ALSCA's 2024 Critical Issues for Alabama Schools Conference

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Who: School counselors, counseling coordinators, school and system administrators, school based therapists, school social workers, school psychologists, school nurses, teachers, counselor educators, counseling students, and other stakeholders are encouraged to attend, as collaboration with all stakeholders is an essential building block of a comprehensive school counseling program.
What: A conference focused specifically on issues facing students and counselors in Alabama schools.
When: September 26-27, 2024
Where: The University of Montevallo
Why: Schools are dealing with increasingly complex matters pertaining to students' mental health and social/emotional well-being. Through the delivery of a comprehensive school counseling program, with equitable access for all students, 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 the many issues students are facing in these uncharted, modern times. It is also essential they understand the legal implications and ethical considerations within the specific context of school counseling.

featured speakers

Kim Crumbley, M.Ed. | School Counselor | Parkside School
Laura Rankhorn, Ed.S. | School Counselor | Cullman County Schools

Laura Rankhorn and Kim Crumbley have been school counselors in Alabama with combined educational experience of about 30 years. They truly practice what they preach when they encourage school counselors to find something they're passionate about and incorporate it into their school counseling program. That's exactly what these two did in 2018 after being paired together on a project. Now they love meeting other school counselors and helping them reignite their passion for one of the best jobs in the world.

Kim and Laura have spoken all over the country on various school counseling topics. They always say that somehow this makes them qualified to continue to teach other school counselors. They also host the *Counselor Accents* Podcast which has been named the #1 school counseling podcast in the nation. If you're a long-time listener you'll know that Laura has a dolphin call that is spot-on, and Kim is a tornado magnet. Laughing is their favorite, and they live by the saying, "A day without laughter is a day wasted."

Diana Virgil, Ph.D., ALC, ACSC, NCC, NCSC | School Counselor | Daleville City Schools
2024 ASCA School Counselor of the Year

Dr. Diana Virgil's professional journey spans nine years in the field of education and school counseling. Beyond her accomplishments, Dr. Virgil has actively contributed to the counseling community. She has served as the Region Liaison for the Georgia School Counselor Association (GSCA), participated in various committees for GSCA, engaged in focus groups for ASCA, and contributed to groups/committees for the Mississippi School Counseling Association. Her commitment to mentorship, publications in esteemed outlets like the Beacon, ACT's Leadership Blog, Forbes, and recognition as the 2022 Alabama Secondary School Counselor of the Year and later the 2023 Alabama School Counselor of the Year by the Alabama School Counseling Association showcase her dedication to the profession.

Outside of her professional pursuits, Diana finds her passion in providing counseling services to individuals dealing with stress, anxiety, anger, grief, and more. Diana also enjoys photography, travel, and spending time with her family. Dr. Diana Virgil stands as a beacon of excellence and leadership in the field of school counseling, and she is grateful for the opportunity to serve as your National 2024 School Counselor of the Year.

ce certificate information

This conference is approved for 12.5 CE hours.

Alabama School Counselor Association (ALSCA) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2093. Programs that do not qualify for NBCC credit are clearly identified. Alabama School Counselor Association (ALSCA) is solely responsible for all aspects of the programs.

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Session Number & Title	Presenter(s)	Session Summary & Objectives
#1 Growing Your Program	Kim Crumbley, M.Ed. School Counselor, Parkside School Laura Rankhorn, Ed.S. School Counselor, Cullman County Schools	When plowing a field, the first row plowed is the most important. If you get the first row straight, the whole field will be straight. You can apply this allegory to having an effective school counseling program. In this session you will learn to plow the first row straight. You'll be equipped with checklists, stories from the field, and practical rubber meets the road tips that will help you carry out your big school counseling dreams while making you invaluable to your administration and positioning you as a leader within your school and community. Learning Objectives: • Understand the importance of your annual administrator conference and how to create talking points to guide the conversation. • Take your advisory council meetings from an item on your school counseling check-off list to meetings that can change your year and contribute to the success of your program. • Learn how to create a yearly and weekly plan incorporating whole group lessons and small groups that will work for you and the unique situations at your school. • Interpret data to help drive your program to meet the needs of your stakeholders.
#2 Up the Vibration	Eileen Leslie, Yoga Therapist, RYT500 Founder, creACTive Wellness Center	Join us for a 90-minute self-care class designed to refresh and revitalize. Experience the soothing harmony of a sound bath, the therapeutic touch of self-massage, the calming effects of breath work, and the deep relaxation of Yin yoga. Take this time to learn how to nurture your well-being and return to your important work with renewed energy and peace. Limit: 25 participants. Yoga mats will be available. Learning Objectives: • Learn about the importance of self-care to prevent burnout. • Learn about various self-care strategies such as intentional breathing and deep relaxation. • Enhance body awareness to promote self-care.
#3 Social Media's Impact on Today's Youth	Shelly Mitchell, Ed.S., LPC-S, NCC, NCSC Counselor, Pesek Counseling Services Adrianne Cofer, M.Ed, ALC, NCC Elementary School Counselor, Isabella High School Julia Limon, M.A., ALC, NCC School Counselor, Shelby County Schools	Social media's impact on children and teenagers has become glaringly evident over the past few years. You cannot turn on the television news or read online articles without seeing headlines related to this growing crisis. The Surgeon General, Congress, parent groups, doctors, mental healthcare providers, and countless others are seeking solutions and ways to support the most vulnerable in our population. This session will address awareness, prevention, and mental health wellness strategies. Learning Objectives: • Identify at least three negative psychological symptoms associated with social media use by the still-developing brain. • Identify at least three negative physical symptoms associated with social media use by the still-developing brain. • Identify at least two factors that may protect against premature social media use. • Describe at least two types of social media overuse and counseling approaches suitable for the adolescent age group.
#4 Understanding Autism in the School Setting	Sarah O'Kelley, Ph.D. Associate Professor, UAB LEND/UCEDD Director; Departments of Psychology and Pediatrics; Civitan-Sparks Clinics UAB | The University of Alabama at Birmingham	Students with autism are often described as particularly challenging in the school setting, and many educators and school-based professionals acknowledge limited training specific to autism. Viewing difficult behaviors through the lens of the diagnostic features of autism can be helpful in guiding proactive strategies and in managing crises that present in the school setting. This session will provide a frame for understanding the factors within a school day that can impact autistic students as well as some strategies for addressing many common problems reported by autistic students, their caregivers, and their school-based teams. Learning Objectives: • Review the common characteristics of Autism Spectrum Disorders. • Review the common characteristics of the school setting. • Understand the Antecedents, Behaviors, and Consequences (ABCs) of behavior. • Identify strategies for preventing or reducing negative behaviors and increasing positive behaviors. • Learn how to plan ahead for including students in different types of settings, activities, and experiences.

