

ANNUAL CONFERENCE

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Still Focused on Student Success

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VIRGINIA SCHOOL COUNSELOR ASSOCIATION

MARCH 3-5, 2021 • EMBASSY SUITES & HAMPTON ROADS CONVENTION CENTER • HAMPTON, VA

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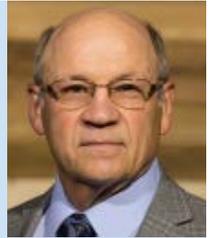
Pre-conference sessions are not included in the conference registration fee. Additional fee applies, see registration section.

**Wednesday, March 3 • 2:00 p.m. – 5:00 p.m.**

## 1. Suicide and Non-Suicidal Self-Injury Prevention, Intervention and Postvention

### David Opalewski

**SPEAKER BIO:** David Opalewski is President of Grief Recovery Inc., in Saginaw, Michigan, a certified Death and Dying and Suicide Prevention Instructor for Central Michigan University in Mount Pleasant, Michigan. He is also a certified support group facilitator and child trauma specialist, along with being a 33 year veteran of K-12 education; 25 years as a classroom teacher and 8 years as the Director of At-Risk Programs. He worked 3 years part time in a funeral home as an aftercare consultant, working with families of the deceased and pioneered the Saginaw County Aftercare Adult Support Group. He is ASIST (Applied Suicide Intervention Skills Training) trained.



His published books are, *Confronting Death in the School Family*, *Answering the Cry for Help: A Suicide Prevention for Schools and Communities*, *Understanding and Addressing Adolescent Grief Issues*, and *Understanding and Addressing Children Grief Issues*. Mr. Opalewski has been published several times in professional journals and is a highly sought after speaker at state and national conferences conducting professional development trainings for several school districts throughout the Country. He was recognized as the “2010 Advocate of the Year” at Central Michigan University for guiding college freshman and a nominee for the 2010/11 and 2012/13 “Excellence in Education” Award. He has recently retired as Professor Emeritus for Central Michigan University in the Teacher Education and Professional Development Department.

**ABOUT THIS SESSION:** Join David as he presents *Suicide and Non-Suicidal Self-Injury Prevention, Intervention and Postvention*. This session will explore the prevalence and difference of these self-destructive behaviors. Learn how to distinguish between suicidal (lethal) and non-suicidal (non-lethal) behaviors, and learn about a three step process used in working with a suicidal person (why and how). Come and discover coping techniques which can be taught to someone who is self-injurious. Also, learn how to help parents to appropriately support a suicidal or self-injurious child. Misconceptions associated with suicidal and self-injurious behaviors, risk factors for youth who self-injure and postvention (creating healing and encouraging school environments in response to these issues) will also be discussed.

**Dave will also present a breakout session titled *Confronting Death in the School Family*.**

This session is designed to assist school staff to develop appropriate and helpful procedures and policies in dealing with tragedy for students, as well as themselves, as they care for the school family. The afternoon portion of the workshop explores helpful concepts in understanding children grief and adolescent grief, as well as basic grief theory. It is not the expression, but the suppression of feelings that is most harmful when going through a painful loss. When working with grieving children and adolescents, we discover their two greatest needs are for trust and truth. This presentation will help participants expand their knowledge and skills in guiding children and adolescents through the grief process.

## 2. The Model Works! Developing and Using ASCA National Model Documents

### Deirdra Williams

**SPEAKER BIO:** Deirdra has earned a Master’s degree in School Counseling and School Administration. She also is a National Board Certified Teacher in K-12 School Counseling. She applies her knowledge each day maintaining a comprehensive school counseling program, and serving as a certified trainer for the American School Counselor Association. She enjoys working at the secondary level, ensuring her students position themselves well to have a positive transition to meet their chosen college and career goals. She believes all students can learn and educators must meet them where they are to get them moving. Deirdra has been a school counselor for over 22 years. She uses advocacy, collaboration, and leadership to influence systemic changes that support achievement for all students. Using the framework of the ASCA National Model has strengthened her abilities and created even more positive outcomes for students. During her tenure she has led two separate counseling teams to RAMP status, one in the school’s second year of existence. She has been a RAMP Reviewer, a lead RAMP Reviewer and now serves as a RAMP team captain. She enjoys supporting counselors in documenting the work of their school counseling program as well as helping counselors and administrators to strengthen their partnerships for the sake of student achievement.



