



**2019 NCSCA Fall Conference**  
**Preparing Together  
for Tomorrow**  
**NC School Counselors: Developing Roots**  
November 13-15, 2019  
Embassy Suites Resort & Convention Center • Charlotte-Concord, NC

**SPONSORED BY**



**CONFERENCE HIGHLIGHTS**



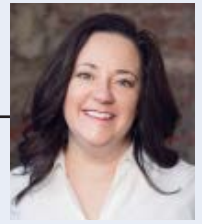
**Fall Conference**

- Pre-Conference Learning Institute
- Pre-Conference Keynote Speaker
- Core Skills Building Workshops
- Counselor of the Year Awards
- RAMP Recognitions
- Celebration Reception
- Exhibit Hall
- Over 80 Educational Sessions
- Silent Auction Featuring Amazing Items from Across the State



**Wednesday, November 13th** (This session is open for all conference attendees)

Pre-Conference Keynote Speaker (General Session Time, 3:30 pm – 5:00 pm)



## Hey, We Can Do This! Getting It Right on Mental Health

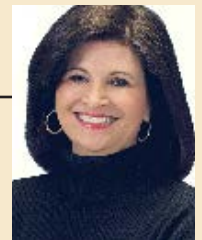
**Tara Rolstad**

**SPEAKER BIO:** Tara Rolstad is an advocate, author and comedian who helps audiences better understand the experiences of those who struggle with mental health and their families, and guides communities to become safer, more effective and loving for those with mental health challenges. Because mental health affects everyone...with a brain. Tara is also the founder and director of Shattering Stigma with Stories: Understanding Mental Health, producing mental health conferences for school districts, faith communities, and other organizations that have reached more than 1500 people. She has also performed stand-up comedy around the Pacific Northwest with Stand Up for Mental Health and Mental Health at the Mic, and is co-author of the book *No, Really, We WANT You to Laugh: Mental Illness and Stand-Up Comedy: Transforming Lives*.

**ABOUT THE SESSION:** Join Tara as she presents *Hey, We Can Do This! Getting It Right on Mental Health*. When mental illness happens to someone we know, often we don't know what to do. Tara shares her inspiring story of raising nieces with severe mental illness, and what she learned about the needs of families and individuals struggling with mental illness. In this session, you will learn easy ways you can help, whether it's a student, colleague, friend, neighbor, or a member of your own family, and practical tips on how you and your organization can make simple changes to more effectively serve families and individuals living with mental illness.

**Thursday, November 14th** (This session is open for all conference attendees)

Keynote Speaker (General Session Time, 8:30 am – 10:00 am)



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

**Michele Borba**

**SPEAKER BIO:** Michele Borba, Ed.D. is an internationally renowned educator, award-winning author, and parenting, child and bullying expert recognized for her solution-based strategies to strengthen children's empathy, social-emotional intelligence and character, and reduce peer cruelty. A sought-after motivational speaker, she has presented keynotes throughout North America, South America, Europe, Asia, the Middle East, South Pacific and served as a consultant to hundreds of schools and corporations, including the Pentagon and 18 US Army bases in Europe and the Asian-Pacific. Her proposal: "Ending School Violence and Bullying" (SB1667) was signed into California law in 2002. She offers realistic, research-based advice culled from a career of working with over one million parents and educators worldwide.

Dr. Borba is a frequent NBC contributor who has appeared 140 times live on the TODAY show and countless other shows including: three Dateline specials, Dr. Phil, and many others. She has also been featured in TIME, Washington Post, Newsweek, People, U.S. News & World Report, New York Times, Reader's Digest, Globe and Mail. She's a media spokesperson for numerous corporations, and a consultant to McDonalds and Disney.

Borba is the award-winning author of 24 books translated into 14 languages including *Nobody Likes Me, No More Misbehavin', Don't Give Me that Attitude!, Building Moral Intelligence, 12 Simple Secrets Real Moms Know, Parents Do Make A Difference, The Big Book of Parenting Solutions, The 6 Rs of Bullying Prevention, and UnSelfie: Why Empathetic Kids Succeed In Our All-About Me World*.

She is the recipient of numerous awards, including the National Educator Award (presented by the National Council of Self-Esteem) and the National Child Safety Award of 2016 by Child Safety Network.

Dr. Borba is a former classroom teacher with a wide range of teaching experience, including work in a private practice with children with learning, and emotional disabilities She received a Doctorate in Educational Psychology and Counseling from the University of San Francisco, an M.A. in Learning Disabilities and B.A. from the University of Santa Clara, and earned a Life Teaching Credential from San Jose State University. She lives in Palm Springs, California with her husband and has three grown sons.

**ABOUT THIS SESSION:** Empathy is often sidelined as a "soft skill." In Dr. Borba's presentation, *Empathy is a Verb*, she will offer hard evidence that empathy is one of the most important skills that 21st Century learners will need to thrive in a complex, global, and digitally-driven world, and why it must become an educational and societal priority. She will share ways that educators around the globe have weaved empathy-building practices into existing lessons and helped students to develop emphatic mindsets in a test-driven culture. Dr. Borba will provide practical ways to create positive outcomes by cultivating empathy in your school. She will share her decade long journey to discover how to optimize human potential. Surprisingly, it was children from Canada to Rwanda (and numerous places in between) who offered the best ideas to cultivate empathy. The best news: if applying these simple strategies together we can revolutionize not only our schools and homes, but also society...and build the best investment for our future: human capital.



