



**INSIDE
THIS ISSUE:**

Senior Scholarships 2
Election Information 3
Self Care for Counselors 4
Fall Conference 5
Board Contact Info 6

ISCA Counselors of the Year

The Idaho School Counselor Association presented Counselor of the Year Awards to three counselors at the October conference: David Chehey (Boise High School), John Ruprecht (South Junior High), Mary Ellen Frischmuth (Morley Nelson Elementary).



teeth-- meaning white front teeth with no brown marks. I asked him if he thought his teeth would be white after his appointment. He shook his head yes and his eyes welled up. I went out to the mobile clinic and told them the whole story including his background, trauma,



Mary Ellen Frischmuth (pictured with her principal) Counseling Experience: William Howard Taft Elementary (6 years), Morley Nelson Elementary (2 years)

How have you seen the school counseling profession change? "No Child Left Behind has caused some schools to ask counselors to take on the coordination of testing schedules and proctoring. Also, I think counselors are finally being seen as leaders in their schools more than "floaters"; this of course is from the perspective of an elementary counselor. Also, with the growing numbers of students who experience trauma, foster care, parent drug use, a poor economy, etc. we, sometimes have to take on the role of a community resource worker or social worker."

If you were talking to a college graduate that was considering a career in school counseling, what guidance would you offer?

"I would suggest they shadow a school counselor at each level: elementary, junior high, and high school and make sure they understand that it is very different from clinical counseling/therapy. They have to love multi-tasking and be extremely flexible and think systemic vs. individual counseling and prevention vs. reaction. Most importantly, have a balance in your life; there must be a life outside of work!

teasing, etc. They talked amongst themselves and decided to apply a porcelain veneer on each of his front teeth for FREE. The procedure took an hour and would have cost \$300.00. The student left there with a smile so wide and bright, he couldn't close his mouth if he tried. It has been a significant positive change for him and he is doing very well a year later.



David Chehey (pictured with his principal)

Experience: Math teacher at Bishop Kelly High School (11 years), Counselor at Hillsdale Junior High (6 years), Boise High School (6 years)

How have you seen the school counseling profession change? Each and every year, it seems our "domains" of academic [graduation requirements, transcripts, grades, college applications and letters of recommendation, testing (AP, ISAT, SAT, ACT) correspondence credits, IEP's and 504's, etc., etc.], personal/social [support groups, family systems, substance abuse education/intervention, suicide, depression, mental health, and crisis
(continued on page 4)

Counselors Prepared for any Crisis



PREPaRE certified trainers (left to right) Danette Gneiting, Amanda Nickerson, Jenni Horne, and Ginny Armstrong

Counselors Danette Gneiting, Jenni Horne, and Ginny Armstrong have been helping administrators, staff and other counselors become better prepared for emergency situations in the schools and in the Idaho Falls School District. The professional PREPaRE trainers have conducted several crisis management training sessions to showcase how schools can:

- Prevent and prepare for psychological trauma
- Reaffirm physical health and perceptions of security and safety
- Evaluate psychological trauma risk
- Provide interventions and respond to psychological needs
- Examine the effectiveness of crisis prevention and intervention

The PREPaRE program provides guidance for handling crisis situations such as a student suicide, an accidental death or natural disaster. The program provides a framework to help identify students and staff who may need help in these situations, offer assistance in a variety of ways, ensure that students and staff feel safe, find ways to connect with other community resources and re-establish the social support systems in the schools.

The district-wide training will ensure that counselors and administrators share the same framework and will help counselors and administrators work as a team in times of crisis.

The program has already been used in the district at least three times in the last year to help with three very different situations. "The program has proven invaluable," said Danette Gneiting, a counselor at Idaho Falls High School.

For more information on the PREPaRE Crisis training and bringing this training to your area, contact Jenni Horne at hornjenn@d91.k12.id.us

Class of 2010 Senior Scholarships Awarded



ISCA recently awarded three scholarships to the Class of 2010. Our scholarships we award to graduating seniors with the following criteria: must be the child or grandchild of an ISCA member, have a strong grade point average, and be involved in leadership and service.

Timothy J. (TJ) Kast is the son of Laura Kast. Laura is the school counselor at Ponderosa Elementary School in the Post Falls

School District. TJ will graduate from Coeur D' Alene High School in 2010 where he has been very involved. He is an honor student involved in tennis, swimming, DECA, and music. He plans to attend the University of Idaho and major in mechanical engineering.

Kayla Childers is the daughter of Sarah Childers an ISCA member. Kayla is a senior at Hillcrest High School in Ammon, Idaho, where she is and honor student. She has been a member of the Hillcrest Ballroom Team, the Rotary Interact Club, and Youth Group Presidency. She plans on attending Brigham Young University Idaho and to major in social science. Her favorite subject is history.

