



PRESS RELEASE

NBCC Foundation

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FOR IMMEDIATE RELEASE

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Alexia N. Smith Awarded \$8,000 Counseling Fellowship From NBCC and Affiliates

Baltimore, MD—The NBCC Foundation, an affiliate of the National Board for Certified Counselors (NBCC), recently selected Alexia N. Smith of Baltimore, Maryland, for the NBCC Minority Fellowship Program-Youth (MFP-Y). As an NBCC MFP-Y fellow, Smith 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 Smith and the 30 other master's-level counseling students selected to receive the fellowship award. Smith is a graduate of Georgia State University, in Atlanta, and is currently pursuing a master's degree in the pastoral counseling program at Loyola University Maryland, in Baltimore. Upon graduation, Smith plans to provide mental health and career counseling services for minority youth through their junior and senior high school years and after graduation. Taking advantage of this exploratory period for students evaluating their college and career plans, her vision is to create individual and group counseling opportunities that will help youth to think critically about their future paths, build positive coping and wellness practices, and work actively to resolve any fears or anxiety around their transition to adulthood. Her goal is to help minority youth gain a greater awareness of self and build confidence, leading to higher self-esteem and commitment to setting and achieving goals. Earning this fellowship will support Smith in solidifying her professional counselor identity through mentorship, increased opportunities to attend conferences and network with other counselors-in-training, and gaining valuable insight on the mental health challenges facing minority youth and their communities.

The Foundation plans to open the next NBCC MFP-Y application period in September 2016. To learn more about the NBCC MFP and its fellows, please visit www.nbccf.org.

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 60,000 National 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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