### TENTATIVE SCHEDULE

**WEDNESDAY, NOVEMBER 13, 2019**

**Pre-Conference Learning Institute (Pre-registration and/or additional fee may be required)**

<b>TIME</b>	<b>SESSION</b>
<b>7:30am-7:30pm</b>	On-Site Conference Registration and Information Desk Open
<b>8:00am-11:00am</b>	NCSCA Delegate Assembly
<b>10:00am-1:30pm</b>	Exhibitors Setup
<b>11:30am-2:00pm</b>	Leadership Day Meeting
<b>12:00pm-3:15pm*</b>	Pre-Conference Session #1 <i>Approaching Anxiety: How (and When!) Counselors Can Intervene</i> – Allison Edwards
<b>12:00pm-3:15pm*</b>	Pre-Conference Session #2 <i>Digital Learning: Technology Tips for the Busy School Counselor</i> – Andrea Burston
<b>12:00pm-3:15pm*</b>	Pre-Conference Session #3 <i>The Growing World of Section 504</i> – Robert Jamison
<b>12:00pm-3:15pm*</b>	Pre-Conference Session #4 <i>Grads, Gurus, and Growth Mindset: Tips &amp; Tools to Meet School Counseling Challenges in Every Stage</i> – Angela Poovey
<b>1:30pm-2:00pm</b>	*Snack Break with Exhibitors
<b>1:30pm-6:00pm</b>	Exhibits Open
<b>3:30pm-5:00pm</b>	Pre-Conference General Session (Open to All Attendees) <i>Counselors Thinking Outside the Box: Hey, We Can Do This! Getting It Right on Mental Health</i> - Keynote Speaker: Tara Rolstad

**THURSDAY, NOVEMBER 14, 2019**

<b>TIME</b>	<b>SESSION</b>
<b>7:00am-5:00pm</b>	On-Site Conference Registration and Information Desk Open
<b>7:30am-8:30am</b>	Continental Breakfast
<b>7:30am-5:00pm</b>	Exhibits Open
<b>7:30am-7:00pm</b>	Silent Auction
<b>8:30am-10:00am</b>	Opening Session Kick Off: Welcome, Introduction, Regional Roll Call, Updates & Awards <i>Empathy is a Verb: Lessons for Learning Real Success in the Digital Age</i> - Keynote Speaker: Michele Borba
<b>10:00am-10:30am</b>	Break with Exhibitors
<b>10:30am-11:30am</b>	Program Session 1
<b>11:30am-12:30pm</b>	Boxed Lunches (Name Badge Required)
<b>11:30am-12:30pm</b>	Past Presidents Luncheon
<b>11:30am-1:00pm</b>	Graduate Student Luncheon and Panel

**CONTINUED ON NEXT PAGE**

# CONFERENCE SCHEDULE (continued)



Fall Conference

<b>12:30pm-1:30pm</b>	Program Session 2
<b>1:30pm-2:00pm</b>	Break with Exhibitors
<b>1:30pm-3:30pm</b>	Graduate Student Poster Sessions
<b>2:00pm-3:00pm</b>	Program Session 3
<b>3:00pm-3:30pm</b>	Break with Exhibitors
<b>3:30pm-4:30pm</b>	Program Session 4
<b>4:40pm-5:10pm</b>	Regional Meetings
<b>5:10pm-6:30pm</b>	Celebration Reception & Silent Auction

## FRIDAY, NOVEMBER 14, 2019

<b>TIME</b>	<b>SESSION</b>
<b>6:30am-7:30am</b>	Fun Run/Walk
<b>7:00am-8:00am</b>	Self-Care Zumba Session
<b>7:30am-9:00am</b>	On-Site Conference Registration and Information Desk Open
<b>8:30am-9:00am</b>	Coffee Service only
<b>8:30am-11:30am</b>	Exhibits Open
<b>9:00am-10:30am</b>	Core Skills Building Workshop #1 <i>Legal Literacy and Ethical Practice in the Complex World of School Counseling</i> – Carolyn Stone
<b>9:00am-10:30am</b>	Core Skills Building Workshop #2 <i>College and Career Readiness: K(indergarten) to J(ob)</i> – Leigh Bagwell
<b>9:00am-10:30am</b>	Core Skills Building Workshop #3 <i>Following the S.A.M.E. Pathway to Restorative Justice</i> – John Hodge
<b>9:00am-10:30am</b>	Core Skills Building Workshop #4 <i>Crisis Intervention: Do You Know How to Respond?</i> – Karen Meadows and Nartarshia Sharpe
<b>9:00am-10:30am</b>	Core Skills Building Workshop #5 <i>Solution Focused Counseling for Anxious Children and Teens: Strategies for School Counselors</i> – Natalie Spencer Gwyn
<b>10:30am-11:00am</b>	Snack Break with Exhibitors
<b>11:00am-12:30pm</b>	Core Skills Building Workshop #1 (repeated session) <i>Legal Literacy and Ethical Practice in the Complex World of School Counseling</i> – Carolyn Stone
<b>11:00am-12:30pm</b>	Core Skills Building Workshop #2 (repeated session) <i>College and Career Readiness: K(indergarten) to J(ob)</i> – Leigh Bagwell
<b>11:00am-12:30pm</b>	Core Skills Building Workshop #3 (repeated session) <i>Following the S.A.M.E. Pathway to Restorative Justice</i> – John Hodge
<b>11:00am-12:30pm</b>	Core Skills Building Workshop #4 (repeated session) <i>Crisis Intervention: Do You Know How to Respond?</i> – Karen Meadows and Nartarshia Sharpe
<b>11:00am-12:30pm</b>	Core Skills Building Workshop #5 (repeated session) <i>Solution Focused Counseling for Anxious Children and Teens: Strategies for School Counselors</i> – Natalie Spencer Gwyn





