

ANNUAL CONFERENCE
2020~~1~~ VISION:

Still Focused on
Student Success



VIRGINIA
SCHOOL
COUNSELOR
ASSOCIATION



MARCH 4-5, 2021

SPONSORED BY



The Barry Robinson Center
A Behavioral Health System for Youth



ARMY ROTC



Thursday, March 4, 2021 | 1:00 p.m. – 4:00 p.m.

The Pre-Conference Learning Sessions include additional opportunities for more professional development 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.

If you are interested in viewing more than one session, you will be charged the fee for each session. *All Pre-Conference sessions are being shown live at the same time.* Watch one Pre-Conference session live and then watch the other recorded Pre-Conference sessions later.

You can now view more than one Pre-Conference session!

Watch one session live and catch the rest later!
Sessions are available to view online through
May 1, 2021

Fee applies per each session.
See registration form.

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 live extended breakout session.

Confronting Death in the School Family

Friday, March 5

10:15 a.m. – 11:45 a.m. • Repeated 12:15 p.m. – 1:45 p.m.

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.

Deirdra will also present a live extended breakout session.

Friday, March 5

10:15 a.m. – 11:45 a.m., Repeated 12:15 p.m. – 1:45 p.m.

3. #VSCAinAction: Social Justice and Advocacy at Work in Schools and Beyond

Robert Jamison and Marsha Rutledge

SPEAKER BIOS:

Robert Jamison is currently the Coordinator of School Counseling Services at the Virginia Beach City Public Schools. He has numerous years of experience as a School Counselor and also as a School Counseling Department Chair. He received a Bachelor of Arts in Psychology from the University of Virginia as well as his Master of Science in Education in School Counseling and his Education Specialist degrees from Old Dominion University. Mr. Jamison supports school counselors across the state of Virginia as a member of the Board of Directors for the Virginia School Counselor Association. And, he recently served on the Virginia Commission on Diversity, Equity and Inclusion, established by Governor McAuliffe in Executive Order 69. Mr. Jamison has spoken at numerous state and national conferences. Whether conducting professional development activities or supporting students and families, Mr. Jamison enjoys working and collaborating with all stakeholders.



Marsha L. Rutledge is an Assistant Professor in the Counselor Education program at Longwood University. Dr. Rutledge is a former Professional School Counselor with 18 years school counseling experience. Dr. Rutledge's research interests include career development of racial-ethnic minority female youth, improving outcomes for minoritized student populations, and culturally responsive school counseling. Dr. Rutledge is an active member of the Virginia School Counselor Association where she has served in many capacities, most recently as the Chair of the Communications and Public Relations Committee. She has recently been tasked to serve on the Diversity, Equity, and Inclusion Committee with the American School Counselor Association. Dr. Rutledge has presented at several national, state, and local conferences.



ABOUT THIS SESSION: Join Robert and Marsha as they present *#VSCAinAction: Social Justice and Advocacy at Work in Schools and Beyond*. Social justice and advocacy work is not a one time conversation or action, but a never-ending commitment to change. Understanding the complexity of the intersection between COVID-19 and present racial tension, school counselors are called to action to implement social justice and advocacy through leadership and collaboration with educational professionals and stakeholders to foster systemic change. This session is designed to create a safe space that allows participants to begin to and/or continue to digest the meaning of Anti-racist school counseling work through a historical and current climate context. We will engage in honest conversations relative to school counselors' obligation to protect the student rights outlined in the ASCA Ethical Standards. Participants should be prepared to critically think and meaningfully dialogue to ensure #VSCAinAction through social justice and advocacy is integral to school cultures, communities and beyond.

Friday, March 5

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

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.

Sarah will also present a LIVE extended breakout session.

Friday, March 5

10:15 a.m. – 11:45 a.m., Repeated 12:15 p.m. – 1:45 p.m.



WATCH LIVE!

March 5, 2021
8:30 am – 10:00 am

Or, catch it later!

This session will be recorded
and available for viewing
until **May 1, 2021**.

Friday, March 5

Keynote Speaker (During the 2:00 p.m.–3:30 p.m. Closing 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 includes 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 THIS 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.

Joseph will also present a LIVE extended breakout session.

