

Thursday, October 29

On Demand Sessions will be at 8:30am	Why SEL?	Be Well: Learn and Practice 5 mindfulness strategies to use at home or school
	Youth Engagement and Restorative Practices	The Final Season: The role school counselors play in preparing and transitioning high school athletes to post-competitions phase of life
	Small Groups for Grief and Incarceration	Taking the Leap: Guiding Your Students towards a Meaningful Gap Year
	Bringing Light to the Darkness of Suicide	Supporting our Transgender Students
4:15-5:00	Suicide Prevention Plans: Connecting Every Student	Addressing Vaping within a Tiered System of Support
5:00-5:45	Tackling White Privilege and Bias in Schools	Teaching Elementary Students about Bias
5:45 to 6:30	Dinner Break	
6:30 to 7:00	MESCA Chair Address: Angela Avery	
7:00 to 7:45	Keynote: Lisa Koenecke	

Friday, October 30

9:00-9:45	Keynote: Russ Sabella	
9:45-10:30	Vendors	
10:30-11:15	Tech Tools for Counselors: Digital Tools to Transform your Practice	Purposeful Games in School Counseling
11:15-12:00	Vendors	
12:00-1:00	Lunch Break	
1:00-1:45	Help Students Create Mindfulness	Creating Positive Change
1:45-2:00	Break	

2:00-2:45	Including and Celebrating LGBTQ+ Youth	Data Investigation
3:00-3:30	Annual Board Meeting	
4:00-4:30	Happy Half Hour	

Breakout Descriptions		
Suicide Prevention Plans: Connecting Every Student <i>(October 29, 4:15)</i>	Angela Avery	<p>Suicide remains the second-leading cause of death among youth ages 10-24. School counselors are in a unique position to help all students find connection, purpose and hope and potentially prevent suicide. Learn how to decrease suicide ideation among your students by proactively teaching coping skills and other tier-leveled systems of support in your school counseling program. Identify suicide prevention interventions for each tier level. Discuss ways to find your students' voices and connect all students with a trusted adult and the support they need to persevere and thrive.</p>
Tackling White Privilege and Bias in Schools <i>(October 29, 5:00)</i>	Shenna Bellows	<p>What steps can we take to confront white privilege and bias in our schools to make the school environment more safe and welcoming for all? This presentation will explore strategies and resources for tackling bias and racism in our educational institutions.</p>
Why SEL? <i>(On Demand)</i>	Kellie Bailey	<p>Kellie D. Bailey is Maine DOE social emotional learning specialist. She has spent nearly 30 years in Maine schools as a certified SLP and mindfulness educator. Over the past several years Kellie has worked across the state providing workshops and training in Mindfulness and Social Emotional Learning. Kellie brings to this session a deep knowledge of brain and mind science supporting the development of adult Emotional Intelligence. She understands that before we can teach SEL to our students, we must first embody SEL for ourselves. Join Kellie as she breaks down the 5 core competencies of emotional intelligence in humans and shares mindfulness strategies for self care and to use with students to assist with co-regulation. Kellie will also share Maine DOE first ever SEL Prek-12th grade comprehensive, web based SEL curriculum with a library of 450 SEL modules to support in person learning or to supplement online instruction. Be prepared for a lively discussion as well as moments of guided mindfulness practices to support one another in our own SEL development.</p>
Tech Tools for Counselors: Digital Tools to Transform your Practice <i>(October 30, 10:30)</i>	Angela Cleveland	<p>The sudden shift to remote education has pushed us out of our comfort of 'tried but true' educational engagement blueprint and tools to update our design thinking and strategies. Like a favorite app or device, we can upgrade our daily practice with only a few modifications. We can improve time efficiency, productivity, and add additional</p>