### Wednesday, November 13th, 12:00 p.m. - 3:15 p.m. (Lunch not included)

The Pre-Conference Learning Institute includes additional opportunities for more professional development and CEU contact hours. The sessions generally cover more in-depth information and allow more opportunity for discussion. **These sessions are not included in the conference registration fee.** Space is limited for all sessions. Interested participants are encouraged to register early.

*All Pre-Conference sessions are being held at the same time, so you may only choose one session to attend.*



## 1. Approaching Anxiety: How (and When!) Counselors Can Intervene

**Allison Edwards**

**SPEAKER BIO:** Allison Edwards LPC, RPT is an affiliate professor in the Human Development Counseling department at Vanderbilt University, the author of *Why Smart Kids Worry* and *Worry Says What?* and the creator of *Anxiety Tracker*, an iPhone app that helps track anxiety. Allison received her graduate degree in Counseling from Vanderbilt University and is a National Certified Counselor, Licensed Professional Counselor, and Registered Play Therapist. Allison has over 20 years experience working as a school teacher, school counselor, child/adolescent psychotherapist, and educational consultant to schools throughout the country.

Allison travels both nationally and internationally training professionals in the areas of empowering anxious children in the classroom, managing the emotional needs of students, recognizing the social/emotional needs of gifted students, and sharing how educators can talk to parents about student anxiety. Allison helps school leaders understand how social/emotional differences can be supported in their neurologically diverse student populations, and provides consultation and staff development on how to effectively improve emotion regulation in the classroom.

**ABOUT THIS SESSION:** Join Allison as she presents *Approaching Anxiety: How (and When!) Counselors Can Intervene*. Anxiety is the #1 mental health disorder in the country and affects nearly 30% of students. Each day students walk into classrooms with upset stomachs, sweaty palms and minds spinning with fear-based thoughts. Learn how to recognize anxiety in children, how to support anxiety in neurologically diverse classrooms, and how to talk to parents about student anxiety. Counselors will leave the session with confidence to identify issues to address inside their schools and how to work with outside professionals to help anxious children begin to thrive.

**Members:**  
\$35 (Includes handouts)

**Non-Members:**  
\$90 (Includes handouts)

**Contact Hours:** 3 hours

**Domain:**  
Social/Emotional Development

**Standard 1:** School Counselors  
Demonstrate Leadership,  
Advocacy and Collaboration

**Standard 2:** School Counselors  
Promote A Respectful  
Environment for A Diverse  
Population of Students

**Standard 4:** School Counselors  
Promote Learning for All  
Students



## 2. Digital Learning: Technology Tips for the Busy School Counselor

**Andrea Burston**

**SPEAKER BIO:** Andrea Burston is a former high school computer/technology teacher turned elementary school counselor. She is the school counselor for Wake County Public Schools working at JY Joyner IB Magnet Elementary School in Raleigh, NC.

Andrea is also the writer of the *jyjcounselor blog* (<http://jyjoynercounselor.blogspot.com>) where she shares her enjoyment of her career as well as many counselor ideas with school counselors from all over the world. She loves using technology and is always looking for new and innovative ways to integrate technology into her school counseling program. Andrea has presented at various conferences and workshops on using technology in counseling programs.

**ABOUT THIS SESSION:** Join Andrea as she presents *Digital Learning: Technology Tips for the Busy School Counselor*. Learn how to use digital resources such as Google, online storage and online communication tools to simplify your comprehensive school counseling program, to instruct students as well as design technology-enriched learning experiences for all students. BYOD (Bring Your Own Device) to become familiar with digital learning competencies and engage in interactive activities.

**Members:**  
\$35 (Includes handouts)

**Non-Members:**  
\$90 (Includes handouts)

**Contact Hours:** 3 hours

**Domain:**  
Academic Development

**Standard 3:** School Counselors  
Understand and Facilitate  
the Implementation of A  
Comprehensive School  
Counseling Program

**Standard 4:** School Counselors  
Promote Learning for All  
Students



### 3. The Growing World of Section 504

#### Robert Jamison

**SPEAKER BIO:** Robert Jamison is currently the Coordinator of School Counseling Services at the Virginia Beach City Public Schools. He has numerous years of experience as a School Counselor and also as a Guidance Department Chair. He received a Bachelor of Arts in Psychology from the University of Virginia and his

Master of Science in Education in School Counseling from Old Dominion University. Robert has spoken at numerous state and national conferences.

