



# American Mental Health Counselors Association

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## 2024-25 Annual Report





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# Vision And Mission

## Vision

Our vision is to position clinical mental health counselors to meet the health care needs of those we serve while advancing the profession.

## Mission

Our mission is to advance the profession of clinical mental health counseling by setting the standard for:

- Collaboration
- Advocacy
- Research
- Ethical Practice
- Education, Training, and Professional Development



# President's Year End Message

Yoon Suh Moh, Ph.D., LPC, CRC, NCC, BC-TMH, BCN

I have been honored to serve as your AMHCA president over the past year (August 2024 through June 2025). Alongside the board of directors and staff, I am immensely proud of the work we do with the members, allied members, collaborators, and the counseling profession, with a focus given to clinical mental health counseling. When I pledged to serve as AMHCA President through the presidential installation held on June 12, 2024, at the 2024 AMHCA Annual Conference, I promised to stay true to our mission to advance the profession through C.A.R.E.E. - Collaboration, Advocacy, Research, Ethical Practice, Education, Training, and Professional Development.

In June 2024, AMHCA members, other attendees, vendors, and partners gathered at our annual conference in Charlotte, North Carolina, with the conference theme – H.E.A.L.: Healing through Counseling Relationships, Equity, Access, and Leadership. During the leadership training on June 9, 2024, chapter leaders came together to connect with one another and spend the afternoon together for continued leadership development. Concurrently, four sessions were offered on the same day during the pre-conference in the areas of trauma, geriatric substance use and diversity, forensic evaluation, and suicide. At the main conference from June 10 through June 12, 2024, forty-two sessions were provided in a wide range of topic areas for continuing education and life-long learning.



# President's Year End Message

Over the past year, the impact of our mission has continuously been adhered to in consideration of our vision of positioning clinical mental health counselors to meet the health care needs of those we serve while advancing the profession. In alignment with the strategic plan, AMHCA has accomplished a great deal. In this document, I will highlight and describe such accomplishments.



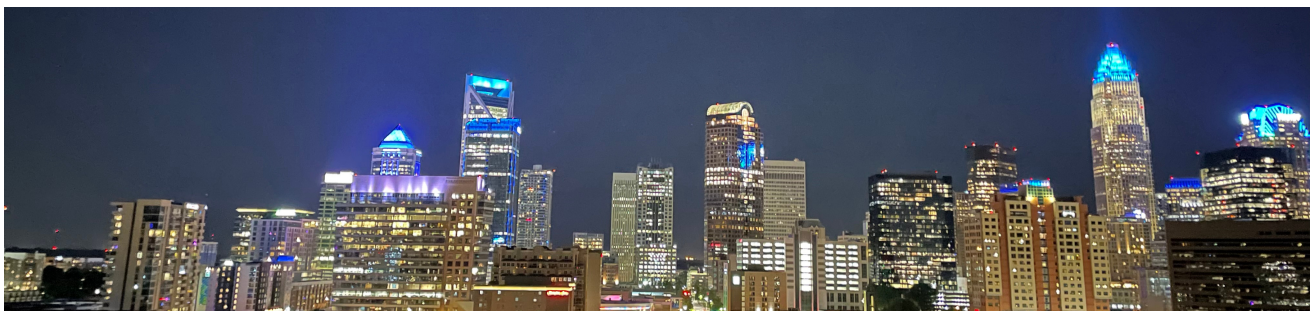
*Dr. Sanders Burnett and myself at the 2024 AMHCA Annual Conference*

## Areas of Opportunity

The AMHCA board of directors and staff have been discussing how we can better position AMHCA in this dynamic and fast-changing environment. We will continue to seek considerations about how we can maximize and optimize our resources and in-house strengths of AMHCA with the counseling community broadly and the clinical mental health community specifically, in collaboration with the other key counseling organizations and associations. AMHCA is a membership organization, and we are here because our members are here. As a result, we always seek our members' active involvement in the association to collaborate with the AMHCA board and staff by rolling up our sleeves together toward the common mission and vision. We are always looking for volunteer leaders who are interested in joining the Board and Committees, we hope you consider getting involved and helping shape the future of the profession.

We continue to value and appreciate your commitment to our home organization and your continued support through your membership, involvement, and/or leadership.

