments

- VAMHCA increased its membership from 292 to 399 – an impressive **36.6% increase** over the past year.
- . Friday webinar registrations increased from 238 to 324 participants – a **36% increase**
- Resident Support Group participation experienced extraordinary growth, with registrants increasing from 33 to 74 – an impressive **124% increase**
- VAMHCA launched its Emerging Professionals Event Series, designed specifically for new and early-career clinicians.
- VAMHCA has also expanded its investment in the next generation through an enhanced scholarship program, increasing both the number of recipients and award amounts

# MEMBERSHIP UPDATES - VAMHCA 2026

## VAMHCA Membership Growth

Jan 2025

**181**

April 2026

**391**

Gained

**+210**

Total Growth

**~116%**

### 2026 Goals

- Reach 450+ total members by end of 2026
- Increase student & resident membership pipeline
- Improve member retention and renewals
- Enhance engagement opportunities

### Membership Benefits

- Professional advocacy at the state level
- Networking with licensed professionals
- Access to CE & career resources
- Leadership & community involvement

### Student & Resident

- Discounted membership rates
- Access to mentorship opportunities
- Career development & job connections
- Early professional integration

# EVENTS UPDATES - VAMHCA 2026

- Friday webinars
- Call for presenters for the 2026-2027 calendar year
- Future plans:
  - 2026-2027 hybrid webinars
  - An ADHD certified training program
  - VAMHCA's first symposium

# RESIDENT & STUDENT SUPPORT - VAMHCA 2026

Resident and Student Support Chair Free monthly support group for Virginia Residents and Students  
Tuesdays 11 am–12 pm

Each meeting had 8–10 attendees who received peer support and guidance on the licensure process, including securing placements/supervisors, addressing new regulatory/logistical issues, and understanding supervisor/resident agreement procedures and ethics. This group provides vital support for those unfamiliar with the process or who have unfortunately been taken advantage of due to their status, helping Residents and Students recognize their value and worth as the next generation of therapists. My hope for this group is that it will continue to be a “go to” place for clarifying information and help to create shifts in the support that Residents and Students receive with other clinicians and the people we help. Feel free to register to attend our monthly meetings listed on the VAMHCA website calendar, and reach out to Meredith Luttrell at [residentsupport@vamhca.org](mailto:residentsupport@vamhca.org) with any questions.

# 2026 VAMHCA Scholarship Contest

## Eligibility Criteria

- 1) Active membership in VAMHCA.
- 2) Currently enrolled in a master's or doctoral counseling program verified by enrollment documents, such as an official/unofficial transcript or proof of enrollment from the admissions department.
- 3) Write an essay demonstrating a desire to continue growing and developing in the field of counseling.

## Content Areas

- Professional Identity & Commitment
- Values, Ethics, & Professional Responsibility
- Impact & Contribution to the Field
- Community Impact Orientation

