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Igniting Passion Changing Lives

2020 FALL CONFERENCE

SEPTEMBER 16-18 GRIFFIN GATE MARRIOTT RESORT AND SPA • LEXINGTON, KY

kyschoolcounselor.org



ARMY ROTC



Wednesday, September 16, 2020 | 2:00 p.m. – 5:00 p.m.

The Pre-Conference Learning Sessions are an additional opportunity for more professional development and CEU contact hours. The sessions generally cover more in-depth information and allows more opportunity for discussion. These sessions are not included in the conference registration fee and have a minimal fee. Space is limited. Interested participants are encouraged to register early. Sessions run concurrently, so only one may be chosen.

Cost to attend a Pre-Conference Session:

- \$50 Professional / Affiliate
- \$40 Graduate Student / Retiree / Emeritus

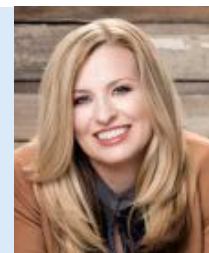
15-Minute Counseling Techniques that Work: What You Didn't Learn in Grad School

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.



Trauma-Informed Care

Damien Sweeney & Sarah Akin

DAMIEN SWEENEY BIO: Dr. Damien Sweeney is the Program Coordinator for Comprehensive School Counseling at the Kentucky Department of Education. Dr. Sweeney is also a professor at the University of the Cumberlands. He was previously a Professional School Counselor at Seneca High School in Louisville, KY. Prior to that, Dr. Sweeney taught English at Male High School and Special Education at Fairdale High School in Jefferson County Public Schools.

SARAH AKIN BIO: Sarah Akin is a school counselor at Indian Hills Elementary School in Hopkinsville, Kentucky. Sarah has been a school counselor for 10 years at both the elementary and high school level. Prior to working in a school setting, she worked 5 years in community mental health assisting individuals experiencing mental health crises. Sarah obtained her undergraduate degree at Eastern Kentucky University and obtained her Graduate and Ed.S. degree from Murray State University. Sarah currently serves as the secretary for the Kentucky School Counselor Association Board.

ABOUT THIS SESSION: Join Mrs. Akin and Dr. Sweeney as they present, *Trauma-Informed Care*. They will provide an overview of the impact of trauma exposure on youth and their functioning in school environments. Participants will learn the types of trauma school-aged children may be exposed to along with the impact of trauma exposure on the developing brain and the subsequent impact on cognitive, social, emotional, and behavioral function. Participants will also learn signs and symptoms of traumatic stress and how it may manifest in the school setting. Participants have the opportunity to practice application of an array of trauma-informed approaches to build resilience in children and reduce traumatic stress symptoms. Strategies for use at universal, targeted and intensive levels of student intervention are provided. Effects of secondary exposure to trauma on professionals is discussed and participants learn to recognize the signs of secondary traumatic stress. Participants are guided to identify trauma informed practices they can utilize in their workplaces.



First Aid for the First Five Years: How to Effectively Manage Your Program in the First Few Years as School Counselor



Gina Crabtree

SPEAKER BIO: Gina Crabtree is a School Counselor at W.R. McNeill Elementary in Bowling Green, KY. With 21 years of experience in education, and 13 in the School Counseling field, she comes to us with a wealth of knowledge for first year counselors to get started on the right track in the profession. She was the 2015 Kentucky School Counselor of the Year, and represented Kentucky in Washington, DC as the National School Counselor of the year semi-finalist. She is also the author of the School Counseling Blog, Mrs. Crabtree's Counseling Corner.

ABOUT THIS SESSION: Join Gina as she presents *First Aid for the First Five Years: How to Effectively Manage Your Program in the First Few Years as School Counselor*. Being a first year counselor can be an overwhelming undertaking. Mrs. Crabtree will help you find ways to effectively manage your time, tasks, and lessons, while building relationships with staff to gain the credibility needed to run an effective program. You will leave this session with so many resources, networking support, and tech tools to make your program run so smoothly, it will look like you've been doing this for years. This session will provide opportunities for you to ask questions based on your program needs, so don't be afraid to come with a list of questions.

