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CONFERENCE 2024



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CONFERENCE 2024

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Cara Habermehl
President

Ohio School Counselor Association



Michael Lewis, Ph.D.
President

Ohio Counseling Association



Sessions were selected this year using the creativity lens and we hope attendees are able to walk away with new and exciting ideas to take back to their schools, agencies, and clients. We again will be offering over 60+ hours of eligible OCSWMFT and NBCC approved educational sessions this year within both the clinical mental health and school counseling sessions. With sessions spanning across topics such as addictions, career, supervision, wellness, trauma, and grief spanning across populations such as k-12, college, LGBTQ+, and veterans we truly have something for everyone. We are also excited to partner with Lindenwood University again to provide our school counselor attendees the ability to earn up to 3 graduate credit hours for their participation. The mobile conference app explains how you can obtain CEs, where and when sessions are being held, and how to navigate the conference hall, so be sure to download that and keep it handy.



WELCOME LETTER FROM YOUR PRESIDENTS

On behalf of the **Ohio Counseling Association (OCA)** and the **Ohio School Counselor Association (OSCA)**, we welcome you to this year's **All Ohio Counselors Conference (AOCC)**!

The AOCC will be hosted this year on October 28-30, 2024. The theme this year is **Creativity @ Work** which underscores the innovative and novel continuing education opportunities we've lined up for our membership. We believe we have some of the most skilled and creative professionals right here in Ohio, and hope that these sessions will provide inspiration to think outside of the box and approach the profession in new ways.

This year's conference will kick off with our keynote session — **"Thinking Like an Improviser: The Power of 'Yes And'"** — presented by Nathan Minns, an international speaker, facilitator, and emcee whose work creates confident and compelling communicators through improv comedy principles.

Join us early for a Tuesday morning breakfast reception, graduate poster sessions and awards ceremony. These events are encouraged of all attendees and will provide time for meaningful networking and celebration of excellence in the profession.

We have planned a conference to meet your needs regardless of your discipline and professional focus and are excited about this year's lineup of pre-conference and breakout sessions.

The conference isn't all about workshops — be sure to take time to network, meet colleagues from around the state, and former or current classmates and professors. Tuesday evening, be sure to stop by **AOCC @ Night** on the third floor to grab a drink, play some games and interact with your fellow attendees. During the reception, we are pleased to also have amazing close-up magic by professional magicians here in Ohio. Also, don't miss the chapter and division booths to learn more about areas that you may be interested in joining. Conferences can be entertaining and educational at the same time!

The value of the AOCC is the flexibility it affords our attendees to customize their conference experience. Take time to review all the sessions and engage with those topics that are relevant to your needs and professional interests. What is best about the AOCC is the time you are able to spend networking with like-minded peers. Be sure to strike up a conversation with the person sitting next to you in a session, talk to one of our many sponsors or visit the OSCA/OCA booth to ask a question. Choose your own adventure!

We are thrilled to have you join us at AOCC 2024 as you join over 1,000 of your colleagues! We look forward to seeing you there!

AOCC '24 Mobile App

AOCC 2024 at your fingertips...

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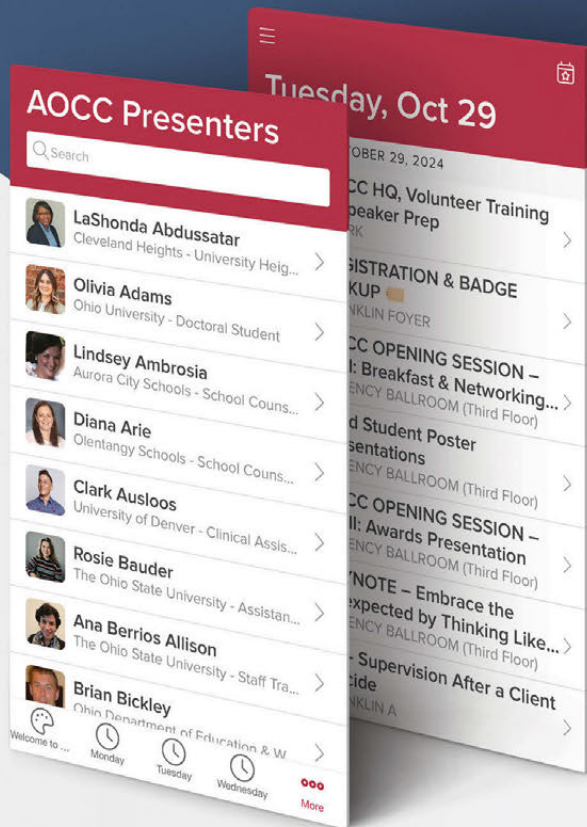
Download the mobile app to browse each day's schedule, create & manage your own agenda, connect with sponsors/attendees & more!



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Yapp App Features

> Browse each day's schedule

Pick up your name badge, learn about the AOCC presenters, and attend accredited breakouts.

> Create your personalized agenda

Make AOCC your own. Choose sessions that are suited to you and your specific needs.

> Connect & get social during AOCC

AOCC thrives on networking, so get involved and interact with attendees and sponsors.

> Navigate the venue in style

Find your way around the Hyatt Regency Cbus. Locate the Franklin, Union & County corridors.



Yapp

Yapp ID:
AOCC24

allohiocounselors.com/app

info@aocc.site

Monday, October 28

11:00 AM – 5:30 PM

REGISTRATION & BADGE PICKUP

1:00 PM – 4:00 PM

Pre-Conference Workshops

A La Carte Fee Per Workshop

5:00 PM – 8:00 PM

Pre-Conference Workshops

A La Carte Fee Per Workshop

Tuesday, October 29

7:30 AM – 5:00 PM

REGISTRATION & BADGE PICKUP

8:00 – 9:00 AM

Grad Student Poster Presentations

8:00 – 9:00 AM

AOCC OPENING SESSION – PT. I

Breakfast & Networking Event

9:00 – 9:45 AM

AOCC OPENING SESSION – PT. II

Awards Presentation

9:45 – 10:45 AM

KEYNOTE ADDRESS *feat.* [Nathan Minns](#)

11:00 AM – Noon

Breakout Session I

Tuesday, October 29

Noon – 1:30 PM	Lunch Break <i>On Your Own</i>
1:30 – 2:30 PM	Breakout Session II
2:45 – 3:45 PM	Breakout Session III
4:00 – 5:00 PM	Breakout Session IV
5:15 – 6:15 PM	Breakout Session V
8:00 – 9:30 PM	AOCC @ NIGHT – EVENING SOCIAL EVENT <i>feat. Magic, desserts, cash bar & games</i>

Wednesday, October 30

7:30 AM – 12:30 PM	REGISTRATION & BADGE PICKUP
8:15 – 9:15 AM	Breakout Session VI
9:30 – 10:30 AM	Breakout Session VII
10:45 – 11:45 AM	Breakout Session VIII
Noon – 1:00 PM	Breakout Session IX