**ABOUT THIS SESSION:** Join Robert as he presents *The Growing World of Section 504*. Topics presented in this session will include a review of Section 504 of the Rehabilitation Act of 1973 (Section 504), the Americans with Disabilities Act Amendments Act of 2008, Section 504 eligibility requirements, a school district’s responsibility to implement a comprehensive Section 504 program, and “best practices” to consider. Participants will engage in individual, small and large group activities throughout the presentation. Resources will be made available. The pre-conference session will include the following:

1. Section 504 eligibility explained: What to review and who is Technically Eligible?
2. Section 504 rules and regulations to consider: Documenting Section 504 decisions
3. Difficult Section 504 issues and scenarios

Throughout each section of the pre-conference session, participants will be encouraged to share current practices and collaborate with professional peers.

**Members:**  
\$35 (Includes handouts)

**Non-Members:**  
\$90 (Includes handouts)

**Contact Hours:** 3 hours

**Domain:**  
Academic Development

**Standard 1:** School Counselors Demonstrate Leadership, Advocacy and Collaboration

**Standard 2:** School Counselors Promote A Respectful Environment for A Diverse Population of Students

**Standard 4:** School Counselors Promote Learning for All Students



### 4. Grads, Gurus, and Growth Mindset: Tips & Tools to Meet School Counseling Challenges in Every Stage

#### Angela Poovey

**SPEAKER BIO:** Angela Poovey is a national board certified, elementary school counselor with 14 years of experience. She is currently a lead counselor in

Charlotte Mecklenburg Schools and has previously worked in Wake and Johnston Counties. She successfully earned the RAMP designation for her school counseling program in 2015. Angela is author of “Life on the Fly Counselor...A School Counselor Blog” where she loves to share creative lessons, small group ideas, and innovative school-wide programs with counselors all over the world. She has presented at the national, state, and local levels on topics ranging from book clubs to incorporating technology to implementing the ASCA National Model. Most importantly, she loves being an elementary school counselor who gets to work with kids each day!

**ABOUT THIS SESSION:** Join Angela as she presents *Grads, Gurus, and Growth Mindset: Tips & Tools to Meet School Counseling Challenges in Every Stage*. Whether you are a recent graduate or a veteran school counselor, we all face challenges. Are you trying to build your school counseling program from the ground up? Have school counseling expectations changed and you are trying to keep up? Have you lost your spark? Gain some perspective and leave recharged as we apply growth mindset principles to our daily work as K-12 school counselors. Don’t just talk the talk with students, walk the walk in your own life! Join us as we find out who our marigolds are, discover flip thinking, and incorporate a culture of joy in our work as school counselors.

**Members:**  
\$35 (Includes handouts)

**Non-Members:**  
\$90 (Includes handouts)

**Contact Hours:** 3 hours

**Domain:**  
Academic Development, Social/Emotional Development, Career Development

**Standard 1:** School Counselors Demonstrate Leadership, Advocacy and Collaboration

**Standard 2:** School Counselors Promote A Respectful Environment for A Diverse Population of Students

**Standard 3:** School Counselors Understand and Facilitate the Implementation of A Comprehensive School Counseling Program

**Standard 4:** School Counselors Promote Learning for All Students

**Standard 5:** School Counselors Actively Reflect on Their Practice

# Visit 50+ Exhibitors at the Conference!



## CORE SKILLS BUILDING WORKSHOPS



Fall Conference

**Friday, November 15th, 9:00 a.m. - 12:30 p.m.**

The Core Skills Building Workshops are included in the conference registration fee and are being held at the same time. Each session will be presented twice, once from 9:00 a.m.–10:30 a.m. and again from 11:00 a.m. to 12:30 p.m.



### 1. Legal Literacy and Ethical Practice in the Complex World of School Counseling

**Carolyn Stone**

**SPEAKER BIO:** Carolyn Stone, Ed.D., is a Professor of Counselor Education at the University of North Florida (UNF). Dr. Stone is a Past President of the American School Counselor Association (ASCA). Prior to coming to UNF, Dr. Stone spent 22 years with

Jacksonville, Florida's Public Schools as an elementary and high school counselor, middle school teacher and Supervisor of Guidance Services. She supervised 225 school counselors. Dr. Stone currently serves as the Ethics Chair for ASCA and has done so for 15 years.

**ABOUT THIS SESSION:** Join Carolyn as she presents *Legal Literacy and Ethical Practice in the Complex World of School Counseling*. School counselors must negotiate the competing interests of the overregulated school environment, student's need for confidentiality and the legal rights of parents to be the guiding voice in their children lives. Updates on these competing interests will be discussed through recent court developments. Legal rulings will be highlighted in areas such as sexually active students, bullying, academic advising, child abuse, educational records, and sexual harassment, first amendment rights, and transgender youth. The goal is to facilitate participants' legal literacy and provide guiding principles to support best ethical practice.