Identifying and Responding to Microaggressions at (K-12) School

Friday, March 5

10:15 a.m. – 11:45 a.m.

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.



WATCH LIVE!

March 5, 2021
2:00 pm – 3:30 pm

Or, catch it later!

This session will be recorded
and available for viewing
until **May 1, 2021**.

VSCA Online offers both live and recorded sessions!

Pre-Conference, Keynote, and selected breakout sessions will be broadcast live. About one week following the conference, the live sessions will be available to watch if missed on the 4th-5th. Plus, more than 30 prerecorded breakout sessions covering multiple topics will also be available. **These sessions will be available to view until May 1, 2021.**

CONFERENCE SCHEDULE



Tentative Schedule

Thursday, March 4, 2021

- 1:00 p.m. – 4:00 p.m. Pre-Conference Learning Session with Dave Opalewski
- 1:00 p.m. – 4:00 p.m. Pre-Conference Learning Session with Deirdra Williams
- 1:00 p.m. – 4:00 p.m. Pre-Conference Learning Session with Marsha Rutledge & Robert Jamison

Friday, March 5, 2021

- 8:30 a.m. – 10:00 a.m. Opening Session Kick Off: Welcome, Introduction, & Awards
Keynote Speaker: Sarah Bazemore
- 10:00 a.m. – 10:15 a.m. Break
- 10:15 a.m. – 11:45 a.m. Extended Breakout Session with Sarah Bazemore
- 10:15 a.m. – 11:45 a.m. Extended Breakout Session with Deirdra Williams
- 10:15 a.m. – 11:45 a.m. Extended Breakout Session with Dave Opalewski
- 10:15 a.m. – 11:45 a.m. Extended Breakout Session with Joseph Williams
- 11:45 a.m. – 12:15 p.m. Lunch on Your Own
- 12:15 p.m. – 1:45 p.m. Repeated Extended Breakout Session with Sarah Bazemore
- 12:15 p.m. – 1:45 p.m. Repeated Extended Breakout Session with Deirdra Williams
- 12:15 p.m. – 1:45 p.m. Repeated Extended Breakout Session with Dave Opalewski
- 1:45 p.m. – 2:00 p.m. Break
- 2:00 p.m. – 3:30 p.m. Closing General Session with VSCA
Keynote Speaker: Dr. Joseph Williams



NBCC Credits

The Virginia School Counseling Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6606. Programs that do not qualify for the NBCC credit will be clearly identified. All qualified sessions viewed on March 4th & 5th are eligible for NBCC credit according to NBCC guidelines.

REGISTRATION



Become a VSCA member and save!

Before registering for the conference, visit www.vsc.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.

Current VSCA member? Yes No Member # _____

NAME (as it should appear on name badge) _____

JOB TITLE - (REQUIRED PLEASE) _____

ORGANIZATION/SCHOOL DISTRICT _____

ATTENDEE EMAIL (REQUIRED FOR CONFIRMATION) _____

WORK ADDRESS _____

CITY _____ STATE _____ ZIP _____

WORK PHONE (_____) _____

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

Pre-Conference Learning Session (March 4)		Professional/ Regular Member*	Student/Retired/ Emeritus Members*	Non-Member	
<i>You can view multiple sessions! View one and watch the others before May 1, 2021. Fee applies per session.</i>					
Suicide and Non-Suicidal Self-Injury Prevention (Opalewski)		\$30	\$20	\$55	
The Model Works! (Williams)		\$30	\$20	\$55	
#VSCAinAction (Rutledge and Jamison)		\$30	\$20	\$55	
Price for All Three Pre-Conference Sessions		\$80	\$50	\$130	
Main Conference (March 5)	Professional/ Regular Member*	Professional/ Regular Member* plus Membership	Student/Retired/ Emeritus Members*	Student/Retired/ Emeritus Members* plus Membership	Non-Member
Regular Registration	\$120	\$160	\$80	\$100	\$170
				TOTAL DUE:	

*Must be a VSCA Member where noted. Membership must be good through March 5, 2021.

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: There will be no refunds after February 4, 2021. All cancellations before February 4, 2021 will be refunded less a \$25 handling fee. 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. The sponsors of the conference receive registrant contact information.

WEBSITE: www.ncyi.org/vscac

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.

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.