**ABOUT THIS SESSION:** Join Deirdra as she presents *The Model Works! Developing and Using ASCA National Model Documents*. Stop the talk! Dig in and just do it. Change your ASCA National Model from talk to action. Complete actual documents to show the work of your school counseling program. Need a mission statement? Not sure how to complete a results report? Leave this session with actual working documents you can share with your building administrator and other stakeholders. Are you ahead of the game and just need to prepare your RAMP application? Join the session and be ready to meet the next deadline. School counseling teams are encouraged to attend.

## Thursday, March 4

Keynote Speaker (During the 8:30 a.m.–10:00 a.m. Opening Sessions)

### Sarah Bazemore

**SPEAKER BIO:** Sarah Bazemore is the School Counseling Specialist and Student Assistance Systems Coordinator within the Office of Student Services at the Virginia Department of Education (VDOE). Prior to joining the VDOE, Sarah was a school counselor, school counseling coordinator, behavior interventionist, special education teacher, and middle school math teacher. Additionally, she has served as an adjunct professor at Virginia Commonwealth University and was the Virginia School Counselor of the Year in 2019. She works with school divisions and school counselors throughout the state to encourage best practices in the development of students' academic, behavioral, and social-emotional needs. Sarah's work focuses on infusing equity and trauma-informed practices, building mental-health supports, fostering positive school climate, integrating alternatives to suspension through student-centered behavior intervention techniques, supporting community school implementation, and maximizing the impact of Virginia school counselors through evidence-based practices. When not at work, she enjoys spending time with her husband and two daughters, playing soccer, and exploring the outdoors with her pup Herbie.



**ABOUT THIS SESSION:** Join Sarah as she presents *The Future of School Counseling in Virginia*. "What does a school counselor actually DO in Virginia?" The answer, "it depends." A school counselor's role and the counseling services they provide vary dramatically from one school building to the next. The evolution of the school counseling profession has resulted in inconsistent roles and functions throughout the field. Not all school counseling programs have been able to adapt to meet the growing mental health needs of students. The barriers to program development vary but one thing is clear, the need for evidence-based, comprehensive, school counseling has never been greater. One step towards developing consistency is to create common school counseling program components for Virginia. Consistency creates clarity and promotes a common professional identity that includes both an educational and mental health focus. Maximizing the potential of students in Virginia means giving all students access to the comprehensive school counseling program they deserve.

## Friday, March 5

Keynote Speaker (During the 12:00 p.m.–1:50 p.m. Luncheon Session)

### Dr. Joseph Williams

**SPEAKER BIO:** Joseph Williams is an Associate Professor in the Counselor Education Program at the University of Virginia. He is a faculty affiliate with Youth-Nex: The U.Va. Center to Promote Effective Youth Development, and with the Center for Race and Public Education in the South. He earned his Ph.D. in counselor education and supervision from the University of Iowa and his M.S. in Mental Health Counseling from Minnesota State University. He has over 10 years of practical experience counseling children, adolescents, and families in both school and mental health settings.



His primary line of research focuses on identifying the protective factors and underlying processes that contribute to the academic resilience of K-12 students of color and those from low-income backgrounds. His secondary line of interest include multicultural and social justice training practices for (K-12) counselors, educators, and other helping professionals. In addition to publishing scholarly articles and book chapters in these areas, he also consults with school districts, communities, associations, and corporations to improve diversity, inclusion, and equity efforts and engage people in productive dialogue and action.

**ABOUT THE SESSION:** Join Joseph as he presents *School Counselors for Social Justice: Closing the Intention-Behavior Gap*. Most school counselors would say they embrace their professional roles as multicultural/ social justice leaders, advocates, and change agents as it relates to closing opportunity gaps in their schools. Some do so for strategic reasons, perhaps to mirror their school's mission and goals; others value social justice because it is the right thing to do. Yet for many school counselors, gaps often appear between rhetoric and action. Research shows that intentions do not adequately predict social justice-related behaviors. This keynote address will explore the personal and professional obstacles that prevent school counselors from engaging in social justice work and offer tips for turning good intentions into actions.

On Thursday, Dr. Williams will also be presenting a breakout session. Join Joseph as he presents *Identifying and Responding to Microaggressions at (K-12) School*.

