

# 2019 ANNUAL CONFERENCE

## *“School Counselors Make Connections”*

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### **Session I – 10:15 -11:25 AM – Graduate Students Only**

All Graduate Students will begin with by attending this session in which a panel of recent Master of School Counseling Graduates and first year counselors will share their experiences and answer questions of current graduate students.

### **Session I – 10:15 -11:25 AM**

#### **1. Freshman Round Table**

*Dina Keleher, Freshman School Counselor, South Windsor High School*

##### **Location:**

High School Level  
All Domains

This workshop consists of a round table discussion group for all counselors who work with freshman students. This will be an opportunity to share ideas regarding lessons, groups, parent programs and much more!

#### **2. Career Day with a Twist**

*Amy Brintle, School Counselor, Canton Schools*

##### **Location:**

All Levels  
Career Domain

Are you looking for a fresh way to deliver Career Day at your school? This style takes on a restorative approach to generating conversation between students and community members. Rather than focusing the day on career exploration, create discussion centers on topics such as the growth mindset or emotional intelligence as it relates to the workplace. Hearing stories of how a guest overcame a challenge or used resiliency skills can be quite powerful.

#### **3. AP 2019-20: Getting the most from the New AP resources**

*Sabrina Lavieri, Director, State and District Partnerships, College Board*

##### **Location:**

High School, Administrators, First Year and Veteran Counselors

Academic Domain

For the 2019-20 school year, the Advanced Placement (AP) Program will launch a new system of resources to support teachers, students, and coordinators. Talk to a panel of AP Test Coordinators who implemented these resources this year to learn about their experience and how these resources will be beneficial to your students. Participants will gain greater insight into where to find AP 2019-20 information, support, and guidance to make sure your transition is a smooth one.

#### **4. CSCU Community College Student Success and Guided Pathways Redesign**

Tamika Davis, Gayle Barrett, Greg DeSantis, Vicki Bozzuto, Steve McDowell, Fran Rosselli-Navarra, Heidi Zenie, Michael Buccilli, Guided Pathways, Tunxis Community College

**Location:**

All Levels  
Academic and Career Domains

CSCU Community Colleges are undertaking a multiyear Guided Pathways implementation committed to improving student success and equity. Faculty, staff, students, and administrators are collaborating to develop a culture of academic and personal success for students by redesigning college policies, processes, and practices. Across the country, Guided Pathways efforts have helped more students complete credentials, transfer, and attain jobs with value.

#### **5. Screening, Brief Intervention, and Referral to Treatment (SBIRT) for the School Counselor: Planning, Implementation, and Process**

Margaret Generali, PhD, Department Chairperson, Counseling and School Psychology, SCSU  
Dr. Louisa Foss-Kelly, PhD, Professor, Counseling and School Psychology, SCSU  
Ethan Bourque, School Counseling Graduate Intern, Counseling and School Psychology, SCSU  
Graduate Assistant Andrea Vercillo, School Counseling Graduate Intern, Metropolitan Business Academy

**Location:**

High School, Administrators, Counselor Educators

Program Development

Presenters will discuss the implementation of SBIRT, a school-based intervention within a New Haven High School. The foundation of this work, SBIRT will be described. In addition, presenters will discuss the intervention planning process including school counselor training in the SBIRT method. An overview of monthly classroom guidance lessons, reflection of perceived effectiveness and future goals will be shared.

#### **6. Looking Out for #1 - Namely, You!**

*Douglas Melody, Ph.D. Educational Psychology, Former Director of School Counseling, Current Certified Personal Fitness Coach, Doug Melody Coaching, LLC*

**Location:**

All Levels  
Professional Care

"If I am not for myself - who will be for me? If I am only for myself, who am I? If not now, when?"  
— Rabbi Hillel

Working in a profession that requires constant attention to helping others, counselors often neglect themselves in the process. This workshop will address ways to plug in your "charger" and begin each day with a full battery.

