

# ALSCA Regional Workshops Spring 2020

## *Building Resiliency: School Counselor Response and Intervention for Students' Mental Health Needs*



Ellen Chance, Ph.D. & Summer Perhay Kuba, Ph.D., Ed.S., MSW

<p><b>Tuesday, March 3rd</b> Calhoun Community College 6250 Highway 31 N Tanner, AL 35671 – Decatur</p>	<p><b>Wednesday, March 4th</b> University of Alabama at Birmingham 1400 University Boulevard Birmingham, AL 35294</p>	<p><b>Thursday, March 5th</b> University of South Alabama 350 Campus Drive Mobile, AL 36688</p>
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**DESCRIPTION:** School counselors are influential in the identification and support of students affected by anxiety, depression, trauma, as well as various other mental health concerns. Through the delivery of a comprehensive school counseling program, school counselors can be influential in promoting student resilience and positive mental health outcomes. Given school counselors' instrumental role in mental health crisis prevention and intervention, it is essential they possess the knowledge and tools necessary to identify and respond to self-harm and suicide risk. This interactive full-day presentation will give participants the opportunity to learn how to identify and respond to a variety of mental health needs and understand how to appropriately integrate evidence-based assessments and interventions into their comprehensive school counseling program, with scope of practice and ethical considerations in mind. **School counselors, school and system administrators, counselor educators, and other stakeholders are encouraged to attend.**

SCHEDULE				
TIME	ACTIVITY	INFORMATION & LOCATION		
		Decatur	Birmingham	Mobile
7:30-8:15 AM	Registration	Health Sciences Building Grand Foyer, outside Room 109	Hill Student Center 3 <sup>rd</sup> Floor, outside Alumni Theater	Student Center Ballroom Foyer
8:15-8:30 AM	Welcome	Room 109 AnnaGrace Baldwin ALSCA Immediate Past President	Alumni Theater Casey Lancaster ALSCA President-Elect	Ballroom Dr. Amy Upton ALSCA President-Elect-Elect
8:30-10:00AM	1.5 PD hours	Part 1 – Dr. Ellen Chance & Dr. Summer Perhay Kuba		
10:00-10:15AM	Snack/Break	Grand Foyer/Room 109	Foyer/Alumni Theater	Foyer/Ballroom
10:15AM-12:15PM	2.0 PD hours	Part 2 – Dr. Ellen Chance & Dr. Summer Perhay Kuba		
12:15-1:00 PM	Lunch	Grand Foyer/Room 109	Foyer/Alumni Theater	Foyer/Ballroom
1:00-3:00 PM	2.0 PD hours	Part 3 – Dr. Ellen Chance & Dr. Summer Perhay Kuba		

This workshop has been approved for 5.5 NBCC hours (5.5 hours of professional development). See NBCC Hours Application Form at workshop or on ASCA States Conference App for more information. NATIONAL BOARD FOR CERTIFIED COUNSELORS.

*The Alabama Counseling Association "ACEP #2001" is an NBCC-Approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.*

