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LONE STAR STATE  
SCHOOL  
COUNSELOR  
ASSOCIATION

**Annual Conference**

# Connecting with **YOU**



**November 3-5, 2019** Embassy Suites & Frisco Convention Center, Dallas, Texas

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## CONFERENCE HIGHLIGHTS



- Pre-Conference Sessions
- 50+ Breakout Sessions
- Exhibit Hall
- Lunch provided on Monday
- Door prizes
- SBEC & LPC Hours

## KEYNOTE SPEAKER



### Monday, November 4th

Luncheon Keynote Speaker

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

**Tara Rolstad**

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*.

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.

Visit **40+ Exhibitors** at the Conference!



## 50+ Informative Breakout Sessions!

### Covering the following target areas:

- Planning a Comprehensive School Counseling Program
- Guidance Curriculum / School Counseling Core Curriculum
- Individual Student Planning
- Responsive Services
- Student Support Services

# PRE-CONFERENCE LEARNING SESSIONS

### Sunday, November 3rd, 2:00 p.m. - 5:00 p.m.

The Pre-Conference Learning Sessions include additional opportunities for more professional development and CPE 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. Sessions are at a minimal 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.*

### Choose one of the following!

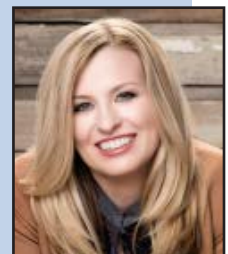
#### 1. 15-Minute Counseling Techniques that Work: What You Didn't Learn in Grad School

##### 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?* She is also 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 for *15-Minute Counseling Techniques that Work: What You Didn't Learn in Grad School*. Feel like you don't have enough time to do counseling? Participants will learn 15 counseling techniques that can be implemented in less than 15 minutes from when a student walks into your office. The program can be suited to elementary, middle, or high school counselors (or a combination of all) and participants will not only learn the strategies but will be doing them alongside Allison as she teaches how to implement them. Get out your Play-Doh! This hands-on, experiential program will revolutionize your counseling department and help kids leave feeling empowered.





## 2. Mindful Practices to Help Troubled Teens: Behavioral Interventions to Help Students Succeed

### Dr. Natalie Spencer Gwyn

**SPEAKER BIO:** Dr. Natalie Spencer Gwyn 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. She 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 Gwyn has presented her research on the local, state, and national level.



**ABOUT THIS SESSION:** Join Natalie as she presents *Mindful Practices to Help Troubled Teens: Behavioral Interventions to Help Students Succeed*. School counselors often encounter students with a variety of behavioral and mental health concerns throughout a day. Mindfulness and mindful interventions have been shown to help students by introducing a variety of skills, such as guided imagery, mindful breathing, and gentle yoga. This presentation is designed to give school counselors tools to implement mindful techniques and help empower students discover their true potential. It will be an exciting and hands on presentation that will introduce counselors to mindfulness techniques and strategies to help all students succeed.

## 3. Bullying and Normal Conflict: Recognizing the Difference and What to Do About It!

### Rodger Dinwiddie

**SPEAKER BIO:** Rodger Dinwiddie has been the CEO STARS-Nashville, an evidenced-based Student Assistance Program as recognized by the National Registry of Evidenced-based Programs and Practices, since 1986. Prior to joining STARS, Rodger served as the Executive Director of a nonprofit organization working with juvenile court referrals. He also was a classroom teacher in the Metropolitan Nashville Public Schools for 7 years. Rodger is also a Certified Prevention Specialist – Level II. He is a certified trainer and Olweus Technical Assistance Consultant for the Olweus Bullying Prevention Program and Safe Dates Program, and he serves as the Tennessee State Olweus Coordinator in partnership with the Tennessee Department of Education, Clemson University, and Hazelden Educational Publishing, where he currently provides consultation in the areas of best practices in bullying prevention and intervention, school climate improvement, and the development of social emotional competencies. In addition, he provides consultation to both businesses and school districts to assist leaders in building strong(er) relationships in the workplace. Rodger is also the Past-President of the International Bullying Prevention Association. He and former CEO of Oasis Center, Hal Cato, were named Nashvillians of the Year by the Nashville Scene for their work in the collaboration and development of the Youth Opportunity Center, a partnership between Oasis Center and STARS.



