

## PRESS RELEASE

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FOR IMMEDIATE RELEASE

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### **Teresa Ann Bowman-Abernathy Awarded \$11,000 Counseling Fellowship From NBCC and Affiliates**



Phenix City, AL—The NBCC Foundation, an affiliate of the National Board for Certified Counselors (NBCC), recently selected Teresa Ann Bowman-Abernathy, of Phenix City, Alabama, for the NBCC Minority Fellowship Program-Addictions Counselors (MFP-AC). As an NBCC MFP-AC fellow, Bowman-Abernathy will receive funding and training to support her education and facilitate her addictions counseling service to underserved minority transition-age youth (ages 16–25).

The NBCC MFP-AC 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-AC, 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 available number of culturally competent behavioral health professionals.

The NBCC MFP will distribute up to \$11,000 to Abernathy and the 30 other master's-level addictions counseling students selected to receive the fellowship award. Abernathy is a graduate of Albany State University, in Georgia, and of LaGrange College, in Georgia, and is currently a master's student in the vocational rehabilitation counseling program with a minor in clinical mental health counseling, and a substance-abuse certification at Troy University, in Alabama. Upon graduation, Abernathy intends to work with teens and adults who are challenged with substance abuse and addictions, and she would like to focus specifically on underserved rural areas. She plans to approach the abuse and addiction issues from an inner healing perspective, keeping in mind that this behavior tends to stem from a need to self-medicate in an effort to cover up or avoid emotional pain. When the root of the problem is discovered and addressed, then the opportunity for recovery and/or prevention is more likely. This fellowship will allow Abernathy to continue her education in this field, attend conferences to establish stronger professional identity as a counselor, learn evidence-based practices to better serve the 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 30 \$8,000 master's-level fellowships through the [MFP-Youth](#) (MFP-Y). The Foundation plans to open the next NBCC Minority Fellowship Program 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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