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#5 The ABC's of School Based Play Therapy	Amy Davis, Ph.D., LPC, NCC, SB-RP | Assistant Professor of Counseling, Department Chair, University of North Alabama | Owner and Counselor, Sweetwater Counseling and Consulting, LLC	Is play therapy possible in the school? Attend this session to learn how and why play therapy works in schools for all ages and for a variety of mental health concerns. This hands-on session will present you with resources and knowledge to return to school and apply play therapy techniques in your classroom lessons, small groups, and individual sessions for academic, career, and social/emotional concerns. Techniques appropriate for Pre-K to 12th grade will be covered. Learning Objectives: • Differentiate between play therapy and play techniques in therapy. • List benefits of play therapy in the school setting. • Apply at least three play therapy techniques to their work in schools.
~~#6~~ ~~The Calm Before the Storm: Utilizing Peer Consultation Groups to Edify the Tough Times~~ **CANCELED**	~~Judith Harrington, Ph.D., LPC-S, LMFT-SIT Full Professor, University of Montevallo | Private Practice~~	~~Developing and participating in peer consultation groups can be a proactive and enduring resource to prevent burnout, compassion fatigue, and deepen one's gratification for services that counselors deliver. Peer consultation groups can also be a first strategy when ethical dilemmas arise, and liability becomes elevated. To participate regularly in a peer consultation group and/or to avail oneself to specialized peer consultation with an expert can potentially thwart crises from happening. But when they do occur, peer consultation can be "at-the-ready" for tough times. This session will review formats, types, and strategies for forming a best-practices strategy for responding to challenging times.~~ ~~Learning Objectives:~~ • ~~Learn about the mental health field's view of peer consultation as a best practice, and safeguard for burnout, compassion fatigue, and liability.~~ • ~~Identify multiple design elements in creating a peer consultation group.~~ • ~~Develop logistical guidelines for managing consultation groups while anticipating the evolution of group norms that enhance or hinder the success of the group.~~ • ~~Differentiate between volunteer and regulatory features including licensure considerations, distinctions between hierarchical consultation, voluntary or involuntary, and distinctions between staffings and consultation, etc.~~
#7 Supporting Students with Suicidal Ideation	Monica Motley, Ph.D. Director of Guidance and Counseling, Mobile County Public Schools Kimberly Walker, Ph.D. Supervisor of Guidance and Counseling, Mobile County Public Schools	This session will discuss the district and school approach for supporting for students experiencing suicidal ideation. Presenters will discuss the redesign of the developmentally appropriate intervention protocol used to support students and parents during the crisis of suicidal ideation. Presenters will also share the process for districtwide implementation of the protocol. Learning Objectives: • Understand the support needed for students of various developmental levels. • Identify the process for providing crisis intervention strategies in response to students experiencing suicidal ideation. • Identify resources to assist students and parents during the crisis. • Understand the process for the implementation of the crisis intervention protocol.
#8 Cultivating Care: Building a Supportive School Environment	Johnece Smith, M.S., Ed.S., LPC, NCC, IMH-E® | Infant/Early Childhood Mental Health Consultant, Alabama Department of Mental Health	Cultivating care in a school environment is vital for fostering student and educator well-being. It begins with leadership committed to inclusivity and open communication. Key strategies include implementing mental health programs, providing emotional support resources, and encouraging positive relationships among students and staff. Professional development for teachers on recognizing student needs and peer support groups are also essential. Involving parents and the community further strengthens the support network. By prioritizing empathy, collaboration, and wellness, schools can enhance academic performance and nurture the emotional and social growth of all members, creating a thriving educational community. Learning Objectives: • Recognize the impact of committed leadership on student and educator well-being. • Develop skills for fostering positive relationships among students and staff to create a nurturing school atmosphere. • Explore methods to involve parents and the community in supporting the school environment.

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#9 Growing the ASCA National Model School Counselor in You: Start Where You Are	Stephen Watts, Jr., Ed.S. School Counselor, Citronelle High School	This session will encourage school counselors to implement best practices in their growth as ASCA National Model School Counselors through school data gathering and analysis, annual student outcome goal planning and implementation, and appropriate school counselor roles. Learning Objectives: • Develop data-driven decision making within the context of school counseling programs. • Plan and implement annual student outcome goals aligned with the needs found in school data. • Enhance clarity regarding school counselor roles and responsibilities that align with the ASCA National Model framework.
#10 Domestic Minor Sex Trafficking: Identification, Impact, and Response	Kim Mashego, LICSW-S Director of Programs, Blanket Fort Hope Alexa Likis-James Founder and CEO, Blanket Fort Hope	This session will address the identification, impact, response and prevention of domestic minor human trafficking. The effects of trafficking on physical growth and health, disruption of normal childhood experiences and education as well as psychological trauma and developmental delays will be discussed. We will also take a look at the impact of trafficking on identity formation, self-esteem and social development as well as the increased risk of mental health issues among victims of minor human trafficking. Finally, protective factors as well as preventative measures and successful interventions will be presented. Learning Objectives: • Identify risk factors associated with minor human trafficking as well as identify potential victims of minor human trafficking. • Understand how minor human trafficking disrupts normal child and adolescent growth and development. • Identify signs of possible trafficked victims. • Learn methods of preventing and responding to minor human trafficking.
~~#11~~ ~~Anxiety in the Classroom~~ **CANCELED**	~~Alex Henderson, M.Ed., LPC, NCC~~ ~~Owner and Counselor,~~ ~~Gardenia Grace Counseling, LLC~~	~~Anxiety in the classroom has become one of the biggest issues facing educators today. Together, we will discuss different types of anxiety disorders, how these may present in the classroom setting, and easy-to-implement strategies and resources to best serve the children in our schools.~~ ~~Learning Objectives:~~ • ~~Enhance psychophysiological awareness and mindfulness in the counseling process.~~ • ~~Review foundational and well-established counseling theories, principles, and techniques of counseling and their application to helping students with anxiety.~~ • ~~Identify strategies for best serving students with anxiety.~~
#12 Work Smarter, Not Harder!	Kim Crumbley, M.Ed. School Counselor, Parkside School Laura Rankhorn, Ed.S. School Counselor, Cullman County Schools	As the focus on mental health has increased, the workload of the school counselor has increased. Meeting all of the demands within the workday can feel overwhelming and impossible! In this session we will be sharing 10 practical, rubber meets the road ways to use your time and energy to maximize your reach as a school counselor, all while working smarter, not harder! Learning Objectives: • Examine your use of time analysis to find ways to advocate for your role. • Implement time-saving strategies to improve your efficiency. • Examine existing school counseling practices to increase your effectiveness.
#13 Empowering Wellness: Transformative Health Experience	Tina Ciesla, BCHHP Board Certified Holistic Health Practitioner, creACTive Wellness Center Mari Handley, CFNP Certified Functional Nutrition Practitioner, RBTI Specialist, creACTive Wellness Center	Embark on a transformative journey to holistic wellness and personal empowerment, for self-care and burnout prevention. With personalized wellness scans, uncover insights into your health needs and unlock the secrets of inner healing. Explore ways to boost immunity, manage anxiety, improve sleep, relieve migraines, and optimize each system of your body. Our sessions are crafted to increase energy, reduce overwhelm, and cultivate self-love. Take the first step towards a healthier, happier you at our empowering event. Limit: 25 participants. Learning Objectives: • Learn about specific needs of self care to prevent burnout. • Understand how your health needs may contribute to burnout. • Explore methods of addressing health needs for holistic wellness.