William Birdsall is the son of

Bobbie Birdsall. Bobbie is a counselor educator for Boise State University. Will is currently a senior at Boise High School. He has been active as a life guard and is certified through the Red Cross and also with CPR/AED. He has volunteered at St. Michael's Cathedral Summer Stretch and has been a peer mediator. Will plans to attend Boise State University and major in communications.

Graduate scholarships to ISCA members who are in a counseling program at one of the four institutions in Idaho will be awarded in the fall. Please watch the ISCA website for additional information. Congratulations to all of our scholarship recipient!

~Geianne Choate

ISCA is Growing-- Thanks to You!

There has never been a more important time to be an active part of our organization and spread the word to other counselors in your district about the benefits of joining ISCA. New members can sign up on our website and you can renew your membership there too! If you have story ideas or would like to submit an article for future issues of the newsletter, please contact Jennifer Hill at jhill@idahova.org or (208)467-1781.

ISCA Elections Open Now: Vote Today!

Elections are open now for ISCA positions for next year. Click on the survey monkey link to vote, or email your vote to Anne Jensen at JensenAn@tfsd.k12.id.us. We are still looking for Vice Presidents for Regions I and II. Please contact Ginny Armstrong if you are interested in one of those positions.

<http://www.surveymonkey.com/s/J2FGF5T>
**Elections will be open until next Tuesday,
 May 11, at 3:00 p.m. Please vote today!**

Regional Vice President Nominees

Region IV Vice-President

Donna Stalley is willing to help and would like to use her time for our organization. She has held many leadership positions: Past-President of the Hospital Auxiliary, State Board of Social Workers, Region 5 Representative to the Idaho Board of Alcohol/Drug Counselors, Past-President of the local YMCA and served on the National YMCA Board of Directors, SIPAD Board of Directors and Chairman, and many others.

Region VI Vice President

Darren Furman would like to promote public, parent, and educator awareness of the asset and value that Idaho school counselors bring to the educational setting. He would like to also promote continued professional development, ethics trainings, role clarification direction and guidance and networking support to Idaho school counselors. He has been a past member of the Board of Directors of Upper Valley Free Clinic, the Language and Literacy Community Committee Testing Coordinator for Ucon Elementary, and the Afterschool Activities Coordinator.

“I enjoyed the small group atmosphere and being able to connect with other counselors that I haven’t seen for a while.”

President-Elect-Elect
Job Description: The office of President requires a commitment of four (4) years. Responsibilities include:

President-elect-elect (2010-2011): Participate in all governing board meetings, annual and spring conferences, and leadership and professional development activities of the Association.

President Elect (2011-2012): Participate in all governing board meetings and annual/spring conferences; represent ISCA at ASCA Delegate Assembly and at the ASCA Leadership Development Institute; work with the leadership team in carrying out the ISCA strategic plan.

President (2012-2013): Represent school counselors throughout the state; maintain communication with ASCA; preside at all governing board meetings; appoint chairs to standing committees; represent ISCA at the ASCA Delegate Assembly and the ASCA LDI; represent ISCA on the ICA Council of Leaders.

Past President (2013-2014): Attend

all governing board meetings and the annual and spring conferences; participate in all leadership and developmental activities of the Association; chair the nominations and elections committee. Maintain membership in ISCA, ICA, and ASCA.

President Elect-Elect Nominees:

John Ruprecht is a former Idaho Middle School Counselor of the Year. He would like to help our state organization and become more involved in the profession. He believes that his experiences would benefit other school counselors. John has served at the school and district level as Department Chair, member of the Athletic Advisory Committee, and Team Leader Council.

Linda Widmer believes in getting involved to make a difference and encouraging others to be involved. She is at a time in her career that she has time to contribute to the future of school counselors. Linda has served as president or chairman in many organizations: PEO, Women’s Ministries, Sunday School, Head Usher and Greeter, School District Foundation, and Junior League.

Region IV Spring Conference a Success!

School Counselors gathered from around Region IV on March 19 at Iona Elementary School to enjoy a day of professional development and networking. Zak Warren and Jill Weadick from Pearl Health Clinic in Idaho Falls presented on Ethics, Sandtray Therapy, and Self-Care. It was a very comfortable and open forum that involved a lot of group discussion.

Peggy, one of the attendees, stated, “I enjoyed the small group atmosphere and being able to connect with other counselors that I haven’t seen for a while.” Jennifer commented that she “appreciated reviewing ethical issues that commonly present themselves in the school setting and receiving feedback and direction from others in the group.” Thank you to all who supported this conference! We increased our membership by three....every little bit helps!



~Kathlene Parsons



“We all have our own individual warning signs for when we are feeling over-worked, over-extended, and over-whelmed.”

Self-Care for School Counselors

While attending a breakout session at the ICA Conference in January, I was reminded of the importance of self-care. We in the helping professions are exposed to others' pain and tragedy and we may experience vicarious trauma and compassion fatigue. It is important to recognize signs of burnout and act accordingly.

