



Connect, Collaborate & Change
DoubleTree by Hilton, South Burlington
October 24, 2022

Concurrent Workshops I

11:30 -12:30 pm

- **Family Affairs**

- **Ashley Wright, Annette Gordon-Reed Elementary School Counselor**

- Students whose parents and/or guardians are involved and engaged with the school tend to achieve greater school success. Join Ashley Wright, 2022 ASCA School Counselor of the Year Finalist to learn how using universal counseling skills can improve parent and guardian involvement in activities and programs.

- Participants will have the opportunity to:

- Review inclusive approaches to encourage parents and guardians to lean into their insight
 - Encourage parent and guardian involvement to feel part of the campus community, regardless of situations that may be limiting engagement
 - Develop approaches to ensure parents and guardians feel connected to the whole and not just their own singular family system
 - Use effective DEI approaches to lead and support staff in navigating difficult conversations with parents and guardians

- **Vermont School Counselor Framework**

- **Lisa LaPlante, Director of School Counseling, U-32**

- **Phyllis Currao, Director of School Counseling, Proctor Jr/Snr High School**

- **Meg Hughart, Director of School Counseling, South Burlington High School**

- **Rachel Petraska, Shelburne Community School Counselor**

- **Elaine Archembault, Director of School Counseling, BFA St. Albans**

- **Patti Tomashot, 2023-23 Rowland Fellow & Director of School Counseling, Stowe High School**

- Did you know that the VT AOE will be supporting and promoting the new Vermont School Counselor Framework?! This interactive workshop will provide a brief introduction to the Framework and support you in learning more about this model and how it can be used to advocate for our work.

- Using hands-on team-based approach participants will connect with colleagues to identify one key action step to take at your site in the upcoming year.

- **Counseling Grieving Children**

- **Amanda Addeo, NEK Therapeutic and Educational Services LLC**

- In this workshop, we will review the basic theories of how people grieve. There will be an exploration of practical ways any caring adult can support a grieving child or teen. Developmental considerations will be reviewed as well as indicators that a child is experiencing Complex Bereavement Disorder. Careful attention will be paid to avoiding unhelpful responses to someone's grief. Also, easy to implement validating techniques will be shared.

- **Advancing Advisory: Partnering with Teachers & Staff for Equitable Post-HS Planning**

- **Ellen Bagnato & Ayse Cambel, Vermont Student Assistance Corporation (VSCA)**

VSAC's new professional development program is aimed at empowering teachers and counselors to work together to support EVERY student in having a post-high school plan. This FREE program allows teachers to identify their own strengths and challenges in being an advisor to students as they plan for life after high school. Teachers will gain knowledge, confidence, and the ability to be a more effective student advisor and informed colleague to counselors. Learn about this program and how individual teachers or entire schools can participate.

- **Happy Teacher Revolution: Promote Educator Self-Care and Wellness**

Carolyn Tatlock, MS Monkton Central School Counselor; MAUSD Staff Wellness Coordinator and Happy Teacher Revolution Facilitator

Participants will experience a Happy Teacher Revolution support group meeting and why we need this practice for ourselves and our educator colleagues. Happy Teacher Revolution is a Baltimore-born, international movement with the mission to support mental health and wellness, as well as increase happiness, retention, and professional sustainability. 93% of educators report feeling high levels of stress; 50% of educators leave the profession within the first five years; and an estimated \$7.3 billion is spent each year nationally to constantly recruit and train educators.

- **Career Exploration through Career Cafes**

Deborah Singiser, Career Educator & Adviser, Quarry Valley Unified School District

As a school-based career exploration activity, we will go through the step-by-step process of delivering to students in-person informational sessions with representatives from local businesses and community organizations. Phases of the process include conceptualizing, planning, implementing, and evaluating. Examples from Proctor Jr. Sr. High School ("Career Cafes") and West Rutland High School ("Pizza with Professionals") will be used. A toolkit that includes all documents (e.g., invitation letters, thank-you notes, evaluation forms, etc.) and other resources will be provided to participants to adapt for use at their schools.

Concurrent Workshops 2

2:00 - 3:00 pm

- **ASCA Ethical Standards Update**

Deidra Hawkins ASCA

Did you know that the ASCA Ethical Standards for School Counselors were revised in 2022? Attend this session to learn about the latest updates to these principles of ethical behavior necessary to maintain the highest standard of integrity, leadership, and professionalism. Use the standards to guide your decision-making and to protect yourself and your students.

- **Vermont School Counselor Framework**

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- **Tools & Resources for Career Exploration & Planning**

Lori Cillo, CTE School Counseling Coordinator, Stafford Technical Center

Come fill your counseling toolbox with resources and tools to support your students' career development and planning, as well as strengthen your career advising. In this workshop we will explore several free online tools and resources to support students' career exploration & planning with a focus on knowledge about self and knowledge about work (including an in depth look at labor market information, values, interests, skills, personality style, and pathways for post-secondary training). We will look at how career development/readiness activities are directly connected to CASEL SEL Framework and ASCA Mindsets & Behaviors for student success. Lastly, we will briefly review simple technology tools to gather data and organize your counseling activities to increase efficacy and advocacy for counseling services at your school. Participants should bring a laptop so they can explore online resources during the workshop.

- **Peeking Over the Wall: Play Therapy with children who internalize their struggles**

Wendy Monahan, Stowe Elementary School

Some of our most challenging students are children who internalize. These are the children who hold their cards close to their chest, making play therapy an excellent vehicle for supporting this population. They often struggle with coping with negative emotions or stressful situations and direct their feelings inward. Play therapy allows children to express these feelings and provides a safe venue for processing. Workshop participants will identify strengths and challenges faced by this population and explore possible play therapy options for releasing pent-up emotions. Play therapy techniques using many modalities, including miniatures will be explored.

- **Anxiety, Self-Efficacy, and a Restorative Mindset: Using restorative principles to address increased student stress and anxiety as a tier 1 strategy**

Preston Randall, Essex Middle School

This workshop will strive to answer three key questions:

- What does the data say about stress and anxiety levels among school aged youth and how has that changed?
- What is the role of self-efficacy in mitigating stress and anxiety?
- How does the social discipline window, as a corner stone of restorative practices impact student self-efficacy?

- **More Play! How to bring joy and healing to our students**

Vicki Mascareño Nelson, Hinesburg Community School

Courtney Close, K-2 school counselor, Shelburne Community School

HCS has designed a non-directive play space called the SEED Space (growing skills through play) for grades K-4 and utilized at the Tier 1, 2, and 3 levels. The workshop will provide an overview of how the SEED Space originated, the organization, use, and impact. The workshop will also be experiential at some level involving play.