#### Domain:

Academic Development,  
Social/Emotional Development

**Standard 1:** School Counselors  
Demonstrate Leadership,  
Advocacy and Collaboration

**Standard 2:** School Counselors  
Promote A Respectful  
Environment for A Diverse  
Population of Students

**Standard 3:** School Counselors  
Understand and Facilitate  
the Implementation of A  
Comprehensive School  
Counseling Program

**Standard 5:** School Counselors  
Actively Reflect on Their Practice





## 2. College and Career Readiness: K(indergarten) to J(ob)

### Leigh Bagwell

**SPEAKER BIO:** Leigh Bagwell most recently served as the Director of School Counseling Services at the Tennessee Department of Education. She has led transformational work in school counseling throughout the state through the revision of the school counseling model and standards, the creation of a regional peer-support network, and the launch of

a dedicated communications channel for counselors, supervisors and administrators. As a school counseling leader, her mission is to provide school counselors with the training and resources needed to deliver high quality, student driven, data informed comprehensive school counseling programs to all students. She believes counselors and school leaders need to work together more deliberately. This collaboration is critical to ensure that all students have access to the opportunities and supports they need to successfully move through their elementary, secondary, and postsecondary education into their chosen career.

In addition to her work in Tennessee, Leigh has shared her experiences and knowledge with school counselors and school counseling leaders in Georgia, Texas, Kentucky and Iowa as well as working with the American School Counselor Association. After teaching school counseling graduate students at Middle Tennessee State University, Leigh was inspired to pursue counselor education. She is currently working on her doctorate in Counselor Education and Supervision at the University of Tennessee. Her experience includes working as a school counselor and school counselor supervisor in both suburban and urban school districts.

**ABOUT THIS SESSION:** Join Leigh as she presents *College and Career Readiness: K(indergarten) to J(ob)*. What does a successful student look like? What are the skills, knowledge, and experiences our students need to transition effectively from education and training to the workforce? Preparing today’s students for tomorrow’s workforce goes beyond the traditional career speakers and “careers on wheels” of days past. More than half of our students will pursue a career that has not been developed yet. College and career readiness begins with early exposure and awareness to a broad range of career fields and employability skills. These skills will not only prepare them for success in the workplace, but also success in both secondary and postsecondary education. When students transition from elementary schools to middle and high schools, they also progress from career awareness to career exploration and planning. College and career readiness continues to focus on the development and refinement of employability skills. It also broadens the scope from just knowing about different careers to exploring the high demand opportunities in their communities, aligning personal interests and aptitudes to career fields, and identifying specific pathways to move successfully from secondary to postsecondary to the workforce.

Using school counseling standards as the foundation, we will discuss the profile of a college and career ready student. Participants will leave with specific school counseling strategies and practices that will deepen their students’ understanding of the world of work and connect it to their school experience. School counselors will increase their capacity to provide high quality advising and support students as they move along their chosen pathways to and through secondary and postsecondary education and on to the workforce.

#### Domain:

Career Development

**Standard 1:** School Counselors Demonstrate Leadership, Advocacy and Collaboration

**Standard 2:** School Counselors Promote A Respectful Environment for A Diverse Population of Students

**Standard 4:** School Counselors Promote Learning for All Students



## 3. Following the S.A.M.E. Pathway to Restorative Justice

### John Hodge

**SPEAKER BIO:** Dr. John Hodge is president and co-founder of Urban Learning and Leadership Center (ULLC), an organization focused on student achievement and reduction of the achievement gap. He has served as a Reading, English, and AVID teacher, Assistant Principal and Associate Director of AVID Center Eastern Division. He served as Director

of An Achievable Dream Academy, an inner city school that piloted many of the interventions used by ULLC. An Achievable Dream Academy is a high performing, high poverty school that has received numerous national awards. Before his career in education, Dr. Hodge distinguished himself in the service of our country with the 7th Infantry Division of the US Army.

What sets Dr. John Hodge apart in the field of education is his well-documented ability to put research and theory into everyday practice in rural, urban and suburban schools. He has served as an inspirational speaker at national, regional, and statewide conferences across the United States. His presentations are often “the spark” for schools in their quest to meet and exceed state/federal accreditation standards and implement strategies for continuous improvement.

**ABOUT THIS SESSION:** Join John as he presents *Following the S.A.M.E. Pathway to Restorative Justice*. S.A.M.E. stands for Social, Academic and Moral Education. It is a holistic approach to creating and sustaining academic excellence in today’s schools. S.A.M.E. provides a research supported, holistic view of school improvement by addressing all of the components of school and district culture which must be addressed if lasting school reform is to be attained, i.e. the Social Domain, the Academic Domain and the Moral Domain. As the rigor of state accountability measures increase, schools must focus their efforts to achieve and sustain academic excellence. Come learn how this approach has been particularly successful in schools serving high-poverty populations.