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#14 Mitigating Social Media Impacts in Middle School: Strategies for Support and Solutions	Kristi Bush, LBSW National Social Media Safety Consultant | Family & Teen Coach | Owner of KNB Communications	Social media platforms have become an integral part of the lives of middle school students. There are both benefits and risks to a student with access. School counselors play a crucial role in supporting these students as they navigate daily challenges due to social media involvement. Through a mix of storytelling and research/evidence based interventions we will explore innovative approaches that foster positive online behavior, digital citizenship and healthy social media habits. Topics addressed will be digital literacy, cyberbullying, online safety, inappropriate picture sending, AI, promoting positive self image and fostering healthy relationships. Attendees will be given a window into what our students are REALLY experiencing and how they can help protect/guide them in this space. Learning Objectives: • Identify the real challenges that middle school students are facing due to social media. • Gain a comprehensive understanding of the impacts of social media on middle school students, including the risks they may face. • Explore evidence-based interventions and innovative approaches to support students' mental and emotional well-being in the face of social media pressures. • Develop practical strategies and solutions to address issues such as cyberbullying, online harassment, and negative self-image related to social media. • Enhance knowledge and skills in promoting digital literacy, online safety, and healthy social media habits among middle school students. • Foster networking and collaboration among school counselors to share experiences, successes, and challenges, and collectively develop comprehensive approaches to support students in navigating the complexities of social media.
#15 Serving Twice Exceptional Students Without Working Twice as Hard	Jasmine Stinson, LPC, NCC School Counselor Jefferson County Schools	In this interactive session, we will cover how to identify Twice Exceptional (2E) students and how to support them in your role as a professional school counselor or as a mental health counselor. We will discuss what it means to be gifted, various learning disabilities and mental and emotional disorders, behavior as a means of communication, and why it all matters when working with this population of students. You will leave better prepared to work directly with students and to support other educators and parents, and you will have resources as well. Learning Objectives: • Define twice exceptional student and determine what one may look like at the elementary, middle, and high school levels. • Understand the potential mental, emotional, and behavioral struggles of a twice exceptional student. • Identify supports and strategies to create an environment that is conducive to the success of twice exceptional students.
#16 Brainmapping: qEEG and Neurofeedback	Reagan Phillips, LPC CEO/Founder, Noonday Therapeutic Center	This session will focus on qEEG brain mapping, covering the processes of recording brain maps, analyzing brainwave data, and interpreting findings in an understandable, accessible and relatable manner for clients. Examples and pictures related to PTSD, anxiety, depression, and attention deficit will be included and discussed in the session. Learning Objectives: • Learn techniques to conduct diagnostic interviewing during a brainmap. • Understand how to use brainmap information as a clinical assessment aid and interpretation for use in treatment planning. • Gain understanding of ethical strategies for selecting, administering, and interpreting brainmaps.
#17 The Forgotten Warriors Dealing with Stress and Anxiety: The Educators	Michelle Crumbly, LPC, NCC, CCTP, CAGCS, CCATP | Private Practice, Michelle Crumbly LPC, LLC	Session will identify factors that contribute to anxiety and depression among school faculty and discuss techniques to help manage anxiety and depression. Learning Objectives: • Identify factors that contribute to depression and anxiety. • Discuss possible techniques to deal with anxiety and depression. • Recognize symptoms of depression and anxiety.

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#18 School Crisis Response from a Mental Health Perspective: Supporting a School Community after the Death of a Student	Alicia Goode, M.S. Mental Health Service Coordinator, Chickasaw City Schools	The death of a student is a heartfelt tragedy that impacts the entire school community. From a mental health perspective, the response involves providing immediate emotional support, facilitating open communication, and organizing activities that honor the deceased. Mental Health Service Coordinators play a critical role in identifying at-risk students, arranging individual and group therapy, and providing appropriate resources. Long-term support includes ongoing counseling, monitoring the mental health of the school community, and fostering a supportive environment. Effective crisis response helps the school community heal while building resilience and ensuring that students and staff have the support they need during such a difficult time. Learning Objectives: • Learn how to provide immediate emotional support • Understand the importance of open communication and information sharing • Identify how to promote long-term healing and resilience for the school community
#19 Increasing Positive Engagement with Parents and the Community	Krista DeMent, MSCE, NBCT School Counselor, Trussville City Schools Caroline Kidd, M.Ed., LPC, NCC School Counselor, Trussville City Schools	Positive relationships with parents and community members can take your school counseling program to the next level. We'll share simple and creative ways to not only build these relationships, but to positively impact your students. Learning Objectives: • Learn how parental engagement positively impacts students' social, emotional, and physical needs. • Recognize how community engagement can improve your school counseling program. • Learn practical strategies to easily implement to increase positive engagement. • Understand how to organize and plan for your school counseling program to increase community and family engagement
#20 MTSS: Aligning Programs for Student Success	Daniel Birdsong, Ph.D., Ed.D., LPC-S, MFT-A, ACS, NCC, NCSC, RPT | Assistant Professor of Counseling and Program Coordinator, University of Montevallo | ALCA Liaison, Program of Distinction Trainer & Reviewer, ALSCA	What is MTSS, and why is it important? This session will answer these important questions as well as explore how to implement and align it with your comprehensive school counseling program. Learning Objectives: • Understand the what, why, and how of MTSS implementation. • Discuss the alignment of comprehensive school counseling programs and MTSS. • Identify the school counselor's role as intervener and supporter as well as activities implemented.
#21 Trafficking Education Schoology Group Resources	Jonathan Thompson Health, Physical Education, Adapted Physical Education Specialist, Alabama State Department of Education	The online Trafficking Education Schoology Group is designed for K-12 local education agencies and community stakeholders. This group promotes collaboration, networking, and communication among local education agencies and community stakeholders across Alabama. This group will also provide resources such as: presentations, online resources, professional development opportunities, and much more. Join us as we explore the resources that can help safeguard students from the dangers of human trafficking. Learning Objectives: • Develop or enhance awareness of Human Trafficking. • Explore the resources provided to prevent Human Trafficking. • Leave with an understanding of how to equip students, teachers, and stakeholders with awareness using the provided resources.

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#22 What are We Missing? What Adolescents Want Adults to Know About Their Mental Health	Deborah Grant, Ph.D., LPC-S, NCC, CRC (ret) | ALCA President	Adolescent mental health has emerged as one of the most critical areas of concern following the pandemic of 2020/2021. While many therapists have training and experience in adolescent mental health, there is still much we are missing. This session will focus on discreet interviews with adolescents who shared their thoughts on mental health and what they want parents, school counselors, clinical mental health counselors, principals, coaches, and other adults in their world to know. It is an eye-opening view of the topic from their perspective. Learning Objectives: • Build and foster a solid counseling relationship with the adolescent client. • Increase awareness of current mental health issues which are impacting adolescents' mental, academic, personal, social, and spiritual development. • Develop awareness of key target areas for wellness and prevention within mental health counseling for adolescent clients.
General Session Send Me: Connecting Students Today for Success Tomorrow	Melissa J. Shields, Ed.D. Assistant State Superintendent, Alabama State Department of Education	As today's students are faced with a myriad of barriers to their success, school counselors are often the connection on which students rely as advocates and champions which help prepare students for their lives after high school. Participants will be encouraged and motivated to reflect on the work they do, and also learn strategies for becoming the connection for ALL students in a challenging environment. Learning Objectives: • Increase knowledge regarding current barriers to student achievement. • Identify strategies for eliminating barriers to student achievement. • Explore the work of school counselors and their role in eliminating barriers to student achievement when implementing a comprehensive school counseling program.
#23 Teach a Teacher to Fish	Kim Crumbley, M.Ed. School Counselor, Parkside School Laura Rankhorn, Ed.S. School Counselor, Cullman County Schools	You've heard, "Give a person a fish, feed them for a day. Teach them to fish and you feed them for a lifetime." We believe the same applies to educators. Student behaviors are contributing to educators leaving at an astonishing rate. With more emphasis being placed on trauma-sensitive environments, who better to help train teachers than school counselors! In this session you will be given practical strategies you can implement immediately to support, train, and collaborate with the teachers in your building. In other words, teach them to fish. Teachers will feel empowered to provide the immediate support students need. Learning Objectives: • Use data to determine behavior needs. • Understand how to communicate the need for behavior strategies. • Equip teachers and staff with practical, rubber meets the road strategies.
#24 How to be Kind to Yourself (and Other Crazy Ideas)	Lou Lacey, M.A., LPC Director of Emotional Wellness, Children's of Alabama	The cost of caring is steep, but the rewards are great. Join Lou Lacey, storyteller, and Licensed Professional Counselor, as she celebrates caregivers and offers tips on how to avoid being eaten alive in the process. Learning Objectives: • Identify the causes of Compassion Fatigue. • Discuss the role of resiliency in preventing Compassion Fatigue. • Explain the significance of positive internal dialogue in relationship to resilience.
#25 Middle School and Vaping	John McCall, Ph.D. Assistant Professor of School Counseling, Auburn University Malti Tuttle, Ph.D., LPC (GA), CPCS (GA), NCC, NCSC | Associate Professor, School Counseling Program Coordinator, School Counseling Integrated Program (SCIP) Project Director, Auburn University	In this session, attendees will delve into the ever-changing world of vaping, gaining insight into how this trend is evolving in 2024 and beyond. Participants will also explore the specific challenges and influences that middle school students encounter in relation to vaping and the wider landscape of substance use among teenagers. Additionally, attendees will be presented with evidence from various sources to grasp the crucial role that school counselors play in preventing and addressing vaping issues within school environments. Learning Objectives: • Understand the rapidly evolving landscape of vaping in 2024 and beyond. • Gain knowledge about the unique vulnerabilities and pressures that middle school students face regarding vaping and the broader drug culture among adolescents. • Learn about the relevant evidence from multiple sources to understand the unique role of the school counselor in the prevention and intervention of vaping use in schools.

