Friday, May 29  Opening Keynote Session Speaker

Julia Cook

Julia Cook is a national award winning children’s author, counselor and parenting expert. She has presented in thousands of schools across the country and abroad, regularly speaks at national education and counseling conferences, and has published children’s books on a wide range of character and social development topics. The goal behind Cook’s work is to actively involve young people in fun, memorable stories and teach them to become lifelong problem solvers. Inspiration for her books comes from working with children and carefully listening to counselors, parents, and teachers, in order to stay on top of needs in the classroom and at home. Cook has the innate ability to enter the worldview of a child through storybooks, giving children both the “what to say” and the “how to say it”.

Join Julia as she presents Got Hope? NOPE!: Understanding the Importance of Hopefulness. The most tragic thing a person can lose is their hope. Without hope, despair takes over. Without hope…a child becomes hopeless. Hopeless children don’t try, have poor relationships with others, and feel helpless. In terms of resilience and well being, hope is a critically important predictor of success. Research tells us that by the time children are 10 years old, they have maximized the amount of hope instilled in their minds. This poses two very unique challenges for parents, teachers, and counselors…How do we help children increase their amount of hope prior to the age of 10, and how do we help them maximize their hope potential after the age of 10. In this research-based, humor infused keynote, Julia Cook explores the components of hope, discusses the results of the Hope Scale for Children, defines the differences between hope and optimism, and presents a blueprint for maximizing hope growth and potential in children, teens and adults.

“Hope us our children’s window for a better tomorrow!” Ready…Get “MIND SET”…GROW!

Julia will also present a breakout session titled, Reboundaries and Resilience: Enhancing Skills that Foster Boundary Recognition, Determination and GRIT!

How do we accomplish the great task of teaching our kids the BIG LIST of everything they need to know and succeed in life when they believe that all of their needs are being met through screen time? How do we teach our kids online safety? How do we allow technology to add to our children’s life as opposed to taking from it? How do we create an environment where kids genuinely “want it” more than we want it for them?

Julia takes a look at how creative world-class parents and educators are answering these questions and helping children thrive with strength and confidence in their ever-changing world!
Thursday, May 28, 3:00 p.m. - 6:00 p.m.

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?* 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 *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.

Allison will also present a breakout session titled, *Approaching Anxiety: How (and When!) Educators 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. Educators will leave the session with confidence to identify issues to address inside the classroom and how to work with outside professionals to help anxious children begin to thrive.

Visit 30+ Exhibitors at the Conference!
Thursday, May 28, 2020

2:00 p.m. – 6:00 p.m.  Registration and Information Center Open
2:00 p.m. – 6:00 p.m.  Exhibits Open
3:00 p.m. – 6:00 p.m.  Pre-Conference Workshop Speaker – Allison Edwards
6:00 p.m. – 8:00 p.m.  Awards Reception

Friday, May 29, 2020

7:00 a.m. – 9:00 p.m.  Registration
7:00 a.m. – 3:30 p.m.  Exhibits Open
7:00 a.m. – 8:00 a.m.  Breakfast
7:45 a.m.  Chairman of the Board’s Welcome
8:15 a.m. – 9:15 a.m.  Opening Keynote Session – Julia Cook
9:15 a.m. – 9:30 a.m.  Exhibitor Break
9:30 a.m. – 10:20 a.m.  Morning Learning Session 1
10:20 a.m. – 10:40 a.m.  Exhibitor Break
10:40 a.m. – 11:30 a.m.  Morning Learning Session 2
11:30 a.m. – 11:45 a.m.  Exhibitor Break
11:45 a.m. – 12:45 p.m.  Luncheon
12:45 p.m. – 1:15 p.m.  Exhibitor Break
1:15 p.m. – 2:05 p.m.  Afternoon Learning Session 3
2:05 p.m. – 2:25 p.m.  Coffee Break with Exhibitors
2:25 p.m. – 3:15 p.m.  Afternoon Learning Session 4
3:25 p.m. – 3:45 p.m.  PD/CE Certificate Distribution, Door Prizes and Giveaways
# REGISTRATION FORM (PLEASE PRINT CLEARLY)

NAME (as it should appear on name badge) ____________________________________________________________

JOB TITLE - (REQUIRED PLEASE) ______________________________________________________________________________________________

ORGANIZATION/SCHOOL DISTRICT ______________________________________________________________________________________________

EMAIL (REQUIRED FOR CONFIRMATION) __________________________________________________________________________________________

WORK ADDRESS ______________________________________________________________________________________________________________

CITY_________________________________________ STATE______________ ZIP _______________________________________

WORK PHONE (                           ) __________________________________________________________________________________________

To help us plan better, please check the appropriate box.

I will be attending the following:  ☐ Pre-conference Session  ☐ Awards Reception

I am a (Please Check One):  ☐ Professional Member  ☐ Student Member  ☐ Non-Member  ☐ Retiree Member

### Full Conference – Attend both days, Includes Pre-Conference (May 28-29)

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* Must be a CSCA member
** By registering for the CSCA full conference, you will receive a complimentary CSCA membership
*** To qualify for the Early Registration Rate, your registration form AND payment must be received or postmarked by the Early Registration cutoff date.

Total Due $ __________

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## How and Where Do I Pay?

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**PAYMENT METHOD**

☐ PURCHASE ORDER A COPY OF THE PURCHASE ORDER IS REQUIRED.

(ADDRESS 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

CARD NO. ___________________________ EXP. DATE CID# ______________________________________

CANCELLATION POLICY: There will be no refunds after May 8, 2020. All cancellations before May 8, 2020 will be refunded less a $25 handling fee. The association is not responsible for and cannot give refunds due to problems beyond its control, such as weather and school closings.

PLEASE NOTE: The attendee will receive a confirmation to the email address provided when their registration is processed (make sure to check Junk/Spam folders). Please allow ample time for processing.
Make Hotel Reservations Early!
Limited Availability!

The Mohegan Sun, the Conference’s host hotel, has a conference rate of **$149 per night, plus tax**, which remains valid for reservations made by **May 14, 2020**, while rooms are available. Please note the conference room rate is only good for the night of **Thursday, May 28, 2020**.

To make hotel reservations:

**Call:** (866) 708-1340. Please be sure to tell the hotel the group code is “CTSCA20.”

**Register Online:**
Go to [www.ncyi.org/ct-scac](http://www.ncyi.org/ct-scac). Under the “Accommodations” section follow the instructions for the hotel’s reservation system.

Come Work and Play!

The Mohegan Sun is home to 42 restaurants and bars and 34 shops. Get some retail therapy at places like Sephora, Chico’s, Yankee Candle, and more! Or eat dinner at Ballo, Johnny Rockets, Michael Jordan’s Steakhouse, or Tao. You can experience the excitement of a high-energy DJ at Avalon or Vista, bowl and sing karaoke at Game On, or test your skills on a bull at Comix Roadhouse. The Mohegan Sun has a variety of options for your entertainment.

For more information go to [www.ncyi.org/ct-scac](http://www.ncyi.org/ct-scac). Under the “Accommodations” section click the link to visit the Mohegan Sun.

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!