

2011 Idaho School Counselor Association

Presenters Program

Breakout #1 10:00-11:30 AM

Using Brain Based Learning to Reach, Teach and Counsel the Whole Child: 25 Free Strategies to Help You Today

Dr. Steven Sroka

This workshop will offer the opportunity to “share and care” with a conversation to discuss the ideas addressed in the keynote and will include 25 free brain based learning strategies to help reach, teach and protect the whole child- socially, physically, mentally, emotionally and spiritually. This workshop will deal with the barriers that hamper safe and effective education, and offer suggestions, based on research and reality, to help you make your schools, homes and communities safe and healthy where students can learn more and live better.

Playful Methods for Counseling Children in the Elementary School

Dr. Karrie Swan, Dr. April Schottelkorb

Elementary school counselors are encouraged to provide individual and group counseling within the responsive services component of the ASCA National model. Providing developmentally appropriate counseling is essential in being effective. The presenters will share several expressive arts techniques that they have utilized in counseling children in the elementary school setting.

Entrance Exam Requirements and Roll Out

Wendy St. Michell, David Moniz

This session will focus on the new College Entrance Exam requirement for all 11th graders, beginning in the 2011-2012 school year. An overview of the requirements and vendor selection process will be presented, followed by the 2011-2012 roll out plan for all high schools to become testing sites for the SAT.

MaKiN' iT riGhT: Family Court Through the Child's Eyes

Michele Unsworth

An original video, *MaKiN' iT riGhT* presents children's stories about their experience being interviewed as part of a proceeding to determine custody. Each child shares insights professionals can learn from. Discussion will include factors to consider in determining whether and how the child's voice should be heard.

Leaving a Legacy: Baby-boomer School Counselors

Dr. Bobbie Birdsall

As baby-boomer school counselors near retirement age, they begin to look back at the work they've done and wonder what kind of legacy they are leaving. Life harvesting is an innovative tool that enables us to gather the fruits of a lifetime's experience and begin to find meaning and purpose in this adult stage of development, consciously recognizing and celebrating the contributions we have made in our personal and professional lives. This session will engage participants in dialogue about a new vision of the second half of life.

Breakout #2 1:00-2:30 PM

ETHICS:

Ethical Dilemmas Faced by School Counselors: What To Do—What To Do

Dr. Virginia B. Allen

School counselors face unique ethical dilemmas each day. Given that school counselors work with minors within an institution that has its own set of rules and regulations and the children have parents and/or legal guardians and/or step parents, ethical and legal issues are bound to emerge. This workshop will provide opportunities to share dilemmas and solutions to those tricky ethical decisions. Bring an ethical dilemma you have faced in your job and how you solved it.

Bully Proof Your Child

Sue Wade

The Socratic-Adlerian Inquiry (SAI) teaches our youth “how to” bully proof themselves. Through the “SAI pocket guide,” participants learn how to teach our young people that it is their job to go inside themselves and figure out the “why, when, what, where, and how” of their decisions, before they choose. Positive self-management is a teachable life skill.

Thinking Outside the Box

Dana Hunt Unruh

This brief course will take a look at documentation that meets HIPAA requirements, that school counselors need to be aware of as well as any new laws that pertain to the school counselor. Additionally, the presenter will address ways in which school counselors can see their role in a new light offering alternate ways to think about a student.

Idaho Safe Schools Coalition: *Navigating the Challenges Faced by Lesbian, Gay, Bisexual, and Transgender Youth*

David Chehey, Krista Perry, Amy Herzfeld

This workshop will present terminology, ethical guidelines, case studies, and specific strategies to assist counselors in working with LGBT students. Participants will broaden their understanding of risk factors, share and receive resources, and develop an “action and advocacy plan” to take back to their institution and/or practice. Our relevant and interactive session explores the experiences and challenges often faced by these youth [and their support systems] within Idaho schools and communities.

Getting to College and Career Readiness: A Seamless Trajectory

Stacey Ellmore

Students deserve a seamless trajectory to ensure they all move successfully to the next step in their education or workforce training after high school. The panel will discuss what we know about college and career readiness and what that means for Idaho students, parents, and educators.

BREAKOUT #3 3:00-4:00PM

Body Image Awareness for Adolescents

Megan Bourner, Jennifer Smith, Mandi Henley

Prevention through Positive Peer Influence

Greg Sommers

Positive peer influence is one more layer of prevention that can easily be added to any school’s efforts to keep students moving in the right direction and making wise choices, which is why it has become a staple in the programming of Idaho Drug Free Youth. Through an interactive and engaging manner, this workshop will take a closer look at how positive peer influence can enhance your prevention efforts.

BREAKOUT #3 3:00-4:30 PM

Boozing, Doping & Clothing

Jermaine Galloway

This workshop is for counselors, educators, prevention providers, coalition members and law enforcement. This workshop covers alcohol and drug clothing, alcoholic energy drinks, alco pops, alcohol and drug concealment methods and containers, drug paraphernalia, drug related music and groups, logos, stickers and varied current trends. This session provides over 75 visual aids for attendees to hold and become familiar with. The youth alcohol and drug scene changes every day. For each person to help prevent youth and adult substance abuse, you MUST know what is going on in your schools and community.

