

Schedule Outline

- 7:30 a.m. to 8 a.m.** Registration & Continental Breakfast
(Ballroom)
- 8 a.m. to 8:15 a.m.** MESCA and ASCA Board Welcome
Remarks
- 8:15 a.m. to 8:20 a.m.** SCOY Welcome Address- Ms. Tara
Kierstead & Scholarship Awards
- 8:20 a.m. to 8:30 a.m.** SCUTA Information
- 8:30 a.m. to 9:30 a.m.** **Morning Keynote - Kirsten Perry**
- 9:30 a.m. to 9:45 a.m.** Exhibitor & Vendor Break with Mid-Morning
Snack
- 9:45 a.m. to 10:45 a.m.** Breakout Sessions A (6 workshops)
- 10:45 a.m. to 11 a.m.** Exhibitor & Vendor Break
- 11 a.m. to 11:45 a.m.** ASCA Town Hall General Session
& Youth Voices from GLSEN
- 11:45 a.m. to 12:45 p.m.** Lunch
- 12:45 p.m. to 1:15 p.m.** PRIZES! Approval of Board Reports, Open MESCA Board
Positions, Government Relations Update & DOE update
- 1:15 p.m. to 2:15 p.m.** **Afternoon Keynote - Dr. Bryan Pearlman**
- 2:15 p.m. to 2:30 p.m.** Exhibitor & Vendor Break with afternoon snack
- 2:30 p.m. to 3:30 p.m.** Breakout Sessions B (6 workshops)

3:30 p.m. to 4 p.m.

THINK TANKS: Collaborating

Classroom Lessons

Small Groups

Increase Accessibility to Students Using Google Calendar

RAMP

Join the Board

Mindfulness: Self-Care Ideas

ASCA Web Site Resources: Share Your Favorite Digital Resource

4 p.m. to 4:15 p.m.

Closing - PRIZES including FREE MESCA & ASCA conference drawing. Submit evaluations!

Breakout Session Descriptions

Key: A: All, E: Elementary School, M: Middle School, H: High School

Morning Breakout Sessions

A.1 Recruiting Generation Z High Schoolers into Behavioral Health Workforce (A)

Presented by: *Scott M. Gagnon, MPP, PS-C, Director of Operations, ADCARE Educational Institute of Maine. Catherine Chichester, APRN, MSN Executive Director, Co-Occurring Collaborative Serving Maine and Wendy St. Pierre Ph.D., LCSW, MHRT/C, Assistant Professor of Mental Health and Human Services at the University of Maine Augusta*

The shifting age demographics and the “graying” of Maine’s behavioral workforce prompted the Maine Behavioral Health Workforce Development Collaborative to initiate a project to do outreach to high school students to explore behavioral health careers. This workshop will share the product, a presentation that integrates information about the various professions, educational paths, job outlook, and embeds videos of real stories from Maine professionals talking about their experience in their jobs and their reasons for pursuing their careers. The curriculum also includes probing interactive and evaluation questions. The data on the pilot and the next steps to disseminate the product will be outlined and discussed.

A.2 Technology and Emotional Wellbeing of Youth (A)

Presented by: *Jeff McCarthy Jeff McCarthy, PhD, LCPC, NCC, Counselor Educator at Liberty University*

The use of technology among youth has become a regular occurrence in our everyday life. Youth are finding how to engage technology in ways that can be positive and productive, as well as have a significant impact on their emotional and social well-being at home and in school. Research is beginning to show that youth are experiencing significant difficulty to adequately moderate their use of technology, and to experience healthy emotional and social development.

Excessive use of technology by youth causes increased anxiety and depression among most ages, and rates of suicide among the ages of 10-17 increased over 70% in the past few years. Cyberbullying has been found to have a direct correlation with the increased rates of suicide. Younger children are arriving to school with a lack of proper social skills, delayed speech, and not being able to adequately resolve conflict due to excessive use of technology early in their life. There needs to be more awareness of how excessive use of technology by youth impact their emotional and social well-being at home and in school.

A.3 Comprehensive College & Career Program for Middle School (E, M)

Presented by: *Virginia DeLong, School Counselor at Lebanon Middle School in Lebanon, CT. Government Relations and Advocacy Chair for the CT School Counseling Association, Past Chair Board of Directors CT School Counseling Association, School Counseling Curriculum Writing Team Member for the State of Connecticut.*

Getting our students college and career ready at every level is so important. This workshop will focus on lessons and activities that can be done with middle school students (and elementary as well). We will discuss career interviews, outside resources, post-secondary career ladders, co-taught research projects, job shadows, field trips, door decorating contests and so much more! By the end of this workshop you should be able to develop or add to your own comprehensive career counseling program and culture.