Microaggressions can be defined as daily verbal, behavioral or environmental messages (whether intentional or unintentional) that communicate that a person's identity or social group membership is less valued or perceived negatively. New research shows that students of color and other marginalized student groups regularly experience microaggressions at school from friends, classmates, teachers, and school administrators. These everyday occurrences may, on the surface, appear quite harmless or trivial, but research indicates they have a powerful impact upon the behavior and academic performance of students. This interactive workshop will help school counselors learn how to recognize and respond to microaggressions at school and in everyday situations.

## Tentative Schedule

### Wednesday, March 3, 2021

- 1:30 - 6:00 p.m. Registration/Information Center Open
- 2:00 - 5:00 p.m. Pre-Conference Sessions
- 3:00 - 6:00 p.m. Exhibits Open
- 5:30 - 7:00 p.m. “Meet and Greet” Welcome Reception  
*Embassy Suites Manager’s Reception*

### Thursday, March 4, 2021

- 7:30 a.m. - 5:00 p.m. Registration/Information Center Open
- 7:30 a.m. - 5:00 p.m. Exhibits Open
- 7:30 a.m. - 8:30 a.m. Continental Breakfast *available in Exhibit Area*
- 8:30 a.m. - 10:00 a.m. Opening Session with Featured Speaker and Keynote Speaker – Sarah Bazemore
- 10:00 a.m. - 10:15 a.m. Transition Break
- 10:15 a.m. - 11:05 a.m. Breakout Session #1
- 11:05 a.m. - 11:35 a.m. Break with Exhibitors
- 11:35 a.m. - 12:25 p.m. Breakout Session #2
- 12:25 p.m. - 1:25 p.m. Box Lunch *available in Exhibit Area*
- 1:25 p.m. - 2:15 p.m. Breakout Session #3
- 1:30 p.m. - 3:30 p.m. Graduate Student “Career Cafe”
- 2:15 p.m. - 2:45 p.m. Break with Exhibitors
- 2:45 p.m. - 3:35 p.m. Breakout Session #4
- 3:35 p.m. - 3:50 p.m. Transition Break
- 3:50 p.m. - 4:40 p.m. Breakout Session #5
- 5:30 p.m. - 7:00 p.m. Network Social  
*Embassy Suites Manager’s Reception*
- 8:30 p.m. - 10:00 p.m. Evening Activity

### Friday, March 5, 2021

- 7:30 a.m. - 12:00 p.m. Registration/Information Center Open
- 7:30 a.m. - 12:00 p.m. Exhibits Open
- 7:30 - 8:30 a.m. Continental Breakfast *available in Exhibit Area*
- 8:30 - 9:20 a.m. Breakout Session #6
- 9:20 - 9:35 a.m. Transition Break
- 9:35 - 10:25 a.m. Breakout Session #7
- 10:25 - 11:00 a.m. Morning Break & Exhibit Area - Last Chance!
- 11:00 - 11:50 p.m. Breakout Session #8
- 11:50 a.m. - 12:00 p.m. Transition Break
- 12:00 - 1:50 p.m. Awards Luncheon & Closing Keynote Speaker – Joseph Williams

# REGISTRATION



**Current VSCA member?** Yes  No  Member # \_\_\_\_\_

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 ( \_\_\_\_\_ ) \_\_\_\_\_

VEGETARIAN/GLUTEN FREE MEALS? Yes  No  ATTENDING THE AWARDS LUNCHEON ON FRIDAY? Yes  No

**Become a VSCA member and save!**

*Before registering for the conference, visit [www.vsca.org](http://www.vsca.org) and click "Join Us" to become or renew your annual membership.*

Or you can bundle your membership with your conference registration. See those rates below.

PLEASE **CIRCLE** ALL RATES THAT ARE APPLICABLE AND PLACE THE TOTAL IN THE GRAY BOX.

