

Thomas Rue wins Deborah A. Arundale Award for Leadership

ALBANY – Thomas S. Rue, MA, LMHC, Master CASAC, NCC, CCMHC, of Monticello was honored by the New York Mental Health Counselors Association (NYMHCA) at their July 30 - August 4 convention in Albany. Because of the coronavirus pandemic, the event was held online.

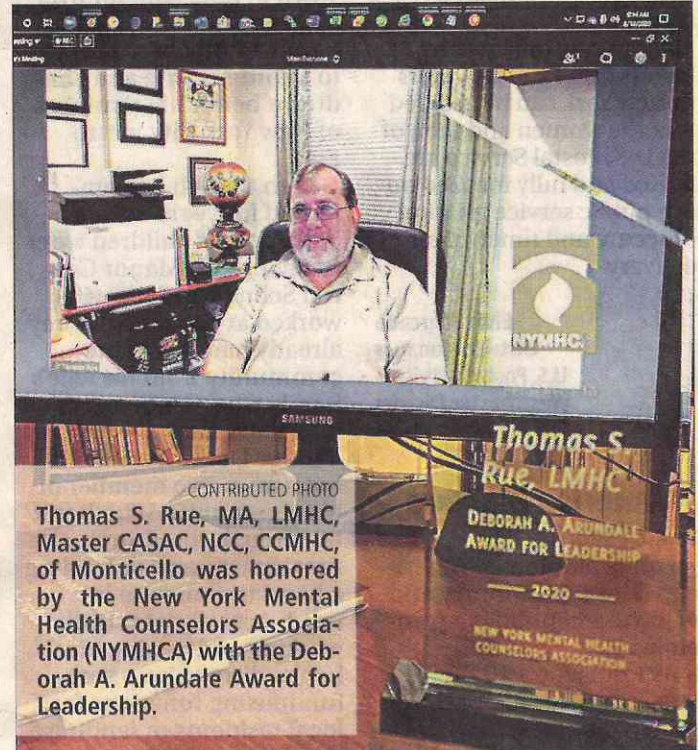
At the start of the convention on July 30, Mr. Rue received the Deborah A. Arundale Award for Leadership from Juan Eric Arévalo, MA, LMHC, NCC of New York City, President of the NYMHCA who stated, "Tom's leadership is inspiring and worthy of this recognition."

Mr. Arévalo praised Mr. Rue in his role as a chair of the NYMHCA Insurance and Government Relations Committee for his role in helping

to resolve problems put forth by NYMHCA members "about the complex issues related to insurance reimbursement", with the aim of improving New Yorkers' access statewide to counseling services for mental health and substance use issues.

A professional counselor for 35 years, Mr. Rue is director of Choices Mental Health Counseling PLLC in Monticello, a private practice celebrating its 10th year of existence this August, where he and his wife and office manager, Carmen Rue, serve mostly Sullivan County residents.

During the ongoing coronavirus pandemic Mr. Rue has continued to provide group and individual psychotherapy using online video-conferencing platforms maintaining



CONTRIBUTED PHOTO
Thomas S. Rue, MA, LMHC, Master CASAC, NCC, CCMHC, of Monticello was honored by the New York Mental Health Counselors Association (NYMHCA) with the Deborah A. Arundale Award for Leadership.

the safety of clients and the community while offering needed support services to the community, as described at www.choicesmhc.com.

NYMHCA executive director Judith Ritterman said this award is given to an outstanding leader who is a model for commitment and leadership within NYMHCA.

It is intended to honor and recognize a member whose dedication, energy, service

and leadership have strengthened the organization is such ways as membership growth, innovative program development, and in the enhancement of member services.

The award is named for Deborah Arundale, former NYMHCA Regional Chapter Coordinator, Long Island Chapter President, and advocate for students and graduates of mental health counseling programs.