TUESDAY, OCTOBER 29 SESSIONS

	9:45–10:45 AM	11:00 AM–Noon	1:30–2:30 PM	2:45–3:45 PM	4:00–5:00 PM	5:15–6:15 PM
FAIRFIELD	KEYNOTE EMBRACE THE UNEXPECTED BY THINKING LIKE AN IMPROVISER: THE POWER OF “YES AND” Nathan Minns <i>Regency Ballroom (3rd Floor)</i>	C3 – Beyond the Stages of Grief	S8 – Supporting Students’ Re-Entry	S15 – Delegate with Technology	C23 – From MySpace to TikTok	S28 – Intro to College Admissions Process
KNOX		C4 – Using Visual Aides to Illustrate Concepts	S7 – Using the High School Math Pathways	C17 – Narrative Therapy: A Promising Approach	C24 – The State of AI in Psychological Screening	C26 – When Three is Not a Crowd
MARION		C6 – Human Life as a Creative Media with LGBTQ+ Clients	C12 – What Do You Have to Say About That?	S18 – Ready to RAMP	C20 – Letter Writing for the Queer Community	S27 – Using HeartMath Tools
MORROW		S2 – Briefing: Building Trades Apprenticeship Continuing Ed	S12 – The Girls Are Not Alright: What 17,502 Girls Say	S13 – Power Tools: Helping School Counselors with FAFSA	S21 – Free, Flexible, and Fantastic Tools for College	S29 – Effective (and ENGAGING) Programming
UNION A	KEYNOTE EMBRACE THE UNEXPECTED BY THINKING LIKE AN IMPROVISER: THE POWER OF “YES AND” Nathan Minns <i>Regency Ballroom (3rd Floor)</i>	C5 – Counselor’s Toolbox: Creative Techniques	C7 – Down with Diet Culture	C16 – How to Navigate the Complex World of Eating Disorders	S23 – A Whole School Approach to Wellness and SEL	C29 – Therapeutic Dungeons and Dragons
UNION B		S5 – The Action Research School Counselor	C8 – Capturing Resilience: Photovoice	C18 – The Playfulness of Spirituality	S24 – Career Tech Counselors Connect	C30 – From Darkness to Light
UNION C		S6 – Blueprint for Success	S9 – K-6 Child Sexual Abuse Prevention	C14 – The CritG: A Creative Tool to Raise Supervisees’..	C22 – Getting Creative with Culturally Diverse Clients & Families	C28 – Beyond the Scale: A Culturally-Informed Look
UNION DE		S3 – Managing Ohio’s Social Emotional Ed Requirements	S11 – Practical Strategies for Dysregulation	S17 – Moving from Trauma-Informed to Responsiveness	S19 – Tapping: An Easy-to-Learn and Simple-to-Use Tool	S26 – Minute Meetings, Small Groups, and Beyond
FRANKLIN A	KEYNOTE EMBRACE THE UNEXPECTED BY THINKING LIKE AN IMPROVISER: THE POWER OF “YES AND” Nathan Minns <i>Regency Ballroom (3rd Floor)</i>	C1 – Supervision After a Client Suicide (No MFT)	C10 – AI and Creativity in Career Counseling	C13 – Trauma-Informed Approach to Gender Affirming Care	C19 – Embracing the Digital Generation	C25 – Using Creative Counseling Across the Lifespan
FRANKLIN B		S1 – Multi-Tiered Systems of Support	C9 – Art and Music Therapy Licensure in Ohio	S14 – Counseling Creations on a Friendly Budget	S20 – Tail-Wagging Therapy: Bringing Canine Comfort	S25 – Engaging Practices: Support the Whole Child
FRANKLIN C		C2 – Decolonizing Practices for Mental Health	C11 – Intentional Leisure Time at Work	C15 – Understanding Process Addictions	C21 – Integrating Creative Interventions into Supervision	C27 – Neurofeedback as Holistic Mental HC
FRANKLIN D		S4 – School Discipline: Advocating for Restorative Solutions	S10 – Aligning Admins & Counselors to Max Student Success	S16 – Building Strong Self-Concept Using Bloom’s	S22 – Prepare to Prevent: Creative Holistic School Safety	S30 – Sources of Strength: A Positive, Upstream...



WEDNESDAY, OCTOBER 30 SESSIONS

	8:15–9:15 AM	9:30–10:30 AM	10:45–11:45 AM	Noon–1:00 PM
FAIRFIELD	S33 – Streamlining State Mandates for School Counselors	S41 – Reaching Every Student & Staff in 30 Seconds or Less	S47 – A Comprehensive Approach to School Safety for School Counselors	S52 – Closing the Gap: Preventative Small Group Counseling
KNOX	C32 – Where Am I Allowed to Exist?: Lived Experiences of Transgender...	S42 – Alternative to Traditional Recess	C48 – Diagnosing and Treating Internet Gaming Disorder in Women	S54 – Building Strong Foundations: An Introduction to Prevention
MARION	S36 – Purple Star: Building a Community of Support for our Military...	S39 – Sisters of Badilishia	S45 – Adoption: Working with Children, Their Families, and Our Biases	S51 – Identifying Barriers to Implementing the ASCA National Model: A Pilot Study
MORROW	S31 – When Words Alone Don't Cut It	C37 – Nature's Canvas: Exploring Creative Ecotherapy in Counseling Practice	C44 – MAJOR Ethical Consideration When Working with MINORS	C50 – Addressing Burnout and Compassion Fatigue in Supervision
UNION A	C34 – Savvy Socials: The Why and How-To	C42 – Creating an Environment of Trauma-Informed Care: Macro and Micro	C45 – Trauma Counseling: The History, the Evolution, and the Future	C52 – Ohio House Bill 68: A Brief Review
UNION B	S35 – SEL Jams: Boosting School Spirit & Culture with Music Kids Can't Resist	C41 – Creativity in Supervision	S44 – Let's Live Things Up	C54 – Storytelling: A Creative Approach for Helping Children Who Experience Trauma
UNION C	C35 – The Mental Health Needs of Human Trafficking Survivors	C40 – Immersive Healing: Exploring the Benefits of Virtual Reality in Counseling	C47 – Wellness for Clinicians	C53 – Educating the New Generation: Cultivating Empathy Across the Lifespan
UNION DE	C36 – Creative Interventions for Use with Those Who Self-Injure	S38 – How to Easily Plan & Implement Tier I All-School Themed Weeks (Wellness, Kindness, Career & More)	S48 – Empowering Learners: The Art of Developing Self-Regulation	S49 – Artificial Intelligence and Tween/Teen Mental Health
FRANKLIN A	C31 – Creative Group Facilitation	C38 – Psychedelic Medicine in Counseling: What Do Counselors Need to Know?	C43 – Rewriting Stories: Letter Writing Techniques in Counseling	C49 – Using Creativity to Curate and Cultivate Professional Identity
FRANKLIN B	S32 – School Counseling Advocacy 101	S37 – Intermittent Explosive Disorder: Identification, Prevention, Intervention	S43 – First Gen Tool Kit: How to Support Transitions to Post-Secondary	S50 – Duck, Duck, Duck... Goosechase: Fun and Creative Staff Bonding
FRANKLIN C	C33 – Tuning In: Music and Mindfulness	C39 – Building Counselor and Social Work Professional Identity	C46 – Utilizing Solution-Focused Goal Planning Tools in Suicide Prevention	C51 – Strategies for Increasing Caregiver's Ability to Co-Regulate with Children
FRANKLIN D	S34 – Approach to Vaping in Schools	S40 – Beyond the Game: Research-Based Strategies to Support Student Athletes	S46 – Throw a SEL Family Night: Food, Feelings, Family & Fun without Fear	S53 – Identifying, Expressing, and Processing Emotions Through an Inclusive Lens

DESSERTS
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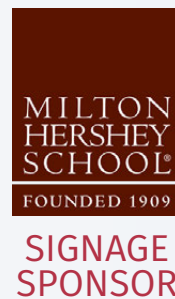
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NATHAN MINNS

KEYNOTE SPEAKER

From active listening, to presentations, to day-to-day connection, **Nathan Minns** creates confident and compelling communicators through improv comedy principles.

Nathan has taught innovation strategy to the federal government, facilitated a startup event in Bahrain, offered pitch coaching and early-stage entrepreneurship guidance globally, and facilitated events for diverse institutions. He has extensive experience in the startup ecosystem, both as an employee and 3x founder, with online web design courses that have engaged 60,000+ students from 179 countries. In the corporate world, Nathan has pioneered startup initiatives for major corporations. Teaching communication, he has been a paid actor for a decade, emceed National Speakers Assoc. of Ohio events, and has instructed therapists in active listening.

FIND OUT MORE AT NATHANMINNS.COM

***"EVEN WHEN EVERYTHING IS CHANGING,
COLLABORATE EFFECTIVELY WITH JOY."***

— NATHAN MINNS

IN NATHAN MINNS' ONE-HOUR KEYNOTE, YOU WILL LEARN TO NAVIGATE LIFE'S UNEXPECTED TURNS WITH THE AGILITY AND CREATIVITY OF AN IMPROVISER AND THE "YES, AND..." MINDSET. WE WILL EXPLORE HOW TO STAY FLEXIBLE AND POSITIVE WHEN PLANS GO AWRY AND HOW TO KEEP AN OPEN MIND TO NEW POSSIBILITIES. THIS ISN'T JUST ABOUT COPING WITH CHANGE; IT'S ABOUT THRIVING IN IT WITH A GROWTH MINDSET.

