

## PRESS RELEASE

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FOR IMMEDIATE RELEASE

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### **Sarah Rahman Awarded \$8,000 Counseling Fellowship From NBCC and Affiliates**



Anaheim, CA—The NBCC Foundation, an affiliate of the National Board for Certified Counselors (NBCC), recently selected Sarah Rahman of Anaheim, California, for the NBCC Minority Fellowship Program-Youth (MFP-Y). As an NBCC MFP-Y fellow, Rahman 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 Rahman and the 29 other master's-level counseling students selected to receive the fellowship award. Rahman is a graduate of the University of California, Los Angeles and is currently pursuing a master's in the clinical mental health counseling program at California State University, Fullerton. Upon graduation, Rahman intends to work with transition-age youth minorities, particularly those who identify within the South Asian American and Muslim communities. She would also like to serve as a chaplain and work with high school, undergraduate and graduate students in student organizations around Southern California's school campuses to provide spiritual and emotional support. This fellowship will allow Rahman to continue pursuing her degree and focus her efforts to create programs to assist youth in finding effective treatments and services. With the financial assistance and overarching support from the Foundation, Rahman can further obtain the requisite skills and preparation to become a licensed marriage and family therapist and fulfill her lifelong aspirations of assisting other members of the Muslim and South Asian American communities as they go through some of the hardest and most pivotal moments in their lives.

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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