Brain, Beat, Breath...Bottom Up School Counseling Practices



Lacreteria Dye

SPEAKER BIO: Dr. Dye is an Associate Professor in the Department of Counseling and Student Affairs at Western Kentucky University. As a Licensed Professional Clinical Counselor and a National Certified Counselor, Dr. Dye has served her local, regional and national community with wellness and healing for over 20 years. She is trained and certified in a variety of interventions that focus on the integration of counseling, neuroscience and trauma informed body based healing processes. She regularly gives workshops with parents, teachers, students and community professionals in the areas of ancestral healing, yoga & drumming therapy, trauma releasing activities in counseling, urban school counseling and professional self-care.

ABOUT THIS SESSION: Join Lacreteria as she presents *Brain, Beat, Breath...Bottom Up School Counseling Practices*. For children to truly thrive, all aspects of their lives must be addressed. Recent research studies show what we have intuitively known for years: that the reduction of stress and the development of social/emotional skills and a sense of well-being have produced corresponding health and academic benefits. Understanding how to cope during stressful or uncertain times are integral for any student's success.

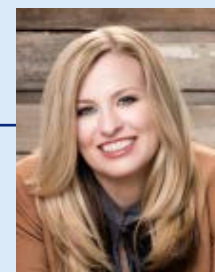
In this session school counselors will explore interventions that supports the development of wellness habits and addresses some of the most persistent physical symptoms that accompany anxiety, depression, ADHD, loss, and trauma. Participants will learn how to combine mindfulness, simple yoga practices, and effective counseling techniques in individual, classroom guidance lessons and small group sessions.

Visit 30+ Exhibitors at the Conference!



Thursday, September 17

Opening Keynote Session Speaker (8:30 a.m. – 9:30 a.m.)



Approaching Anxiety: How (and When!) Educators Can Intervene

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 *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.

Friday, September 18

Closing Keynote Session Speaker (11:00 a.m. – 12:00 p.m.)



Mental Health Literacy: Raising Awareness to Provoke Change

Julia V. 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 THE 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.

Participants will:

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

Post-Conference Opportunity! Friday, September 18, 2020 | 1:00 p.m. – 3:00 p.m.

Julia will also present a Post-Conference Opportunity: "Deep Dive" – *Mental Health Literacy: Raising Awareness to Provoke Change*

~ TENTATIVE SCHEDULE ~

Wednesday, September 16, 2020

- 12:00 p.m. - 8:00 p.m. Registration & Information Center Open
- 12:00 p.m. - 8:00 p.m. KSCA Bookstore Open
- 12:00 p.m. - 5:30 p.m. Exhibits Open
- 2:00 p.m. - 5:00 p.m. Pre-Conference Sessions

Thursday, September 17, 2020

- 7:00 a.m. - 3:30 p.m. Registration & Information Center Open
- 7:30 a.m. - 4:00 p.m. Exhibits Open
- 7:45 a.m. - 8:30 a.m. Light Breakfast with Exhibitors
- 8:30 a.m. - 9:30 a.m. Opening Keynote Session – Allison Edwards
- 9:30 a.m. - 10:00 a.m. Break with Exhibitors
- 10:00 a.m. - 11:00 a.m. Breakout Session 1
- 11:00 a.m. - 11:20 a.m. Break with Exhibitors
- 11:20 a.m. - 12:20 p.m. Breakout Session 2
- 12:20 p.m. - 1:15 p.m. Box lunches
- 1:15 p.m. - 1:30 p.m. Break with Exhibitors
- 1:30 p.m. - 2:30 p.m. Breakout Session 3
- 2:30 p.m. - 3:00 p.m. Break with Exhibitors
- 3:00 p.m. - 4:00 p.m. Breakout Session 4
- 4:30 p.m. - 5:30 p.m. Cocktail Hour Reception
- 5:30 p.m. - 7:30 p.m. Awards Dinner

Friday, September 18, 2020

- 7:30 a.m. - 11:00 a.m. Registration & Information Center Open
- 7:30 a.m. - 11:00 a.m. Exhibits Open
- 7:45 a.m. - 8:15 a.m. Light Breakfast with Exhibitors
- 8:15 a.m. - 9:15 a.m. Breakout Session 5
- 9:15 a.m. - 9:45 a.m. Break with Exhibitors
- 9:45 a.m. - 10:45 a.m. Breakout Session 6
- 10:45 a.m. - 11:00 a.m. Break with Exhibitors
- 11:00 a.m. - 12:00 p.m. Closing Keynote Session – Julia V. Taylor

POST-CONFERENCE OPPORTUNITY

- 1:00 p.m. – 3:00 p.m. *“Deep Dive” Into Mental Health Literacy: Revising Awareness to Provoke Change* – Julia V. Taylor

EILA Credits

The conference has been approved for up to 14 hours of EILA this year!