#### Domain:

Academic Development, Social/Emotional Development

**Standard 1:** School Counselors Demonstrate Leadership, Advocacy and Collaboration

**Standard 2:** School Counselors Promote A Respectful Environment for A Diverse Population of Students

**Standard 4:** School Counselors Promote Learning for All Students





## 4. Crisis Intervention: Do You Know How to Respond?

### Karen Meadows and Nartarshia Sharpe

#### SPEAKER BIOS:

Dr. Karen Meadows is currently a high school counselor, recently transitioning from the Supervisor of K -8 Counseling in Guilford County Schools. Dr. Meadows has served as the Interim Supervisor of High School Counseling, an adjunct professor at North Carolina A&T State University and the University of North Carolina at Charlotte and was the district lead for Suicide Intervention Training, Bullying Prevention, School Counseling professional development Peer Mediation and a Team Leader for the District Crisis Team. Her former role on the board of NCSCA and current role as the co-chair for the NCSCA Conference Committee allowed her to contribute to the counseling profession more broadly. She is the author of the book, *Pedagogy of Survival: The Narratives of Millicent E. Brown and Josephine Boyd Bradley* and served as a trainer/panelist for local, national and international conferences.



Nartarshia Sharpe is a professional school counselor in Wake County Public School System at Crossroads FLEX High School. This year marks her twenty-fifth year in education. During her tenure in Wake County Public Schools she has served as a middle school teacher, worked in Central Office and proudly worked alongside her colleagues at a previous school to receive RAMP status.

Nartarshia is a graduate of UNC-Charlotte where she earned a B.A. in Psychology and a minor in Sociology. She holds two Master's degrees from NC State University, one in Curriculum and Instruction and the other in School Counseling. As a National Board-Certified Teacher in K-12 School Counseling, she enjoys working with her students to create and execute their post-secondary plans.

**ABOUT THIS SESSION:** Join Karen and Nartarsha as they present *Crisis Intervention: Do You Know How to Respond?* A crisis is defined as a condition of instability or danger. Crises occur at a moment's notice and may impact an individual, school or school community. Using evidenced-based interventions from the National Child Traumatic Stress Network, the CDC as well as empirical evidence, participants will learn or refresh their skill set regarding suicide intervention, self-injurious behavior, common reactions to stress/crisis and practical ways to assist students with grief, loss and trauma.

**Domain:**  
Social/Emotional Development  
**Standard 1:** School Counselors Demonstrate Leadership, Advocacy and Collaboration  
**Standard 2:** School Counselors Promote A Respectful Environment for A Diverse Population of Students  
**Standard 4:** School Counselors Promote Learning for All Students



## 5. Solution Focused Counseling for Anxious Children and Teens: Strategies for School Counselors

### Natalie Spencer Gwyn

**SPEAKER BIO:** Dr. Natalie Spencer is an Assistant Professor at North Carolina A&T State University. She was previously a high school counselor and student assistance counselor (SAP) for many years before moving into higher education. Dr. Spencer received her

undergraduate and master's degrees from the University of North Carolina at Chapel Hill. She later earned a doctorate in Counselor Education and Supervision from North Carolina State University. Dr. Spencer is the author of *Mindful Practices for Helping Troubled Teens*. She is also a licensed professional counselor (LPC) in the state of North Carolina, and owns her own private practice, Natalie Spencer Counseling and Consulting. Dr. Spencer has presented her research on the local, state, and national level.

**ABOUT THIS SESSION:** Join Dr. Spencer as she presents *Solution Focused Counseling for Anxious Children and Teens: Strategies for School Counselors*. Counselors often find themselves in situations where they seek interventions to best meet the needs of children and adolescents. When assisting children and adolescents, feelings and behaviors can change very quickly and many children and teens are already equipped to solve minor and routine behavioral problems. Solution Focused Brief Counseling ( SFBC) has proven to be a great tool for anxious children and teens as they learn to manage challenges at school and home. This interactive presentation will introduce creative and effective SFBC techniques counselors can use in both individual and group counseling, with an emphasis on helping anxious children and teens.

Attendees will gain a better understanding of emphasizing solutions instead of problems, learn the 12 basic assumptions of SFBC, discover strategies to implement SFBC in small and individual group counseling, and develop techniques to help anxious children with developmentally appropriate techniques.

**Domain:**  
Academic Development,  
Social/Emotional Development  
**Standard 1:** School Counselors Demonstrate Leadership, Advocacy and Collaboration  
**Standard 2:** School Counselors Promote A Respectful Environment for A Diverse Population of Students  
**Standard 4:** School Counselors Promote Learning for All Students

# 2019 NCSCA REGISTRATION

**Toll Free #:** (866) 318-6294

**Fax:** (423) 899-4547

**Internet:** [www.ncyi.org/ncscac](http://www.ncyi.org/ncscac) to register and pay with a credit card, using our secure shopping cart system

**Mail:** National Center for Youth Issues • Attn: NCSCA  
P.O. Box 22185 • Chattanooga, TN 37422-2185

**Scan & Email:** [Registrations@ncyi.org](mailto:Registrations@ncyi.org)

Please make your check or purchase order payable to: **National Center for Youth Issues**. Mail the check or purchase order and registration form(s) to the address above.