In excitement, I hope to see you in Portland, Oregon at the 2026 AMHCA Annual Conference in June to celebrate many accomplishments, **including the 50<sup>th</sup> Anniversary of AMHCA!**



*View from the hotel rooftop of the 2024 AMHCA Annual Conference in Charlotte, North Carolina.*

# By the Numbers

## Collaboration

35 Affiliated Chapters

**1 New Chapter: Welcome AMHCA of Idaho!**

238 Total Posts Across All Discussions in the Open Forum

86 Unique Contributors in the Open Forum

10 Videos Recorded for Public Awareness Committee at #AMHCA20205



## Advocacy

16 Issue Statements Signed on to with Mental Health Liaison Group

5 Webinars by the Medicare Mental Health Workforce Coalition

1 Letter through Counselors United for Legislative Engagement

1 Webinar by the AMHCA Public Policy and Legislative Committee

## Research

20 Journal Articles Published

3,060 total readers of the Magazine in FY 24-25

## Ethical Practice

8 Ethical Consults with Members

15 Attendees to the Ethics Consultative Event

## Education, Training, and Professional Development

103 Attendees to the 2024 Fall Summit

326 Home Study CEs Awarded

3 AMHCA Talks Town Hall Events

70 Attendees to the 2025 Leadership Institute

5 Graduate Student and Emerging Professional Webinars

## #AMHCA2025

- 561 Attendees for Conference
- 147 Attendees for Leadership and Pre-Conference
- 46 States Represented
- 83 Presenters
- 64 Presentations
- 30 Sponsors
- 34 Volunteers





# Our Work: Collaboration

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AMHCA is committed to a board-based, grassroots organization with wide membership participation. Over the past year, we have developed and deepened alliances and partnerships with other professional organizations and associations to increase AMHCA's viability at the local, state, and national levels.

## **NORTHEAST REGION BIOFEEDBACK SOCIETY (NRBS)**

AMHCA and the Northeast Region Biofeedback Society (NRBS) first met in the spring of 2024 to explore a potential partnership. The NRBS conference information was included on the AMHCA newsletter to share with our members. As the president of AMHCA at the time and a member of NRBS, I attended the NRBS 2024 conference last November in Pennsylvania. This year, NRBS in partnership with AMHCA will provide a series of virtual webinars to our members regarding integrative practices in mental health by integrating biofeedback and EEG neurofeedback with mental health practices. Look for more information on this collaboration this Fall.

## **ASSOCIATION OF RECOVERY IN HIGHER EDUCATION (ARHE)**

AMHCA and Association of Recovery in Higher Education (ARHE) first met in 2024 to explore a potential partnership and exchanged potential ideas for revenue building.

## **ASSOCIATION FOR APPLIED PSYCHOPHYSIOLOGY AND BIOFEEDBACK (AAPB)**

AMHCA and the Association for Applied Psychophysiology and Biofeedback (AAPB) first met in early 2025 to discuss ideas for potential collaboration and partnership, aiming at the broad promotion of mental health.

## **INTERNATIONAL ASSOCIATION FOR RESILIENCE AND TRAUMA COUNSELING (IARTC)**

As President, I proposed a potential collaborative partnership between AMHCA and the International Association for Resilience and Trauma Counseling (IARTC) on disaster mental health. During my tenure, some of the Executive Committee members of both the associations met this past March and April to begin to brainstorm ideas for collaborative endeavors, such as a joint webinar series, book clubs, or article clubs in consideration of disaster mental health.



## *COLLABORATION Continued from previous page*

### **MARSHALL UNIVERSITY**

As AMHCA's President, I, along with Dr. Michael Russo, a co-chair of the Neuroscience Task Force, and Dr. Eric Beeson, primary investigator of the neuroscience literacy project at Marshall University, met in January 2025 to develop a partnership between AMHCA and Marshall University in support of the AMHCA's board of directors. Through this partnership, the Neuroscience Literacy webinar series have become available to mental health clinicians including the AMHCA members as a resource to build knowledge and skills in neuroscience while earning free continuing education credits for continued professional development. This series gave a kick-off webinar on September 10, 2025.

### **MULTICULTURAL AND SOCIAL JUSTICE STANDARD**

Over the past couple years, the Advancement for Clinical Practice Committee co-constructed a set of practice standards in multicultural and social justice in support by other committees including the Multicultural and Social Justice Committee in order to help promote the enhancement of the knowledge and skills of our members when serving counseling participants in clinical arena.