Nathan Minns is the founder of Green Light Improv, a global firm dedicated to transforming individuals into confident communicators and innovative thinkers through the power of improv comedy principles. As a keynote speaker and workshop facilitator projected to deliver over 100 talks across four continents in 2024, Nathan's commitment to fostering global innovation is evident, with expertise that spans multiple domains.

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healthier, and
more empowered
versions of
themselves*

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ALL OHIO COUNSELORS
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WORKSHOPS & SESSIONS
MONDAY- WEDNESDAY

1:00 PM - 4:00 PM

KNOX

P1 Let's Talk About Law, Ethics, You & Your Clients

Mary Iames, Winebrenner Theological Seminary

Melissa S. LaRocco, Legal Aid of Western Ohio, Inc.

Join us as we discuss the intersection of laws, codes of ethics, and best practices with clients in mental health settings. During the workshop, messy case studies will be presented to generate discussions and practically apply relevant laws and codes of ethics to determine best practices to address “gray” cases. Issues of confidentiality, records, and subpoenas will be addressed and special considerations in working with families, couples, minors, and vulnerable adults will be presented. In all cases, both legal and ethical guidelines will be discussed while applying an ethical decision-making model.

CE HOURS 3 (ETHICS)

1:00 PM - 4:00 PM

MARION

P2 Lethal Means Counseling for Suicide Prevention

Rosie Bauder, The Ohio State University

Firearms accounted for more than half of all suicide deaths in Ohio and nationally over the past several years. Firearm access is associated with increased risk of suicide or violence-related injury or death due to the high lethality of firearms amidst the often quick, yet brief nature of a suicide crisis. “Lethal means safety” (LMS), including increased use of secure storage practices, is vital given firearms account for more than half of all suicide deaths. LMS is an important component of helping suicidal clients in times of distress, and professional counselors can also engage in conversations about means safety with clients to reduce suicide risk. This three-hour workshop will provide an overview of means safety counseling with clients at risk and provide practical suggestions for navigating conversations about safety and firearms using motivational interviewing. It is also designed to enhance attendees' knowledge about LMS to encourage people to use secure firearm storage practices and temporarily limit or reduce their access.

CE HOURS 3

1:00 PM - 4:00 PM

MORROW

P3 Connecting the Dots: An Exploration of Creative Expression to Enhance Communication and Counselor Self-Care

Gina Santora, Catholic Charities Diocese of Cleveland, Matt Talbot Residential

Sarah Roman, Cleveland Catholic Charities, Matt Talbot Residential

DoHee Kim-Appel, Heidelberg University

Creativity is “the ability to think about a task or a problem in a new or different way, or the ability to use the imagination to generate new ideas.” When we think about this definition in the scope of counseling, it is inherent that creativity is necessary to meet clients where they are at, help each individual to find solutions or develop new perspectives, and increase awareness of their situation through a variety of theoretical approaches and knowledge. Creativity, specifically visual artmaking, has been a form of communication dating back to the earliest humans in history, and continues to translate intangible thoughts into tangible expression and imagery that we can use as a tool of connection and understanding. This presentation will explore creative approaches to enhance communication within the therapeutic relationship, and as a tool for counselor self-care and burnout prevention. Hands-on and step-by-step interventions will be utilized throughout the session.

CE HOURS 3

1:00 PM - 4:00 PM

MADISON

P4 Motivational Interviewing in Tier 2 Academic Success Groups

Gene Eakin, Oregon State University

Rachel Hagelin, Belton High School

Picture this: A school counselor is having his third conversation with a student about her failing grades. Her grades are not improving, and the counselor is frustrated with the lack of academic improvement and meaningful dialogue in these conversations. In this presentation, participants will be given tools to help these conversations become student-focused and data-driven. Participants will learn about motivational interviewing (MI) and how it can be utilized in individual and group counseling. They will learn how to help students recognize and use the strengths that they already possess using MI. Finally, they will learn about simple ways to collect data from students to evaluate the success of the MI academic success groups.

CE HOURS 3

1:00 PM - 4:00 PM

FAIRFIELD

P5 Being Intentional with Goal Setting and Effectively Using Data to Prepare for Both OSCES and RAMP

Jeremy Oehrtman, Bowling Green State University

Catherine Conrad, Cloverleaf High School

This workshop will utilize small group and larger group discussions to explore current and potential data sources that can be utilized to identify student needs and equity gaps within the school in order to help create annual program and individual school counseling goals. Participants will be encouraged to use current data from their schools to create goals that can then be applied to their individual Ohio School Counseling Evaluation System or program OSCAR and RAMP applications. Once created, the presenters will walk participants through the process to begin identifying potential interventions that could be used to address identified gaps. They will work together to create data collection plans and receive guidance on how to best obtain and present that data.

CE HOURS 3

5:00 PM - 8:00 PM

KNOX

P6 Conceptualizing Play Therapy Treatment with a Nervous System Lens

Machen Champion, Wired to Bloom Therapy and Consulting, LLC

Experiences – good and bad - shape the growth and organization of the brain. These experiences ultimately impact emotional, social, cognitive, and physiological functioning across the lifespan. This workshop offers an exploration of integrating a nervous system lens into play therapy treatment. By understanding the relationship between the nervous system and behavior, this session delves into key concepts and practical strategies for therapists working with children and adolescents in play therapy. The training begins with an overview of the nervous system's role in regulating emotions, responses to stress, and overall well-being based on the work of Dr. Bruce Perry, Dr. Dan Siegel, and Polyvagal Theory. Participants will gain a deep understanding of the polyvagal theory and its implications for play therapy treatment planning and conceptualizing their clients. Therapists will learn how to assess nervous system states in their young clients and tailor play therapy techniques and interventions accordingly.

CE HOURS 3

5:00 PM - 8:00 PM

MARION

P7 “Let’s Talk About Sex, Baby”: The Clinical and Ethical Implications of Sexuality Counseling

Stacey Litam, Ph.D., Cleveland State University

Clark Ausloos, University of Denver

Are you prepared to support clients with sexual shame, desire discrepancies, and other intimacy-related concerns? What about kinky clients or individuals who practice ethical non-monogamy? Though many clients face challenges related to sex, sexual health, and intimacy, mental health professionals continue to report low levels of competence and confidence when addressing these concerns. Mental health professionals also report lower levels of awareness, knowledge, and skills in supporting clients who practice kink and BDSM. Ultimately, these training disparities can harm the therapeutic relationship, contribute to early termination, and lead to ethical violations. This engaging presentation outlines the importance of embodying sex-positive attitudes, considers the origin of sexual health difficulties, and provides specific strategies for supporting individuals experiencing sexuality-based concerns.

CE HOURS 3 (ETHICS)

5:00 PM - 8:00 PM

FAIRFIELD

P8 Comprehensive Suicide Prevention in K-12 Schools: Practical Strategies and Approaches

Darcy Granello, The Ohio State University

Paul Granello, The Ohio State University

Schools have been talking about Suicide Prevention for years. In 2024, it’s clear that it’s time to move from talk to action. The pandemic, racism, social unrest, sleep disturbances, higher rates of substance use or mental illness, loneliness, bullying, increased screen time – everyone has theories about why suicide rates for students are increasing. Regardless of the reason(s), schools now must help students who have historically high rates of suicide ideation, attempts, and completions. This new reality will take a whole school approach to Suicide Prevention where all staff, teachers, students, and parents have a role to play in saving lives, rather than a piecemeal approach that lies solely in the hands of one or two staff. This presentation will provide participants with a 10 tier-model for a K-12 Comprehensive Suicide Prevention Program, complete with action steps for implementing this approach in their school buildings or districts and practical strategies to put to immediate use.

CE HOURS 3

5:00 PM - 8:00 PM

MADISON

P9 Developing Grief Competent Schools: Strategies for Equipping Schools to Support Grieving Students

Kailey Bradley, Refuge Counseling, LLC

This training will focus on creative and innovative strategies for supporting grieving students. Educators, school counselors, and other adults working with kids are often hesitant and scared to broach the topic of grief with their students. However, over 7.3% of children experience the death of a parent or sibling by the age of 18 (Burns et al., 2020). According to the Judith Ann Griesse (JAG) institute, one in twelve U.S. children will experience the death of a parent or sibling by age 18. The COVID-19 pandemic has brought increased attention to the impact of childhood bereavement. More than one million COVID-19 deaths in the United States include parents, grandparents, and other caregivers for children (Treglia et al., 2023).

