

PRESS RELEASE

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FOR IMMEDIATE RELEASE
May 2, 2018

Sara Z. Abdulrasool Awarded \$11,000 Counseling Fellowship From NBCC and Affiliates



Milwaukee, WI—The NBCC Foundation, an affiliate of the National Board for Certified Counselors (NBCC), recently selected Sara Z. Abdulrasool, of Milwaukee, Wisconsin, for the NBCC Minority Fellowship Program-Addictions Counselors (MFP-AC). As an NBCC MFP-AC Fellow, Abdulrasool 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 Abdulrasool and the 33 other master's-level addictions counseling students selected to receive the fellowship award. Abdulrasool is a graduate of Temple University, in Philadelphia, Pennsylvania, and is currently a master's student in the clinical mental health counseling program at Marquette University, in Milwaukee, Wisconsin. Upon graduation, Abdulrasool intends to work with transition-age minority youth and young adults who are from underprivileged backgrounds like she is. She is also interested in working with those who have suffered from anxiety, depression, post-traumatic stress disorder (PTSD), and substance use disorders, in a hospital or clinical setting in both national and international contexts, where mental health services are often minimized and stigmatized. Receiving this fellowship will give Abdulrasool a chance to follow a career path she will love for the rest of her life—to help people, relieve the burdens in their lives, and offer them hope by helping them deal with their difficult emotions, mental health disorders, and trauma. This fellowship will also allow Abdulrasool to enhance her professional counselor identity by attending conferences, enriching her knowledge of utilizing evidence-based strategies, and including both counselors' and clients' voices in strengthening and improving existing services.

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 MFP-AC application period in fall 2018. To learn more about the NBCC MFP and its fellows, please visit <http://www.nbccf.org/Programs/Fellows>.

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 64,000 board-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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