There are many resources available to us. I found a workbook called, “What About You? A Workbook for Those Who Work with Others” to be a good, quick read. The web address for it is: http://community.familyhomelessness.org/sites/default/files/NCFH_WhatAboutYou.pdf

We all have our own individual warning signs for when we are feeling overworked, overextended, and overwhelmed. For many, the first signs of stress are felt in the body, whether in the form of headaches, stomachaches, muscle tension, or general fatigue. The physical and emotional toll that stress takes on our lives quickly begins to impact our relationships with family, friends, co-workers, and clients.

Often times, early warning signs of increased stress can be found in the ways that we are interacting with others. Here are some common warning signs that indicate that stress may be impacting the quality of our connections with others: Increased conflict with friends, co-workers, or family members; Feeling sad, angry, anxious and irritated when a friend, family member, co-worker, or client tries to reach out or talk to you; More easily losing patience with friends, family, co-workers, and clients; Feeling “burned out,” exhausted, a loss of motivation or interest, guilty, concerned that you can't manage your relationships and work; Feeling helpless around the house; Losing interest in family rituals and routines; Avoiding phone calls from friends or invitations to participate in activities you normally enjoy; Less interest in social activities, less time for social life, trouble communicating and staying connected to others; Feeling disconnected, detached, or trapped; Difficulty understanding what has happened and why, and how it impacts your view of yourself and the world around you; Withdrawing and attempting to manage your feelings without reaching out and seeking connection with others.

The workbook suggests that re-connecting with family and friends is a good way to help.

Rituals

- Cook a meal with family/friends.
- Eat a meal with family/friends.
- Attend events that are important to your friends/family (e.g., concerts, team games, etc.).
- Take time to say good morning/good night/goodbye.
- Participate in spiritual/religious rituals in community.
- Celebrate life through rituals and routines with friends/family (special things you do every day).
- Celebrate birthdays/accomplishments and other ceremonies.

Reflection and Balance

- Prioritize relationships over work.
- Evaluate the quality of your current relationships.
- Let go of those connections that are unhealthy and serve as a barrier to self-care.
- Laugh with others, whether at work or at home.
- Be nurturing to others.
- Accept nurturing from others.
- Listen.
- Be open to new ideas from friends/family.
- Feel proud of yourself and your family/friends.

Activities

- Spend time relaxing with family/friends (e.g., play games, watch movies, other fun activities).
- Capture memories with photos.
- Read fun stories/ books with your family.
- Keep a family journal.
- Participate in volunteer activities with friends/family.
- Take a vacation with friends/family (day trip, mini vacation, and long weekends).

Communication

- Make time to check in with loved ones to let them know how much you love/care for them.
- Give hugs, kisses, and/or other signs of affection.
- Discuss why relationships with family/friends matter.
- Seek family/couples therapy when needed.
- Ask for help from a friend/family member when needed.
- Communicate openly and effectively to those who are important to you.
- Express concerns constructively.
- Have a “phone date” with a friend/family member you haven't spoken with in awhile.

It's not always easy with so many people demanding so much from us, but it is important that we take stock of our lives to make sure that we are healthy, both physically and mentally, so that we can continue helping others.

~ Anne Jensen, ISCA Past-President

Colleges Provide Encouragement Letter



Spring is on the horizon, and with it comes more than warmer temperatures. It is a great time for high school juniors to make some decisions about their life after high school.

This spring, Idaho two- and four-year colleges and universities are partnering with ACT to provide a letter to Idaho high schools that can be shared with their juniors. The letter encourages students to do their best on the ACT college admission test and consider staying in-state for college. A list of Idaho college and university codes is

included in the letter to assist students during the registration process.

Most four year colleges require or recommend that students submit test results as part of the admission application process. Many 2- and 4-year colleges also use ACT results to provide students with personalized options for academic programs, activities, events, and unique campus characteristics that match their needs and interests, and even assist in placement in freshman classes.

Lloyd Scott, senior associate director of undergraduate recruitment at the University of Idaho and Idaho ACT Council chair-elect states, "As representatives from Idaho colleges and universities travel around the state meeting with high school juniors, we encourage these young students to actively begin their college search process."

"One very good way for them to do this is to take the ACT in the spring of their junior year – to help the students better assess their potential and options for college college and also to allow colleges and universities the opportunity to reach out to these same students early and encourage them to continue their education after high school. We are grateful for the continued support by ACT on behalf of our students."

Students can either register for the ACT online at www.actstudent.org or pick up a registration packet at their high school counseling office. May 7 is the registration deadline for the June 12 ACT. To receive an electronic copy of the letter to download for your students, please contact Stacey Ellmore, ACT's Idaho representative, at 916-631-9200 or stacey.ellmore@act.org.