**7. Stress, Anxiety and Survival Mode: Yoga and Mindfulness to help children and adolescence calm, focus and manage emotions**

*Allison Morgan MA, OTR, E-RYT Occupational Therapist*

**Location:**

Elementary, Middle and High School Levels  
Social and Emotional Domain

With the rising rates of stress, anxiety and other mental health challenges among our youth, helping them develop resilience and the inner resources to self-manage has never been more essential. In this workshop you will learn short, simple evidence-based breath, movement and mindfulness activities that prepare students to cope with the challenges of life and learning. These activities are easily implemented into counseling as well as classrooms to help all students thrive.

**8. Student Success: The Role and Impact of Comprehensive School Counseling**

*Virginia DeLong, School Counselor, CSCA Chairman*

*Dr. Jennifer Parzych, Assistant Professor and School Counseling Coordinator, SCSU*

**Location:**

All Levels, Administrators

Professional Identity

Participants will leave this workshop with an understanding of the ASCA national model, the role of the school counselor, and the understanding of what a comprehensive program looks like, and why districts should advocate for more school counselors in their schools.

**9. Win-Win: Building Effective Site Supervisor - School Counseling Intern Relationships**

*Dr. Peg Donohue, CCSU*

*Dr. Detra Bethell, CCSU*

**Location:**

Administrators, Veteran Counselors, Counselor Educators  
Professional Practice

An essential aspect of school counseling pre-service training is fieldwork. The key to a positive

fieldwork experience is a positive relationship with a dynamic and effective site supervisor. This session gives practicing school counselors practical advice about becoming a skilled site supervisor. Several current site supervisors will share their approaches to mentoring fieldwork students. There will be opportunities to make connections to the five Connecticut Universities preparing school counselors.

## **10. Google Apps for School Counselors**

*Michelle Catucci, CSCA Executive Director, School Counseling Dept. Chair, Cheshire High School*

### **Location:**

All Levels, Administrators, First Year Counselors, Veteran Counselors, Counselor Educators

Academic Domain

Each year it seems more and more districts are becoming "Google Schools". Are you using the Google Apps for Educators to best meet your program needs? This workshop will be a crash course on the Google Apps that can help you run your program efficiently and enhance your daily practices and routines.

## **11. Introduction to Child Trafficking in Connecticut**

*Tammy M. Sneed, Director of Gender Responsive Adolescent Services, Department of Children and Families*

*Yvette Young, HART Coordinator, Village for Children and Families*

### **Location:**

All Levels, Administrators, First Year Counselors, Veteran Counselors, Counselor Educators, All are welcomed....legislative requirement for those that come into contact with children.

Professional Knowledge

This workshop will include information on legislation pertinent to child trafficking and explain TVPA and Connecticut's PA's. We will define child trafficking and Domestic Minor Sex Trafficking (DMST) and describe the prevalence of child trafficking in Connecticut as well as pathways to victimization and the warning signs. We will also explain who are the exploiters and buyers of these services.

## **12. School Counselors: The Truth is Out There!**

*Nicole G. DeRonck, Ed.D, Ph.D, CRC Western CT State University*

### **Location:**

All Levels, Administrators

Program Development

Who are these beings called School Counselors? Why do school counselors get upset when they are called guidance counselors? What do they do all day? How exactly do they fit into the school community? How are they evaluated? These questions and many more will be answered in an interactive workshop geared towards shedding light on these mysterious beings and the value added programs they bring to our students. Bring your questions. Together we will search for answers. The truth is out there.

### 13. **University of Hartford Campus Tours**

*Red Key Society (Student Tour Leaders)*

**\*NOTE:** *This workshop will be offered in Session I and Session III.*

**Location: GSU Lobby**

High School Level  
Academic Domain

Take this opportunity to learn about the University of Hartford! Hear about university academic programs, campus life, academic support, career development, varsity athletics and student recreation during a walking tour of campus.