### **AMHCA AND ICANOTES PARTNER FOR A MEMBER BENEFIT**

In early 2025, AMHCA and ICANotes announced an exclusive partnership. ICANotes is the leading EHR and practice management solution for behavioral health professionals and through our partnership, AMHCA members, are eligible for a lifetime discount on ICANotes subscription.

### **AMHCA COMMITTEE COLLABORATION**

I appointed the chair and vice chair, Dr. Laura Dawson-Fend and Dr. Adrienne Johnson, respectively, of the Strategic Planning Committee during my tenure in support by the AMHCA board of directors and staff to help promote clearer and future strategic planning for the association. Over the past year, this committee in collaboration with the AMHCA board of directors, staff, Communications Committee, Chapter Relations Committee, and Membership Committee, etc. to co-create a member needs assessment and board assessment to hear from our members and leaders to better understand their needs for mental health counseling practices.

### **AMHCA FOUNDATION**

During my tenure, the AMHCA Foundation's board was revitalized with the approval by the board of directors. I appointed Dr. Courtland Lee and Dr. Michael Walsh, chair and vice-chair, respectively, in the revitalization process. Our members would be encouraged to stay tuned to prospective opportunities for all, especially the next generations of clinical mental health counselors for continuing education and professional development.



# Our Work: Advocacy

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Much of AMHCA's advocacy work is done through collaboration with powerful coalitions made up of national organizations that represent the mental health counseling workforce.

## **MENTAL HEALTH LIAISON GROUP (MHLG)**

The MHLG is a nonprofit coalition of national organizations representing people with mental health and substance use conditions, family members and caregivers, providers of mental health and substance use treatment and support, advocates, and other stakeholders committed to strengthening Americans' access to mental health and substance use care. Through this coalition, AMHCA signed on to 16 advocacy letters to the current administration in 2025.

## **MEDICARE MENTAL HEALTH WORKFORCE COALITION (MMHWC)**

The MMHWC is a group of national and state organizations collectively representing hundreds of thousands of mental health providers, clients, patients, and other stakeholders. The past few years, the Coalition produced webinars, toolkits, and updates on Medicare information to help support the growing behavioral health workforce serving America's older adults.

## **PROFESSIONAL COUNSELING LEADERSHIP COALITION**

A group of counseling organizations met in late February as a Professional Counseling Leadership Coalition to address concerns affecting all of our organizations as it relates to workforce expansion, research and best practices, ethics and values, and how to thrive in an environment that jeopardizes our credibility, retention and sustainability. As AMHCA President I represented the organization at this meeting and others.

## **COUNSELORS UNITED FOR LEGISLATIVE ENGAGEMENT (CULE)**

This year, AMHCA joined this coalition spearheaded by NBCC. CULE formed to foster collaboration among leading counseling organizations with a shared goal: to effectively address federal government issues that impact professional counselors and their clients. This alliance recognizes the importance of unified advocacy in shaping policies and regulations that influence the counseling profession at the national level. This year, CULE held meetings and sent a letter to Secretary Linda McMahon, highlighting the importance of Department of Education programs that support the mental health initiatives in our nation's schools.

## **COUNSELING COMPACT**

The AMHCA Board of Directors fully endorses passage of the Counseling Compact by state legislators. AMHCA advocates for the over 130,000 licensed clinical mental health counselors in the United States who are licensed to assess, diagnose, and treat mental disorders.

# Our Work: Research

## JOURNAL OF MENTAL HEALTH COUNSELING (JMHC)

### July 2024

This issue includes a theory article on acceptance and commitment therapy as a conceptual treatment model of obsessive-compulsive personality disorder, and research articles on counselors' perceived preparedness with suicidal clients; one on ethno-religious engagement, minority experiences and strengthening American Jewish identity; and an article on adverse childhood experiences, substance use and poor mental health among the US adult population.



### October 2024

This special issue on international counseling includes an overview from the editor, and introduction to the special issue. Research articles include supporting international students' mental health through transnational identity development. Theroretical articles include helping international couples in Italy navigate relational challenges, counseling services in international schools and opportunities for counselors as well as personal experiences, cautions and considerations for short-term transcultural counseling.

