

# Bridging the Achievement Gap



IDAHO  
SCHOOL  
COUNSELOR  
ASSOCIATION

Fall Conference 2009  
October 1 & 2  
Nampa Civic Center  
Nampa, Idaho

# Thursday, October 1, 2009

8:00 - 9:30	Keynote: Ken Beller	Leadership Principles of Great Peacemakers: Teaching Our Children Peace
9:30 - 9:45	Break	
9:45 - 11:15	Session 1 Breakouts	1. Keynote Follow-Up; Ken Beller  2. PERSI: Planning for the Beach; Graydon Wood  3. SDFS State and Local Challenges and Opportunities; Matt McCarter and Sandy Rumpel  4. Idaho Bureau of Occupational Licenses Q&A; Brenda Freeman  5. 21st Century Counseling Information 4 U; Jeanette Gallus  6. S.A.F.E. TEAM program; Scott Huse
11:15 - 11:45	Break and Poster Sessions	
11:45 - 1:30	Lunch (on your own)	
1:30 - 3:00	Session 2 Breakouts	7. Art Therapy in the Schools (Part 1); Phyllis Nodler  8. Ethical Update (Part 1); Brenda Freeman & Chris McNaught  9. Idaho's GAIN Initiative: Helping School Counselors Work with Substance Abusing Youth; Ken Coll, John Kirsch, Susan Esp and Kathy Skippen  10. Why Reinvent the Wheel? Guidance Curriculum Lessons TO GO!; Jennifer Tachell, Kim Erwin, and Bonnie Benson  11. Why Try Program; Christian Moore  12. Idaho School Counseling Model; Kristi Enger  13. College Board: Sandy Rumpel and DebAnn Rippey
3:00 - 3:15	Break	
3:15 - 4:45	Session 3 Breakouts	14. Art Therapy in the Schools (Part 2); Phyllis Nodler  15. Ethical Update (Part 2); Brenda Freeman & Chris McNaught  16. Helping Prepare Elementary Students to Achieve: Child-Centered Play Therapy; April Schottelkorb  17. Raising Mental Health Awareness in Schools Utilizing Youth Driven Resources; Courtney Santillan & Eric Bucker  18. COLLEGE IS FOR YOU! Generating Early College Awareness and Interest; David Chehey & Mary Ellen Frischmuth  19. Learn by Doing: Excellerated Learning; Janice M. Tkaczyk & Jerry Ellner
9:45 - 4:45	School Social Workers	Annual Meeting

# Friday, October 2, 2009

8:00 - 9:30	Keynote: Rob Sauer	Building the Bridge: Let's Commit to Closing the Achievement Gap
9:30 - 9:45	Break	
9:45 - 11:15	Session 4 Breakouts	20. Keynote Follow-Up; Rob Sauer  21. PERSI: Cruisin' to the Beach; Graydon Wood  22. Fifty Steps Closer: Building Bridges through Group & Classroom activities; Nick Minardi  23. Trevor's Trek Peer Program: School Re-Entry for Childhood Cancer; Trevor Smith & Panel  24. Thinking Inside the Box – Cube that is. The 7Cs, a fresh, more accurate and contemporary approach to defining what we do as school counselors; Tom Trotter & Kathleen Trotter  25. Counseling from the Inside Out; Greg Sommers  26. Adolescent Substance Use in Idaho: Implications for School Counselors; Robert Ball
11:15 - 11:45	Break	
11:45 - 1:30	ISCA Awards Luncheon	
1:30 - 3:00	Session 5 Breakouts	27. Habits of the Heart: A Meditation Practice; Bobbie Birdsall  28. New to the Profession: Surviving and Thriving in Your First Year and Beyond; Kris Lunstrom, Kimberly Grosz, Cyndi Groth-Landis, Robin Hausheer, and Kelbie Wall-U'Ren  29. Empowering Students and Staff to Reduce Bullying and Mistreatment: Improving School Climate; Laura Adams & Lindsay Thomas  30. The 7Cs: Data Tracking Spreadsheet; Chris McNaught  31. State and Federal Laws' Impact on Service Delivery to Students; Chris Ahlman  32. Implementing the ASCA Model Virtually; Jeanette Gallus  33. Untangling the Wired: An Honest Look at the Impact of Technology on Students; Susan Perkins

