

## PRESS RELEASE

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### **Krista Holden Awarded \$8,000 Counseling Fellowship From NBCC and Affiliates**



Seattle, WA—The NBCC Foundation, an affiliate of the National Board for Certified Counselors (NBCC), recently selected Krista Holden of Seattle, Washington, for the NBCC Minority Fellowship Program-Youth (MFP-Y). As an NBCC MFP-Y fellow, Holden 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 Holden and the 29 other master's-level counseling students selected to receive the fellowship award. Holden is a graduate of the University of Washington, in Seattle, and is currently pursuing a master's in the clinical mental health counseling program at Seattle University, in Washington. Upon graduation, Holden intends to work with low-income, racial/ethnic minority youth aged 16–25. She has a special interest in working with first generation, minority college students, addressing the unique challenges they face in their transition from high school to college. Holden also intends to provide chemical dependency counseling services, closing the gap between mental health care and addictions treatment. This fellowship will ease the financial strain associated with attending graduate school, allowing Holden to focus on developing her skills and identity as a professional counselor dedicated to serving historically marginalized populations.

The NBCC Foundation has also awarded 23 \$20,000 [doctoral fellowships](#) through the Minority Fellowship Program and 31 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 September 2017. To learn more about the NBCC MFP and its fellows, please visit [www.nbccf.org/Programs/Scholarships](http://www.nbccf.org/Programs/Scholarships).

#### 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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