**ABOUT THIS SESSION:** Join Rodger as he presents *Bullying and Normal Conflict: Recognizing the Difference and What to Do About It!* This presentation will discuss how bullying is a common, sometime severe form of school violence, often misidentified and underreported. As statistics report the harmful impact of bullying on academics, it is imperative that adults and students be equipped with the skills to address this critical social issue. This presentation will focus on the facts and myths of bullying, how to identify and confront perpetrators, cyber bullying issues, and how to help victims of bullies.

**All of the pre-conference speakers will be staying over until Monday to present breakout sessions on different topics!**

## Tentative Schedule

### Sunday, November 3, 2019

- 1:00 p.m. to 5:30 p.m. Registration Open
- 1:00 p.m. to 5:30 p.m. Exhibits Open
- 2:00 p.m. to 5:00 p.m. Pre-Conference Learning Session

### Monday, November 4, 2019

- 7:30 a.m. to 8:30 a.m. Registration Opens
- 7:30 a.m. to 4:30 p.m. Exhibits Open
- 8:30 a.m. to 9:00 a.m. Opening Kickoff Session
- 9:00 a.m. to 9:15 a.m. Break - Visit Exhibitors
- 9:15 a.m. to 10:15 a.m. Breakout (Program) Session One
- 10:15 a.m. to 10:45 a.m. Break – Visit Exhibitors
- 10:45 a.m. to 11:45 a.m. Breakout (Program) Session Two
- 11:45 a.m. to 12:00 p.m. Break – Visit Exhibitors
- 12:00 p.m. to 1:30 p.m. Lunch and Keynote Speaker – Tara Rolstad
- 1:30 p.m. to 1:45 p.m. Break – Visit Exhibitors
- 1:45 p.m. to 2:45 p.m. Breakout (Program) Session Three
- 2:45 p.m. to 3:15 p.m. Break - Visit Exhibitors
- 3:15 p.m. to 4:15 p.m. Breakout (Program) Session Four
- 4:15 p.m. to 4:30 p.m. Break - Visit Exhibitors
- 4:30 p.m. to 5:30 p.m. Breakout (Program) Session Five
- 5:30 p.m. to 7:30 p.m. President’s Reception (Embassy Suites Atrium)

### Tuesday, November 5, 2019

- 8:00 a.m. to 11:30 a.m. Exhibits Open
- 8:15 a.m. to 9:15 a.m. Breakout (Program) Session Six
- 9:15 a.m. to 9:45 a.m. Break - Visit Exhibitors
- 9:45 a.m. to 10:45 a.m. Breakout (Program) Session Seven
- 10:45 a.m. to 11:00 a.m. Break – Final Chance to Visit Exhibitors
- 11:00 a.m. to 12:15 p.m. Final Closing Celebration - Awards Ceremony,  
Annual Meeting, Closing PowerPoint Show & Door Prizes!

#### SBEC, LPC, and SW hours available:

12.5 SBEC CPE hours available (#902-466) • 12.5 LPC CPE hours available (2740)  
12.5 SW CPE hours available (7607)

# REGISTRATION



## Five Easy Ways to Register!!!

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

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

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

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

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

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

**QUESTIONS??** Contact NCYI at 866-318-6294 or e-mail [registrations@ncyi.org](mailto:registrations@ncyi.org) or [bnickel@ncyi.org](mailto:bnickel@ncyi.org).

### REGISTRATION FORM (PLEASE PRINT CLEARLY)

#### REGIONS

1. Edinburg
2. Corpus Christi
3. Victoria
4. Houston
5. Beaumont
6. Huntsville
7. Kilgore
8. Mount Pleasant
9. Wichita Falls
10. Richardson
11. Fort Worth
12. Waco
13. Austin
14. Abilene
15. San Angelo
16. Amarillo
17. Lubbock
18. Midland
19. El Paso
20. San Antonio

NAME (as it should appear on name badge) \_\_\_\_\_

JOB TITLE - (required please) \_\_\_\_\_

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

EMAIL (required for confirmation) \_\_\_\_\_

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

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

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

REGION (see right) \_\_\_\_\_

I would like to volunteer at the conference.