### January 2025

This issue includes an article on psychometric evaluation of wellness-based screeners, search strategies for identifying mental health providers, and a content analysis of neurodiversity constructs in counseling. Practice articles include a practitioner-scholar model to conceptualize resilience interventions in trauma therapy and a research article on mental health counselors addressing social determinants of mental health.

### April 2025

AMHCA welcomes a new Editor of the JMHC, Arne Weigold, Ph.D.

Thank you Ingrid Weigold, Ph.D. for your service to the JMHC during your six year tenure.

### April 2025

This issue includes a practice article on nightmare relief, a professional exchange about how diagnosis obscures systemic oppression and research articles on Black and African American women in counseling, CMHCs political ideology, political party affiliation, and treatment approaches to clients with a history of abortion as well as an exploratory study on counselor competency to work with clients following reproductive trauma.

*RESEARCH Continued from previous page*

## THE ADVOCATE MAGAZINE

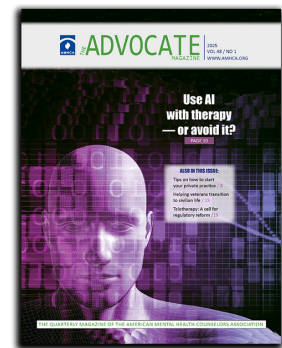


### Volume 47/No.1: Released September 2024

In this special issue, we featured articles related to self-care care such as creating ethical self-care in a crisis, switching to telehealth and the impact on our practices and work, as well as strategies to prevent burnout and avoid occupational hazards that can diminish well-being. Also included was a column by Dr. Sanders-Burnett reflecting on her presidential year with AMHCA, plus an overview of goals and strategies for the organization and how counselors can promote self-care for the public by Dr. Beverly Smith.

### Volume 48/No.1: Released March 2024

This issue includes feature articles on why to use or avoid artificial intelligence in your practice, strategies to help Veterans who are making the change from military to civilian life, and a comprehensive approach to regulatory oversight for consumer protection in telehealth reform. Also included was a reflection and farewell from our long-time editor, Kathleen McCarthy, a thank you to volunteers from me, and a recap of ways AMHCA achieved goals from Dr. Smith. Plus, a Counseling Tips article on how to start a private practice!



# Our Work: Ethical Practice

## ETHICS COMMITTEE EVENT

In February, the Ethics Committee held a consultative event. AMHCA members had the opportunity to discuss a pre-submitted ethical dilemma.

## ETHICS CONTACT FORM

The AMHCA Ethics Committee continued to review member submissions to the Ethics Contact Form. This important member benefit gives the opportunity for a member to submit an ethical concern they are dealing with and have the committee review and offer advice.

Providing membership an opportunity to discuss an ethical dilemma. Join this consultative event hosted by AMHCA Ethics Committee that provides AMHCA-members the free opportunity to discuss a pre-submitted ethical dilemma.

**26**  
FEB

3:00 PM – 4:00 PM  
Zoom

Click here for the event page where you will find a link to join this meeting. You must be an AMHCA member and sign in to AMHCA.org in order to access the meeting link.

# Our Work: Education, Training, Professional Development

AMHCA is committed to providing and supporting professional development opportunities for our members at all levels from local to state to national. Among numerous initiatives partaken over the last year, below is a list of a couple examples.

## GRADUATE STUDENT AND EMERGING PROFESSIONALS WEBINARS

The Graduate Student and Emerging Professionals Committee, chaired by Dr. Marcela Kepic, provided a few webinars given by content experts regarding building private practice and psychedelic-assisted psychotherapy.

- Registering and Preparing for the CPCE/NCE
- Psychedelics in Psychotherapy
- Nurturing Self & Self Care
- Building and Expanding Private Practice
- NCE/CPCE presentation

## 2024 FALL COLLOQUIUM

In November 2024, AMHCA, through our partnership with The Provider Network (TPN) held the Fall Colloquium featuring esteemed international speakers, networking opportunities, and sessions for licensure/certification for Clinical Mental Healthcare Professionals. Over 100 attendees attended nine(9) sessions led by leaders in the field across two days.



## AMHCA TALKS

During my tenure, AMHCA initiated a virtual community named “AMHCA Talks” facilitated by Dr. Luis Hines, director-at-large, to engage AMHCA members for community building for clinical mental health clinicians.

