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OFFICE OF THE  
SECRETARY

VINCENT C. GRAY  
MAYOR

October 14, 2014

The Honorable Phil Mendelson  
Chairman  
Council of the District of Columbia  
1350 Pennsylvania Avenue, N.W., Suite 504  
Washington, DC 20004

Dear Chairman Mendelson:

In accordance with section 213 of the District of Columbia Health Occupations Revision Act of 1985, effective March 25, 1986 (D.C. Law 6-99; D.C. Official Code § 3-1202.13 (2012 Repl.)), which established the Board of Professional Counseling ("Board"), and section 2(f)(25) of the Confirmation Act of 1978, effective March 3, 1979 (D.C. Law 2-142; D.C. Official Code § 1-523.01(f)(25) (2014 Repl.)), I am pleased to nominate the following individual for re-appointment:

Lugarda Parra-Bencomo  
1518 Hamlin Street, N.E.  
Washington, D.C. 20017  
(Ward 5)


as a member with at least 5 years of experience in the field of addiction counseling to the Board, for a term to end July 1, 2017.

Enclosed you will find biographical information detailing the experience of the above-mentioned nominee, together with a proposed resolution to assist the Council during the confirmation process.

I would appreciate the Council's earliest consideration of this nomination for confirmation. Please do not hesitate to contact me, or John Cheek, Director, Office of Boards and Commissions, should the Council require additional information.

Sincerely,

A handwritten signature in black ink that reads "Vincent C. Gray".  
Vincent C. Gray

  
Chairman Phil Mendelson  
at the request of the Mayor

A PROPOSED RESOLUTION

\_\_\_\_\_  
IN THE COUNCIL OF THE DISTRICT OF COLUMBIA  
\_\_\_\_\_

Chairman Phil Mendelson, at the request of the Mayor, introduced the following resolution, which was referred to the Committee on \_\_\_\_\_.

To confirm the re-appointment of Mrs. Lugarda Parra-Bencomo to the District of Columbia Board of Professional Counseling.

RESOLVED, BY THE COUNCIL OF THE DISTRICT OF COLUMBIA, That this resolution may be cited as the “District of Columbia Board of Professional Counseling Ms. Lugarda Parra-Bencomo Confirmation Resolution of 2014”.

Sec. 2. The Council of the District of Columbia confirms the re- appointment of:

Lugarda Parra-Bencomo  
1518 Hamlin Street, N.E.  
Washington, D.C. 20017  
(Ward 5)

as a member with at least 5 years of experience in the field of addiction counseling, pursuant to section 213 of the District of Columbia Health Occupations Revision Act of 1985, effective March 25, 1986 (D.C. Law 6-99; D.C. Official Code § 3-1202.13), which established the District of Columbia Board of Professional Counseling, and section 2(f)(25) of the Confirmation Act of 1978, effective March 3, 1979 (D.C. Law 2-142; D.C. Official Code § 1-523.01(f)(25)), for a term to end July 1, 2017.

Sec. 3. The Council of the District of Columbia shall transmit a copy of this resolution, upon its adoption, each to the nominee and to the Office of the Mayor.

Sec. 4. This resolution shall take effect immediately.

## Lugarda Parra-Bencomo, LPC, CAC II

### Education

Florida International University (FIU), April 2006, Master of Science, Counseling Psychology.

*Case study: Regaining Control*

New Mexico State University (NMSU), May 2000, Bachelors of Arts, Psychology, Minor in Spanish.

### Credentials

Washington, DC, 2010, Licensed Professional Counselor.

Washington, DC, 2012, Certified Addiction Counselor II.

### Areas of Competence

- *Co-Occurring Disorders Competent* training (from Department of Mental Health), October 2008-April 2009, December 2010-June 2011.
- Participant in the *TLC* (Trauma Learning Collaborative) for DC, March 2009-June 2010.
- *CALOCUS* (Child and Adolescent Level of Care Utilization System) Trainer, April 2009, and *LOCUS* (Level of Care Utilization System) Trainer, June 2009.
- *GAIN-I* (Global Assessment of Individual Needs) Local Trainer, April 2009.
- *Active Parenting Now*, Leader Training Workshop, February 25, 2006.
- *1, 2, 3, 4 Parents!* Leader Training Workshop, November 12, 2005.

### Experience

#### **Mental Health Therapist, Mary's Center for Maternal and Childcare Inc.; Washington, DC - 2012-present**

Conduct structured and semi-structured diagnostic and assessment for children, adolescents and adults. Formulate client-driven Individual Recovery Plan (initial and 180 day reviews), considering cultural diversity and family values. Provide individual, couples, family and group therapy, psychotherapy, and community support. Provide clinical consultation to bachelors and graduate level staff, and/or interns as needed. Provide crisis intervention in person and on-call phone. Participate in and help facilitate team meetings and case reviews. Maintain eCW (eClinical Works), and DMH databases.

#### **Mental Health and Substance Abuse Counselor, Latin American Youth Center (LAYC), Treatment Team; Washington, DC - January 2008-July 2011**

Conducted admission psychosocial intakes and diagnostics assessments. Formulated initial and updated existing treatment plans. Provided individual, family and group counseling services in an outpatient setting. Provided clinical supervision to one Masters-level student intern (August 2010-July 2011). Provided crisis intervention to relieve youth and/or family from emotional distress; also provided crisis intervention for staff when they were dealing with crises. Provided case management and community support to youth. Referred to other agencies when appropriate and provided discharge planning. Maintained *ETO* (Efforts to Outcomes), DMH, APRA, and *Therascribe* databases.