## **Session II – 11:35 AM – 12:45 PM**

### 1. **The LPC: Broadening Your Horizon**

*Sarah Zalewski MS, NCC, BC-TMH, LPC, School Counselor, Manchester*

*Justine Meyer, NCC, LPC*

**Location:**

All Levels, Graduate Students, First year counselors, Veteran Counselors  
Professional Practice

What are the benefits of being a Licensed Professional Counselor (LPC) and being a school counselor? How do you obtain your LPC? What can you do with an LPC? We'll look at the answers to these questions and more, with a focus on the new legislation regarding obtaining your LPC. Bring your questions!

### 2. **Early College Experience (ECE): Creating a Path to the Future**

Jessica Dunn, Assistant Director, UConn OECP and Director of Student Enrichment, UConn ECE

Carissa Rutkauskas, M.A., Program Coordinator for Outreach and Evaluation, UConn ECE

**Location:**

Middle School, High School, Administrators, First Year Counselors, Veteran Counselors,  
Counselor Educators

Academic Domain

Participants should leave this session with an understanding of concurrent enrollment, including student benefits and accessibility. While the focus will be on UConn ECE, we will also speak more broadly to early college and career awareness and college preparation, offering and accepting ideas and practices. In our over 200 partner schools throughout CT, school counselors are our "site reps," the primary connection between UConn ECE and the high school community.

### 3. **ACT Tesseract - A Comprehensive Next-Generation SEL Skills Assessment System**

*Greg Napierala, ACT Account Executive, MBA*

*Sean Corcoran, Senior ACT Account Executive*

**Location:**

All Levels, Graduate Students, Administrators, First Year Counselors, Veteran Counselors, Counselor Educators

Social and Emotional Domain

Workshop participants will learn about a system and approach to measure students' SEL skills, determine student strengths and areas for improvement, and identify interventions to help students succeed. They will learn a holistic approach to educating and improving the lives of their students through a focus on SEL skills.

**4. College Board Opportunity Scholarships; A Clearer Path to College**

*Sabrina Lavieri, Director State and District Partnerships, College Board*

**Location:**

High School, Graduate Students, Administrators, First year counselors, Veteran Counselors, Counselor Educators

Academic Domain

This session will provide school counselors with an overview of the scholarship program and resources that they can use with their students to connect them to this opportunity.

**5. Restorative Practices in Action**

*Bonnie Robbins, Professional School Counselor, ME, NBCC, M.Ed, School Counseling, Adjunct Professor, University of Southern Maine*  
*Shawn Vincent, Principal, ME. Ed D., Leadership*

**Location:**

All Levels

Program Development

Restorative practices enable all members of the school community to integrate a collaborative approach by focusing on building, maintaining, and repairing relationships among all members of a school. When students have an increased connection to school, they will have more educational motivation, classroom engagement and improved school attendance. Learn about principles in problem solving, communication amongst students, staff and community to establish a positive school culture.

**6. Supporting Undocumented Students: A Holistic Approach**

*Stefan Keller, MSW, College Access Program Manager, CT Students for a Dream*

**Location:**

All levels, All Audiences

Academic and Social and Emotional Domains

This workshop will review CT's new institutional aid policy for undocumented students, what it means, and how it can be used as a launching point to better support students in your school. We will also review other resources that schools need to be mindful of beyond just higher education to create a holistic support environment for students and families.

## 7. **Serving the Underserved: Graduate Students Connecting with Underserved Elementary Schools**

*Detra Bethell Ph.D Asst. Professor Central Connecticut State University*

*Nikita Patrick Thomas M.Ed. School counselor, Alabama*

*Raven Horne Gochet M.Ed., School counseling*

### **Location:**

Elementary School, Graduate Students, Administrators, First year counselors, Veteran Counselors, Counselor Educators

Professional Practice

This presentation describes graduate school counseling students connecting with school counselors and administrators to identify “at risk students” with adjustment concerns in underserved elementary populations. It provides qualitative descriptions of “counselor-in-training led” groups designed to empower elementary students to better manage school and personal challenges. Session participants are exposed to the shared experiences of graduate and elementary students.

