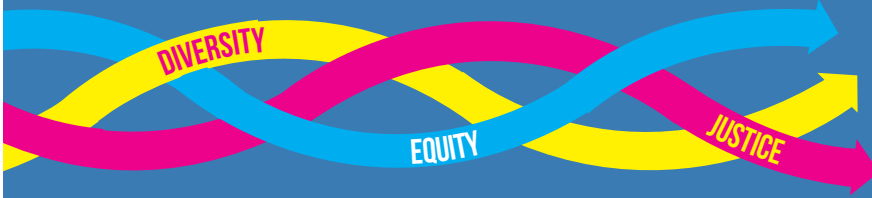


Visit www.ncyi.org/mascac for more information

PATHWAYS TO THE FUTURE

FOSTERING CHANGE AND INCLUSION



SPRING CONFERENCE

APRIL 5-6, 2021 • BOSTON MARRIOTT NEWTON • NEWTON, MA

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ARMY ROTC



Professional
Education



CONFERENCE HIGHLIGHTS

- **Keynote Speaker**
- **Pre-Conference Learning Session**
- **30+ Breakout Sessions**
- **Exhibit Hall**
- **Lunch Provided on Tuesday**
- **Door Prizes**

OPENING KEYNOTE SESSION SPEAKER

Tuesday, April 6, 8:15 a.m. - 9:15 a.m.

Mental Health Literacy: Raising Awareness to Provoke Change

Julia Taylor

SPEAKER BIO: Dr. Julia V. Taylor is an assistant professor at the University of Virginia. She was previously the Dean of Student Services for the Wake Young Women's Leadership Academy, a public, all girls' school located in Raleigh, NC. Originating from the Washington, DC area, Julia received her undergrad degree in Exercise Science with a concentration in Health Education from George Mason University. She received her masters in Psychology with a concentration in School Counseling from Marymount University. Julia received her doctorate from Virginia Commonwealth University in Counselor Education and Supervision.



Julia is the author of many books: *The Body Image Workbook for Teens*, *The Bullying Workbook for Teens*, *Salvaging Sisterhood*, *G.I.R.L.S.: Group Counseling Activities for Enhancing Social and Emotional Development*, and a children's book, *Perfectly You*. She frequently presents her research and experiences with educators, parents, and students at the national level.

ABOUT THIS SESSION: Join Julia as she presents *Mental Health Literacy: Raising Awareness to Provoke Change*. Current research indicates that 1 in 5 students will experience a mental illness before the age of 25, with symptomology beginning during adolescence. The lifelong trajectories for these conditions can be greatly improved with early identification and intervention. School counselors are ideal to provide Tier 1 programming to reduce stigma, promote help-seeking behavior, and enhance mental health literacy for youth. This session will provide an overview of current research and best practices to address the topic, along a plethora of suggestions and advocacy resources.

Expected session outcomes:

- Participants will examine stigma-reducing strategies associated with mental health conditions.
- Participant will learn how to improve help-seeking behavior among youth and bystanders.
- Participants will understand early identification strategies to share with parents/caregivers, teachers, administration, and other educational stakeholders.
- Participants will learn how to utilize connections with community service boards and outside mental health providers.

Julia will also present a breakout session titled, *Strengthening Sisterhood: Empowering Girls to Resist Societal Pressures, Fight Unrealistic Media Standards, and Develop a Healthy Body Image*.

Today's standards of beauty are unrealistic and unattainable. It's not a coincidence that body image disturbances are widespread, contagious, and toxic. Girls are inundated with confusing messages that often interfere with their ability to learn, lead, and develop authentic relationships. This session will address these important issues, with a focus on helping girls develop leadership skills to combat and revive a generation that has become exhausted by body bashing, social media saturation, and the myth of perfection.

Monday, April 5, 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. She is the author of *Why Smart Kids Worry*, *Worry Says What?*, and *Marcy Is Having All the Feels*. 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.

~ TENTATIVE SCHEDULE ~

Monday, April 5

- 2:00 - 6:00 PM Registration Open
- 2:00 - 6:30 PM Exhibits Open
- 3:00 - 6:00 PM Pre-Conference Keynote Session – Allison Edwards
- 6:00 - 8:00 PM President's Reception