CE HOURS 3

P10 *Communicate Like an Improviser*

Nathan Minns, Green Light Improv

In this 3 hour workshop, we'll explore the importance of improv in everyday communication, as all non-scripted communication is improv. We will focus on the 3 core steps to communicate like an improviser: actively listening, pausing, and responding in the moment while embracing the "Yes, And..." principle. Through learning improv comedy principles in this engaging, insightful, and fun workshop, you will learn to embrace the principle of "Yes, And..." to foster open-minded conversations, suspend judgment, and unlock meaningful dialogue. We will develop a shared language and understanding, while ideas flow effortlessly and all participants feel truly heard.

CE HOURS 3



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9:45 AM - 10:45 AM

REGENCY BALLROOM (3RD FLOOR)

KEYNOTE *Embrace the Unexpected by Thinking Like an Improviser: The Power of "Yes And"*

Nathan Minns, Green Light Improv

When things change quickly, it's easy to get overwhelmed, but in this 1-hour keynote, you will learn to navigate life's unexpected turns with the agility and creativity of an improviser and the "Yes, And..." mindset. We will explore how to stay flexible and positive when plans go awry and how to keep an open mind to new possibilities. This isn't just about coping with change; it's about thriving in it with a growth mindset. In this story-rich keynote, we'll use the "Yes And" principle to help you make clearer, more focused choices without feeling lost or overwhelmed. You'll leave knowing how to work better with others, use everyone's ideas, and turn confusion into clear, positive action. Attend to become adaptable by learning to think like an improviser.

CE HOUR 1

11:00 AM - 12:00 PM

FRANKLIN A

C1 *Supervision After a Client Suicide*

Em Ribnik, Criminal Justice Coordinating Center of Excellence

During this presentation, counseling supervisors will learn how to navigate supervision before, immediately after, and on an on-going basis after a client death by suicide. Topics discussed will include the impact of a client suicide on both the supervisee and supervisor, recommendations for supervision, integrating suicide awareness throughout the supervision process, and agency recommendations to better support all personnel impacted by a client suicide death.

CE HOUR 1 (SUPERVISION) (NO MFT)

11:00 AM - 12:00 PM

FRANKLIN C

C2 *Decolonizing Practices for Mental Health: Moving Clients Toward Liberation and Healing*

Stacey Litam, Ph.D., Cleveland State University

Western forms of well-being that center individualistic perspectives, ignore cultural dynamics, and overlook systemic forms of racism and oppression are often ineffective strategies when supporting people of the global majority (PGM) clients. This engaging session empowers attendees with the awareness, knowledge, and skills necessary to adopt new perspectives, endorse culturally responsive frameworks, and take action to decolonize mental health frameworks. Attendees will learn culturally responsive strategies to enhance self-nourishment, promote collective healing, and amplify well-being.

CE HOUR 1

11:00 AM - 12:00 PM

FAIRFIELD

C3 *Beyond the Stages of Grief: Innovative and Creative Grief Paradigms*

Kailey Bradley, Refuge Counseling, LLC

This training will provide a brief survey from Freud to contemporary conceptualizations of how grief has and continues to be understood. Specific attention will be spent examining Dr. Kubler Ross stage model of grief and how stage models may limit support for grievers. Contemporary perspectives on grief will then be examined to illuminate how understanding of grief has evolved. Lastly, this training will seek to leverage themes within contemporary grief theories to equip participants to creatively and innovatively support grieving individuals.

CE HOUR 1 (NO MFT)

11:00 AM - 12:00 PM

KNOX

C4 *Using Visual Aides to Illustrate Concepts for Clients & Counselors*

Kelly Younkins, Kelly Younkins Consulting

Counselors and Clients each have their own unique learning style and style of integrating information and concepts. I have discovered over the years of my practice and teaching/Supervision roles a few ways to illustrate and teach concepts such as Diagnostic Assessment, Safety & Crisis Planning, Early Childhood/Perinatal Parent Assessment, Navigating Content & Process inside the session and Therapeutic Relationship, as well as conceptualizing client's style of narrative in its relation to Clinical Treatment and Focus of Clinical Concern.

CE HOUR 1

11:00 AM - 12:00 PM

UNION A

C5 *Counselor's Toolbox: Creative Techniques in Building Fences in Relationships*

Charity Kurz, Walsh University
Emily Dennis, Walsh University

This interactive presentation will focus on building the counselor's toolbox with experiential tools to help clients engage in establishing healthy relational boundaries. Practical tools and techniques will be presented using a culturally responsive, theoretical lens. Participants will have the opportunity to practice the skills gained during the presentation. Ethical considerations will also be discussed.

CE HOUR 1

11:00 AM - 12:00 PM

MARION

C6 Human Life as a Creative Media with LGBTQ+ Clients

Joseph Krivos, John Carroll University

Lillian Sindelar, John Carroll University

This presentation seeks to empower counselors working with LGBTQ+ clients and students to view authentic living as a unique medium of artistic expression. The heart of the human experience is to “invent and create and find a place to speak and to thrive and to live” (Bell Hooks).

CE HOUR 1

11:00 AM - 12:00 PM

FRANKLIN B

S1 Multi-Tiered Systems of Support for Elementary Counselors

Diana Arie, Olentangy Schools

School counselors are in a unique position to support all students in their building by delivering programs and interventions in all tiers of the multi-tiered systems of support (MTSS) framework. In this session, participants will learn about their role in the MTSS process and gain strategies for gathering and monitoring data related to student interventions.

11:00 AM - 12:00 PM

MORROW

S2 Briefing: Building Trades Apprenticeship Continuing Ed Program for Ohio's 7-12 School Counselors

Kitty French, Affiliated Construction Trades of Ohio (ACT Ohio)

ACT Ohio, the State Board of Education's approved training provider, will brief grade 7-12 school counselors on the curriculum and process for the State of Ohio's new requirement of 4 CTE-hours in Building Trades Apprenticeships.

11:00 AM - 12:00 PM

UNION DE

S3 Managing Ohio's Social Emotional Education Requirements: The SAVE Act and Erin's Law

Alexis Wells, Caldwell High School

As the Ohio Department of Education and Workforce implement requirements for social emotional education for students, schools are trying to find a way to meet these requirements as efficiently and effectively as possible. Caldwell High School has taken a unique approach to fulfilling the requirements for the SAVE Act and Erin's Law. This presentation will review the requirements of each enacted law and ways that high schools can ensure these requirements are being met year after year.

11:00 AM - 12:00 PM

FRANKLIN D

S4 School Discipline: Advocating for Restorative Solutions

Laura Hogue, Bedford City School District

Tim Zuercher, Bedford City School District

Marla Henderson, Bedford City School District

This session will focus on advocating for the creative implementation of restorative practices in school discipline. Learn how one school created an alternative to suspension program, collaborated with administrators, and developed a district approved intervention. Presenters will highlight steps in obtaining team buy-in, at home lessons students complete during suspension, and the restorative process SEL team members utilize upon return to school. Program efficacy data will be shared, and attendees will receive materials needed to implement a similar program in your own district.

11:00 AM - 12:00 PM

UNION B

S5 The Action Research School Counselor: Let's Do More of What We were Trained to Do

Jonelle Massey, Agility Counseling Group

Renee Stack, University of Toledo

Schools are struggling to customize strategies and programming that matches their student culture & specific building needs. Presenters will simplify the 5-Step Action Research (AR) plan to increase school counselor's ability to do what they were trained to do! AR provides a creative collaborative method of gathering student-specific data that guides custom programming while addressing tough questions of our profession. (ex. "How can I increase staff confidence, buy-in, and participation with new building wide academic & social emotional strategies?")

11:00 AM - 12:00 PM

UNION C

S6 Blueprint for Success: Running an Effective Elementary School Counseling Program

Justin Newby, The Wellington School

"Blueprint for Success" is designed to provide first-year/second-year counselors and those looking to refine their programs with an effective framework for implementing a comprehensive school counseling program in the elementary setting. This session delves into the critical components of a successful program, focusing on strategic planning, execution, and evaluation. Participants will be guided through the process of setting up small group interventions, organizing awareness events, engaging parents through informational coffees, and collaborating with teachers and stakeholders to create a supportive learning environment.

