

VSCA Breakout Sessions
Wednesday, October 17, 2018

Pre-Conference
2:00-5:00 pm

Dr. Melissa Reeves

Helping Traumatized Students and Those Who Experience Grief, Loss and Mourning

Amie Dean

Behavior Interventions that Work

VSCA Breakout Sessions
Thursday, October 18, 2018

Opening & Keynote

8:30 - 10:00 am

Michele Borba

Empathy is a Verb: Lessons for Learning Real Success in the Digital Age

VSCA Breakout Sessions
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Breakout Session 1

10:15 - 11:05 am

Jentae Mayo & Gabriella Powell

A "Culture of Coping": Student Minds ARE Our Business!

Alexandra Diaz Aldridge, Allison Piotrowski & Sarah Steppacher

The Eye of the Storm: Tier I Trauma-Informed Interventions

Michele Borba

How to Teach Students the 9 Essential Habits of Empathy

Rebecca Seymour & Kelsey Smith

Impacts of Chronic Illness in Adolescence

Liz Dinwiddie

Post-Secondary Options for Immigrant Students

Jaime Goldberg

The School Counselor's Role in Addressing Eating Disorders

Julia Taylor, Lauren Wynne, Tori Stone, Marsha Rutledge & Robyn Walsh

So You Want to Get a Ph.D.?

Amie Dean

Social/Emotional Literacy in the Classroom

Corey Eaton & Barry Smith

The Student, the NCAA and You - A Counselor's Guide

Emily Fielder

Students in Poverty: Specific Career Development Strategies

Melissa Reeves

Suicide and Non-Suicidal Self-Injury: Prevention, Intervention and Postvention

Matt Shenker

Supporting Male Students Who Exhibit Challenging Behaviors

Stephanie Filio & Amanda Yoder

Under Construction! Building Your Program

VSCA Breakout Sessions
Thursday, October 18, 2018

Breakout Session 2
11:35 am - 12:25 pm

Loretta Speller

The 3 P's: Planning, Positivism and Post Graduation

Kristen Bailey-Hardy, Dorothy Walker & Syd Collier
Brain-Body Connections

Sarah Bazemore

Career Wax Museum, An Exciting Spin on Career Day!

Barbara Burke

How to Identify and Address Substance Abuse in Students

Kimberlita Casper & Sandra Ford

Improve Your Self-Care to Give the Best Care!

Charles McLeod & Bea McLeod

Motivating African-American Male Students for Academic Success

Bryan Pecoraro & Megan Neforos

Music, Moves, and Metaphors: Using Creative Supervision Techniques

Kellie Kirstein & Tania Rachkoskie

Promoting Early College Awareness

Tori Stone

Ready, Fire, Aim! Counseling the Teenage Brain

Katie Mihaly

School Counseling 101: Survival of the Fittest

Amie Dean

Social/Emotional Literacy in the Classroom

Melissa Reeves

Suicide and Non-Suicidal Self-Injury: Prevention, Intervention and Postvention

Erica Daniels

Supporting Student's Mental Health Through Awareness, Advocacy, Access

VSCA Breakout Sessions

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Boxed Lunch
12:25 - 1:25 pm

Breakout Session 3
1:25 - 2:15 pm

Rachel Delaney
Building Confidence for Emerging School Leaders

Rachel DiBartolo & Erin Hurley
Building Your Mindfulness Toolkit

Loren Watson
"Class of" ...the Future!

Michaella Beatty, Christina Langley & David Cassidy
Creating a Building Culture to Best Support ESOL Students

Kimberly Turnage, Christina Naumann & Chelsea Cotman
Don't Forget the Freshman!

Brandi White & Kendall Pace
Making SMALL Goups a BIG Deal at the Secondary Level

Lindsay Meredith
#MeToo: How We Help Our Students Cope with the Movement in Schools

Lauren Ellenberger & Jessica Gavin
PANDAS: What is it? How Can School Counselors Shed Light on this Disorder?

Valerie Keating & Janet Swandol
The School Counselor as an Agent of Change in Times of Changing Standards

Julia Taylor, Shontell White, Lauren Wynne, Sarah Bazemore & Christina Tillary
Shattering Glass Ceilings: Mentoring Our Next Generation of Female Leaders

Emily Goodman-Scott & Melanie Burgess
Social Stories in 5 Quick Steps

Tonya Egas & Debbie Martin
Teach Students How Brain Development Impacts Living in a Digital World

Paul Harris
Young Black Male Athletes Matter

VSCA Breakout Sessions

Thursday, October 18, 2018

Breakout Session 4

2:45 - 3:35 pm

Connie Honsinger & Erica Gervais

Connecting PBIS and Trauma Informed Care: Practical Strategies You Can Use

Jan Smith

Dependency Issues and Federal Financial Aid

Samuel Morton & Sheyma Bautista

Empowerment to Leadership; Group to Program, Hispanic Females

Sharon Stiefel

Goalmakers Student Support Check In Program

Melissa Luchau, Angie LePeter & Sharon Pittman

Group-on!