## REGISTRATION FORM (PLEASE PRINT CLEARLY)

**I am a 2019-2020 NCSCA member.** Yes  No  #: \_\_\_\_\_ I would like to volunteer at the conference. Yes  No

NAME (as it should appear on name badge) \_\_\_\_\_ I am a first time attendee. Yes  No

JOB TITLE - (REQUIRED PLEASE) \_\_\_\_\_

ORGANIZATION/SCHOOL DISTRICT \_\_\_\_\_

EMAIL (REQUIRED FOR CONFIRMATION) \_\_\_\_\_

WORK ADDRESS \_\_\_\_\_ COUNTY \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

WORK PHONE ( \_\_\_\_\_ ) \_\_\_\_\_ CELL PHONE ( \_\_\_\_\_ ) \_\_\_\_\_

SPECIAL NEEDS \_\_\_\_\_

**PLEASE ANSWER:** IF YOU WERE TO PURCHASE A NCSCA T-SHIRT AT THE CONFERENCE, WHICH STYLE WOULD YOU PREFER?  Short-sleeve  Long-sleeve

**NCSCA Membership** You can save on your conference registration by becoming a member of the NCSCA! Visit [www.ncschoolcounselor.org](http://www.ncschoolcounselor.org) BEFORE registering to get your member number.

\* Must be a NCSCA member

*To qualify for the Early Registration Rate, your registration form AND payment (your check or credit card) must be received or postmarked by the Early Registration cutoff date.*

<p><b>A. FULL Conference (Nov 13th-15th)</b></p> <p><input type="checkbox"/> <b>Early Registration</b> (by Oct. 20)</p> <p><input type="checkbox"/> <b>Regular Registration</b> (between Oct. 21 - Nov. 10)</p> <p><input type="checkbox"/> <b>Onsite Registration</b> (after Nov. 10 - Nov. 15)</p>	<table border="1" style="width: 100%; border-collapse: collapse; font-size: x-small;"> <tr><th>NCSCA Member*</th><th>Non-Member</th><th>Graduate Student*/Retiree*</th></tr> <tr><td>\$135 per person</td><td>\$225 per person</td><td>\$105 per person</td></tr> <tr><td>\$145 per person</td><td>\$235 per person</td><td>\$110 per person</td></tr> <tr><td>\$155 per person</td><td>\$245 per person</td><td>\$120 per person</td></tr> </table>	NCSCA Member*	Non-Member	Graduate Student*/Retiree*	\$135 per person	\$225 per person	\$105 per person	\$145 per person	\$235 per person	\$110 per person	\$155 per person	\$245 per person	\$120 per person	<table border="1" style="width: 100%; border-collapse: collapse; font-size: x-small;"> <tr><th>NCSCA Member*</th><th>Non-Member</th><th>Graduate Student*/Retiree*</th></tr> <tr><td>\$105 per person</td><td>\$200 per person</td><td>\$80 per person</td></tr> <tr><td>\$115 per person</td><td>\$210 per person</td><td>\$90 per person</td></tr> <tr><td>\$125 per person</td><td>\$220 per person</td><td>\$100 per person</td></tr> </table>	NCSCA Member*	Non-Member	Graduate Student*/Retiree*	\$105 per person	\$200 per person	\$80 per person	\$115 per person	\$210 per person	\$90 per person	\$125 per person	\$220 per person	\$100 per person				
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<p><b>B. Thursday ONLY (Nov 14th)</b></p> <p><input type="checkbox"/> <b>Early Registration</b> (by Oct. 20)</p> <p><input type="checkbox"/> <b>Regular Registration</b> (between Oct. 21 - Nov. 10)</p> <p><input type="checkbox"/> <b>Onsite Registration</b> (after Nov. 10 - Nov. 15)</p>	<table border="1" style="width: 100%; border-collapse: collapse; font-size: x-small;"> <tr><th>NCSCA Member*</th><th>Non-Member</th><th>Graduate Student*/Retiree*</th></tr> <tr><td>\$105 per person</td><td>\$200 per person</td><td>\$80 per person</td></tr> <tr><td>\$115 per person</td><td>\$210 per person</td><td>\$90 per person</td></tr> <tr><td>\$125 per person</td><td>\$220 per person</td><td>\$100 per person</td></tr> </table>	NCSCA Member*	Non-Member	Graduate Student*/Retiree*	\$105 per person	\$200 per person	\$80 per person	\$115 per person	\$210 per person	\$90 per person	\$125 per person	\$220 per person	\$100 per person	<table border="1" style="width: 100%; border-collapse: collapse; font-size: x-small;"> <tr><th>NCSCA Member*</th><th>Non-Member</th><th>Graduate Student*/Retiree*</th></tr> <tr><td>\$35 per person</td><td>\$90 per person</td><td>\$90 per person</td></tr> <tr><td>\$35 per person</td><td>\$90 per person</td><td>\$90 per person</td></tr> <tr><td>\$35 per person</td><td>\$90 per person</td><td>\$90 per person</td></tr> <tr><td>\$35 per person</td><td>\$90 per person</td><td>\$90 per person</td></tr> </table>	NCSCA Member*	Non-Member	Graduate Student*/Retiree*	\$35 per person	\$90 per person	\$90 per person	\$35 per person	\$90 per person	\$90 per person	\$35 per person	\$90 per person	\$90 per person	\$35 per person	\$90 per person	\$90 per person	
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<p><b>C. Pre-Conference Learning Institute (Nov 13th)</b> <i>(Additional fees required. Choose only ONE.)</i></p> <p><input type="checkbox"/> <b>1. Approaching Anxiety</b> – Allison Edwards</p> <p><input type="checkbox"/> <b>2. Digital Learning</b> – Andrea Burston</p> <p><input type="checkbox"/> <b>3. The Growing World of Section 504</b> – Robert Jamison</p> <p><input type="checkbox"/> <b>4. Grads, Gurus, and Growth Mindset</b> – Angela Poovey</p>	<table border="1" style="width: 100%; border-collapse: collapse; font-size: x-small;"> <tr><th>NCSCA Member*</th><th>Non-Member</th></tr> <tr><td>\$35 per person</td><td>\$90 per person</td></tr> <tr><td>\$35 per person</td><td>\$90 per person</td></tr> <tr><td>\$35 per person</td><td>\$90 per person</td></tr> <tr><td>\$35 per person</td><td>\$90 per person</td></tr> </table>	NCSCA Member*	Non-Member	\$35 per person	\$90 per person	\$35 per person	\$90 per person	\$35 per person	\$90 per person	\$35 per person	\$90 per person																			
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(A) Full-Conference \$ \_\_\_\_\_ (B) Thursday Only \$ \_\_\_\_\_ (C) Pre-Conference \$ \_\_\_\_\_ **Total Due** ( A + B+ C ) \$ \_\_\_\_\_