1:30 PM - 2:30 PM

UNION A

C7 Down with Diet Culture: Creative Interventions for Eating Disorder Treatment

Roxy Kovaleski, The Emily Program

This presentation will include education about each type of eating disorder, including DSM 5 criteria, common symptoms, and case study examples. This presentation will include education about Acceptance Commitment Therapy (ACT) and how it can be used to treat eating disorders. Creative interventions will be discussed in depth using ACT's "Hexaflex" as a guideline. The presentation will include optional audience participation in the form of trying out some of the intervention activities.

CE HOUR 1

1:30 PM - 2:30 PM

UNION B

C8 Capturing Resilience: Exploring Photovoice as a Narrative Therapeutic Intervention

Kristin Chamberlain, Ohio University

Anniesha Lyngdoh, Ohio University

The increasing prevalence of mental health issues among the culturally diverse population underscores the need for meaningful interventions. This session will explore the integration of narrative therapy and elements of photovoice to develop a culturally responsive therapeutic approach. Narrative therapy, focused on respecting individual narratives, empowers clients as they navigate through their experiences and foster resilience. Photovoice, a participatory photography method, can provide clients a platform to visually articulate their experiences, thus promoting agency and self-expression.

CE HOUR 1

1:30 PM - 2:30 PM

FRANKLIN B

C9 Art and Music Therapy Licensure in Ohio: What Counselors Need to Know

Rebecca Miller, Ursuline College

Sarah McCullough, National Youth Advocate Program

After many years of advocacy, art and music therapy licensure in Ohio is now a reality, and the first wave of applications for the Licensed Professional Art Therapist (LPAT) and Licensed Professional Music Therapist (LPMT) are currently being processed. This presentation will focus on what this means for licensed counselors in Ohio, especially those who utilize creative methods with their clients, and will particularly focus on definitions and scope of practice issues, including differentiation between use of creativity in counseling vs. art or music therapy practice.

CE HOUR 1 (ETHICS)

1:30 PM - 2:30 PM

FRANKLIN A

C10 *AI and Creativity in Career Counseling*

Ana Berrios Allison, The Ohio State University

Jeff Wong, NCCC

Artificial intelligence (AI) is rapidly evolving in the world of work. This session will examine the ethical integration of AI with career counseling to highlight the creative expression of self-exploration, human ingenuity, and multiculturalism in the workplace. By exploring the current uses of AI in areas such as information gathering, decision-making, and job search tools, we will differentiate AI-generated work from human creation. Additionally, this session will explore the use of algorithms to educate counselors on this emerging technology and its impact on the counseling profession.

CE HOUR 1

1:30 PM - 2:30 PM

FRANKLIN C

C11 *Intentional Leisure Time at Work: Enhancing Creativity, Connection, and Wellbeing*

Marlise Lonn, Bowling Green State University

Kristina LaVenja, Bowling Green State University

How can we intentionally foster a workplace culture that increases creativity, connection, and wellness? Understand the benefits of engaging in communal downtime, mindful practice, and creating. Explore ways to develop space for formal and informal opportunities to infuse leisure time into the workday. Get inspired by examples from a community behavioral health center, PK-12 schools, a non-profit hospice, and a counselor education program. Participants will have the opportunity to create a plan that fits their workplace needs

CE HOUR 1

1:30 PM - 2:30 PM

MARION

C12 *What Do You Have to Say About That?: Encouraging Peer Consultation and Dialogue in Internship*

Natalie Thornberry, Malone University

Kara Kaelber, Malone University

This session will focus on creative approaches to engaging students in discussion of topics related to their clinical experiences. Led by experienced practicum and internship instructors, participants will learn strategies for creating a safe classroom culture that fosters communication, vulnerability, and growth. Strategies related to intervention skills, diagnostic assessment, case conceptualization, and self-care will be explored.

CE HOUR 1

1:30 PM - 2:30 PM

KNOX

S7 Using the High School Math Pathways as a Mechanism for Career Readiness

Brian Bickley, Ohio Department of Education & Workforce

Discover how to use a graduation plan to provide math course guidance directly related to career readiness. Learn how the Pathways courses satisfy Algebra 2 or its equivalent. Find out about how flexible these Math Pathways are for students across a range of post-high school career interests and how they are equivalent in rigor to an Algebra 2 or Math 3 course.

1:30 PM - 2:30 PM

FAIRFIELD

S8 Supporting Students' Re-Entry and Reintegration after Crises: Promoting Mental Health and Safety

Darcy Granello, The Ohio State University

More than 5000 students have a suicide attempt every day, and more than two million required an ER visit due to suicidal crises last year alone. Many require follow-up treatment that keeps them out of school. Upon return, they are at increased risk for further attempts. This session provides concrete and specific strategies for managing re-entry.

CE HOUR 1

1:30 PM - 2:30 PM

UNION C

S9 K-6 Child Sexual Abuse Prevention

Cathy DuBois, Westlake City Schools

The session raises awareness about Ohio's Senate Bill 288 mandates that require elementary schools to provide K-6 child sexual abuse prevention education. It also provides information about the impacts of child sexual abuse and shares research based resources and strategies that are proactive in the fight against child sexual abuse.

1:30 PM - 2:30 PM

FRANKLIN D

S10 Aligning Administrators & Counselors to Maximize Success

Annie Prenoveau, Gahanna Lincoln HS

Kristopher Fuller, Gahanna Jefferson Public Schools

Jessica Williams, Gahanna Jefferson Public Schools

The relationship between School Counselors and Administrators is pivotal to student success. Both are leaders, responsible for a variety of student centered tasks within academic, social-emotional, and postsecondary planning domains. Developing a strong collaborative team requires intentional planning.

1:30 PM - 2:30 PM

UNION DE

S11 Practical Strategies for Managing Dysregulation

Ashley Osinski, Ashley O Parent Coach

In recent years, there has been a noticeable rise in behavioral challenges and dysregulation within both classroom settings and counseling offices. This trend has posed difficulties for school staff members who may feel unsure how to address these concerns. In this session, you will be provided with practical strategies for identifying and managing dysregulation in students.

1:30 PM - 2:30 PM

MORROW

S12 The Girls Are Not Alright: What 17,502 Girls Say About Stress, Pressure, and School Connection

Lauren Morosky, Ruling Our eXperiences (ROX)

This session will highlight the latest findings of the largest-of-its-kind national survey, The Girls' Index™, which delves into the thoughts, behaviors, and perceptions of 17,000+ 5th-12th grade girls. This research sheds light on the unprecedented social, emotional, and personal challenges faced by today's adolescent girls, including the impact of social media, stress culture, relationship navigation, and confidence issues on various aspects of their lives.

2:45 PM - 3:45 PM

FRANKLIN A

C13 Trauma-Informed Approach To Gender Affirming Care

Varunee Faii Sangganjanavanich, The University of Akron

To date, little is known regarding how providers and organizations can create a culture of trauma-informed approach in providing gender affirming care. Transgender and gender diverse people across the lifespan encounter significant trauma, most of which chronic and complex in nature. Through multicultural and intersectional approaches, this presentation discusses trauma-informed care including its principles and practice.

CE HOUR 1

2:45 PM - 3:45 PM

UNION C

C14 The CritG: A Creative Tool to Raise Supervisees' Critical Consciousness

Chase Morgan-Swaney, The University of Akron / Arbor Sana

Jessica Headley, Wellness Grove

Discover the power of the CritG (critical genogram, Kosutic et al., 2009) in counseling supervision! Join us to explore how this innovative tool elevates supervisees' critical consciousness. Learn to uncover intergenerational patterns, cultural influences, and systemic dynamics shaping supervisees' lives.

CE HOUR 1 (SUPERVISION)

2:45 PM - 3:45 PM

FRANKLIN C

C15 *Understanding Process Addictions through the Model of Dualistic Passion*

Michael Lewis, Capital University

This presentation provides an often overlooked model for understanding process addictions: dualistic passion. The concept of dualistic passion denotes a highly valued behavior that has become connected to a person's identity. The two sides, harmonious and obsessive passion, delineate how this pattern of behaviors can become problematic. Using this model allows us to better understand how and why individuals become addicted to common process behaviors such as online gaming, pornography, and shopping but also exercise and work. Etiology, diagnostics, and treatment will be explored.