| Pre-Conference Learning Session (March 3)<br><i>*circle only one</i> |                                  | Professional/<br>Regular Member*                    | Student/Retired/<br>Emeritus Members* | Non-Member   |                                |
|--|----------------------------------|---|---------------------------------------|--|--------------------------------|
| Suicide and Non-Suicidal Self-Injury Prevention (Opalewski)          |                                  | \$50  | \$40                                  | \$75   |                                |
| The Model Works! (Williams)  |                                  | \$50  | \$40                                  | \$75   |                                |
| Full Conference (March 4-5)  | Professional/<br>Regular Member* | Professional/<br>Regular Member*<br>plus Membership | Student/Retired/<br>Emeritus Members* | Student/Retired/<br>Emeritus Members*<br>plus Membership | Non-Member                     |
| Early Registration (by 1/24)   | \$150                            | \$190   | \$100                                 | \$120  | \$210                          |
| Regular Registration (1/25 - 2/25)                                   | \$170                            | \$210   | \$120                                 | \$140  | \$230                          |
| Final Registration (after 2/25)                                      | \$190                            | \$230   | \$140                                 | \$160  | \$250                          |
| One-Day Attendance<br>(March 4 OR March 5)                           | THURSDAY Only                    |   | THURSDAY Only<br>plus Membership      | FRIDAY Only  | FRIDAY Only<br>plus Membership |
| Early Registration (by 1/24)   | \$110                            |   | \$150                                 | \$110  | \$150                          |
| Regular Registration (1/25 - 2/25)                                   | \$130                            |   | \$170                                 | \$130  | \$170                          |
| Final Registration (after 2/25)                                      | \$150                            |   | \$190                                 | \$150  | \$190                          |
|  |                                  |   |                                       | <b>TOTAL DUE:</b>  |                                |

*\*Must be a VSCA Member where noted. Membership must be good through March 5, 2021.  
To qualify for the Early or Regular Registration Rates, your registration form AND payment (copy of your purchase order, check, or credit card) must be received or postmarked by the Early or Regular Registration cutoff dates.*

**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          |         |       |     |       | ✓    |

## 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:** If we are forced to cancel the VSCA Conference because of a "force majeure" event, such as a government restriction on large gatherings that cover the intended size of the conference, then we will issue full refunds of the registrations. Otherwise, our normal cancellation policy will be upheld: There will be no refunds after February 5, 2021. All cancellations before February 5, 2021 will be refunded less a \$25 handling fee. The conference is not responsible for and cannot give refunds due to problems beyond its control such as weather or school closings. There will be no refunds if you register as a NonMember and then later become a member. Please become a Member or renew your membership before registering for the conference.

On social distancing and other health and safety measures, the regulations/guidelines that apply to hotels and conference centers are still unfolding and being developed. The VSCA Conference will conform to all necessary regulations/guidelines that are in place as of the date of the conference.

**WEBSITE:** [www.ncyi.org/vscac](http://www.ncyi.org/vscac)  
**EMAIL:** [registrations@ncyi.org](mailto: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.

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.

## The 2021 Virginia School Counselors Conference will take place at the Embassy Suites & Hampton Road Convention Center

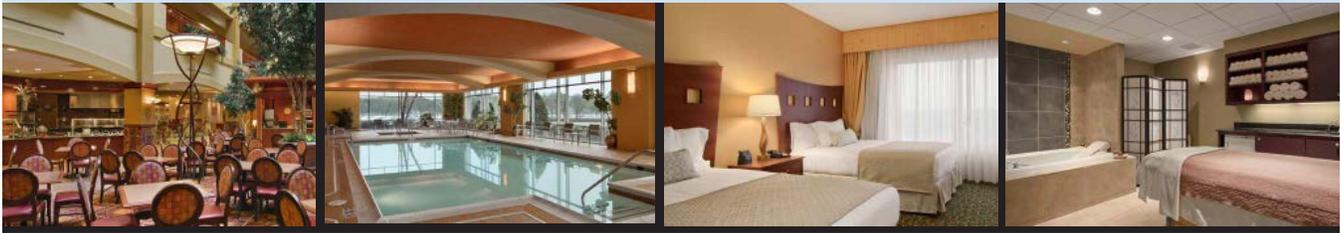
1700 Coliseum Drive Hampton, VA 23666



The Embassy Suites has a **conference rate of \$133 plus tax for single or double occupancy**. This rate is valid as long as rooms are available in the block.

Go to [www.ncyi.org/vscac](http://www.ncyi.org/vscac) and scroll to the “Accommodations” section for more information.

**The Embassy Suites conference rate includes a full, cook-to-order breakfast and an evening Manager’s Reception!**



### Come Learn and Play!

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

**Visit the Peninsula Town Center, less than a mile from the Embassy Suites!**

- You can sit back and relax at the many restaurants at the Town Center, such as Abuelo’s, Avenue Blue, Outback and My Pi, along with others.
- The Peninsula Town Center has a premium movie theater with leather recliners and gourmet food, so you can finally watch that movie you have been wanting to see.



At the Town Center, enjoy shopping at the Loft, 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!**