## 8. **BRYT and Bridge Programs: A Growing Movement for School-Based Student Mental Health Support**

*Paul Hyry-Dermith, Ed.D, Director of BRYT*

*Katherine Houle, LICSW, BRYT Associate Director*

### **Location:**

All Levels, Graduate Students, Administrators, First year counselors, Veteran Counselors, Counselor Educators

Social and Emotional Domain/Program Development

BRYT offers a school-based model systematically addressing the needs of students with serious mental illness and/or other medical challenges. Over 100 Massachusetts schools operate BRYT programs, with many more in planning. Session focus is identifying the need for BRYT programs; how these programs are structured and function. We will share evidence supporting the model and how BRYT helps schools develop and continuously improve these programs.

## 9. **Connecticut's School Counseling Model 2019**

*Todd Dyer, Board of Directors CSCA, Director of School Counseling, Avon Public Schools*

*Michelle Catucci, Executive Director, CSCA, Department Chair of School Counseling, Cheshire High School*

### **Location:**

All Levels, Graduate Students, Administrators, First year counselors, Veteran Counselors, Counselor Educators

## Professional Knowledge

Participants will learn about the new comprehensive school counseling model for Connecticut. Being launched in the 2019-2020 school year, the new model includes updated standards and indicators along with program guidance.

### **10. H.E.A.R: Helping Everyone Achieve Respect**

*Justin McGale, H.E.A.R. Certified Instructor, CT Army National Guard*

#### **Location:**

High School, Graduate Students, Administrators, First Year Counselors, Veteran Counselors, Counselor Educators

Social and Emotional Domain

HEAR is designed to mitigate the impact of bullying in high schools including cyber bullying. This proven program is delivered at NO COST to schools in a series of world class bullying prevention presentations created by recognized experts at Making Caring Common, a project of the Harvard Graduate School of Education and the University of Nebraska, Lincoln. HEAR combines best practices with real-world engagement to teach students how to identify and stop bullying.

### **11. Trauma and Resilience in the Field of Education and School Counseling**

*Sandrine Harris, Mindfulness Meditation Facilitator and Trauma expert, Copper Beech Institute*

#### **Location:**

All Levels, Graduate Students, Administrators, First year counselors, Veteran Counselors, Counselor Educators

Social and Emotional Domain

School counseling is a process of connection and support. This experiential lecture provides a foundation of evidence-based mindfulness as it relates to healing trauma and working with difficulty, in ourselves and the individuals we support. Focus will be in deepening our understanding of trauma and resiliency, and how we can bolster the wellbeing of school counselors.

### **12. Crossing the Bridge: the ROI of Methods to Transition Successfully from High School to College to Career**

*Celia Lofink PhD, Undergraduate Program Director and Faculty, Barney School of Business, University of Hartford*

*Brianna Hall, Manager of Student Services, Barney School of Business, University of Hartford*

#### **Location:**

High School Level

Career Domain



In today's competitive educational environment, we have successfully branded our University of Hartford, Barney School of Business (BSB) Undergraduate program as "Career-Ready", suggesting undergraduates are being prepared to enter college and then the working world with progressive knowledge and skills related to how they think about what it means to be professional and about how they engage with their chosen careers. We know that the differentiation is that we begin that career journey in parallel to the academic journey on Day 1 of a student's enrollment with us and deepen it each year to the point of students having a competitive advantage in a market flooded with young professionals with newly minted degrees. In this workshop we want to share why our program depends on what they come to us with from your high schools and then spans across the four years of college. Some shared ideas include how we can focus together on simple resume construction to activities for career building such as club involvement or honors courses. Other events include mock interviewing practice, campus career fairs, corporate visits, job shadowing, internships and more.

### **13. WorryBug Workshop: Self Care Strategies for Counselors**

*Kimberly Strafford, Director of Curriculum and Educational Development for the WorryWoos. MA in Theatre Education, Emerson College*

*Kelley Beirney Reischauer, Music Education Coordinator- The WorryWoos*

**Location:**

Elementary School, Middle School, High School, All Levels, Graduate Students, Administrators, First year counselors, Veteran Counselors, Counselor Educators

Professional Self-care / Social and Emotional Domain

In this WorryWoo workshop, counselors will learn the role self-care has in creating a safe space for their students. Using stress busting techniques, counselors will learn various coping methods to help practice self-care in both their personal and work environments. Once learned, these techniques will then be demonstrated in their practices creating an empathetic and resilient environment for all.

