



**School Counselors: There For You**  
**Killington Resort, Killington VT**  
**November 4, 2019**

Keynote

Paul Foxman, Ph.D.

The increasing rate of stress and trauma to children, which includes violence in society, bullying in schools, divorce, family breakdown and social media, has produced a “shell-shocked” generation suffering from anxiety in many cases. The challenge for counselors is to recognize anxiety in students and help them cope.

**In his keynote address**, Dr. Paul Foxman will present a framework for understanding how and why anxiety develops in young people. He will discuss the ways in which anxiety effects behavior, cognitive and social functioning. Dr. Foxman’s framework will guide counselors in using effective strategies to support anxious students.

**In his follow-up workshop**, Dr. Foxman will focus on practical strategies for addressing the key forms of anxiety including: Separation anxiety, Panic attacks, Worry, Social anxiety, Perfectionism and obsessive-compulsive disorder, and Trauma

### **Breakout Session 1**

10:30-11:30

- **Children's Play is Serious Learning: Using Play Therapy to Teach ASCA Behavior Standards Pt 1**  
**Wendy Monahan**

Fred Rogers said, “Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood”. Play promotes cognitive, social-emotional and language growth. This workshop will demonstrate play therapy techniques to teach self-management skills and social skills.

- **START Right Method - Building Emotional Resilience!**  
**Lou Bevacqui**

Through the storytelling of my and my families experience at the 2013 Boston Marathon bombing, I share how knowing and understanding your emotional state is a crucial strength in making good decisions in times of crisis. I also offer my START Right method, a set of effective mental-emotional tools that when practiced, allow for people of all ages to be able to use the

information their emotions provide them, rather than just allowing their emotions to make decisions for them.

- **Career and Technical Education/Flexible Pathways**

- Agency of Education**

- Workshop Description TBD

- **Restorative Approaches to School Counseling**

- Jamilah Vogel**

- Restorative Approaches to School Counseling would be a workshop for Counselors who are or are not working in schools that have implemented Restorative Practices (RP). We would explore RP philosophy, reviewing the foundational principles, and explore how the use of affective language and impromptu conferencing can be utilized by school counselors to regulate students and resolve peer to peer and student to teacher conflicts.

- **Aligning your comprehensive school counseling program with Multi-Tiered Systems of Support (MTSS)**

- Peg Donohue**

- This workshop provides an overview of how to best align your Comprehensive School Counseling

- Program (CSCP) with Multiple Tiered Systems of Support (MTSS) with a focus on infusing prevention science. Based on the new textbook, *The School Counselor's Guide to Multiple-Tiered Systems of Support* (Routledge, 2019), this training explores both strong theoretical/research underpinnings and practical applications to support the implementation of effective and culturally responsive services. Participants will engage in hands-on activities, self/program assessments and action planning sessions to enhance their ability to meet the academic, social, emotional and college/career development needs of their students.

## **Breakout Session 2**

**2:00-3:00**

- **Children's Play is Serious Learning: Using Play Therapy to Teach ASCA Behavior Standards Pt 2**  
**Wendy Monahan**

- Fred Rogers said, "Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood". Play promotes cognitive, social-emotional and language growth. This workshop will demonstrate play therapy techniques to teach self-management skills and social skills.

- **Workplace Bullying (panel of presenters): What it is and what you can do about it?**  
**Patricia Tomashot, VT School Counselor of the Year 2019**  
**Rachel Petraska**

Our presentation will include details from our research and published article:

[http://www.ascaschoolcounselor-digital.org/ascaschoolcounselor/may\\_june\\_2019/MobilePage.dArticle.action?articleId=1490204#articleId1490204](http://www.ascaschoolcounselor-digital.org/ascaschoolcounselor/may_june_2019/MobilePage.dArticle.action?articleId=1490204#articleId1490204)

We've been contacted by numerous counselors in VT as well as across the world (Kim Marshall from the Marshall Memo read the article and included it in his weekly Marshall Memo, which is distributed world-wide)

This topic is under-reported and a difficult topic to bring to the workplace - our intention is to bring it forward to promote the Healthy Workplace Bill that other states have already passed. We don't tolerate school bullying in our education settings; we should not tolerate it as adults in the same setting.

- **Career and Technical Education/Flexible Pathways**  
**Agency of Education**  
Workshop Description TBD
- **Marijuana and your students; Myths and Misconceptions**  
**Molly Lotz**

This dynamic presentation is designed to promote unbiased information that helps educators better understand adolescents' concept of marijuana as well as the impacts marijuana has on our youth. Relevant for educators of elementary through high school aged youth, the information in this session helps to navigate the unknown territory so many of our students are already comfortable with.