## Keynote Presentations:

### **Thursday Keynote:**

#### **Leadership Principles of Great Peacemakers: Teaching Our Children Peace**

Ken Beller

Peacemaking is a skill that can be taught and that students are eager to learn. If children are the future, and we want the future to be peaceful, then our curricula and standards for their education must include the study of great peacemakers and their leadership principles. This presentation highlights powerful leadership principles drawn from the lives of great peacemakers. Lessons from this presentation can be used to provide positive role models and cultivate positive character development in educational settings, and encourage us, in the words of Mahatma Gandhi, to “be the change we wish to see in the world.”

### **Friday Keynote:**

#### **Building the Bridge: Let’s Commit to Closing the Achievement Gap**

Rob Sauer

## Breakout Descriptions:

### **1. Keynote Follow Up with Ken Beller**

### **2. PERSI: Planning for the Beach**

- \* PERSI Base Plan
- \* Snap Shot
- \* Credit Card Basics & Debt Elimination
- \* Rip's & Sandy's Stories
- \* Calculating Present & Future Needs
- \* Time Value of Money/Dollar Cost Averaging
- \* Asset Allocation
- \* PERSI Choice Plan Discussion

### **3. SDFS State and Local Challenges and Opportunities.**

This session will provide an overview of state SDFS programs, funding forecast for the program, allowable activities, K-12 risk behavior data, USDOE priorities and concrete examples of how a successful SDFS program looks at a district and school level.

### **4. IBOL Q & A**

Question and Answer session with the Idaho Bureau of Occupational Licenses

### **5. 21st Century Counseling Information 4 U**

Technology is a tool. The cyber world requires knowledge and safety. We will explore 21st century technology tools for counselors, ASCA resources and Cyber safety.

1. ASCA Resources (ASCA Scene, etc.)
2. Technology Tips that can be used by all Counselors ( favorite websites, etc.)
3. Internet safety

### **6. S.A.F.E. TEAM program**

This program was developed in response to the challenges facing our schools in regards to personal responsibility, safety (on campus and at events), and family involvement in support of students in education. Attendees will receive training on the Priority List strategies to start this family engagement program and actively involve vol-

## Breakout Descriptions (cont):

unteers within their school's community. S.A.F.E. TEAM is the right combination to engage ALL communities, grade levels and types of families.

### **7. Art Therapy in the Schools (Part 1)**

This highly experiential, hands-on workshop is designed in a process format and intended as an introduction to using Gestalt art therapy techniques with students &/or clients. Art therapy assists in expediting and unmasking problem issues and is resolution oriented. In the event you are currently addressing a personal issue, it may be revealed in workshop activities and it is highly recommended that you consider attending this workshop at a future date.

NOTE: Maximum 14 attendees for 2 session block; \$10 per person. Must be registered in advance. First 14 PAID will be enrolled. This fee is NOT included in registration.

### **8. Ethical Update (Part 1)**

This update fulfills the state requirement for 3 hours of ethics each year required for licensure renewal. You must attend both parts to receive credit. The update will be based upon ethical case studies.

### **9. Idaho's GAIN Initiative: Helping School Counselors Work with Substance Abusing Youth**

This program describes Idaho's initiative to effectively identify and help substance abusing youth through the GAIN (Global Appraisal of Individual Needs) system. This program teaches how to utilize the GAIN (short form) with consideration to FERPA guidelines. Pertinent ongoing and recent studies will also be made available with opportunities for discussion.

### **10. Why Reinvent the Wheel? Guidance Curriculum Lessons TO GO!**

The Idaho State Standards serve as a guide for elementary counselors so we know what needs to be taught to our students. However, the State Standards do not offer much by way of HOW to teach these standards. Who hasn't had a crisis come up shortly before you're due in a classroom (there goes your prep time!)? Come to this hands-on session where you will experience some examples of the HOW and get some lessons TO GO!