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#26 Executive Functioning Skills: Resources to Help Students and Parents	Casey Lancaster, M.A., LPC School Counselor, Mountain Brook Schools	In this session, participants will explore the following topics with the presenter: executive functioning skills and how deficits in these skills impact student academic performance and behavior; school related and non-school related activities that can help improve deficits in executive functioning skills; Motivational Interviewing (MI) as a style of a helping conversation that can increase a student's sense of autonomy and motivation to change; how MI can increase student engagement and strengthen executive functioning skills; and specific goals for improving deficits in executive functioning skills. Learning Objectives: • Identify interventions that can be used with students across multiple settings. • Explore Dr. McCloskey's strategies, to identify ways to help students strengthen their executive functioning skills like time and task management, organization, and planning skills, empowering them to elevate their academic performance. • Understand Motivational Interviewing techniques as a way to shape everyday conversations with students in order to help them be more motivated to change their attitudes and behaviors. • Identify ways to build connections between motivation and self-regulation in young children and strengthen self-determination in older children and adolescents
~~#27~~ ~~Music's Power to Teach, Inspire, and Calm Within the Elementary Classroom Setting~~ **CANCELED**	~~Heather Atkins, M.Ed., NBCT~~ ~~Music Teacher,~~ ~~Oak Mountain Elementary School,~~ ~~Shelby County Schools~~	~~Music is a powerful tool! Whether we are listening to relax or be more energized, its positive effects on us as well as our students cannot be denied. This session will discuss some of the ways that music can be used when working with students in the elementary school setting. Come ready to have some fun and leave with some practical activities that you can use in your classrooms!~~ ~~Learning Objectives:~~ • ~~Learn the different ways music can be used within the classroom to promote optimal wellness.~~ • ~~Learn how rhythm and tempo can be used to regulate and calm students.~~ • ~~Learn music activities that can be used to support their lessons.~~
#28 Practical Tools for Counselor Burnout Prevention and Self-Care	Makiyah N. Jones, M.A., LCC, CBT Clinical Case Manager, Heartland Alliance READI Program	Counselor burnout is a prevalent issue that affects the efficacy and well-being of school counselors. This session will equip participants with essential strategies to recognize, prevent, and manage burnout. Led by a Licensed Christian Counselor and Certified Cognitive Behavioral Therapist from the University of Cincinnati, this workshop offers practical tools for stress management, self-care routines, and resilience building. Join us to learn how to sustain a healthy work-life balance, establish professional boundaries, and create a supportive work environment, ensuring the well-being of both counselors and students. Learning Objectives: • Recognize burnout. • Learn how to implement preventive strategies. • Understand how to practice self-care techniques. • Be prepared to sustain a healthy work environment.
#29 Camp Hope America - Alabama: Vicarious Trauma, Self-Regulation, and the Neuroscience Behind It All	Mollie Erickson, E-RYT 200hr Wellness Coordinator, One Place Family Justice Center and Prescott House Child Advocacy Center	Camp Hope America - Alabama (CHA-A) reaches children and youth who have been exposed to some form of trauma. Through once-a-month programming during the year and a week of camp in the summer, the curriculum aims to shift healing towards a place of hope and resiliency. CHA-A builds strategies to improve the sense of agency in kids and their caregivers, explores resources for finding pathways to more secure living situations, and teaches the science of hope. "Hope is believing in yourself, believing in others, and believing in your dreams!" Learning Objectives: • Increase awareness of trauma exposure in children and caregivers. • Offer strategies for self-regulation based on neuroscience. • Define vicarious trauma and its warning signs. • Address the impact of domestic violence on children and caregivers.

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#30 What about the Adults in the Building? SEL is for ALL!	Jackie Hudgins, M.Ed. Director of Accountability, School Counseling Coordinator, Tuscaloosa County Schools	In education today, there is a tremendous emphasis on social-emotional learning for students. Instilling self-awareness, self-management, social awareness, relationship skills and responsible decision-making in each student is vital in preparing them for the next grade level–and their futures. What about the adults? We would be naive to believe that the adults in the building are not worthy of the same type of investment. Learn how to invest in the adults in the building–and keep them in the building–through this heartfelt and interactive session. Learning Objectives: • Recognize the impact of committed leadership on student and educator well-being. • Develop skills for fostering positive relationships among students and staff to create a nurturing school atmosphere. • Explore methods to involve parents and the community in supporting the school environment.
#31 Using the ASCA National Model as an Advocacy Tool	Cindy Davis, M.Ed., NBCT Program of Distinction Coordinator, ALSCA Daniel Birdsong, Ph.D., Ed.D., LPC-S, MFT-A, ACS, NCC, NCSC, RPT | Assistant Professor of Counseling and Program Coordinator, University of Montevallo | ALCA Liaison, Program of Distinction Trainer & Reviewer, ALSCA	The ASCA National Model: A Framework for School Counseling Programs outlines the components of a school counseling program and brings school counselors together with one vision and one voice, focusing on improving student achievement and supporting student development. Often, administrators and other stakeholders are unfamiliar with the school counselor's role. Therefore, it's important to be proactive in advocating for your professional role, and the National Model is just the tool to achieve this goal. During this session, you will learn action steps you can take to advocate through the implementation of the ASCA National Model. Learning Objectives: • Learn a step-by-step process to educate others about the role of a school counselor. • Identify creative opportunities to seize moments to advocate for the role of a school counselor. • Receive National Model resources to use as advocacy tools.
#32 Creating and Maintaining Partnerships for School Safety	Katie Bonham-Sullivan, MJA Instructor, NASRO; SRO, Hoover Police Department Seth Sullivan Instructor, NASRO; SRO, Cullman Police Department	In this session, we will discuss bridging the gap between School Resource Officers and School Counselors in order to build and foster positive relationships within the school setting and community. Learning Objectives: • Understand the importance of positive relationships for building community. • Identify the greater impact within the community and long term effects. • Learn how to work together for wellness and prevention.
#33 Anxiety: Big Smile/Weird Hair? It's True.	Paul L Johnson, M.Ed., LPC, LMFT Therapist, LifePractical Counseling	In this session, we will consider the beneficial purposes for anxiety and the anticipatory feelings, how to consider all feelings as a part of a language, and how to integrate that understanding for optimal growth, development, and living. Learning Objectives: • Understand the uniqueness and role of the anticipatory feelings • Shift away from treating feelings as problems and more toward using them as pieces of unique information to benefit all people and facilitate learning • Know how to integrate personality style, typical human growth and development patterns, and the language of emotion for effective emotional processing