Demetrius Doss

Little Know Secrets of Paying for College: Counselor Edition

John Kronstain & Charlotte Geddy

Movin' On Up - Creating a Peer Mentor and Transition Program

Paige Abasolo

Starting a Data-Driven School Counseling Program with One Goal

Michelle Mitchell

Tempering the School Climate Through Mindfulness and SEL Strategies

Kelsey Smith & Rebecca Seymour

Uprooted in Adolescence: Serving Refugee Students as School Counselors

Michele Seibert

VIEW and The New Academic & Career Plan Portfolio

Amanda Shenk

Yoga in School: A Beneficial Supplement to Student's Mental Health

Sarah Henry

Zines: A Cool Tool

VSCA Breakout Sessions

Thursday, October 18, 2018

Breakout Session 5

3:50 - 4:40 pm

Patrick Mullen, Kat Sperandio, Virginia Clemo & Scott Markland
Building Social Capital in Students Through Mentoring

Jan Smith
Counseling Undocumented Students

Lynette Henry & Julia Bryan
Expand Your Reach and Influence Through School-Family-Community Partnerships

Robyn Walsh, Paula Herrington & Gillian Anderson
Finding Their TRIBE: A Freshman Mentor Program that Changes Lives

Anaid Shaver & Kelly Kaczmarczyk
"Help Me Say Goodbye: Grief & Loss"

Sharon Powers & Felecia Allen
Helping to Reduce the Stigma of Mental Health Issues in Children

Robert Carlisle, Emily Goodman-Scott, Melanie Burgess & Kristy Carlisle
Leadership in Action Research: Practitioner-Researcher Collaboration

Marsha Rutledge & Thomas Mitchell
Moving Towards Multicultural Competency: Implications for School Counselors

Lauren Kershner
PLICKERS! Fun and Simple Data Collection for Busy School Counselors

Angela Cleveland, Rebecca Dovi & Erin McGrath
Preparing for Careers of the Future: School Counselors Lead the Way!

Darcel Johnson & Yvonne Rosario
S.E.L.F. - Sisterhood Established Through Leadership and Fearlessness

Karla Allen & April Harmon
We Are All in this Together! Advocacy Can Make Us an Agent of Change

VSCA Breakout Sessions

Friday, October 19, 2018

Breakout Session 6

8:30 - 9:20 am

Matt Shenker

Counseling with a Compass: Acceptance & Commitment Therapy In Schools

Lauren Kershner & Jeff Patz

Creating and Implementing a School-Wide Character Education Program

Megan Neforos & Bryan Pecoraro

Creative Strategies to Transform Academic Trajectories for Homeless Youth

Elizabeth Goldberg

Crossing the Pond

Nancy Chae & Adrienne Backer

Culturally Responsive Classroom Management in School Counseling

Rawn Boulden

Developing Soft Skills in Our Students

Christina Naumann, Kim Turnage & Chelsea Cotman

Exclusively Inclusive!

Denise McKaig-Phillips

Results of Research School Counselor Burnout and the ASCA National Model

Emily Goodman-Scott

School Counselors and Universal Screening: What You Need to Know

Sara Donaldson

Spice Up Your Core Curriculum Classes with Stations!

Aja Adu-Gyamfi & Tara Johnson

Super Counseling Starts With Self-Care

Erin Hurley

Using Yoga to Close the Gap

VSCA Breakout Sessions

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Breakout Session 7

9:35 - 10:25 am

Sarah Bazemore

Behavior Basics and Interventions that Promote Change

Brad Watts

Building Resiliency after Sexual Abuse

Stephanie Merrick & Paula Drumheller

Calm Down Smack Down

Tracy Wood, Erica Olinares & Laura Northart

College Level Study Skills Class (small group)

Tarik Boyd, Tina Russell & Vera Riddick

College: It's About the Money!

Erin McGrath, Reshaud Rich & Melissa Benavidez

GEAR UP Grab Bag: College Access in Schools Across the Commonwealth

Nicole SantaLucia

Get the Wiggles Out: Child-Centered Play Therapy for Students with ADHD

Teresa Gibbons

How Do You Want to Change the World?

Elizabeth Mertens

Mindfulness in Students: Success in the Classroom, Success in Life!

Alex Koszeghy

Overcoming the Fear of Failure: The School Counselor's Role

Lauren Rice & Kendra Vendetti

Transforming the Tiers: Using Data to Create Meaningful Tier 2 Interventions

Connie Honsinger

Vicarious Trauma in School Counselors

VSCA Breakout Sessions

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Breakout Session 8

11:00 - 11:50 am

Amy Conrad & Allison Anderson

The Counselor Toolbox: One Hit Wonders

Peggy Spiak

Creating a 21st Century Career Center: Using Technology for an Interactive User Experience

Marcia Jackson, Jodie Peter & Patricia Braun

From ICAP to MYCAP: A Path to a Great Life

Lakisha Kidd & Brittany Jones

Let's Get Mindful!

Bethany Bushey

Meet Mr. Chill: A Kid's Guide to Emotional Regulation

Alicia Fuse & Michael Olive

OH S@T! That Wasn't in the Textbook!

Malia Huffman & Lynette Saville

Thinking Outside the Box for Special Education Students

Sara Donaldson

Utilizing Book Clubs for Small Group Counseling

Paula Robinson & Bianica Pires

Who Goes to College in Virginia?

Kristy Carlisle, Rawn Boulden, Smruti Kinariwala & Mary Crozier

Youth Substance Use in Virginia Beach: The 2018 Report

Jennifer Woody

Zones of Regulation

Awards Luncheon & Keynote

12:00 - 1:50 pm

Ken Williams

Starting a Movement: Taking Student To and Through the BAR