## Education, Training, and Professional Development

### Continued from previous page

#### LEADERSHIP INSTITUTE

Facilitated by Dr. David Markwell and Mr. Eric Rogers, co-chairs of the Leadership Development sub-committee, the Leadership Institute continued the online community over the past year by providing a series of six virtual leadership sessions in the following topic areas: effective communication as a leader; AMHCA governance information; conflict resolution styles and skills; coaching and mentoring others; building trust and rapport among colleagues; time management skills and strategies; increasing accountability and responsibility for self and others; building confidence and assertiveness in yourself and others; crisis management leadership skills; empowerment and delegation skills; creating motivation and drive among others; advocacy and social justice. The series of the sessions were accompanied approximately by 171 attendees alongside the experienced presenters and some of the AMHCA staff and board of directors in support. The Leadership Institute was instituted with the vision of Dr. Deirdra Sanders-Burnett during her tenure (23-24) and is an initiative designed to educate, inform, and prepare both current members and emerging professionals.

#### CONFERENCE IN VEGAS

Chaired by Mrs. Courtney Ackerson, President (25-26), the Annual Conference Planning Committee planned all year along to successfully host the AMHCA 2025 conference in Las Vegas, Nevada, June 24 through June 27, 2025 with the theme of “Balancing Growth and Connection in Mental Health Counseling.” With over 530 attendees, AMHCA board of directors, staff, vendors and sponsors, and the mental health counseling community, it was full of opportunities for continuing education, leadership training, continued professional development, and community building.



*AMHCA Past, present, and future Board Presidents pose for a picture at #AMHCA2025.*

*From left to right:*

*Carol Staben Burroughs ('05-'06),  
Dr. Gray Otis ('11-'12),  
Dr. Stephen Giunta ('14-'15),  
Joe Weeks ('17-'18),  
Dr. Beverly Smith Moore ('21-'22),  
Dr. Fred Dombrowski ('22-'23),  
Dr. Yoon Sub Moh ('24-'25),  
Courtney Ackerson ('25-'26)*

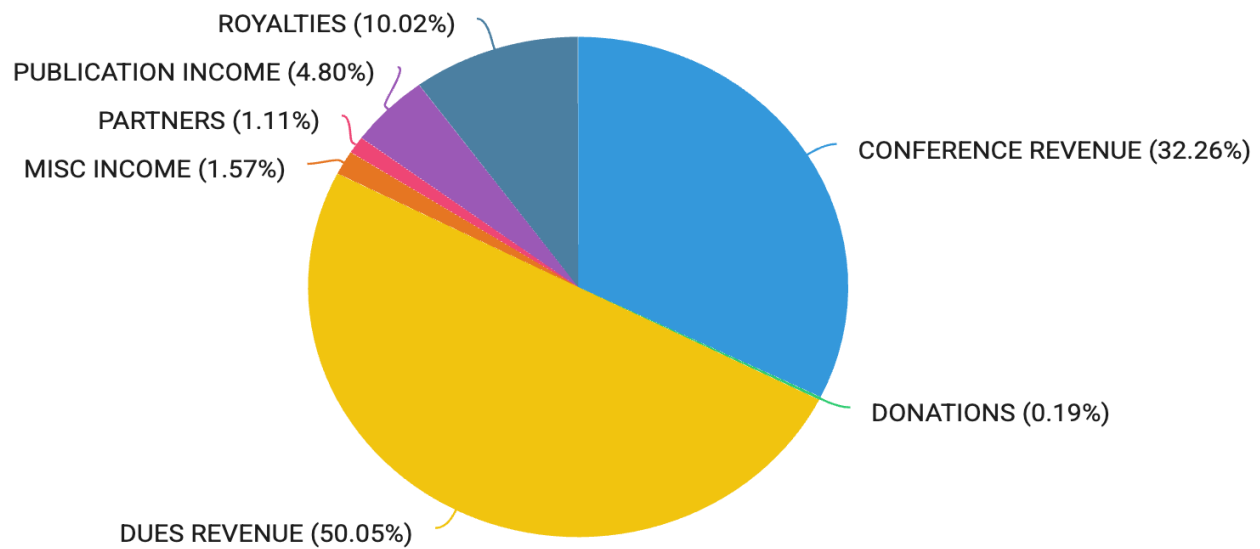


# Financial Statement

## 2024-2025 FINANCIAL SUMMARY

Overall, AMHCA continues to prioritize financial stability and will maintain it through responsible fiscal practices.