### **11. Why Try Program**

The WhyTry Program is a simple, hands-on curriculum which helps youth overcome their challenges and improve outcomes in the areas of truancy, behavior, and academics. WhyTry teaches critical social and emotional principles to youth (K-12) using a series of ten pictures (visual analogies) which each teach a principal, such as resisting peer-pressure, or that decisions have consequences. The visual components are then reinforced by music and physical activities. The major learning styles—visual, auditory, and body-kinesthetic—are all addressed.

### **12. Idaho School Counseling Model**

The Idaho School Counseling Model has been revised. This is your chance to see the model's latest revisions and learn how you can incorporate the model into your comprehensive school counseling program.

### **13. College Board**

### **14. Art Therapy in the Schools (Part 2) (Original 14 participants from Part 1)**

Continuation of Part 1

### **15. Ethical Update (Part 2)**

Continuation of Part 1

### **16. Helping Prepare Elementary Students to Achieve: Child-Centered Play Therapy**

Child-Centered Play Therapy (CCPT) is a developmentally appropriate counseling intervention that elementary school counselors can utilize as part of a comprehensive school counseling program. Using CCPT with students who are struggling socially, emotionally, and behaviorally can help them be more prepared to learn at school.

In this presentation, the presenter will introduce a brief history of play therapy, share some of the recent research

## Breakout Descriptions (cont):

documenting its' effectiveness, present the basic concepts of CCPT, and discuss how to implement CCPT in the school setting. The presenter will demonstrate basic CCPT skills using actual videotaped sessions and participants will have the opportunity to practice these new skills. This presentation is open to all levels.

### **17. Raising Mental Health Awareness in Schools Utilizing Youth Driven Resources**

This session is appropriate for all attendees who are interested in raising awareness about mental health issues among children and youth. Youth who have a mental health diagnosis are often bullied, stigmatized, and feel excluded. This session will provide professional school ready resources created by youth in Idaho who understand the struggles of having a mental health diagnosis. As part of the presentation, attendees will hear the perspective of the parent who has a child with a mental health diagnosis and the struggles they incur while trying to navigate the children's mental health system. Resources appropriate for all school grades will be demonstrated (Ex: coloring book, DVD, poetry book) as well as community resources available to families. Participants will learn how to implement mental health awareness campaigns in their schools, provide resources to parents, and create lasting partnerships with families.

### **18. COLLEGE IS FOR YOU! Generating Early College Awareness and Interest**

Based on the concept and materials developed by the Guidance and Admissions Council of the College Board's Western Region, this interactive session is designed to "plant the seed" that college is possible beginning in elementary school. The presentation will include specific strategies and resources (many at little to no expense), examine successful statewide and school district initiatives, and brainstorm additional outreach services – all with the goal of helping to increase post-secondary preparation and enrollment opportunities for grade school students and families.

### **19. Learn by Doing: Excelerated Learning**

Make your guidance curriculum both fun and relevant! Watch your students get excited about their potential. Come to this interactive workshop where you will experience techniques that you can apply immediately: 1) Total learner involvement, 2) The active creation of knowledge, 3) Collaboration with your peers, 4) Activity-centered learning during a problem-solving exercise. You will be tested to determine your learning style and you will take away classroom strategies you can use immediately.

### **20. Keynote Follow-Up: Rob Sauer**

### **21. PERSI: Cruisin' to the Beach**

- \* Getting Started
- \* Investment Vehicle Choices & Comparisons
  - 401 (k)
  - 457
  - 403 (b)
  - Traditional & Roth IRAs
- \* Financial Basics
  - Evaluating Fund costs vs. Historical Fund returns
  - Discuss: Indexes, Growth, Value, Small Cap, Large Cap, International, etc.
- \* Asset Allocation — 'Hands-on' exercise
- \* Resources

### **22. Fifty Steps Closer: Building Bridges through Group & Classroom activities**

The program session is designed to promote, broaden, and provide depth in the delivery of group/classroom counseling services within the school. Beginning with a introduction and rationale for expanding counseling services, two-three twenty minute activities designed for use in classrooms and counseling groups will follow. Experiential and observational learning opportunities will be available to all attendees. This session is intended to provide k-12 school counselors of varied experiences ideas, concepts, and immediate resources to maximize their counseling time, effectiveness, and personal creativity in connecting with students. Session notes and on-line resources will be provided.