LPC Ethics hours can no longer be earned through self-study or online education.

Other News You Should Know About

LPC Changes: The Idaho Legislature recently approved new rules for the Idaho Licensing Board of Professional Counselors and Marriage and Family Therapists. Highlights of Rule 425, which governs continuing education, include the following:

- (a) **no more than ten (10)** contact hours may be obtained through self-study or **on-line** courses during each reporting period, and
- (b) **ethics** contact hours **cannot** be earned through self-study or online education

New SDE Calendar – The State Department of Education is pleased to announce the new SDE Calendar on its web site. This calendar will display all upcoming conferences, trainings, workshops, webinars, conference calls, etc. sponsored by the State Department of Education as well as the fall in-service workshops.

To access the calendar, please visit <http://www.sde.idaho.gov/site/calendar.htm>.

Awards- The Idaho Counseling Association recognized ISCA members Silvana Stoll, Patty Bolinger and Wendi Ellis-Clark as University Supervisors of the Year. Congratulations!

Job Opening- District #93 is hiring one elementary school counselor next year. Applicants need to complete the application process on the district's website. LPC/LCPC Licensing is preferred.

Register Now for Fall ISCA Conference

Mark your calendar now and start making your travel arrangements for the 2010 Fall Statewide Conference "**Counselors are Life Savers**" on October 7th and 8th in beautiful Coeur d'Alene, Idaho. Keynote speakers will be Dr. Kent Hoffman and Dr. Lisa Bennett from Gonzaga University and Dr. Rand Walker, a Moscow-based clinical psychologist.

Early bird registration is open until June 1st on our website and all early birds will receive a free ISCA t-shirt!

www.idahoschoolcounselor.org



(Counselors of the Year– continued from page 1)

teams] and career [workforce readiness and/or post-secondary education opportunities] responsibilities continue to expand, despite budget cuts and loss of personnel. Certainly, email, the internet, and other social media have vastly changed our ability to communicate with parents, students, colleagues, and colleges, along with the incredible proliferation of information gathering and sharing. It's important to remember, however, that nothing replaces the simplest of personal, individual contact...

If you were talking to a college graduate that was considering a career in school counseling, what guidance would you offer? "School counseling is a unique, challenging, unpredictable, and very rewarding profession! Be 'well-prepared for the unknown,' have an appreciation for the energy and enthusiasm that working with students brings, enjoy laughter and camaraderie along with serious and stressful days, be organized, thorough, and tech-savvy, have a positive outlook and excellent problem-solving/listening skills, and be sure to maintain clear boundaries and self-care strategies."

Describe one of your favorite counseling memories. "I can't specifically share too many stories without breaking

confidentiality [or tear ducts], but am reminded on nearly a daily basis about the impact and importance we can have on the lives of students. It's pretty amazing what a complete stranger [a seatmate on an airplane for instance] will tell you if you disclose your job as a school (or private practice) counselor. Career highlights range from being a mental health crisis volunteer with the American Red Cross in New York City after 9/11 to simply hearing that a senior was accepted by their top-choice of college admission. A passionate interest these days involves being an active member of the Idaho Safe Schools Coalition, supporting the goal of helping schools become safe and inclusive environments for teaching/learning for all students."



John Ruprecht (pictured with his principal)

Experience: American Falls High School (2 years), South Junior High, Boise (10), Frank Church next Fall

How have you seen the school counseling profession change? Since I

started counseling 10 years ago, it seems like there are more duties for a counselor to be part of. When I first started as a school counselor, I had the idea that I would be doing individual counseling, groups and classroom guidance primarily. While I do still spend a good deal of time on those areas, there are definitely a lot of other things to do as part of the school counseling job.

If you were talking to a college graduate that was considering a career in school counseling, what guidance would you offer? "I would advise a graduate student to get as much diverse experience as possible. Look for internships in different settings. If you don't have experience in education (I didn't have much before starting as a school counselor), try to find a way to get into the schools and work or volunteer. I also would suggest trying to get your LPC while still in graduate school. Having different options is always a good professional idea. I would also tell graduate students that being a school counselor is a fantastic job that never gets boring!"

Describe one of your favorite counseling memories. "There are great moments that happen every day as a school counselor. There is no shortage of humor with junior high students! I think the most heart warming ones for me are the letters, emails or visits from former students and parents. It's very rewarding to hear that I was able to help out and make their junior high experience better. Things like that make it all worthwhile."

Nominations are now open for the next Counselor of the Year awards. More information is available on the ISCA website under "Recognitions." The deadline is June 1.



**IDAHO
SCHOOL
COUNSELOR
ASSOCIATION**

The mission of the Idaho School Counselor Association is to promote excellence in school counseling by empowering professional school counselors to meet the needs of all Idaho's students and constituents.

www.idahoschoolcounselor.org

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