A.4 Adopt-a-Classroom: Connecting Academics to Aspiration K-12 (A)

Presented by: *Kate Stevens M.Ed. C.A.S., School Counselor at Gorham High School and Brian Jandreau M.Ed, Principal at Gorham High School, Miliken Family Foundation National Educator Award.*

Come learn how our district collaborated K-12 to encourage the career and college aspirations of our students. Our high school students enjoyed working with our elementary students to share their future story goals which included 4 year college, working in the trades, military etc. Through this conversation, the elementary school students became interested in exploring their own future story and excited to get to the high school and take advantage of all the opportunities high school offers. After attending this session you should be able to:

Connect high school student learning to elementary students.

Encourage a college going culture.

Resources to explore during classroom presentations.

Encourage alternative pathways while in high school, such as CTE & Dual Enrollment courses.

A.5 Smashing the Stigma around talking about mental health through student engagement (A)

Presented by:

*-Ann Clark, MA in School Counseling, retired middle school counselor
Suzanne Fox, Founder of YTP -Julia Hansen*

The Yellow Tulip Project (YTP) is a Maine-grown nonprofit dedicated to Smashing the Stigma around talking about mental illness. It is highly adaptable to any size group from a classroom to a community-wide conversation. It is a youth-driven organization with Youth Ambassadors in 40+ states, and in many Maine communities. We have a curriculum, a powerful photo exhibit, and student activities, such as planting Hope Gardens, and Hope Boards. We will be presenting on how to engage and empower youth on this critical topic and talk about the incredible enthusiasm for our mission we have encountered since our founding in 2016.

A.6 Restorative Practices in a Multi-Tiered Systems of Support (MTSS) Model (A)

Presented by: *Kirsten Perry, K-12 School Counseling Specialist for the Chicago Public Schools (CPS), CPS Director's Choice Award in 2013, Supervisor of the Year in 2015, National School Counselor of the Year by the American School Counselor Association (ASCA) in 2018.*

During this session, participants will learn about restorative justice theory. The restorative justice model will be explained through an interactive presentation that focuses on root cause analysis and multi-tiered practices that impact ALL students. Come learn how to change punitive models of discipline into holistic models of student support!

Afternoon Breakout Sessions

B.1 I'm Sad, Mad & Traumatized...And You Still expect Me To Learn (A)

Presented by: *Bryan Pearlman, Ed.D., Founder of Most Valuable Professional Development, LLC and Co-Founder/Board Member of Distinguished School of Mental Health & Wellness.*

Students that have experienced trauma are coming to our schools in record numbers. Our hearts bleed for these kids, but empathy is not enough. We still have to set the bar high and help all students to reach their potential. Current research, data, stories, and many strategies will be shared with participants in this interactive training.

B.2 P: Supporting Students who are Transgender and Gender Expansive (A)

Presented by: *Tara Kierstead-MS, NCC, School Counselor at Hall-Dale Middle/High School, 2018 Maine LGBT Youth Educator of the Year, 2019 Maine School Counselor of the Year*

This session is designed to help you support your students who are transgender and gender expansive in grades PK-12. This is an introductory presentation about important terms, school wide inclusive practices, legal issues, and how you can examine your own school's policies. You will leave with the tools needed to start thinking about how you can best ensure all students feel safe, supported, and accepted at your school. A wide variety of resources will be shared.

B.3 Advocating for the Role of School Counselors at the District Level (A)

Presented by: *Nicole Hatch M.Ed., School Counselor at Thomaston Grammar School, MESCA past chair*

Come and learn how to develop a presentation for administration, school boards, and staff that outlines the work you should be doing as a school counselor. I firmly believe people don't know, what they don't know. So, come learn how to educate the decision makers in your district!

B.4 Using the new ASCA National Model through SCUTA to help Students (A)

Presented by: *SCUTA Staff*

The effectiveness of school counseling has been a central issue school counselor face every day. We will examine the new ASCA National Model, review learning theories and examine how they can be used with Mindsets and Behaviors, SMART goals and curriculum to provide students with skills and knowledge that will improve their life. A real-world example through SCUTA will be used to illustrate this framework and show how it all comes together.

B.5 Youth Vaping: Data, Prevention & Support (M, H)

Presented by: *Peter Scott, LCSW and Tiffany McPhetres, LCPC, LADC, Social Workers at MSAD #51 Greely High School*

Vaping has quickly swept through Maine Schools, amplified by the "JUUL" brand coming to the market in 2015. Since that time, schools across the country have been wrestling with a myriad of issues in the wake of this concerning and addictive trend. This workshop, after a brief overview of the most recent data, will focus on prevention strategies that school counselors can embrace and advocate for within their school communities. Utilizing a developmental relationships framework, we will explore positive ways to connect with students regarding prevention, responsible decision making and intervention.

B.6 Making the Transition from High School to Postsecondary Settings for Students with Documented Disabilities (M, H)

Presented by: *Gail Lincoln, Parental Advocacy Coach of Lincoln Associates, LLC*

Learn how to guide the transition from high school to postsecondary for students with documented disabilities, as well as the differences between high school, (IDEA) and postsecondary schools based on ADA and Section 504 of the Rehabilitation Act. Learn how to promote self advocacy while helping families look at options. This session will answer questions regarding ADA, Section 504 and postsecondary education.