**PAYMENT METHOD**

**Check Enclosed** (made payable to National Center for Youth Issues)  **Credit Card**  Personal  Corporate  
 **Purchase Order** (A copy of the purchase order is required, payable to National Center for Youth Issues, P.O. Box 22185, Chattanooga, TN 37422-2185)

CARD NO. \_\_\_\_\_ EXP. DATE \_\_\_\_\_ CID# \_\_\_\_\_

NAME ON CARD (PLEASE PRINT) \_\_\_\_\_

CREDIT CARD BILLING ADDRESS \_\_\_\_\_

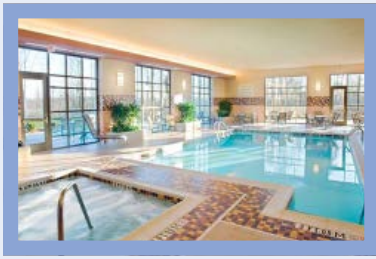
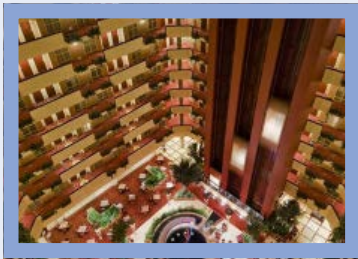
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AUTHORIZED SIGNATURE \_\_\_\_\_ EMAIL \_\_\_\_\_

**WAIVER OF LIABILITY:** The signed, in consideration of his/her registration of the 2019 NCSCA Fall Conference, releases, holds harmless and discharges the association, management staff and their agents, from any and all actions, claims and demands which may arise out of an accident, casualty or occurrence during said convention. Your signature above acknowledges acceptance of these provisions of registration for all those listed on this form.

**PROCESSING FEE:** There will be a \$35 service charge for all returned checks and declined credit cards.

**CANCELLATION POLICY:** Requests for refunds must be received in writing. No refund requests will be granted after October 20, 2019. There is a 20% processing fee for refunds requested prior to October 1, 2019 and a 50% processing fee for all refunds requested October 1st - October 20th. Send cancellation requests to Matthew Daughtry-Grubbs at [treasurer@ncschoolcounselor.org](mailto:treasurer@ncschoolcounselor.org). The association is not responsible for and cannot give refunds due to problems beyond its control, such as weather and school closings.



## Make hotel reservations early! Limited Availability!

### Embassy Suites Resort and Convention Center

5400 John Q. Hammons Dr NW • Concord, NC 28027

The Embassy Suites has a **conference rate of \$150 per night, plus tax**, which remains valid for reservations made by **October 20, 2019**, while rooms are available.

### TO MAKE HOTEL RESERVATIONS

**CALL: (800) 362-2779 or (704) 455-8200.**

Please be sure to mention the “SCA” group and the dates of the conference.

**REGISTER ONLINE:** Visit [www.ncyi.org/ncscac](http://www.ncyi.org/ncscac) and scroll down to the “Accommodations” section. Click on the link to visit the hotel’s on-line reservation system.



## Come Work and Play!

In the evening, make sure you take time to relax and enjoy the surrounding area. Go to [www.ncyi.org/ncaeec](http://www.ncyi.org/ncaeec) to see the things to do around the beautiful Embassy Suites.

**Visit Concord Mills, just minutes away and in walking distance from the Embassy Suites!**

- You can sit back and relax at the many restaurants at Concord Mills, such as Bonefish Grill, Dave and Busters, and Outback Steakhouse, along with others.
- Concord Mills also has an 24-screen AMC movie theater, so you can finally watch that movie you have been wanting to see.

**We hope this conference will educate and equip you to do your job well, and we also hope you will take advantage of the wonderful ways you can relax and be refreshed!**



At Concord Mills enjoy shopping at the Saks Fifth Avenue OFF 5TH, Nike Factory Store, Banana Republic Factory Store, Ann Taylor Factory Store, Tommy Bahama Outlet, and many more!