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Session Number & Title	Presenter(s)	Session Summary & Objectives
#34 School Counseling Hacks	Kim Crumbley, M.Ed. School Counselor, Parkside School Laura Rankhorn, Ed.S. School Counselor, Cullman County Schools	School counselors are known for making things work no matter what resources they have at their disposal. This session will help you "MacGyver" up your school counseling program. We will share 20 school counseling hacks that will make your school counseling life easier, possibly a lot more affordable, and definitely a lot more fun! Learning Objectives: • View everyday objects differently to use in your interactions with students. • Use your school counseling budget effectively. • Collaborate with other stakeholders.
#35 The Essence of Yoga for Self-Care	Nancy Cunningham, YACEP, E-RYT500, LMT 5592 Yoga Educator, Instructor and Owner of Abundance Yoga, Licensed Massage Therapist	Journey through the basics of yoga and learn how you can realistically incorporate these powerful tools into your own life for self-care and burnout prevention. Yoga has had many benefits attached to it and is even being recommended by doctors. We will practice breathing in different patterns and tempos, moving and holding postures, and exploring different styles of meditation. Learning Objectives: • Learn three styles of breath control for self-regulation. • Learn three styles of movement for wellness. • Learn two styles of meditation (sensory withdraw and focus) for calming.
#36 Smoke Signals: Teen Drug Trends	Brandon Matthews Program Director, For Tomorrow, City of Alabaster	Discover the complex world of substance use among adolescents. As teenage years are marked by exploration and experimentation, understanding the evolving trends in drug use within this age group is crucial for educators, parents, health professionals, and policymakers. We will dive deep into the surge of vaping among teens, exploring the factors driving its popularity, the health risks associated with nicotine and THC vaping, the role of flavored products, and the influence of marketing and social media on teen perceptions and behaviors. Learning Objectives: • Recognize current trends and emerging substances in teen drug use. • Understand the underlying causes and contributing factors to substance use among adolescents. • Gauge the impact of drug use on teen health, behavior, and development, with a particular focus on the health risks and social implications of vaping. • Apply effective prevention and intervention strategies tailored to the needs of teenagers. • Identify appropriate resources and support to provide to teens and their families affected by substance use.
#37 Incorporating a Facility Dog into Your Counseling Setting	Alexis Sapp, M.Ed, LPC-S, NCC Owner, ACA Counseling Elizabeth Gross, M.Ed, LPC-S, RPT Therapist, ACA Counseling	Many mental health professionals want the comfort and therapeutic benefits of having a facility dog in their practice or their school setting. This program will educate School Counselors, counselors, mental health professionals, and social workers on the legal, ethical, and practical implementation of incorporating a facility dog into their school or counseling setting. Ensuring these professionals possess the knowledge and tools necessary to identify and obtain a properly trained facility dog is of the utmost importance for the safety of the client. "Facility dogs are expertly task-trained dogs who partner with a facilitator working in a health care, visitation, or education setting. A facility dog is not a service dog because it does not work with a single individual to mitigate the effects of that individual's disability and therefore does not have public access rights. A facility dog is similar to a therapy dog, but unlike a therapy dog, which may visit patients or residents at the facility accompanied by its handler for a few hours a week, a facility dog "works" full-time at the facility under the care and supervision of a staff member." - Lauren Hogan, Owner of Precision Canine Learning Objectives: • Learn the legal, ethical, and practical implementation of incorporating a facility dog into their school or counseling setting. • Become familiar with Animal Assisted Therapy and Animal Assisted Interventions, per the ACA's Competencies for Counselors. • Learn the rights of the animal when in session.

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Session Number & Title	Presenter(s)	Session Summary & Objectives
#38 Artful Wellness: Creative Approaches and Community Initiatives for Mental Health	Nachaé Jones, M.A. Founder and Owner, Jonesy's Place Rhema Word Enterprises, LLC	Join us for an engaging session exploring creative interventions and community initiatives to enhance mental and emotional wellness. Discover strategies integrating art, conflict resolution, and holistic wellness approaches to foster personal development and prevention. Enhance your ability to promote optimal wellness through innovative, art-based methods. Learning Objectives: • Enhance understanding of creative interventions. • Promote holistic wellness approaches. • Identify tools for effective conflict resolution. • Create personalized plans incorporating at least two preventive methods to enhance client wellness. • Understand how to integrate community-based wellness initiatives.
#39 Supporting Students in Rural Communities	Diana Virgil, Ph.D., ALC, ACSC, NCC, NCSC School Counselor, Daleville City Schools | ASCA 2024 School Counselor of the Year	In this session, we will delve into the unique challenges and opportunities associated with supporting students in rural communities. Rural students often face distinct obstacles, such as limited access to mental health services, higher poverty rates, and geographic isolation. This session aims to equip school counselors with the knowledge and tools necessary to effectively address these challenges and promote the academic, social, and emotional well-being of rural students. Learning Objectives: • Identify the unique needs of rural students: Learn to recognize and understand the specific challenges faced by students in rural communities, including limited access to resources, higher rates of poverty, and geographic isolation. • Develop strategies for effective support: Explore practical strategies and interventions to support the academic, social, and emotional needs of rural students. This will include innovative approaches to overcome barriers related to mental health services and community engagement. • Collaborate with community resources: Gain insights into building strong partnerships with local organizations, families, and community leaders to create a supportive network for students. Emphasis will be placed on leveraging existing community resources and fostering a collaborative approach to student well-being.
#40 Addressing Suicide Ideation and Self-Harm: Effective Crisis and Trauma Response in Schools	Bre Carr, M.A., LPC-S, NCC, CCTS-I Clinical Director, Spark Counseling | Consultant, Tilt Health Walter Williams, M.S., LPC School Counselor, Think & Grow Mental Health Services	This session will delve into the critical issues of suicide ideation and self-harm among students, focusing on the development and implementation of effective crisis and trauma response strategies within educational settings. Experts in mental health, education, and crisis intervention will present the latest research, practical tools, and case studies to equip school personnel with the knowledge and skills needed to identify at-risk students, provide immediate support, and foster a safe, nurturing environment. Attendees will learn to collaborate with mental health professionals, engage families, and create comprehensive prevention and intervention plans to support student well-being and resilience. Learning Objectives: • Understand risk factors and warning signs. • Implement effective crisis response strategies. • Fostering collaborative support systems • Building resilience and preventative measures
#41 The NBCT Process: Helping School Counselors Equitably Serve Students	Cindy Davis, M.Ed., NBCT Program of Distinction Coordinator, ALSCA	This session will examine how the National Board process challenges school counselors to look critically at school data, find gaps that need addressing to adequately and equitably serve students, and reflect on how and to whom services are delivered thus examining the impact of the outcomes. The multitude of benefits of being a NBCT School Counselor will be discussed. The NBCT School Counseling Standards will be reviewed and each of the four components will be investigated and ideas/resources shared. Learning Objectives: • Examine how the National Board process challenges school counselors to look critically at school data and their program. • Reflect on how and to whom services are delivered thus examining the impact of the outcomes through the NBCT process. • Learn how to navigate the standards, components, and benefits of the NBCT process. • Gather ideas, tips, and resources to use when pursuing NBCT.