CE HOUR 1

2:45 PM - 3:45 PM

UNION A

C16 *How to Navigate the Complex World of Eating Disorders*

Olivia Adams, Ohio University

Eileen Marsal Koch, Ohio University Counseling & Psychological Services

According to the National Eating Disorders Association, about 30 million individuals in the United States will develop an eating disorder in their lifetime. This presentation will provide attendees with a baseline understanding of how to support individuals who have symptoms of an eating disorder with their scope of practice and practical interventions to implement. Attendees will work toward understanding the complexity of eating disorders through interactive discussions, activities, and psycho-education.

CE HOUR 1

2:45 PM - 3:45 PM

KNOX

C17 *Narrative Therapy: A Promising Approach for College Students Coping with Grief and Loss*

Fang-Mei Law, Tiffin University

Gwo-Jen Guo, National Changhua University of Education

Grief among college students, stemming from various sources like death or relationship endings, disrupts academics and mental health. Narrative therapy aids coping by reframing narratives and exploring alternatives. In a six-week program led by a licensed counselor, students engage in these strategies. Data from pre- and post-intervention assessments will be collected and analyzed using dependent t-tests. The presentation will review narrative therapy's theoretical framework, introduce the grief therapy, present findings, and discuss future steps.

CE HOUR 1

2:45 PM - 3:45 PM

UNION B

C18 *The Playfulness of Spirituality: Using Play in Therapy to Enhance Meaning and Mental Health*

Bradford Price, Methodist Theological School in Ohio; Stepping Stone Community Services

The presentation will review the dynamics of human spirituality, meaning-making processes and how play activity and playfulness engages them to enhance mental health. Too often clients and therapists believe that therapy is necessarily heavy and serious to be effective. Various techniques involving play activity can enrich the way client's develop deeper meaning in life and a more positive perspective on their life experience and worldview.

CE HOUR 1

2:45 PM - 3:45 PM

MORROW

S13 *Power Tools: Helping School Counselors with FAFSA*

Charles Bing, Ohio Department of Higher Education

Hearcel Craig, ODE & Workforce

Edward Hill, MCOECN

This session will provide school counselors with an overview of the approach and vision to FAFSA Completion. Topics will include a review of tools including the Ohio FAFSA Data Service and other platforms. Established supports and resources for school counselors will also be shared.

2:45 PM - 3:45 PM

FRANKLIN B

S14 *Counseling Creations on a Friendly Budget*

Heather deHaas, Port Clinton City Schools

This presentation will provide participants with knowledge of lessons and techniques that involve creative materials to teach social and coping skills in schools. Participants will learn how to use low-cost materials and creatively apply content and hand-ons lessons for students to learn and practice these skills. The presentation will provide time to practice a variety of skills and network.

2:45 PM - 3:45 PM

FAIRFIELD

S15 *Delegate with Technology: Simplify your Work as a School Counselor*

Victoria Goodwin, Columbus City Schools

The goal of this session is to workshop technologies that can aid the work of operating a Comprehensive School Counseling Plan, so that school counselors can focus on their direct work with students. Session participants will spend time working with different platforms to delegate tasks such as collecting and organizing pre/post data, scheduling non-urgent student meetings, and creating classroom lesson activities. Tools explored will include Magic School AI, Calendly, Mentimeter and Notion.

2:45 PM - 3:45 PM

FRANKLIN D

S16 Building Strong Self-Concept in Elementary School Students Using Bloom's Taxonomy

Benjamin Shultz, Alexander Elementary School
Kristin Chamberlain, Ohio University

Tommie Radd, Grow with Guidance

Building a strong self-concept from an early age is critical to academic and overall wellness. Bolstering self-concept translates to better outcomes in social, emotional, academic, and career realms. Attendees will obtain easily implementable ideas and activities to support elementary students' self-concept development. A sample group lesson will be explored, and attendees will have the opportunity to conceptualize how Bloom's Taxonomy can support the development of student self-concept. Assessments to measure outcomes will also be overviewed.

2:45 PM - 3:45 PM

UNION DE

S17 Moving from Trauma-Informed to Responsiveness by Implementing Trauma-Informed Action Plans in K-12

Dakota King-White, Cleveland State University

LaShonda Abdussatar, Cleveland Heights, University Heights School District

In a school setting, recognizing and responding to trauma is crucial for fostering a safe environment for students, staff, and families to thrive. This presentation proposes a systematic approach to implementing trauma-informed care (TIC) in schools. By understanding the principles of TIC and integrating them into everyday practices, schools can create a safe and supportive culture. This session will provide guidance on developing a trauma-informed action plan to implement TIC practices and build collaborative partnerships to support the well-being of the entire school community.

CE HOUR 1

2:45 PM - 3:45 PM

MARION

S18 Ready to RAMP: A Small Rural High School's Journey to RAMP

Catherine Conrad, Cloverleaf High School

Learn how a small, rural high school prepped, prepared, and successfully earned RAMP in 2023. In this presentation, school counselors will review tips, tricks, and not-dos for school counselors who are thinking about or are in the process of applying for RAMP. A special focus will be on goal setting, closing the GAP and advisory council meetings.

4:00 PM - 5:00 PM

FRANKLIN A

C19 *Embracing the Digital Generation Using the Art of Music and Storytelling in Therapy*

Yegan Pillay, Ohio University

Caitlin Kraus, Ohio University

Storytelling and music are ancient modalities for healing across cultures. The presenters integrate ancient artforms with technology to embrace the digital generation of clients and counselors. Attendees will learn the art of creating/using digital narratives (e.g. the memory book) and combining digital music with mindfulness that could have a wide range of application across the lifespan with children, adolescents, adults, and geriatric populations to supplement existing therapeutic techniques to treat trauma, depression, anxiety, addictions, suicidality, and end of life issues.

CE HOUR 1

4:00 PM - 5:00 PM

MARION

C20 *Letter Writing for the Queer Community*

Monica Burbank, Mindfully LLC

This training will be an in-depth discussion and presentation on working with the queer and trans community and meeting their needs when it comes to letter writing for gender affirmation surgery. In this training attendees will learn affirmative language, appropriate questions, and how to confidently write a letter for a client's transition.

CE HOUR 1

4:00 PM - 5:00 PM

FRANKLIN C

C21 *Integrating Creative Interventions into the Counseling Supervision Space*

Stephanie Maccombs-Hunter, Ohio University

Infusing creative interventions into counseling supervision can benefit both the supervisee and supervisor (Bradley et al., 2019; Harris et al., 2023). In this presentation, participants will explore the benefits, risks, and challenges of integrating creative intervention into supervision. The purpose and process of specific creative interventions to be applied within supervision, supplementary to a supervisor's chosen supervision model, will be reviewed. Resources available to support a supervisor's further learning and integration of creative interventions will also be discussed.

CE HOUR 1 (SUPERVISION)

4:00 PM - 5:00 PM

UNION C

C22 *Getting Creative When Working with Culturally Diverse Clients & Families*

Carmella Hill, The University of Mount Union

This interactive workshop will engage attendees in getting creative when working with culturally diverse clients & families. The attendees will learn culturally sensitive interviewing questions that will allow them to connect and engage with clients. The workshop will help attendees explore and become aware of personal biases that hinder effective cross cultural communication. Additionally, a brief overview of Multicultural Competencies (awareness, knowledge, and skills) will be addressed. Attendees will receive handouts.

CE HOUR 1

4:00 PM - 5:00 PM

FAIRFIELD

C23 *From MySpace to TikTok: Creatively Applying Feminist Counseling for Gen Alpha, Gen Z and Millennials*

Victoria Frazier, Arbor Sana Counseling and Wellness

Marisa Cargill, The University of Akron / More Light Counseling, LLC

Chase Morgan-Swaney, The University of Akron / Arbor Sana Counseling & Wellness, Inc.

Today's rapidly changing social landscape can make the divide between generations feel expansive. Finding creative ways to engage with clients based on their generational cohort can potentially foster greater understanding within clients as well as an opportunity to strengthen the therapeutic relationship. Throughout this presentation, we will discuss the experiences and differences in identity that characterize generations and influence their perspective on treatment, and provide insight into alternative approaches and methodologies of applying feminist techniques with different generations.