		style and elegance - promoting engagement, just by plugging in with the right tools. Designed for school counselors and other education professionals. Learn how digital tools can be used daily to not only enrich intervention and instruction but also guide decision-making, streamline work, enhance communication, and promote happier students.
Creating Positive Change <i>(October 30, 1:00)</i>	Kris Croteau	Life is often difficult. It can be harsh, stressful, and feel like a pot of boiling water. The environments we find ourselves in can change, weaken, or harden us, and test who we truly are. Using the book, "The Coffee Bean" by Jon Gordon, I will look at ways that this simple lesson can change our thinking and our lives. Focus will be on how we all had to readjust our lives due to Covid-19, as well as how we were all impacted by violence and the systemic and institutional racism that marginalizes African Americans. I will look at ways that 2020 has challenged us, empowered us to use our voices, and how we can use the life lesson from "The Coffee Bean" to positively move forward.
Including and Celebrating LGBTQ+ Youth <i>(October 30, 2:00)</i>	Gia Drew	This informative and interactive presentation will focus on working with, understanding, supporting, including, and celebrating LGBTQ+ individuals, especially Transgender, Gender Non Conforming, and Non Binary students. The presentation will cover a large area, including: language and terminology, names and pronouns, confidentiality, current climate for LGBTQ+ youth in Maine, Maine and Federal law, best practices, resources, and time for questions and answers.
Be Well: Learn and Practice 5 mindfulness strategies to use at home or school <i>(On Demand)</i>	Hope Hersom	You hear about mindfulness almost daily, but what is it? Join me today for a brief overview of mindfulness and learn at least five mindfulness strategies to promote calm and focus in your daily life. Most of these practices can be done within a minute or so to reset after a stressful moment, bring one's self back to the present and focus on the task at hand, or prior to bed to promote a good night's sleep. Looking forward to seeing you there!
Youth Engagement and Restorative Practices <i>(On Demand)</i>	Corrie Hunkler	Restorative practices are rooted in First Nation and indigenous community traditions and philosophies. Importantly, restorative practices are a useful approach and skill set to give young people in advance of potential conflicts or unacceptable behaviors. Restorative practices are processes that proactively build healthy relationships and a sense of community to prevent and address conflict and wrongdoing. Through an interactive workshop we will explore how these practices can be used in the classroom, small group and school wide. We will also explore Maine Youth Action Network's work and programming that supports schools and youth voice across Maine.
Help Students Create Mindfulness <i>(October 30, 1:00)</i>	Sarah Kirk	Students often come to school unable to manage difficult emotions with one in eight children experiencing anxiety disorders. In "Help Students Cultivate Mindfulness" you will learn how to cultivate mindfulness in an educational setting to help students develop skills to manage their emotions.
The Final Season: The role school counselors play in	Joshua Mangin	For some high school students, being an athlete can be a predominant part of their self-identity. Sports provide a sense of meaning, self-esteem, social support and in some