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Session Number & Title	Presenter(s)	Session Summary & Objectives
#42 Hear My Roar: Advocating for Your School Counseling Program	Diana Virgil, Ph.D., ALC, ACSC, NCC, NCSC School Counselor, Daleville City Schools | ASCA 2024 School Counselor of the Year	In the session, school counselors will gather to learn and share strategies for effective advocacy within their educational environments. The session will focus on empowering counselors to articulate the value of their programs, navigate administrative and policy landscapes, and foster a supportive culture for student development. This interactive session will provide participants with practical tools and inspirational stories to bolster their advocacy efforts. Learning Objectives: • Develop advocacy skills: Learn techniques for effectively communicating the importance of their school counseling program to stakeholders, including administrators, teachers, parents, and community members. • Navigate educational policies: Gain insights into the latest educational policies and how to align their advocacy efforts with these policies to ensure their counseling programs receive necessary support and recognition. • Create a supportive culture: Explore methods to cultivate a school culture that recognizes and supports the comprehensive role of school counselors in promoting student well-being and academic success.
#43 Up the Vibration	Eileen Leslie, Yoga Therapist, RYT500 Founder, creACTive Wellness Center	Join us for a 90-minute self-care class designed to refresh and revitalize. Experience the soothing harmony of a sound bath, the therapeutic touch of self-massage, the calming effects of breath work, and the deep relaxation of Yin yoga. Take this time to learn how to nurture your well-being and return to your important work with renewed energy and peace. Limit: 25 participants. No repeat participants from yesterday's session of the same title. Yoga mats will be available. Learning Objectives: • Learn about the importance of self-care to prevent burnout. • Learn about various self-care strategies such as intentional breathing and deep relaxation. • Enhance body awareness to promote self-care.
#44 Please Don't Rush Me: The Importance of Continued Grief Care for Children and Youth	Belinda Kock, LPC, NCC, CT Bereavement Counselor, Owner, Free 2 Grieve, LLC	In this session, we will discuss the importance of continued bereavement care throughout a child's time in school. Using a growth-oriented model of grief care, we will discover how allowing the child to teach us about their unique mourning needs will not only help them survive in the present, but also thrive in the future. Learning Objectives: • Define and discuss the need for a growth-oriented grief model when caring for students. • Identify how the counselor's personal loss experience influences their caregiving style. • Demonstrate how to assess for continued grief needs through hands-on activities.
#45 Spark Curiosity: Engaging Kids and Boosting School Attendance	Stefanie S. Cook, Ed.S. School Counselor, Madison City Schools Carissa Davis, M.Ed. School Counselor, Madison City Schools	This session will cover aversion to school climate, academics, relationships, and other factors that psychologically discourage attendance (disengagement when instruction seems irrelevant, relationships are poor, or students lack enrichment opportunities at school). Learning Objectives: • Increase awareness and mindfulness in counseling practices. • Identify environmental factors that affect behavior and identify practices that can improve students' behaviors. • Identify counseling techniques that help students dealing with disadvantaged situations.

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Session Number & Title	Presenter(s)	Session Summary & Objectives
#46 Trauma-Informed Care: Supporting Students with Adverse Childhood Experiences (ACEs)	Jeanna Reed, M.A., LPC Owner/Counselor Evergreen Counseling and Consulting	Many students within our community are exposed to adverse childhood experiences (ACEs). This training is designed to equip school counselors with the knowledge and skills needed to effectively support students who have experienced trauma. Participants will gain an understanding of what ACEs are and their impact on students' academic, emotional, and social well-being. Participants will learn trauma-informed approaches to counseling and intervention, including recognizing trauma-related behaviors, creating safe and supportive environments, and implementing evidence-based strategies for promoting resilience and healing. Learning Objectives: • Understand the concept of adverse childhood experiences (ACEs) including the types of experiences that qualify and their potential impact on students' development. • Recognize three trauma-related behaviors in students and understand the potential underlying trauma triggers. • Learn three trauma-informed practices to implement for students displaying challenging behaviors. • Explore the advantages of collaborative care and coordination among school counselors, educators, administrators, and families to provide holistic support for students affected by ACEs.
~~#47~~ ~~Breaking Through~~ **CANCELED**	~~Tieara Smith, MSW, CAMS Therapist,~~ ~~Georgia Families in Transition~~	~~This presentation is programmed to educate individuals about signs and symptoms of depression. We will provide strategies for coping with and overcoming depression. Overall, we want individuals to leave the discussion feeling encouraged, motivated, and aware.~~ ~~Learning Objectives:~~ • ~~Identify coping skills.~~ • ~~Learn to motivate individuals.~~ • ~~Promote mental health.~~
~~#48~~ ~~Routines, Tips, and Life Hacks: A (Quick) Guide to Educator Wellness~~ **CANCELED**	~~Alli Phelps, M.A., M.Ed.~~ ~~Assistant Principal,~~ ~~Riverchase Elementary, Hoover City Schools | Doctoral Candidate, Samford University~~	~~Show yourself (and your students) some love this school year! In this session, participants will learn what Educator Wellness is and why self-care is important for busy educators. Using current research and guidance from wellness experts, participants will take away easy, practical, and real life suggestions for living well inside and outside of the classroom.~~ ~~Learning Objectives:~~ • ~~Learn what Educator Wellness is and how to help oneself and others live their best lives inside and outside the classroom.~~ • ~~Understand the connections between self-care and student achievement as well as strategies and routines one can incorporate into daily professional and personal life.~~ • ~~Learn about goal setting and practical reflection.~~
#49 Know the Signs: Understanding Pornography's Effects on the Brain, Relationships, and Society	Melea Stephens, LPC, MMFT Therapist, Wellspring Christian Clinic | Board Member and Educator, National Center on Sexual Exploitation	This session will overview current research revealing the impact of today's mainstream internet pornography on the developing brain as well as its impact on relationships and society as a whole. We will look at current trends in youth pornography consumption impacting physical and mental health, self-esteem, school performance, and behavior. We will also look at how pornography fuels the demand for sex trafficking and other forms of sexual exploitation. Finally, we will address practical ways to intervene and reverse these trends and cover many easily accessible resources for parents, educators, and counselors. Thankfully, this generation of youngpeople are positively turned into fighters against sexual exploitation once they begin to understand both the health and societal harms associated with it. Learning Objectives: • Gain an understanding of current research in neuroscience and social science pointing to the direct harms associated with youth pornography consumption to the developing brain, relationships, and society as a whole. • Leave with a deepened understanding of the intersectionality of all forms of sexual exploitation and how these factors may be affecting students they serve. • Gain an understanding of how mainstream pornography is sex mis-education and is negatively shaping the sexual template, expectations, and behavior of youth today. We will cover current trends and the role pornography plays in problematic sexual behavior and abuse. • Leave better equipped to identify and address these issues and will be provided with counseling tools and easily accessible online resources for students who are impacted by exposure to pornography.