## Scholarship Awards

- First Place: \$2,000

Ting Meng

Attends George Mason University

- Second Place: \$1,200

Katherine Frazee

Attends George Mason University

- Third Place: \$800

Michael H. Scott

Attends PennWest

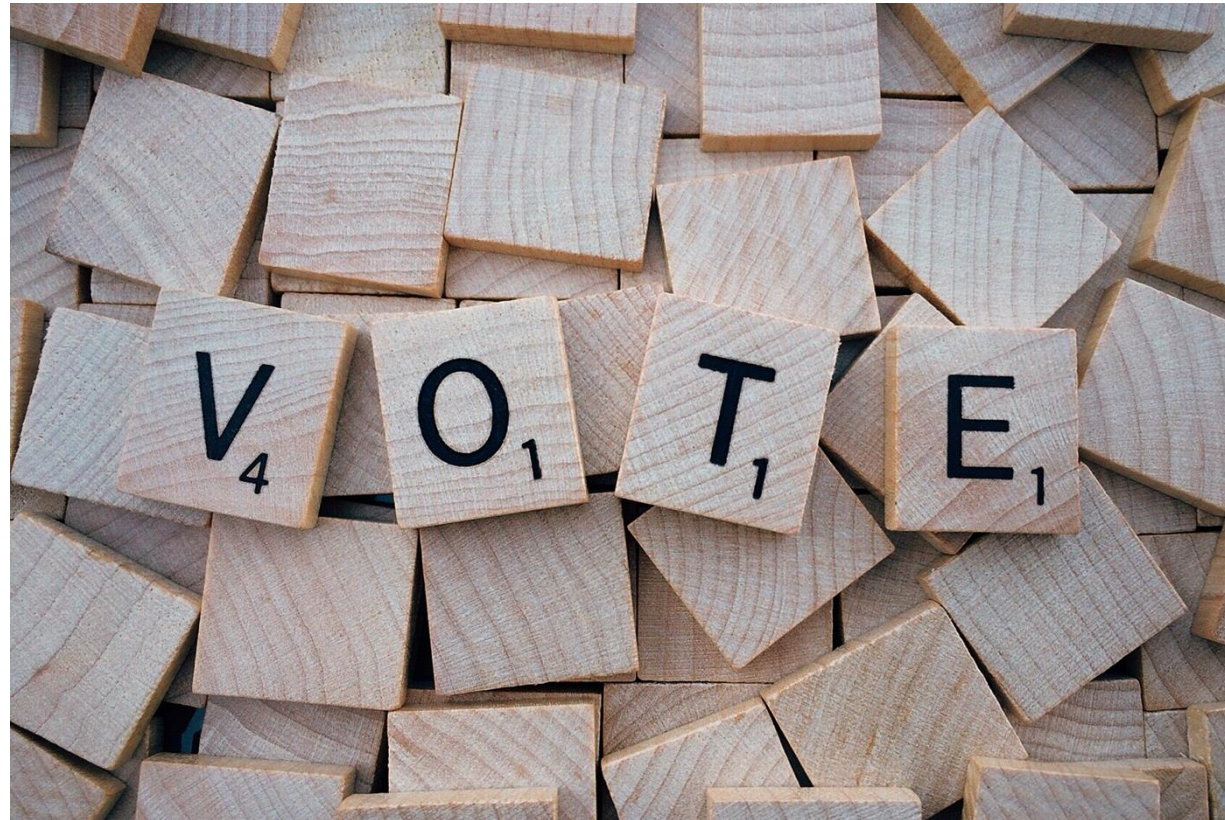
# Emerging Professionals Event Series

- **The Newest Initiative Under VAMHCA's Student Development Program. A Professional Development Initiative by the Virginia Mental Health Counseling Association (VAMHCA)**
- Designed to foster growth, mentorship, and career advancement for early-career counselors across Virginia.
- **Who Should Attend**
  - Graduate students preparing for clinical work
  - Residents in Counseling pursuing licensure
  - Early-career LPCs seeking growth and support
  - Professionals exploring new specialties

# Snapshot of Emerging Professionals Events

- Thursday, January 22, 2026 | Jessica Goodman, LPC, NCC  
Staying Grounded: Self-Care, Supervision & Career Longevity
- Thursday, February 26, 2026 | Tiffany Bufort-Odom, LCPC, LPC, ACS  
Trauma-Informed Practice: Safety, Empowerment & Effective Interventions
- Thursday, March 26, 2026 | Tamara Pincus, LCSW  
Specialty Spotlight: Sex Therapy
- Thursday, April 23, 2026 | Professional Identity Panel Discussion  
Featuring:
  - Danielle L. McDowell, M.S., LPC
  - Melanie Mosbarger, LPC, CTTS
  - Isabel Kirk, LPC
  - Jameka Bell, Resident in Counseling
- Thursday, May 28, 2026 | 6:00–7:30 PM
  - Emily St. Amant, MA, LPC-MHSP-S (TN), LPCC (CA)
  - Wolves in Sheep's Clothing: Preparedness for Interpersonal Challenges in the Mental Health Field

# Presentation of Board Candidates for 2026-2027 Election



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# President- Miki Savage, LPC

Miki Savage a native of Macon, Georgia. She holds a Bachelor of Science in Psychology and a Master of Science in Mental Health Counseling. She has been a resident of Northern Virginia for over 17 years.