## Breakout Descriptions (cont):

### **23. Trevor's Trek Peer Program: School Re-Entry for Childhood Cancer**

Children with cancer often feel isolated when they return to school. Both because the student may look different, which may scare away healthy kids and because they feel they cannot communicate effectively with healthy kids to re-assure them that they really are the same person, the one who went away for surgery, chemotherapy and radiation.

Trevor's Trek Peer Program is a mentoring program that will provide school counselors with the tools needed to provide a caring and nurturing environment for children re-entering the school system after being treated for cancer.

My name is Trevor. I will present, along with a panel of experts, my story and other key considerations to help professional school counselors plan for a warm and compassionate students' return to school. After brain cancer struck me at the age of 13, I spent a year being home schooled, and when I re-entered my school I found that I no longer knew how to relate to my peers, or they to me. Over time, I began to formulate the idea that we need to break down the barriers between healthy kids and sick kids, take away the stigmas, and bridge the gaps between us with friendship, compassion and better understanding. Through this presentation, Trevor's Trek Peer Program will provide participants with suggestions on possible accommodations, resources and strategies that could be used for school re-entry. Handouts, materials and organizational resources to help children with cancer will be provided.

### **24. Thinking Inside the Box – Cube that is. The 7Cs, a fresh, more accurate and contemporary approach to defining what we do as school counselors**

What is now the traditional approach to comprehensive school counseling promoted by most states and the national professional association is more of a two-dimensional model that is rooted in a thirty-year old perception of delivery systems, domains, and priorities. This same approach lacks the clarity and relevance needed today in defining how we do business in the world in which we currently live and work. This presentation introduces the **7Cs**, a three-dimensional approach that encompasses the many challenges we face, the ways in which we address these same challenges, and with whom we engage in the process. An evolution of the National Model, the **7Cs** approach recognizes all we do as professional school counselors as 'responsive' and describes our responsibilities in terms that are accurate, contemporary, and easily understood. A ready-to-apply, research-based, and user-friendly guide to program implementation and/or refinement will be distributed to all participants. A website is also available.

### **25. Counseling from the Inside Out**

As educators, counselors and advisors, we have a special privilege and opportunity to impact young people for the better. While it is important to always learn more about students, their challenges, and how to support them, it is also essential that as professionals we spend time in internal investigation and exploration. As we do, we learn more about how we unknowingly shape our interactions with students, and their attitudes toward us. When we realize our impact, then we can choose to make positive changes internally that allow us to increase our success with students and others.

Through an experiential process of self discovery, this workshop is designed to provide insight that will help us shape our success with students from the inside out.

### **26. Adolescent Substance Use in Idaho: Implications for School Counselors**

This presentation will provide the most current status of drug and alcohol use in Idaho and effective strategies for school counselors to recognize and intervene with teens and their families.

### **27. Habits of the Heart: A Meditation Practice**

Yoga Nidra meditation is a heart-centered Eastern meditation practice involving deep relaxation and heightened awareness. This session will be offered as an experiential practice session with the Western version of Richard Miller's Integrative Restoration (iRest) practice. Preliminary studies with school counselors find that iRest contributes to their level of well-being and enhances their ability to give more of themselves to their all-encompassing work. Bring your "beginner's mind" and be prepared to sit/lie down comfortably and experience yourself as pure relaxation and awareness. A hand-out with suggestions for use with clients (individuals and groups) and specific concerns will be given.

## Breakout Descriptions (cont):

### **28. New to the Profession: Surviving and Thriving in Your First Year and Beyond**

The transition from the university to the workplace presents numerous rewards and challenges for those new to the profession. Implementing the ASCA model, building a counseling program and defining the role of the counselor at each school are but a few of the tasks that await the new school counselor. Through current education and supervision standards, new graduates are well-prepared for much of what they encounter in the field. Still, new counselors may face an abundance of pitfalls, including:

- Building/ Defining a counseling program
- Balancing idealism with reality
- Using effective theoretical approaches
- Coping with expectations
- Dealing with ethical dilemmas
- Finding time to consult
- Setting effective boundaries
- Knowing when to say “No”

The true challenge is in learning and growing from mistakes and incorporating best practices as a new practitioner. This panel discussion gives participants an insight into the experiences of five counselors across five unique settings, while providing a reminder of considerations counselors at any level should revisit throughout their careers.