- One credit for each keynote session.
- Six credits for the general conference hours. Three credits for the pre-conference session if you attend one.

EILA Certificates will be available on-site.

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 (_____) _____

Is this your first time attending: Yes No

I will be attending the following (check all that apply): Brunch Thursday Dinner

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

Role: Elementary School Counselor Middle School Counselor High School Counselor Post-Secondary School Counselor Educator
 Grad Student Other _____

How long have you currently worked as a Certified Professional School Counselor? N/A up to 3 years 4-8 years 9-15 years 15+ years

A. Main Conference Attend both days (Sept. 17-18)	Professional/Affiliate Member with Membership Included	Graduate Student/ Retiree/Emeritus w/ Membership Included	These main conference registration rates include FULL KSCA Membership through June 30, 2021 and admittance to the Awards Dinner!
<input type="checkbox"/> Early Register (by June 30, 2020) <input type="checkbox"/> Regular Registration (July 1, 2020 - Sept. 13, 2020) <input type="checkbox"/> Final Registration (after Sept. 13, 2020)	\$185 per person \$205 per person \$235 per person	\$85 per person \$105 per person \$135 per person	
B. Pre-Conference Learning Session (Sept. 16) Please choose one.	Professional/Affiliate Member	Graduate Student/ Retiree/Emeritus	Main Conference (A) \$ _____
<input type="checkbox"/> 15-Minute Counseling Techniques – Allison Edwards <input type="checkbox"/> Trauma-Informed Care – Damien Sweeney & Sarah Akin <input type="checkbox"/> First Aid for the First Five Years – Gina Crabtree <input type="checkbox"/> Brain, Beat, Breath – Loretia Dye	\$50 per person \$50 per person \$50 per person \$50 per person	\$40 per person \$40 per person \$40 per person \$40 per person	Pre-Conference (B) \$ _____
			Total Due (A + B) \$ _____

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/ky-scac

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: If we are forced to cancel the KSCA 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 August 28, 2020. All cancellations before August 28, 2020 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.

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 KSCA Conference will conform to all necessary regulations/guidelines that are in place as of the date of the conference.

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 2020 Kentucky School Counselors Conference will take place at the Griffin Gate Marriott Resort and Spa, Lexington, KY

1800 Newtown Pike, Lexington, KY 40511

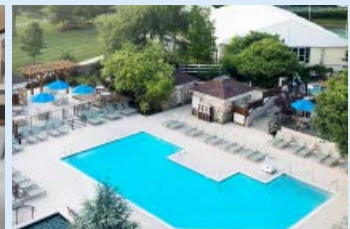


The Marriott Resort, the Conference’s host hotel, has a **conference rate of \$130 per night, plus tax**, which remains valid for reservations made by **September 1, 2020**, while rooms are available. (Please note that when reserving your stay you will be charged an additional \$5.00 resort fee on top of the nightly rate of \$130 plus taxes. However, this charge will be removed on site.)

To make hotel reservations:

CALL: (800) 228-9290 or 859-231-5100. Please be sure to tell the hotel that your group is the “Kentucky School Counselor Association Conference.”

REGISTER ONLINE: Go to www.ncyi.org/ky-scac and scroll to the “Accommodations” section. Click on the “Marriott Website” link.



Come Learn and Play!

In the evening, make sure you take time to relax and enjoy the surrounding area.

Visit www.ncyi.org/ky-scac to see the things to do around the beautiful Griffin Gate Marriott Resort and Spa.

Visit the Hamburg Pavilion, just minutes away from the Marriott!

- You can sit back and relax at the many restaurants at the Hamburg Pavilion, such as Logan’s Roadhouse, Tekka, and Old Chicago, along with others.
- At the Hamburg Pavilion enjoy shopping at the White House / Black Market, DSW, Bath & Body Works, 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!