CE HOUR 1

4:00 PM - 5:00 PM

KNOX

C24 *The State of Artificial Intelligence in Psych Screening*

Paul Granello, PsychAI

Stephen Duraney, PsychAI

Artificial Intelligence will impact mental health counseling in the future. This presentation will focus on the area of mental health screening and diagnosis. Current issues in screening and diagnosis will be presented and participants will understand the current difficulties with producing high quality care in these areas. Artificial intelligence will be discussed and demonstrated as a potential means of overcoming some of the barriers to high quality mental health screening and diagnosis. This is a beginner level presentation.

CE HOUR 1

4:00 PM - 5:00 PM

UNION DE

S19 Tapping: An Easy-to-Learn and Simple-to-Use Somatic Tool

Tijana Coso, The Tapping Project

Learn a somatic self-management skill - Functional Tapping, an abbreviated version of Emotional Freedom Techniques (EFT) Tapping for immediate stress relief and grounding application. Evidence-based Tapping has been shown to calm the brain and body and re-engage rational thinking and processing. It can be used for self-regulation or as a therapeutic intervention. In the school setting, it integrates and aligns with many SEL/PBIS initiatives.

CE HOUR 1

4:00 PM - 5:00 PM

FRANKLIN B

S20 Tail-Wagging Therapy: Bringing Canine Comfort

Aaron Eechaute-Lopez, The Miami Valley School

Join us for a presentation on the transformative power of therapy dogs in schools. Discover how our furry companions can promote emotional well-being, foster a comforting atmosphere in your professional setting, and unlock new ways to interact with students and faculty. Learn practical steps for integrating a therapy dog into your school, from navigating training and certification.

4:00 PM - 5:00 PM

MORROW

S21 Free, Flexible, and Fantastic Tools to Facilitate the College Exploration and Application ProcessBrenda Gerhardt, University of Dayton
Service Center

Ashley Overman, Montgomery County Educational

This presentation will demonstrate a variety of free tools including curricula, resources, and strategies that can be incorporated into college exploration and application conversations in any high school setting.

4:00 PM - 5:00 PM

FRANKLIN D

S22 Prepare to Prevent: Creative Programming for Holistic School Safety

Kris Owen, Pickerington Local Schools

Nichole Miller, Ohio School Safety Center, DPS

Technology has revolutionized the way we learn and interact. The benefits are immense, but so are the potential dangers. For teens, cyber-bullying, harassment, stalking, spying, "sexting," and sexual predation are reaching dangerous levels. Cyber safety is not the only danger to our youth. An increase in vaping allows students to be drawn in and addicted. Human trafficking is also claiming unsuspecting teens. Inform your students about these issues in an experiential, personal, and impactful way. Plant seeds that will stick with them, should they find themselves in difficult situations.

4:00 PM - 5:00 PM

UNION A

S23 A Whole School Approach to Wellness and SEL

Catherine Lachman, Coad

Erin Horn, Sources of Strength

Evi Roberts, Ohio Suicide Prevention Foundation

Do you ever feel like you are alone in advocating for and implementing social-emotional learning? This session explores the Sources of Strength elementary curriculum that invites all staff and students to build on their own strengths and wellness in the context of a nurturing and supportive environment. This joyful, playful program resonates with staff and students alike.

4:00 PM - 5:00 PM

UNION B

S24 Career Tech Counselors Connect

Melissa Nowicki, Knox County Career Center

Clarissa Bush, Knox County Career Center

School Counselors in Career Tech face some unique challenges, but we do not have to face them alone! Let's connect and collaborate! We will share resources, tips, and strategies that help us be successful in our schools.

5:15 PM - 6:15 PM

FRANKLIN A

C25 Using Creative Counseling Approaches Across the Lifespan

Tanesha Rorie, Xavier University

Kristen Toole, Xavier University

Creativity is crucial to the practice of counseling (Duffey et al., 2009; Gladding, 2008; Lawrence et al., 2015). Lifespan development is an area of multiculturalism that needs to be considered in the overall conceptualization of client cases. Utilizing creativity in counseling approaches can include a myriad of things including the integration of expressive arts. However, counselors are not always trained in how to apply creativity.

CE HOUR 1

5:15 PM - 6:15 PM

KNOX

C26 When Three Is Not A Crowd: Queer Non-Monogamy

Stacey Litam, Ph.D., Cleveland State University

Clark Ausloos, University of Denver

Rates of consensual non-monogamy (CNM) among client populations are rising, especially among the LGBTQ+ community. CNM, a relationship model based on mutual consent, open communication, and boundaries, may include polyamory, open relationships, swinging, and more. Mental health professionals are called to understand the prevalence, dynamics, and counseling implications associated with supporting queer clients who practice CNM.

CE HOUR 1

5:15 PM - 6:15 PM

FRANKLIN C

C27 Neurofeedback as Holistic Mental Healthcare

Steph Ryall, Right Mind Wellness Center LLC

Counselors are treating a real organ with structure and function- the brain! The EEG allows us to see this organ and how it may be misfiring electrically, in turn producing mental health disorders. Even cooler is the fact that we can then train the brain with simple video game tasks in order to help it fire in optimal electrical patterns, thus improving mood or attention or sleep or whatever else is disturbed. Counselors are eligible to become certified in EEG interpretation and neurofeedback, and I am presenting in order to spread the word and offer training to anyone interested!

CE HOUR 1

5:15 PM - 6:15 PM

UNION C

C28 Beyond the Scale: A Culturally-Informed Look

Emily Dennis, Walsh University

Archna Tobergte, The Emily Program

Eating disorders (EDs) appear differently in ethnic minority communities compared to the stereotype of the typical ED client. This presentation explores the unique ways these disorders manifest across cultures. We'll delve beyond food and weight concerns to examine how cultural norms, beauty ideals, and family dynamics influence presentations and expressions of disordered eating. We'll focus on empowering counselors to screen, evaluate, and treat EDs through a lens of cultural humility. This includes strategies to dismantle biases, reduce stigma, and promote culturally sensitive interventions.

CE HOUR 1

5:15 PM - 6:15 PM

UNION A

C29 Therapeutic Dungeons and Dragons for Building Empowerment, Self-Awareness, and Connectedness

Laura Dunson Caputo, Laura Dunson Caputo Counseling & Consulting, LLC

Tabletop roleplaying games (TTRPGs), such as Dungeons and Dragons, are imaginative storytelling games that empower players to work towards collaborative goals. Therapeutic TTRPGs provide many mental health benefits for children, adolescents, and adults (Henrich & Worthington, 2023), but can particularly strengthen clients' self-awareness (Merrick et al., 2024), sense of empowerment (Gutierrez, 2017), and connectedness with others (Abbott et al., 2021). This presentation introduces TTRPGs, reviews promising research, and provides opportunities to experience and process TTRPG activities.

CE HOUR 1

5:15 PM - 6:15 PM

UNION B

C30 *From Darkness to Light: Navigating Perinatal Distress with Creativity and Care*

Jessica Headley, Wellness Grove

Samantha Pfeiffer, Stow-Monroe Falls School District

Marisa Cargill, The Univ. of Akron / More Light Counseling

Dioswal Cook, Wellness Grove

Perinatal mental health issues, particularly depression and anxiety, are experienced by many mothers and their partners before and after the birth of a child. This presentation provides an overview of diagnostic features associated with commonly experienced perinatal mental health issues, evidenced-based treatments, and ways that creativity can be integrated into evidence-based practice to promote mental health and wellness.

CE HOUR 1 (SUPERVISION)

5:15 PM - 6:15 PM

FRANKLIN B

S25 *Engaging Practices: Supporting the Whole Child, Whole Educator and Whole School Community*

Amanda Deeter, Montgomery County ESC

Teresa Patterson, Montgomery County ESC

Colleen Green, Montgomery County ESC

Using principles grounded in neuroscience, this session will highlight the essence of integrating SEL, Trauma Informed, & Equitable frameworks through Tier 1 practices. Learn how we have supported districts in creating learning environments where ALL students & staff feel safe & supported & where mental wellness, equitable social emotional learning, & supporting the whole child can be a primary focus. Years of research has shown that effective implementation begins with the adults in the space. Therefore, participants will walk away equipped with a toolkit to support implementation.