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Session Number & Title	Presenter(s)	Session Summary & Objectives
~~#50~~ ~~School Counselor Support for Working with Practicum & Internship Students~~ **CANCELED**	~~Samantha "Sam" Booker, Ph.D., LPC-S, RS/C, IMH-E® Assistant Chair & Professor of Counseling, Coordinator School Counseling, Coordinator Infant and Early Childhood Mental Health, Troy University~~	~~School counselors are crucial in supporting practicum and internship students, helping them bridge the gap between academic learning and real-world practice. This session will cover several strategies and considerations for effective support for school counselors in training during practicum and internships.~~ ~~Learning Objectives:~~ • ~~Improve orientation and training for practicum and internship students.~~ • ~~Strengthen mentorship and supervision practices.~~ • ~~Expand professional development opportunities.~~ • ~~Enhance practical counseling experience.~~ • ~~Foster a supportive and collaborative environment.~~ • ~~Ensure understanding of ethical and legal standards.~~
#51 Exploring Tools and Strategies that Impact Students, from Belonging, Harm to Support	Vincent D. Hinton, Ed.S., LPC-S, NCC, CLC Director, Hinton & Hinton	This session is designed to engage participants in various conversations impacting our students. We will focus on belonging, harm, grief, the most prevalent mental health concerns, supportive group work as well as creative tools and strategies to add to every counselor's toolbox. In addition, we will have partner activities (pair and share). Learning Objectives: • Provide interventions to support students' well-being. • Engage in healthy dialogue that supports the theoretical approach of the counselor and addresses the growth of a student (from K-12), cultural norms and differences. • Provide opportunities to review and discuss group work to address presenting issues.
#52 Schoology 101 for High School Counselors	Autumn Rowe, M.Ed. School Counselor, Limestone County Schools | Secretary, Marketing & Technology Committee Chair, ALSCA Board of Directors	Schoology is a user-friendly interface for counselors, students, and parents. Using Schoology groups offers several benefits for counselors, students, and parents. It increases communication and offers an organized way to share information. During this session, school counselors can learn how to set up their Schoology groups and add members, documents, and resources. The Presenter will share her Schoology group for demonstration. Bring your laptop and get ready to create your own group. Don't stress! The Presenter will walk you through this, step by step. Learning Objectives: • Attendees will be able to demonstrate proficiency in using key features of Schoology, such as creating a group, navigating menus, adding resources, and customizing their user profiles. • Attendees will be able to apply tools effectively to achieve specific tasks in the Schoology platform. This includes tasks like creating and editing content, managing privacy settings, and utilizing built-in communication tools. • Attendees will be able to walk away with resources to help build communication with students and parents.
#53 Code-Switching for Authentic Connection	Diana Virgil, Ph.D., ALC, ACSC, NCC, NCSC School Counselor, Daleville City Schools | ASCA 2024 School Counselor of the Year	Gain a deeper understanding of code-switching to effectively engage with your students in an authentic manner. Explore the various masks individuals wear, including generational gaps and cultural differences, and learn strategies to connect with students and colleagues. Delve into human growth and development, focusing on working with parents/guardians and diverse family structures to enhance your school counseling approach. Learning Objectives: • Develop a clear understanding of code-switching to authentically connect with students • Explore the diverse masks individuals wear, including generational and cultural influences, to foster connections with students and colleagues • Gain insights into human growth and development in the context of working with parents and diverse family structures

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Session Number & Title	Presenter(s)	Session Summary & Objectives
#54 Empowering Wellness: Transformative Health Experience	Tina Ciesla, BCHHP Board Certified Holistic Health Practitioner, creACTive Wellness Center Mari Handley, CFNP | Certified Functional Nutrition Practitioner, RBTI Specialist, creaACTive Wellness Center	Embark on a transformative journey to holistic wellness and personal empowerment, for self-care and burnout prevention. With personalized wellness scans, uncover insights into your health needs and unlock the secrets of inner healing. Explore ways to boost immunity, manage anxiety, improve sleep, relieve migraines, and optimize each system of your body. Our sessions are crafted to increase energy, reduce overwhelm, and cultivate self-love. Take the first step towards a healthier, happier you at our empowering event. Limit: 25 participants. No repeat participants from yesterday's session of the same title. Learning Objectives: • Learn about specific needs of self care to prevent burnout. • Understand how your health needs may contribute to burnout. • Explore methods of addressing health needs for holistic wellness.
#55 Navigating Turbulence: De-escalation Techniques and Crisis Response Strategies for School Counselors	Brian S. Rodgers, M.A., LPC-S, NCC District Intervention Counselor, Hoover City Schools Kathryn Stewart, LICSW Mental Health Services Specialist, Hoover City Schools	We are seeing an increase in crisis situations with our students. This session aims to equip school counselors with both theoretical knowledge and practical skills necessary to effectively handle crises and support students in distress. We will be exploring de-escalation techniques, looking at crisis response framework, and ways to engage proactive strategies and support systems. Learning Objectives: • Understand de-escalation techniques. • Learn about crisis response framework. • Identify proactive strategies and support systems.
#56 Picture This!: Tips for Working with Students with Communication Disorders	Kandis Chatman, M.S., CCC-SLP Speech-Language Pathologist, Hoover City Schools, SHAA Past President	When working with students with communication disorders in a school setting, it is important for Speech-Language Pathologists and Counselors to collaborate to ensure their success when learning new things. This session will discuss the types of communication disorders commonly seen in school settings, provide strategies for working with students with communication disorders, and list ways to differentiate lessons for students with complex communication needs. Learning Objectives: • Understand the common communication disorders seen in school-based settings. • Identify strategies for working with students with communication disorders. • Learn ways to differentiate lessons for students with complex communication needs.
#57 Early Warning Signs of Depression and Anxiety and Healthy Coping Strategies	Angelle Taylor, LPC Private Clinical Therapist, Grayson & Associates	We will discuss symptoms of depression and anxiety and healthy ways of coping. We will discuss positive ways of coping such as self care, setting boundaries/limits, deep breathing techniques, distress tolerance, and 5 senses to cope and self sooth. Learning Objectives: • Identify symptoms of depression and anxiety. • Learn new approaches of coping using Dialectical Behavior Therapy. • Identify three ways of self care to help prevent a decline in one's mental health
#58 The Use of Creative Therapies in Schools	Millie Dawson-Hardy, Ph.D., LPC Play Therapist | Assistant Professor of Counseling, University of Alabama	In this session we will look at the use of creative therapies such as art and play in the school. We will discuss how and why to include creative therapies as part of a trauma informed school. Directives (ideas) for use in schools will be included. Learning Objectives: • Grow in understanding of the use of creative therapies in schools. • Understand the developmental needs of students and why creative therapies can meet these needs. • Leave with at least one idea for use in their practice.