### **29. Empowering Students and Staff to Reduce Bullying and Mistreatment: Improving School Climate**

Peer mistreatment causes problems in achievement and social-emotional development. Students see, hear, and know things and can intervene in ways adults can't. Youth development and interactive methods show how equipping and empowering diverse student leaders will reduce bullying and mistreatment.

### **30. The 7Cs: Data Tracking Spreadsheet**

Accountability and data-tracking have become a pivotal part of school counseling. Based on the 7Cs School Counseling Model created by Tom & Kathleen Trotter, Chris McNaught has created a spreadsheet designed to track the school counselor's activities in all areas of the 7Cs model. The spreadsheet automatically summarizes and graphs multiple variables, creating an effective method of showing the busy counselor's various duties. Bring your laptop. We will walk through the spreadsheet together learning how to input information and use that data to create a picture of your counseling program.

### **31. State and Federal Laws' Impact on Service Delivery to Students**

This 90 minute power point presentation targeted at school counselors and school social workers will begin with an overview of Idaho State laws and federal laws that govern our actions as we provide services to students at all grade levels and their families. While school districts often create policy to guide their educational personnel, school counselors and school social workers often find the need to address issues not strictly related to academics. Knowing the laws allows the counselor and social workers to establish boundaries to direct their actions. When do you need to report a crime committed by a student? When do you need to inform parents of their student's drug use? Does Medicaid billing contradict FERPA? Many scenarios will be discussed with the opportunity for participants to offer examples from their practice, as well as ask questions. Many resources will be offered so that participants can continue to educate themselves in this area.

### **32. Implementing the ASCA Model Virtually**

This session will answer the questions... How do counselors in Virtual schools implement the ASCA National Model? How do virtual school counselors affect student success? What strategies used in the virtual setting will enhance your school counseling program?

### **33. Untangling the Wired: An Honest Look at the Impact of Technology on Students**

This program focuses on ways technology can impact students' peer and family relationships and school performance. Presenters will address problems technology can create, specifically cyber-bullying, online gaming addiction, and pornography. Ethical issues for addressing these issues in a school setting will be explained. Pre-



## Breakout Descriptions (cont):

presenters will offer strategies for school counselors and teachers to intervene, and participants will discuss their thoughts and ideas.

## Biographical Sketches of Presenters:

Laura Adams

Bonnie Benson

### **Dr. Bobbie Birdsall**

Dr. Bobbie Birdsall serves as the Chair of the Department of Counselor Education at Boise State University. Her research agenda includes partnerships with several school districts in the Treasure Valley and a BSU research team investigating the effectiveness of a meditation practice in group counseling. She recently presented several papers on the topic of training counselor educators in the use of Yoga Nidra to effectively counsel clients with PTSD. Dr. Birdsall coordinates the school counseling emphasis in the Master of Arts in Counseling Program and the Graduate Certificate in Gerontology.

Eric Bucker

### **David Chehey**

### **Dr. Kenneth Coll**

Dr. Kenneth Coll, Ph.D., Licensed Clinical Professional Counselor (LCPC) and Master Addictions Counselor (MAC) is Director of the Institute for the Study of Addiction at Boise State University in Boise, Idaho. He has been a counselor educator teaching substance abuse courses on the master's and doctoral levels for almost 20 years, with over 30 national/international publications and over 50 national presentations. He also has extensive and on-going experience providing clinical counseling, assessment, evaluation and supervision with an adolescent substance abuse and mental health therapeutic communities. Dr. Cull was a recent evaluator with the State of Idaho Department of Health and Welfare's "Building on each-other's Strengths" Statewide children and families' mental health initiative, and is working with the Oglala Lakota Nation's trauma and mental health systems of care initiatives for Seriously Emotionally Disturbed (SED) youth and their families.

