

## PRESS RELEASE

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FOR IMMEDIATE RELEASE

April 25, 2017

### Sabrina L. Burress Awarded \$8,000 Counseling Fellowship From NBCC and Affiliates



Staunton, VA—The NBCC Foundation, an affiliate of the National Board for Certified Counselors (NBCC), recently selected Sabrina L. Burress of Staunton, Virginia, for the NBCC Minority Fellowship Program-Youth (MFP-Y). As an NBCC MFP-Y fellow, Burress 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 Burress and the 29 other master's-level counseling students selected to receive the fellowship award. Burress is a graduate of Liberty University, in Lynchburg, Virginia, and is currently pursuing a master's in the clinical mental health counseling program at Eastern Mennonite University, in Harrisonburg, Virginia. As Burress works through her second year of graduate studies, she intends to continue providing home-based services to at-risk children and their families and will seek to provide unique experience-based support to minority youth who have been affected by income, social and cultural inequalities. Burress also intends to provide support in the university setting as a mentor to undergraduate minorities. Upon graduation, Burress plans to focus her efforts on identifying and providing continued mental health services to minorities during the transitional ages of 16–25, specifically working to provide them a foundation from which they are able to establish their own identity, self-reliance, belief in success and appreciation for their unique diversities. This fellowship will provide Burress with valuable opportunities to achieve her full potential as a professional counselor by participating in counseling conferences, learning new skills and sharpening existing skills. This growth will strengthen her professional identify and will be instrumental in ensuring that she is providing comprehensive services to the aforementioned underserved population.

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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