<p>preparing and transitioning high school athletes to post-competitions phase of life <i>(On Demand)</i></p>		<p>cases a career direction. However, for every athlete there will be a time when they can no longer compete in their desired sport. The loss of ability to compete whether due to an injury, suspension, or end of athletic career can be a difficult transitional time. It is not uncommon during this transition for student-athletes to experience mental health concerns, such as depression, anxiety, lack of meaning, and reduced social support. Therefore, we believe high school counselors can play an important role in helping student-athletes transition and prepare for the post-competition phase of the athlete's life. In this presentation, we will discuss ways that school counselors can help support student athletes as they begin the transition to the post-competition phase of life. This can include exploring the benefits that sports provide to a student, ways to still feel connected to sports, and explore and develop skills that can be used in other phases of life. We will also explore ways in which school counselors and other relevant professionals can collaborate and provide resources throughout this process.</p>
<p>Purposeful Games in School Counseling <i>(October 30, 10:30)</i></p>	<p>Carol Miller</p>	<p>Ever get tired of the same old routines in your counseling program? These games will get your program energized and your students learning while focusing on social emotional learning. A brief overview and examples of various games will be presented.</p>
<p>Small Groups for Grief and Incarceration <i>(On Demand)</i></p>	<p>Gen Nelson</p>	<p>Interested in running small groups, but not sure how to get started? Looking for new activities or group ideas? Focus on middle school groups (although adaptable to all levels), particularly for grieving students and those with incarcerated parents. Learning objectives: After attending this session, you will be able to: 1) Plan small groups for students experiencing grief or parental incarceration. 2) Implement activities to help students express themselves in the group or individual setting. 3) Assess the effectiveness of your group using pre-/post-data.</p>
<p>Accommodation and Interventions for Anxiety: 504 Plans and Counseling Strategies <i>(On Demand)</i></p>	<p>Keri Powers Pye</p>	<p>Overview of manifestations of anxiety, appropriate classroom accommodations (504 or otherwise) and effective counseling strategies for various manifestations of anxiety</p>
<p>Data Investigation <i>(October 30, 2pm)</i></p>	<p>Laura Rankhorn</p>	<p>Join us as we look at data as an investigation, using the six steps actual investigators use when solving a case. Learn how data can make your school counseling program easier once you know how to collect it and what to do with what you've collected. Walk away knowing how to make data collection and implementation easy, doable and even fun! Learning objectives: After attending this session, you will be able to: 1) Develop annual student outcome goals based on student data. 2) Develop and implement action plans aligned with annual student outcome goals and student data. 3) Analyze data from lessons and activities to determine impact on student outcomes. 4) Create goals based on student, school and/or district data to close the achievement, opportunity and/or information gaps.</p>
<p>Teaching Elementary Students about Bias <i>(October 29, 5:00)</i></p>	<p>Kimberly Raymond</p>	<p>As an elementary school counselor, you may have wondered about the best way to talk with your students about complicated topics such as bias, racism and other civil rights issues. In this session you will see a variety of examples of ways to address these topics with younger</p>

		students. You will also learn how having an Civil Rights Team at your school can be a powerful tool to educate and empower students and transform your school climate.
Taking the Leap: Guiding Your Students towards a Meaningful Gap Year <i>(On Demand)</i>	Julia Rogers	<p>According to a recent survey, up to 40% of incoming college freshmen might be putting their education on hold due to the pandemic. This period of time - referred to as a "gap year," is typically a time of experiential learning, career exploration and personal growth. This trend in the gap year option is poised to grow into 2021 and beyond.</p> <p>School counselors are in greater need of information about the gap year option. This presentation will walk attendees through the six common profiles of gap year students. I will discuss why particular students are well-suited to gap time and what types of opportunities benefit these students the most. At the end of this session, counselors will understand how to identify strong gap year candidates and what they can do to encourage them to consider a gap year.</p>
Addressing Vaping within a Tiered System of Support <i>(October 29, 4:15)</i>	Tonia Stallions	The goal of the session is to provide prevention and intervention strategies for 6-12 grade students who are exposed to the peer pressure, advertising and marketing of vaping. The information will include current research, data, and use of appropriate theories for substance use/abuse counseling. Attendees will walk away with a concrete plan to address this modern epidemic within a Tiered System of Support. All handouts will be shared via Google drive.
Bringing Light to the Darkness of Suicide <i>(On Demand)</i>	Roger Von Braun	This presentation focuses on what school counselors, teachers, and administrators can do to develop a mental health friendly school environment, improve communication between staff, and support identification of at-risk students. Blending my experience as a NYS Certified Teacher, Suicide Loss Survivor, and someone who has personally overcome severe anxiety and depression, I offer counseling staff a new perspective on suicide prevention based on connection & empathy. Topics include enhancing cross-communication amongst colleagues, building open connections with students, developing an environment that encourages the conversation on mental health, and practices to improve the school-wide alert protocol.
Supporting our Transgender Students <i>(On Demand)</i>	Eilean Worcester	Gender nonconforming (or "transgender") students are more common than ever before. This may be because some youth might find it safer to come out and talk about gender exploration when they may not have years ago. Every student has the right to learn in a safe and accepting school environment, and have trusted adults they can turn to. This presentation and discussion will address issues our transgender students face while they are at school. There will be a focus on ways to create a safe, supportive and respectful school environment. This presentation is for anyone, whether "new to" or "knowledgeable about" transgender student issues.