### **14. Strategies for Gender Equity**

*Kate Farrar, MPA, Executive Director, Connecticut Women's Education and Legal Fund (CWEALF)*

**Location:**

Middle School, High School, Graduate Students, Administrators, First year counselors, Veteran Counselors, Counselor Educators

Career Domain

Gender inequities persist across Connecticut in participation and completion of career and technical education classes and nontraditional career pursuits. In this workshop you'll learn the root causes behind gender inequities in career and technical education, strategies to address the inequities, and action steps and resources for you and your school.

## Session III – 2:05 P.M. – 3:15 P.M.

### 1. **First Year School Counselors: Preparing Your Professional Toolbox**

*Kaitlyn Demas, M.S., N.C.C., L.P.C., School Counselor, Cheshire Public Schools*

**Location:**

Graduate Students, First Year Counselors

Professional Practice

An in-depth look into preparation for your first year in the field of School Counseling. This workshop will cover organizational tips, helpful materials, establishing yourself in a new school, and other important topics. We will also present a comprehensive review of the responsibilities of a first-year School Counselor and how to make your first year count.

### 2. **What educators should know about the neurological, social, and emotional effects of technology**

*Catherine Fuselier Price*

**Location:**

All levels, Graduate Students

Social and Emotional Domain

New research on the impact of technology on the brain is becoming available and the findings are deeply concerning. This presentation will discuss the neurological, social, and emotional effects of spending too much time on our internet connected devices (including gaming systems). Educators will also be provided with ways that they can offset these effects in their schools.

### 3. **Factors that Contribute to Ninth Grade Success**

Kaitlin Levesque, 9th Grade School Counselor, Middletown High School  
Ralph D'Amato, Director of School Counseling, Middletown High School

**Location:**

High School level

Professional Practice

This workshop will discuss how the district and school organization, relationships among stakeholders, and ninth grade transition programs can impact a student's transition to high school.

### 4. **ACT Academy: A FREE Resource to Raise Your Students to the Next Level!**

Greg Napierala, MBA, ACT Account Executive  
Sean Corcoran, Senior ACT Account Executive

**Location:**

All Levels

Academic Domain

ACT Academy provides free resources for students that are unique to their learning gaps. Access the best resources from top publishers, all in one place, and accurately aligned to standards. Attendees of this session will get an overview of ACT Academy, tour the student and educator experiences, learn how to assign resources to an individual or a group of students, and preview dynamic reporting that provides meaningful data that can be used to effectively inform instruction.

## 5. **How Major is Your Major?**

*Harry Twyman, M.S. , Southern Connecticut State University*

### **Location:**

All Levels, Graduate Students, Administrators, First Year Counselors, Counselor Educators

Academic Domain

All college-bound students must eventually choose a major. Research suggests it's best to take the time to examine options before committing to a program of study. However, preconceived assumptions and myths about majors prevent students from being able to take full advantage of the process. This presentation will focus on the importance of elevating the student approach to major exploration. This presentation won "Best of Region" at the National Academic Advising Association's Region 1 Conference. It was also presented at the NACADA National Conference in Arizona in October. It has been well received by higher education professionals as well as school counselors.

## 6. **Using Naviance Programs and Tasks to Enhance School Counseling Curriculum**

*Jessica St. George, School Counseling Department Chair, Norwich Free Academy  
Anne Zinn, Jeremiah Berard, Kelsey Klaeson, Mallarie Seidel, School Counselors, Norwich Free Academy*

### **Location:**

Middle and High School Levels

Academic and Career Domains

Social trends require schools to demonstrate a comprehensive counseling program that illuminates all post-secondary options for students. Learn about utilizing Naviance programs and tasks to increase students' personal awareness relating to career and college exploration at an independent school serving a diverse, public population. Increase your practical knowledge of using Naviance to support the goals of your student success planning.