Her previous professional background includes working in community mental health settings and substance use treatment centers. She own and operate a private practice, Journey to Serenity, LLC, where she provides counseling services and clinical supervision to residents.

Public service has always been a personal passion. Since 2023, Miki has had the privilege of serving as a board member of VAMHCA. She is a proud member of the National Coalition of 100 Black Women and Delta Sigma Theta Sorority, Incorporated. She is seeking to continue her role as President of VAMHCA to further grow the organization and advocate for the counseling profession.

Thank you for your consideration.



# **Vice President- Dr. Anne Miniter McKay, PhD June 2025, LPC, NCC, CCMHC**

Anne McKay grew up in the Washington, D.C., area and holds a B.A. in Psychology from the University of Vermont and an M.A. in Counseling, Magna Cum Laude, from Marymount University and Ph.D. in Counselor Education and Supervision from Saybrook University.

Anne is a Licensed Professional Counselor (LPC), National Certified Counselor (NCC), Clinically Certified Mental Health Counselor (CCMHC), and provides Clinical Supervision. With over 20 years of experience, she specializes in individual and marital counseling and provides clinical supervision for counseling students and residents. Her work is rooted in socio-cultural diversity, inclusion, and professional advocacy.

Anne has received awards recognizing her service to local families and remains committed to community engagement, outdoor activities, and lifelong learning.



## **Secretary- Wendy Rood, MEd, MFA, LPC**

Wendy Freeman Rood is an LPC working at Quarternote Counseling in Manassas. She has been an active member of the VAMHCA board since she was a student (William & Mary online program). Wendy served as VAMHCA Communications Director from 2019 to 2022 and has been serving as VAMHCA Secretary since 2022. She looks forward to supporting the organization as it continues to expand beyond the Northern Virginia region.



## Treasurer- Shana Storms, LPC, LSATP

Shana Storms has been a member of VAMHCA since 2018. She has served as Treasurer for the past 5 years. She looks forward to continuing to support VAMHCA.



# VOLUNTEER OPPORTUNITIES VAMHCA 2026

VAMHCA is a volunteer-run organization. The following is a list of all vacant positions.

## **Directors**

**Advocacy & Education Director** - The Advocacy & Education Director oversees the following committees: Resident in Counseling Support, and Supervision. The Director submits articles on education-related topics to the newsletter. This is a voting position.

## **Committee Chairs**

**Social Media Chair** - This position focuses on promoting awareness of VAMHCA to both members and the larger counseling community through social media tools. They will develop VAMHCA's social media presence and content. This Chair position will report to the Communications Director and work alongside the Executive Administrator.

**Supervision Chair** - The Supervision Chair serves as the contact person for those seeking supervision toward licensure. She/he maintains a supervisor referral list, available through the Supervisor Finder, and processes applications from supervisors to join the list. Customarily, this position also writes a regular column on supervision-related issues for the newsletter.

**Events Support Chair** - The role of the VAMHCA Events Support Chair is to collaborate with the Board to select workshop themes and assist in identifying appropriate locations, subject to board approval. This role involves recruiting and coordinating with presenters, preparing correspondence to outline responsibilities, and securing signed Presenters' Agreements. The volunteer will also help promote workshops by creating flyers, notifying members, and contributing articles to the newsletter. Additional responsibilities include purchasing refreshments and supplies, as well as organizing and participating in future in person events.

**If interested email resume to [vicepresident@vamhca.org](mailto:vicepresident@vamhca.org).**

# VAMHCA ANNUAL MEMBERSHIP MEETING 2026



Thank you for your years of dedication!!!!

Sharon Watson, LPC, LMFT, LSATP, NCC, ACS

**Advocacy & Education Director & Supervision Chair**

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COMMENTS/QUESTIONS