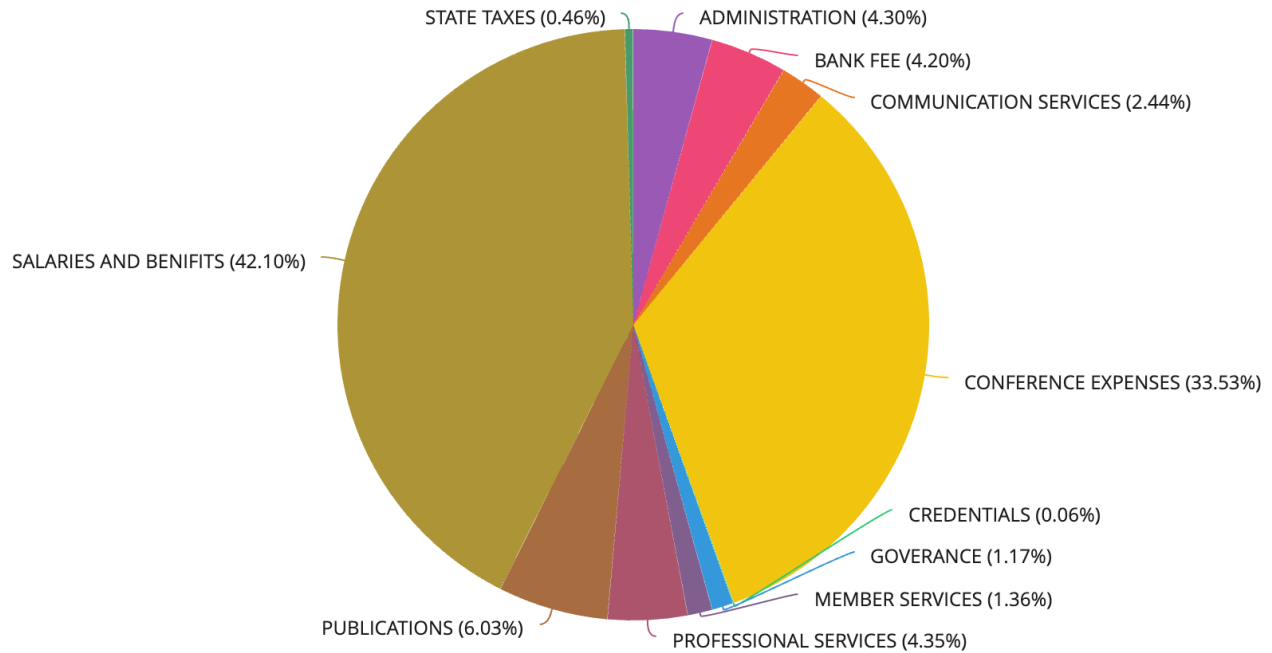
### AMHCA INCOME



Membership dues account for 50 percent of AMHCA's income, with conference revenue as the second-largest source. Fifty percent is substantial, and AMHCA continues to seek additional ways to boost non-dues revenue. This will enhance sustainability and longevity.



## AMHCA EXPENSES



AMHCA's largest expense is staff salaries and benefits. This is typical for non-profits and to be expected. Staff are the organization's backbone, so fair compensation is essential. The next biggest expense is AMHCA's annual conference. The conference has become a key event that professionals look forward to, and AMHCA must continue investing in it.



# 24-25 Board of Directors

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**Yoon Suh Moh**

*President (August 2024 - June 2025)*

*Pennsylvania*

**Courtney Ackerson**

*President-Elect*

*Iowa*

**Deirdre Sanders-Burnett**

*Immediate Past President*

*Florida*

**Michael Pilcher**

*Treasurer (July 2024 - November 2024)*

*Florida*

**Corey Milsap**

*Secretary (July 2024 - March 2025)*

*Georgia*

**Luis Hines**

*Director-at-Large*

*Florida*

**Shannon Thompson**

*Western Region Director*

*Washington*

**Napoleon Harrington**

*Midwest Region Director*

*Michigan*

**Seth Wizwer**

*North Atlantic Region Director*

*New Hampshire*

**Cheryl Cummings**

*Southern Region Director*

*South Carolina*



# Contact Us

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## E-mail

[info@amhca.org](mailto:info@amhca.org)

## Social Media



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Alexandria, VA 22314

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Richmond, VA 22314