Tuesday, April 6

- 7:00 - 9:00 AM Registration Open
- 7:00 AM - 3:30 PM Exhibits Open
- 7:00 - 8:00 AM Breakfast
- 7:45 AM President's Welcome
- 8:15 - 9:15 AM Keynote Address – Julia Taylor
- 9:15 - 9:30 AM Visit Exhibitors and Grad Posters
- 9:30 - 10:20 AM Morning Learning Session I
- 10:20 - 10:40 AM Exhibitor Break
- 10:40 - 11:30 AM Morning Learning Session II
- 11:30 - 11:45 AM Visit Exhibitors and Grad Posters
- 11:45 AM - 12:45 PM Awards Luncheon
- 12:45 - 1:15 PM Visit Exhibitors and Grad Posters
- 1:15 - 2:05 PM Afternoon Learning Session I
- 2:05 - 2:25 PM Coffee Break with Exhibitors
- 2:25 - 3:15 PM Afternoon Learning Session II
- 3:25 - 3:45 PM Door Prizes and Giveaways
- 3:45 - 4:45 PM MASCA General Session Meeting

PDP INFORMATION

MASCA is an approved PDP provider. Attendees can earn up to 12.5 hours of PDPs by attending the Full Conference on April 5-6. PDP forms will be provided onsite during the conference.

REGISTRATION



Become a Member of the MASCA Today!

Before registering for the conference, please visit www.masca.wildapricot.org/join-us and become a member or renew your annual membership.

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 _____ COUNTY _____

CITY _____ STATE _____ ZIP _____

WORK PHONE () _____ CELL PHONE () _____

Please Circle Your Status:

Professional Member* Student Member* Non-Member** Retiree Member*

A. Full Conference – Attend both days, includes Pre-Conference (April 5-6)

<input type="checkbox"/> Early Register*** (by Feb 5, 2021)	\$135 per person	\$75 per person	\$180 per person	\$75 per person
<input type="checkbox"/> Regular Registration (after Feb 5, 2021)	\$150 per person	\$85 per person	\$195 per person	\$85 per person

Full Conference Attendance–Total (A) \$ _____

To help us plan better, please check the appropriate box if you will attend the following: Pre-conference Session President's Reception

B. One Day Attendance: Pre-Conference Only (April 5)

<input type="checkbox"/> Regular Registration	\$60 per person	\$45 per person	\$80 per person**	\$45 per person
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One Day Conference Attendance–Total (B) \$ _____

Total Due (A or B) \$ _____

- * Membership must be good through April 6, 2021 to qualify for these rates.
- ** By registering for the MASCA full conference, you will receive a complimentary MASCA membership. Pre-Conference Only Registration does not include membership to MASCA
- *** 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.

REGISTRATIONS CANNOT BE PROCESSED WITHOUT PAYMENT. PLEASE SEND PAYMENT AND REGISTRATION FORM(S) TOGETHER.

How and Where Do I Pay?

	WEBSITE	EMAIL	FAX	PHONE	MAIL
CREDIT CARD	✓	✓	✓	✓	✓
PURCHASE ORDER		✓	✓		✓
CHECK					✓

WEBSITE: www.ncyi.org/mascac
EMAIL: registrations@ncyi.org
FAX: 423-899-4547
PHONE: 866-318-6294
MAIL: National Center for Youth Issues
 P.O. Box 22185
 Chattanooga, TN 37422-2185

Please make your check or purchase order payable to: **National Center for Youth Issues.**
 A W-9 is available on the website.

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

CARD NO. _____ EXP. DATE CID# _____

NAME ON CARD (PLEASE PRINT) _____

CREDIT CARD BILLING ADDRESS _____

CITY _____ STATE _____ ZIP _____

AUTHORIZED SIGNATURE _____ EMAIL _____

CANCELLATION POLICY: There will be no refunds after March 12, 2021. All cancellations before March 12, 2021 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).



Boston Marriott Newton

2345 Commonwealth Ave., Newton, MA 02466

Make Hotel Reservations Early! Limited Availability!

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:**

\$129 plus tax

This rate is valid through **March 19, 2021**, as long as rooms are available in the block.

To make hotel reservations:

Call: 800-228-9290 or 617-969-1000 Please be sure to mention “Massachusetts School Counselors Association.”

Register Online:

Go to www.ncyi.org/mascac. Under the “Accommodations” section follow the instructions for the hotel’s reservation system.



Come Learn and Play!

Newton, Massachusetts is a vibrant community comprised of 13 distinctive villages. If looking for some retail therapy check out The Shops at Chestnut Hill, with wonderful places like Ann Taylor, Bloomingdales, Sephora and The Cheesecake Cake Factory. You can also visit a charming shopping area know as The Street, which has 15 independently owned boutiques and eateries. Tour the prestigious Boston College or visit one of the many museums and historic homes. There is tons to do around Newton, so you can learn and play!

For more information go to www.ncyi.org/mascac. Under the “Accommodations” section click the links to visit these areas around Newton.



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!