#### A. Full Conference – Attend both days (Nov. 4-5)

\* Must be an LSSSCA member

- Early Register** (by Sept. 13, 2019)  
 **Regular Registration** (after Sept. 13, 2019)

#### LSSSCA Member\*

**Early** \$130 per person  
**Regular** \$150 per person

#### Non-Member

**Early** \$180 per person  
**Regular** \$200 per person

#### Graduate Student\*/Retiree\*

**Early** \$90 per person  
**Regular** \$110 per person

Visit [www.ncyi.org/lssscac](http://www.ncyi.org/lssscac) to order a t-shirt!

#### B. Pre-Conference Learning Sessions (Nov. 3)

**Early Register** (by Sept. 13, 2019) • **Regular Registration** (after Sept. 13, 2019)

Please check the box for the ONE session you plan to attend.

- 1. 15-Minute Counseling Techniques that Work** – Allison Edwards
- 2. Mindful Practices to Help Troubled Teens** – Dr. Natalie Spencer Gwyn
- 3. Bullying and Normal Conflict** – Rodger Dinwiddie

#### Member\*

**Early** \$45 per person  
**Regular** \$60 per person

#### Non-Member

**Early** \$85 per person  
**Regular** \$95 per person

#### C. LSSSCA One-Year Membership

You can save \$50 on your conference registration by becoming a member of the LSSSCA for only \$30!

To sign up for membership, please add \$30 to line (C) below.

**(A) Full-Conference Total \$** \_\_\_\_\_

**(B) Pre-Conference Total \$** \_\_\_\_\_

**(C) Membership Total \$** \_\_\_\_\_

**Total Due ( A + B+ C ) \$** \_\_\_\_\_

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

#### PAYMENT METHOD

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

#### SBEC, LPC, and SW hours available:

12.5 SBEC CPE hours available (#902-466)  
 12.5 LPC CPE hours available (2740)  
 12.5 SW CPE hours available (7607)

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

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

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

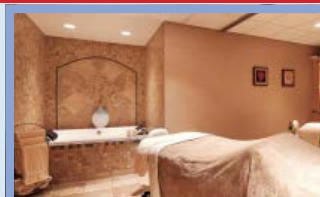
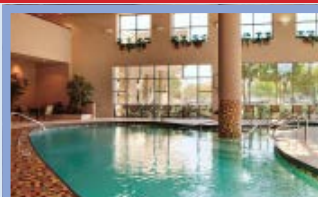
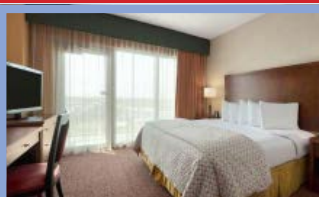
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

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

**PLEASE NOTE:** There will be no refunds after October 11, 2019. All cancellations before October 11, 2019 will be refunded less a \$25 handling fee. There will be no refunds if you register as a non-member and then later become a member. The association is not responsible for and cannot give refunds due to problems beyond its control, such as weather and school closings.

# ACCOMMODATIONS

## Embassy Suites Dallas Frisco Hotel Convention Center & Spa Frisco, Texas



**Reserve your hotel room today! Limited Availability**  
**Call 1-800-362-2779 or 972-712-7200 (Direct Line)**

### To make hotel reservations:

All events of the Conference will be located in the Convention Center. Standard rooms at the hotel may be reserved at the special conference rate of **\$159 per night**, plus tax. Make your reservations by calling **1-800-362-2779** or the hotel directly at **972-712-7200**, and refer to the “LSS” block to receive this rate. **The conference rate includes a full, cooked-to-order breakfast and an evening Manager’s Reception.**

### TO RESERVE YOUR ROOM ONLINE:

Go to [www.ncyi.org/lssscac](http://www.ncyi.org/lssscac) and follow the link to the hotel’s reservation system.

**Please Note:** This rate is good on reservations made by **October 19, 2019**. Rooms in the “LSS” block are limited, and may fill up before **October 19**.



## Come Work and Play!

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

**Visit the Stonebriar Centre,  
one mile from the Embassy Suites!**

- You can sit back and relax at the many restaurants at the Stonebriar, such as Cheesecake Factory, California Pizza Kitchen, Perry’s Steakhouse and Grill, and Dave and Busters, along with others.
- The Stonebriar Centre also has an AMC movie theater, so you can finally watch that movie you have been wanting to see.

At the Stonebriar enjoy shopping at the Sam Moon, Williams & Sonoma, Coach, Yankee Candle, Sephora, Forever 21, Barnes & Noble, and many more!



**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!**