Empowering Kids to Deal with Bullies

Jennie Withers, Phyllis Hendrickson

School counselors can facilitate a change in school environment and stop harassment. This workshop will provide effective strategies to work with students who are change makers, help passive students become assertive, teach students what they need to know to effectively fight harassment, and provide students with ways to deal with harassment independently.

Creating a ‘Go On’ culture: Lessons Learned & Proven Tips

Blossom Johnston

Idaho ranks near the bottom when it comes to the number of students who graduate and don't go on. A team of Go On Ambassadors from high schools that represent every corner of the state will present proven methods for helping prepare students to make a smoother transition from high school to a postsecondary environment. They will also be presenting their lessons learned. This team of Ambassadors is comprised of school career and guidance counselors who took the lead last year to coordinate the campaign at their school. Fifty-five high schools competed by promoting and encouraging taking college entrance exams, upper level math and science and advanced opportunities completion (dual credit, AP, tech-prep) for prizes of up to \$100,000.

Breakout #4

10:30-12 Noon

Bridging the Gap to School Counseling Program Development

Brian Law

In an economy of budget cuts at the national, state and local levels, it is imperative that we as school counselors produce empirical data to show results of what we as Professional School Counselors do to impact student achievement in our schools. We are the agents of change to increase the number of school counselors in our schools to serve the academic, career development, and emotional/personal/social needs of our students. We are the agents of change to show that we need to be able to be used in the correct way in schools, for the children. The counselor's role in RTI will be discussed. Learn how to collect data, implement programs and counseling activities based on data and show results to stakeholders that we, professional school counselors, are bridge builders in the success of student's futures.

Idaho Comprehensive Counselor Training Initiative

Jessica Piper, Dr. Brenda Freeman

The College Access Challenge Grant (CACG) is a federal grant program designed to increase the number of underrepresented students who enter and remain in postsecondary education. Idaho's CACG program has partnered with the Southern Regional Education Board to provide training for secondary counselors to improve their effectiveness of getting students into postsecondary education. This state-specific training is divided into

three modules focused on creating a college-going culture, assisting with financial aid, and engaging students in career awareness and planning.

Idaho School Based Services and Medicaid

Cindy Levesque

Idaho School Based Services and Medicaid will cover the purpose and history of school based services, Medicaid rules and updates, reimbursable school based services and provider qualifications.

Using Single-Case Design to Inform and Evaluate Your School Counseling Program

Dr. April Schottelkorb, Dr. Karrie Swan

Single-case design is an effective way to evaluate the effectiveness of different components of a school counseling program. Both presenters utilized single-case design in counseling research with children in the school setting. Attendees will leave this presentation knowing how to utilize single case design as a part of their program evaluation.

Ethics in Advocating for Students and Families

Chris Ahlman

This session will present material on professional ethics codes as they related to the mandates for advocating on behalf of students and their families. Advocacy is required by students and families around two main issues: rights and responsibilities under state and federal laws as well as school policies and access to services. To be an effective advocate school counselors and social workers must understand the steps required to build first a well documented argument, then an agenda, then consensus in a host setting. Examples will include issues around special education, school violence, truancy, and academic failure as well as mental health services.

Breakout #5

2:00-3:30 PM

What works for ADHD? : Evidence for Traditional and Alternative Treatments

Stephen Hill

For many, traditional stimulant medications for ADHD can lead to robust initial improvement, but over time this impact may diminish and medications can lead to their own complications. This leads parents and professionals alike to seek out non-medical solutions including so-called “alternative” treatments. Participants will review the emerging scientific evidence for non-traditional treatments including diet, organizational training, neurofeedback, meditation and exercise.

Facing the Problems of Homelessness: A Focus on Rural Schools

Dr. Brenda Freeman, Angie Ewing, Karen Seay

This session will focus on understanding the factors involved in educating children without housing. The presentation will include a synthesis of the literature on homelessness in rural America, the reporting of homelessness in Idaho, and discussion of a qualitative study of the factors influencing the definitions and impact of homelessness in rural Idaho school districts. Audience discussion will be encouraged.

The School Counselor's Response to Death within the School Community

Jessica Berry

The death of a student, teacher, or staff member within the school can set in motion a wave of grief and loss. This presentation addresses the role of the professional school counselor in addressing bereavement concerns in the school setting. Current research and trends in bereavement counseling will be discussed as well as strategies in preparing for and managing this type of crisis.

Assessing a High School Mentoring Program: Lessons Learned and Design Implications

Jan Downs, Roger Stewart

School-based mentoring programs have emerged as a method to improve pro-social behavior, academic success, resiliency, a sense of school connectedness, and reduce at-risk behaviors and drop-out probability among youth. This action research study presents findings from implementing a school-based mentoring program at a semi-urban high school. Students were assessed to measure changes in academic motivation and school connectedness associated with the program. The program was compared to three other sources of influence: teachers, family, and friends. Design implications for creating and implementing school-based mentoring programs will be discussed.

Gestalt Interventions and Activities – Practical Experiential Techniques, Applications and Demonstrations

Heather Tustison, James Drake, Natalie Linhart

This workshop will provide an opportunity for counselors in private practice to actively engage in demonstrations utilizing Gestalt philosophy. Participants will actively engage in interventions, activities and demonstrations describing Gestalt techniques. Participants will learn Gestalt interventions and activities in a practical application that they can adopt to their needs in their private practice.