**Residential Counselor, LAYC Independent Living Program (ILP); Washington, DC - July 2006-December 2007**

Administered initial and biannual psychosocial assessments and staff surveys. Provided individual counseling to residents with a focus on anger management. Provided crisis intervention to relieve youth and family from emotional distress; provided crisis intervention to staff as well. Provided training (e.g., parenting skills and child development, mandatory reporting), and coordinated workshops and training for at least 25 residential staff (serving foster care and homeless youth). Assisted the Case Manager with development and biannual reviews of the program treatment plan.

**Student Intern, Family Counseling Services of Greater Miami, Prevention and Promotion Programs; Miami, Florida - August 2005-May 2008**

Therapist/Facilitator for individual, youth groups, parenting and multi-family groups. Utilized Client-Centered play therapy, directive and non-directive play therapy, *Active Parenting*, sand tray, art therapy, Families and Schools Together (FAST) Program, *Brain Power*, family systems and filial therapy approaches. Completed biopsychosocial assessments and clinical treatment plans. Coordinated services with case managers and public school personnel. Facilitated and participated in community outreach (grief camps, community health and safety fairs, mandated reporting workshop for teachers and relaxation workshops for students).

**Aftercare Outreach Worker, Douglas Gardens Community Mental Health Center; Miami Beach, Florida - July 2002-January 2005**

Completed biopsychosocial assessments (conceptualization, diagnosis) and interdisciplinary (psychiatric, psychological, and social services) treatment plans. Provided crisis intervention (screening, outpatient and inpatient coordination). Community outreach (inpatient and outpatient; external and internal referrals). Coordinated referrals, discharge planning, and follow-up services.

**Case Manager, Camino de Vida Center for HIV Services; Las Cruces, New Mexico - December 2000-February 2002**

Formulated and completed client assessments and care plans, including medical goals. Acted as the liaison for clients with the Department of Health, AIDS Drug Assistance Program (ADAP), medical teams, insurance companies, and Housing Opportunities for People with AIDS (HOPWA). Provided psychosocial education, e.g., risk management and health stability. Acted as research data collector for a federal grant (U.S./Mexico border HIV/AIDS data).

**Residential Advocate, La Casa, Inc.: Shelter (for Victims of Domestic Violence); Las Cruces, New Mexico - May 1999-August 1999; May 2000-March 2001**

Provided crisis-line attendance (e.g., support, admission screening, referrals). Completed shelter intakes, telephone intakes, crisis walk-ins, needs assessment, and referral. Assisted clients with conflict resolution, anger management, and legal forms (temporary restraining orders (TRO), TRO violations). Coordinated and provided activities for children (e.g., drawing, dance, painting, puzzles). Served as a translator/interpreter (English/Spanish).

## **Related Experience**

### **Research Assistant, FIU: Youth and Family Development Program; Miami, Florida - May 2005-January 2008**

Analyzed qualitative data for developmental, social and gender identity themes. Coded parental interaction patterns and family dynamics during videotaped play tasks. Used established methods of quantitative research including coding, rating, and calculating inter-rater reliability using SPSS software.

### **Student Intern, La Casa Inc.: Shelter (for Victims of Domestic Violence);**

#### **Las Cruces, New Mexico - January 1999-May 1999; August 1999-December 1999**

Interpreted instructions for art therapy activities (i.e., clay molding, drawing, painting, bead jewelry, construction) for groups of 10 to 20, ages one to 17 (mainly children).

### **Volunteer, Camino de Vida Center for HIV Services; Las Cruces, New Mexico - January 1999-May 2000**

Assisted in fundraising for the annual GALA to raise awareness and funds for HIV/AIDS.

### **Volunteer, Union Program Council at NMSU; Las Cruces, New Mexico - Spring 1999-Fall 1999.**

Interpreter for Global Exchange Coordinators from Mexico and Guatemala at NMSU-UPC sponsored social events.

## **Awards**

- University Honors Program, NMSU, May 2000.
- Dean's Honor Roll, NMSU, 1998-2000.

## **Memberships**

- American Counseling Association, February 2012.
- Psi Chi (Psychology Honors Society), NMSU.

## **Languages**

- Bilingual: English and Spanish.

## **Interests/Other**

Participated in American Sign Language sessions Spring 2013, Spring 2012.

## **Case Study Abstract**

Children who experience a traumatic event in their life face many challenges that compromise their mental health, especially their sense of agency. This places them at risk for depression, anxiety, and misbehavior. Client-Centered theory is a phenomenological model, in which to conceptualize this population. The therapeutic concepts of play therapy provide useful tools in working with traumatized children. The conceptualization uses client-centered theory to present the case of a 10-year-old African-American female client. A documentation of the client's therapeutic process through the implementation of play therapy is included. Suggestions for further therapy are presented.

GOVERNMENT OF THE DISTRICT OF COLUMBIA  
OFFICE OF THE ATTORNEY GENERAL



Legal Counsel Division

**MEMORANDUM**

**TO: Lolita S. Alston**  
**Director**  
**Office of Legislative Support**

**FROM: Janet M. Robins**  
**Deputy Attorney General**  
**Legal Counsel Division**

**DATE: June 6, 2014**

**SUBJECT: Legal Sufficiency Review of Resolution, the "District of Columbia Board of Professional Counseling Lugarda Parra-Bencomo Confirmation Resolution of 2014"**  
**(AM-13-942 B)**

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**This is to Certify that** this Office has reviewed the above-referenced legislation and has found it to be legally sufficient. If you have any questions regarding this certification, please do not hesitate to contact me at 724-5524.

  
Janet M. Robins

JMR/phg