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Session Number & Title	Presenter(s)	Session Summary & Objectives
#59 Essential Strategies for Counselor Burnout Prevention and Self-Care	Cherie Edwards, M.A., LPC-S, NCC Counselor, Work in Progress, LLC Mechelle Frazier, Ed.S., LPC-S, NCC Counselor, Work in Progress, LLC	In this session, we will explore essential strategies for preventing counselor burnout and fostering self-care, empowering mental health professionals to sustain their well-being and effectiveness in their practice. Learning Objectives: • Enhance awareness of burnout indicators and identify key burnout indicators. • Create a personalized self-care plan. • Implement professional boundaries and promote sustainable professional practices.
~~#60~~ ~~Trafficking, Gangs, and Youth Culture~~ **CANCELED**	~~DJ Flores~~ ~~Chief of Police, Fort Valley Police Department | Regional Director, Georgia Gang Investigators Association~~	~~This session will provide participants with a unique insight in today's youth and street gang culture, and the human trafficking pandemic.~~ ~~Learning Objectives:~~ • ~~Understand social and cultural issues related to youth and street gang culture.~~ • ~~Understand the State of Alabama Gang and Human Trafficking Laws.~~ • ~~Understanding how to identify and report certain crimes.~~
#61 Legal and Ethical Concerns in School Counseling	Glenda Johnson, Ph.D., LPC Consultant, GSJ & Associates	This session will focus on the unique challenges school counselors face when providing counseling services to students, families, and staff in a school setting. The information shared will focus on applying the American School Counselor Association's (ASCA's) 2022 Ethical Standards, including the ethical decision-making model. This interactive session will include case studies and small group discussions. Learning Objectives: • Identify and apply relevant ASCA ethics codes to guide ethical decision-making as school counselors. • Analyze case studies to recognize potential ethical dilemmas and concerns related to counseling in a school setting. • Evaluate courses of action for addressing ethical issues in school counseling by applying an ethical decision-making model.
#62 "Bad Therapy": Are We Helping or Hurting?	Cortney McKinney, M.Ed. School Counselor, Vestavia Hills City Schools Becca Poe, M.Ed., ALC, NCC Counselor, Confident Hope, LLC	In this session, we will explore the complexities of the delicate balance supporting youth's mental health. We seek to answer the questions: Are our current methods empowering or enabling? How do we know? Learning Objectives: • Identify the difference between anxiety disorders versus developmentally typical anxiety. • Evaluate anxiety treatment measures as empowering or enabling. • Review evidence-based anxiety treatment theories.
#63 The Benefits of Using ChatGPT for the High School Counselor	Amy Davis, Ph.D., LPC, NCC, SB-RPT Assistant Professor of Counseling, Department Chair, University of North Alabama | Owner and Counselor, Sweetwater Counseling and Consulting, LLC Ronald D. Davis, Jr., Ph.D. Assistant Professor of Computer Information Systems, University of North Alabama	Chat GPT and the use of artificial intelligence are becoming more commonplace every day. This session will explore the benefits of using AI products like Chat GPT as a school counselor. You will leave knowing how to incorporate AI into your comprehensive counseling program. Ethical considerations of using this technology will also be covered. Learning Objectives: • Explain how AI can be used for program evaluation. • Implement the use of AI into their school counseling practices upon returning to their schools. • List three benefits of using AI as a school counselor. • List at least two ethical concerns of using AI as a school counselor

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Session Number & Title	Presenter(s)	Session Summary & Objectives
General Session ALSDE Updates	Sean J. Stevens, M.Ed. Program Coordinator of Instructional Services, Alabama State Department of Education	This session will provide attendees with updated information regarding instructional program initiatives, implementation of courses of study, and powerful practices in creating new and innovative pathways for students. Come learn how to integrate, support, and expand a variety of options for meeting students' academic, career, and social/emotional needs through AP/IB, Arts Education, CTE, Dual Enrollment/Early College Initiatives, Health & Physical Education, STEM, Library Media, World Languages, AL-MTSS, and their alignment to every school counseling program. Learning Objectives: • Gain knowledge regarding new statewide initiatives in school counseling programs. • Identify powerful practices for creating and developing meaningful pathways for students. • Explore Unified Insights, a component of the statewide information system (SIS), and how this tool is used when implementing a comprehensive school counseling program.
#64 I Am Not My Hair	Diana Virgil, Ph.D., ALC, ACSC, NCC, NCSC School Counselor, Daleville City Schools | ASCA 2024 School Counselor of the Year	In this session, explore how societal constructs do not define our true selves. Adolescents often fixate on appearance, skewing their self-perception and that of others. Join us for an insightful discussion on transcending labels and embracing our identities. Learning Objectives: • Explore the impact of societal constructs on self-perception and identity development in adolescents. • Discuss strategies for promoting authentic self-expression and identity development among students. • Reflect on their own identities and how they can positively influence student perceptions and experiences.
#65 Social Media: What Our Students Know and What We Don't	Brittany S. Ching, Ed.S., ALC Advocate Counselor, Chickasaw Elementary School	This session will be all about social media. We will look into stats that show how social media is impacting today's generation. These stats will also provide insight into what exactly our students are using social media to accomplish. Things are not always what they seem. Learning Objectives: • Discuss the social and cultural norms of social media and its uses. • Understand the need to supervise, advocate, and educate our students and parents about social media and the harm it might be causing to the wellbeing of others. • Feel more knowledgeable and equipped to support students.
~~#66~~ ~~Trauma-Informed Education: Empowering Educators, Transforming Lives (TIEs) – Helping Children and Adolescents Navigate the Threads of Life~~ **CANCELED**	~~Samantha "Sam" Booker, Ph.D., LPC-S, RS/C, IMH-E® Assistant Chair & Professor of Counseling, Coordinator School Counseling, Coordinator Infant and Early Childhood Mental Health, Troy University~~ ~~Chelsea Keener | School Counseling Graduate Student, Troy University~~ ~~Macy McIntosh | School Counseling Graduate Student, Troy University | School Counselor, Enterprise City Schools~~	~~Join us for a transformative training designed to equip educators with essential skills for supporting students impacted by trauma. Guided by school counselors, this session will delve into the effects of trauma, practical strategies for creating a trauma-sensitive classroom, and ongoing support systems. Gain invaluable insights to foster resilience, enhance classroom dynamics, and make a profound difference in the lives of your most at-risk students.~~ ~~Learning Objectives:~~ • ~~Raise awareness and understanding of trauma in educational settings.~~ • ~~Highlight the role of school counselors in supporting educators.~~ • ~~Equip educators with practical skills and knowledge.~~ • ~~Implement and sustain trauma-informed practices in classrooms~~ • ~~Ensure ongoing support and continuous improvement.~~

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Session Number & Title	Presenter(s)	Session Summary & Objectives
#67 Recharge and Thrive: Preventing Counselor Burnout with Self-Care	Bre Carr, M.A., LPC-S, NCC, CCTS-I Clinical Director, Spark Counseling | Consultant, Tilt Health Walter Williams, M.S., LPC School Counselor, Think & Grow Mental Health Services	As school counselors, we are dedicated to supporting the well-being and academic success of our students. However, the demands of our profession can often lead to burnout, impacting our effectiveness and personal well-being. This session will address the critical issue of counselor burnout and provide practical self-care strategies tailored to the unique challenges faced by school counselors. Learning Objectives: • Identify the physical, emotional, and behavioral indicators of burnout in school counselors. Understand the impact of burnout on professional effectiveness and personal well-being. Learn strategies for early detection and prevention of burnout symptoms. • Explore a variety of self-care techniques tailored to the diverse needs of school counselors. Develop a personalized self-care plan that incorporates physical, emotional, and mental health strategies. Address cultural and individual differences in self-care practices to ensure inclusivity and effectiveness. • Learn how to create and maintain a supportive and collaborative work environment that promotes counselor well-being. Understand the role of organizational policies and practices in preventing burnout and promoting self-care. Develop skills to advocate for systemic changes that support counselor mental health and resilience.
#68 Enneagrams in the Workplace: Building Authentic Connection	Cortney McKinney, M.Ed. School Counselor, Vestavia Hills City Schools Becca Poe, M.A., ALC, NCC Counselor, Confident Hope, LLC	In this session, we will increase self-awareness and interdisciplinary team wellness by diving into enneagrams and recognizing how this can be applied within the workplace. Learning Objectives: • Recognize and self-assess using the nine enneagram types, for use in professional and personal growth. • Learn strategies for reduced conflict resolution among team members, using each of the nine enneagram types. • Walk away with tools and resources to replicate team building activities within their own school building.

ALABAMA SCHOOL COUNSELOR ASSOCIATION

This conference is approved for 12.5 CE hours.

Alabama School Counselor Association (ALSCA) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2093. Programs that do not qualify for NBCC credit are clearly identified. Alabama School Counselor Association (ALSCA) is solely responsible for all aspects of the programs.