

PRESS RELEASE

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FOR IMMEDIATE RELEASE

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Joana Matilde Almeida Couto Awarded \$8,000 Counseling Fellowship From NBCC and Affiliates



Clark, NJ—The NBCC Foundation, an affiliate of the National Board for Certified Counselors (NBCC), recently selected Joana Matilde Almeida Couto of Clark, New Jersey, for the NBCC Minority Fellowship Program-Youth (MFP-Y). As an NBCC MFP-Y Fellow, Couto will receive funding and training to support her education and facilitate her service to underserved minority populations, with a specific focus on transition-age youth (ages 16–25).

The NBCC MFP-Y is made possible by a grant awarded to NBCC by the Substance Abuse and Mental Health Services Administration (SAMHSA) in September 2014. The Foundation is contracted by NBCC to administer the NBCC MFP-Y, as well as training and collaboration activities, such as [webinars](#), that are open to all National Certified Counselors (NCCs). The goal of the program is to reduce health disparities and improve behavioral health care outcomes for racially and ethnically diverse populations by increasing the

number of available culturally competent behavioral health professionals.

The NBCC MFP will distribute \$8,000 education awards to Couto and the 29 other master's-level counseling students selected to receive the fellowship award. Couto is a graduate of Rutgers University, in New Brunswick, New Jersey, and is currently pursuing a master's in the clinical mental health counseling program at The College of New Jersey, in Ewing. Couto intends to work with transition-age minority youth and families. She is interested in working with diverse populations in hospital and college settings. Expressive therapies, such as sand play therapy, art therapy, and trauma-sensitive yoga, are of interest to Couto. Earning this fellowship will allow Couto to attend counseling conferences to establish a stronger professional identity as a counselor, learn evidence-based practices to better serve underserved populations, and advocate for the counseling profession.

The NBCC Foundation has also awarded 23 \$20,000 [doctoral fellowships](#) through the Minority Fellowship Program and 34 master's-level fellowships of up to \$11,000 through the [MFP-Addictions Counselors](#) (MFP-AC). The Foundation plans to open the next NBCC MFP-Y application period in fall 2018. To learn more about the NBCC MFP and its fellows, please visit <http://www.nbccf.org/Programs/Fellows>.

ABOUT THE NBCC FOUNDATION

The NBCC Foundation is the nonprofit affiliate of the National Board for Certified Counselors (NBCC), based in Greensboro, North Carolina. NBCC is the nation's premier professional certification board devoted to credentialing counselors who meet standards for the general and specialty practices of professional counseling. Currently, there are more than 64,000 board-certified counselors in the United States and more than 50 countries. The Foundation's mission is to leverage the power of counseling by strategically focusing resources for positive change.

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