## 7. **Aligning Your School Counseling Program with Multiple Tiered Systems of Support**

*Dr. Peg Donohue, Assistant Professor, CCSU*

### **Location:**

All Levels, Graduate Students, Administrators, Counselor Educators

Program Development

The term Multi-Tiered Systems of Support is often used as an overarching descriptor of Positive Behavior Intervention and supports (PBIS) and Response to Intervention (RTI), as both include a three-tiered continuum of school-wide support. The MTSS framework integrates evidence-based practice within a three-tiered approach (e.g., primary, secondary and tertiary levels of prevention and intervention), to positively impact student outcomes. In a 2014 position statement on MTSS, ASCA described school counselors as important stakeholders in the implementation of RTI and PBIS, stating “professional school counselors align their work with MTSS through the implementation of a comprehensive school counseling program designed to improve student achievement and behavior” (ASCA, 2014, p. 38). This session will support school counselors who are interested in initiating a professional learning community focused on MTSS during the 2019-20 school year.

## **8. School Counselors Leading the Way**

*Michelle Catucci, CSCA Executive Director, School Counseling Dept. Chair Cheshire High School  
Virginia DeLong, CSCA Chairman of the Board, School Counselor Lebanon Middle School*

### **Location:**

All Levels, Graduate Students, First year counselors, Veteran Counselors

Professional Identity

As a school counselor, you are in a prime position to be a leader. This session will give you the tools to tap into your leadership potential, as well as strategies and suggestions on how to be a more active leader in your school, in your district, and in our profession.

## **9. University of Hartford Campus Tours**

*Red Key Society (Student Tour Leaders)*

**\*NOTE:** *This workshop will be offered in Session I and Session III.*

### **Location: GSU Lobby**

High School Level

Academic Domain

Take this opportunity to learn about the University of Hartford! Hear about university academic programs, campus life, academic support, career development, varsity athletics and student recreation during a walking tour of campus.

## **10. SEL in Counseling Sessions Made Easy**

*Vincenzo Capone, Bachelor of Arts in English, Presenter, National Principals Conference, National Dropout Prevention Conference, High Schools That Work Conference, and Florida Afterschool Alliance Conference*

*Enuel Matthew Caraballo, BA, Childhood and Special Education*

### **Location:**

All Levels, Graduate Students, Administrators, First year counselors, Veteran Counselors, Counselor Educators

Social and Emotional Domain

Social and emotional learning is essential for effective communication, good decision making, problem solving, and coping with stress. But how do we teach these skills effectively, and what resources are available to us? This session will explain how to infuse SEL and life skills education into counseling sessions, offer resources, and demonstrate alignment with the ASCA's Mindset and Behavior Standards.

## **11. Resilient Minds and Healthy Bodies: Free Resources for Schools**

*Joseph Colavito, MA, Education, Master Fitness Trainer*

### **Location:**

High School, Graduate Students, Administrators, First year counselors, Veteran Counselors, Counselor Educators

Program Development

Fitness is an integral part of everyday life and a healthy body directly correlates to a healthy mind. The Connecticut Army National Guard has no cost resources and trainers available to school counselors to teach students the value of fitness in their everyday life, regardless of busy schedules. This holistic approach to student well-being encompasses nutrition, physical fitness, and resiliency.

## **12. Moving Matters**

*Emily Rosen, M. Ed. Certified mindfulness and yoga instructor, CREC*

### **Location:**

All Levels, Graduate Students, Administrators, First year counselors, Veteran Counselors, Counselor Educators

Social and Emotional Domain

Students (of all ages) are sedentary for long stretches of time which can have a negative impact on academic achievement as well as overall health. In addition, stress, common among children and teens, makes it difficult to focus and concentrate. Being relaxed and comfortable in mind and body are prerequisites for learning. But how can we incorporate these techniques into a school setting with limited time, space and training? Come and learn how to use basic mindful movement and breathing techniques any time any place to improve focus, ease anxiety and enhance learning readiness.