Jerry Ellner

Kim Erwin

### **Susan Esp**

### **Mary Ellen Frischmuth**

Curtis Garner

### **Kimberly Grosz**

### **Cyndi Groth-Landis**

### **Robin Hausheer**

### **John Kirsch**

### **Kris Lunstrum**

### **Chris McNaught**

## Biographical Sketches of Presenters:

Chris McNaught is an elementary and middle school counselor with Wendell Public Schools and the current president of the *Idaho School Counselor Association*. An advisor to numerous professional association projects, he sits on the Idaho State task force responsible for revising the school counseling program model. Chris is also an adjunct professor for Northwest Nazarene University.

### **Phyllis Nodler**

Phyllis Nodler, LCPC, holds a Master of Art Therapy degree from the College of Notre Dame in Belmont, California. She is a State Licensing Board-approved clinical supervisor and brings nearly 30 years of experience in individual, couple, group and family counseling as well as parent education. She offers courses and workshops through BSU, ISU, and community-based centers and has worked with clients of various ages and diagnoses. Her consistently positive training evaluations are a testament to her ability in making art therapy practical and user-friendly. Her private practice firm, 1<sup>st</sup> Choice Counseling, is located in Boise and she also provides counseling services at Personal Solutions, located in Meridian.

Susan N. Perkins

Rachel Robb

John Roice

### **Rob Sauer, Deputy Superintendent, Idaho Department of Education**

Rob has ten years experience as a history and government teacher. He also has ten years experience as a middle school and high school principal. Rob served four years as a Gooding County Commissioner with two of those years as chairman of the board. He has been recognized as the VFW High School Teacher of the Year and has also received the Milken National Educator Award. Rob and his wife Misty have six children ranging in ages from two to fifteen. Rob has a strong desire for every student to have a rigorous and relevant educational experience while building positive relationships.

Courtney Santillan

April A. Schottelkorb

### **Kathy Skippen**

Mitchell Smith

Trevor Smith

### **Greg Sommers**

Greg Sommers is a team building, training, and facilitation expert. His programs and workshops are designed to provide teams, individuals, companies, and organizations with dynamic and insightful experiences that produce true and lasting success from the inside out.

Greg has spent his entire career devoted to the success of others. For the past five years he was the National Director for a leadership company that helped high schools and middle schools implement student to student mentoring programs. Currently, with a healthy mix of enthusiasm and nervousness, Greg has opened up his own company called, The Core Project.

## Biographical Sketches of Presenters:

Through The Core Project, Greg continues to offer leadership workshops for student to student mentoring programs and ASB Councils, but has also expanded his workshops to organizations and companies in an effort to help them advance their ability to work together and produce success. Greg's client base includes: Cold Water Creek, Camp to Belong Northwest, the State of Oregon's Department of Human Services, Varsity Gold's Sales Teams, and the University of Idaho.

Jennifer Tachell

Janice M. Tkaczyk

Lindsay Thomas

### **Kathleen Trotter**

Kathleen Trotter is a senior high school counselor with Timberlake High School in Spirit Lake, Idaho and a past-president of the *Idaho School Counselor Association*. She is a former elementary school counselor and K-12 school psychologist and sits on Idaho State's task force responsible for updating its school counseling program model. Together with Tom, she has presented widely on school counseling program development/improvement.

### **Dr. Tom Trotter**

Dr. Tom Trotter is an adjunct professor with Gonzaga University and a retired professor of Counseling and School Psychology from the University of Idaho. He is a former school system director of Special Services, responsible for district-wide delivery of school counseling in addition to other human services programs and an active consultant to school systems regarding school counseling program development/improvement and Schoolwide Positive Behavior Support. A former president of the *Idaho Counseling Association*, the *Idaho School Counselor Association*, the *Idaho School Psychology Association*, and the *Idaho Association of Counselor Educators and Supervisors*, he has numerous publications, presentations, and other projects to his credit in this and other areas of study.

### **Kelbie Wall U'Ren**