Topics covered include:

1. Marijuana trends as they pertain to youth use
2. Modalities and methods of marijuana consumption as they relate to youth
3. The impact of marijuana on the developing brain and learning, short- and long- term educational achievement, and suspension/drop-out rates
4. Why students are so confused about the impacts of marijuana use as legislation and legalization takes hold
5. Why youths' perception of harm is decreasing in states that have legalized marijuana
6. Resources that aid in supporting students as they navigate this paradigm shift
7. Up-to-date vaping (including JUUL) information and how to support youth understanding on this topic

This presentation is delivered by a Colorado educator who has experienced the impact recreational marijuana legalization has on youth.

- **Bringing light to suicide: Supporting clinicians to respond to suicidal statements and actions.**  
**Joe Mattleman**

Suicidal statements and suicidal ideation are scary and overwhelming for everyone involved. Sometimes the message is clear and sometimes there are signs of suicide that we may miss. Join clinician Jon Mattleman from Minding Your Mind for an informative and empowering workshop about youth suicide. With Jon's years of working with youth, families, towns, and schools he creates a safe setting to bring light to this intimate topic. Participants will learn about the warning signs of suicide, identify risk and protective factors, and how to help someone who is in a crisis. This workshop includes discussion, activities, videos, and resources. This workshop is geared towards professionals of all levels working with youth.

- **The Impact of School Counselor Ratios on Student Outcomes**  
**Peg Donohue**

Data from a recent comparative study conducted in Indiana examined student outcomes (achievement as measured by SAT scores and attendance) and school counselor ratios will be presented. A multi-level regression analysis was used to compare these factors. Additionally, studies currently underway in New York and Connecticut will be discussed. Come join the conversation about a new direction on how to arrive at optimal school counselor ratios in urban, suburban and rural districts. Participants will also be invited to share their impressions and experiences of working at, below, or above the ASCA recommended ratio of 1:250.

- **An Integrated Approach to Personal Safety and Healthy Choices: Changing the PreK-12 Culture Surrounding Harassment & Bullying/Cyberbullying, Drugs/Alcohol, Vaping, Suicide, Domestic Violence and Sexual Abuse/Assault**  
**Jennifer Mitchell, National Personal Safety Expert**  
**Rosemary Webb, National Personal Safety Expert**

School counselors are known to students for effectively addressing personal health and safety issues. Trusted by students and families alike, school counselors are often the first line of defense to help ensure students are healthy, safe and ready to learn.

This workshop provides an overview of how easily the research and evidence-based classroom lessons/discussions provided in the Think First & Stay Safe™ Adult Training and Youth Curriculum for Grades PreK-6 and Teen Lures TV Newscast™ School Program for Grades 7-12 can be implemented annually to meet Vermont's ACT 1 mandates and provide safe environments for students online, at home, at school and in between. These lessons/discussions provide school counselors with the tools to interactively teach students about boundaries, healthy relationships

and making healthy choices in an effort to prevent, interrupt and stop all forms of maltreatment by peers and adults alike.

Students are assured that adults are responsible for keeping kids safe. Both curricula age-appropriately address specific life skill strategies for asking for help with and preventing harassment & bullying/cyberbullying, drugs/alcohol, vaping, suicide, domestic violence and sexual abuse/assault (including directly urging juveniles with thoughts of using bullying, sexually offending or self-harm behaviors to seek help before acting upon their thoughts.)

Pre and Post Tests, take-home materials and Parent/Guardian Resources are included with the Vermont-based curricula, Think First & Stay Safe™ and Teen Lures TV Newscast™. Workshop includes presentation of seven years of data (2010-2017, 35,000 students in 1,800 classrooms for 5 days/45 min per session in 5 counties) documenting the efficacy of the lessons, as well as graphed data outlining the importance of teaching personal health/safety programs annually to build upon previous years' knowledge and skills with continuity of safety language and concepts.

Will also present key findings from a first-ever university-affiliated study entitled ""Disclosure Mediates the Effect of An Abuse Prevention Program on Substantiation."" The study, which has been accepted for publication in the Journal for Child Maltreatment, concludes that ""Children exposed to the Think First & Stay Safe™ program were more likely to disclose abuse during the Forensic Interview. The kids who did receive Think First & Stay Safe and did disclose had more detailed stories and were more likely to be substantiated. Their outcry was more definitive."" By substantiating child abuse, we are able to prevent future abuse.

Will end by debuting the NEW Campus and Community Safety guide for Grades 11-12, which provides safety and security tips for young adults entering college, military, workplace and athletic campuses or the community-at-large. Includes Safety and Security Tips for Dorm/Apt Safety, Mental Health (including Suicide Prevention), Identity Theft, Domestic Violence, Sexual Assault, Consent, Parties & Social Events, Dating Abuse, Date Rape Drugs, Active Shooter Situations and Human (Sex) Trafficking, with Helplines and Reporting. (Each attendee will receive a copy.)

Please join us to learn how Vermont School Counselors can use these Vermont-based resources to effectively help safeguard students and families in PreK-12 and beyond.