CE HOUR 1

5:15 PM - 6:15 PM

UNION DE

S26 *Minute Meetings, Small Groups, and Beyond: Using Data to Drive Your Program*

Amy Weinrich, Blendon Middle School

Marcia Childs, Blendon Middle School

Are you feeling overwhelmed by the amount of students on your caseload and have the desire to meet individually with all of your students but don't feel like you have enough time? If you were able to connect with all of your students, what would you do with the data you collect? Learn how to design and implement minute meetings with all of your students. Learn how to utilize the data from your minute meetings to create small groups, determine individual & family needs, connect students together and inform your staff of the needs of your building.

5:15 PM - 6:15 PM

MARION

S27 Using HeartMath Tools To Support Well-Being

Kimberly Waltman, New Albany Intermediate

Kelley Schubert, New Albany Plain Local Schools

Patricia Saye, New Albany Plain Local Schools

The Smart Brain Wise Heart program teaches and reinforces self-regulation skills. Videos present key ideas and engage learners in activities to increase self-control, make smarter decisions, and navigate the academic and social dimensions of life. SBWH can be used individually, in small groups, or in a classroom. When paired with emWave technology students can see the impact breathing and positive-emotion have on their heart rate variability.

5:15 PM - 6:15 PM

FAIRFIELD

S28 Intro to College Admissions Process: A Class for HS Seniors

Jennifer Pollard, Rutherford B Hayes High School

High school counselors will learn about Delaware Hayes High School's Intro to College Admissions Process course offered to high school Seniors, which supports them with college essays, college/scholarship applications, and financial aid as well as career/major planning and transitioning to college/campus.

5:15 PM - 6:15 PM

MORROW

S29 Creating Effective (and ENGAGING) Programming for your School Culture

Heidi Mekus, Napoleon High School

Megan Frankart, Napoleon Area Schools

Megan Gerken, Napoleon Junior/Senior High School

This session will provide you with complete plans for implementing four activities and programs for building positive culture in your building. We begin with data driven programming on developing a peer-to-peer program, then focus on implementing meditation and mindfulness in small groups, and then embrace fun aspects of our roles as school counselors with several additional ideas. Get ready to step outside your comfort zone and bring positive energy.

5:15 PM - 6:15 PM

FRANKLIN D

S30 Sources of Strength: A Positive, Upstream, Evidence-Based Suicide Prevention Program

Catherine Lachman, Coad

Erin Horn, Sources of Strength

Evi Roberts, Ohio Suicide

Prevention Foundation

Join our empowering session on the Sources of Strength Secondary Program, designed for grades 7-12. This program mobilizes peer leaders and trusted adults to promote mental health, resilience, and connectedness. Through supportive relationships and coping skills, it aims to prevent suicide and boost overall well-being. This interactive workshop highlights the impact of peer-led initiatives and the importance of creating a positive support network. Discover how it aligns with HB123, the SAVE Students Act, and learn how to implement it for free in your school.

8:15 AM - 9:15 AM

FRANKLIN A

C31 Creative Group Facilitation

Amanda Cole, The University of Akron

Utilizing creative interventions in group work has been shown to be an effective approach for healing (Coholic et al., 2018). This presentation will explore how experiential action methods can be utilized for a wide range of client populations in group settings through a series of demonstrations. The presenter will also provide participants with ready-to-use techniques for creative group facilitation that can be tailored to meet the needs of setting-specific groups, including online group practice and group work with children.

CE HOUR 1

8:15 AM - 9:15 AM

KNOX

C32 Where Am I Allowed to Exist?: Lived Experiences of Transgender Counselor Educators

Kelsey Scanlan, Adams State University & Clintonville Counseling & Wellness

With transphobia and anti-trans legislation throughout Ohio and many other parts of the country, it is important now more than ever to elevate the voices of transgender individuals whenever possible, including within the counseling profession. This presentation explores the lived experiences of transgender counselor educators, the challenges they face, and the implications for counselors and counselor educators. The research presented utilized an Interpretative Phenomenological Analysis to explore the experiences of 6 participants, which uncovered themes such as fear, isolation, intertwined identities, connection, safety, and incongruent institutional experiences. The findings of this study show the need for ongoing education, systemic changes, and a commitment to diversity and inclusion in counselor education programs. By elevating these voices, the counseling profession can work towards a more equitable and supportive environment for transgender faculty and students alike.

CE HOUR 1

8:15 AM - 9:15 AM

FRANKLIN C

C33 Tuning In: Music and Mindfulness in Counseling

Caitlin Kraus, Ohio University

Research indicates that music can be a useful method of enhancing mindfulness practices within counseling. This presentation will include educational and experiential components with the intention that counselors can enter sessions with knowledge of how music can be safely applied to mindfulness techniques with adults and youth. Emphasis will also be given to how counselors can aid clients in transferring such skills for use outside of sessions. While this presentation is founded in mental health setting work, the principles and interventions can also be applied to school counseling settings.

CE HOUR 1

8:15 AM - 9:15 AM

UNION A

C34 Savvy Socials: The Why and How-To for Ethical Counselor Social Media

Jared Rose, BGSU

Claudia Corso, BGSU

Abigail Sherwood, BGSU

This active and engaging presentation is a guide for identifying and implementing ethical social media practices as professional counselors. Attendees will understand the ethical standards and expectations associated with maintaining their personal and professional lives within the ever-changing landscape of social media. This will include deeper understanding of enhancing and protecting not just clients, but also themselves.

CE HOUR 1 (ETHICS)

8:15 AM - 9:15 AM

UNION C

C35 The Mental Health Needs of Human Trafficking Survivors

Theresa Flores, The SOAP Project

Do you know how to identify a victim of human trafficking? Learn the signs and needs of victims. Human trafficking is the 2nd leading crime in the US and many victims go undetected. Leading the survivor to try to heal on their own for years. Learn the mindset of victims and best practices.

CE HOUR 1

8:15 AM - 9:15 AM

UNION DE

C36 Creative Interventions for Use with those Who Self-Injure

Victoria Kress, Youngstown State University

In this session, attendees will learn how creative counseling interventions can be used with those who self-injure. Creative, engaging, interactive, and experiential counseling interventions that can be used in applying evidence-based counseling approaches across counseling settings will be provided.

CE HOUR 1

8:15 AM - 9:15 AM

MORROW

S31 When Words Alone Don't Cut It

Douglas Cook, University of Dayton

During my 28 years as a school counselor spending most of my time working at the elementary level, I learned that therapeutic talk is often ineffective. I began to think about the learning modalities we don't hear much about any more. I decided to use more visual approaches and they worked.

CE HOUR 1

8:15 AM - 9:15 AM

FRANKLIN B

S32 School Counseling Advocacy 101

Cristina Foster, Ohio Virtual Academy

Robyn Walsh, Capital University

Rebecca School, Glendale Primary / Bedford City Schools

This session will teach you how to advocate for yourself as a school counselor and your program. You will learn multiple marketing strategies to use to win key stakeholders in your district and community including students, staff, parents, board members, and community members. Participants will walk away with real world examples they can use in their current programs.

8:15 AM - 9:15 AM

FAIRFIELD

S33 Streamlining State Mandates for School Counselors

Kate Webster, Columbus City Schools

Bri Lohse, Columbus City Schools

Learn how one district has learned to effectively navigate the weight of State mandates for both College and Career Readiness as well as academic advising. The School Counseling Office of Columbus City Schools is on track for developing a streamlined process through the SchoolLinks Personalized Plan which supports: District Career Advising Plan, Career Advising for 6-12, 1-1 Grad Planning for 9-12 and Student Success Plans for 6-12. Although we utilize SchoolLinks as our platform, other districts could still benefit from our strategies with other platforms.

8:15 AM - 9:15 AM

FRANKLIN D

S34 A Restorative Justice Approach to Addressing Vaping

Samantha Pfeiffer, Stow-Monroe Falls School District

First, participants will learn statistics regarding substance use with the school-aged population. Next, there will be a review of the signs and symptoms this population displays when using/abusing nicotine and THC devices. Participants will be provided with anonymous case examples that represent adolescent substance abuse in the school setting. This will be followed up with a lively group discussion. Finally, participants will learn restorative justice approaches to addressing vaping in the school setting and effective ways of interacting with adolescents who are using/abusing substances.

8:15 AM - 9:15 AM

UNION B

S35 SEL Jams: Boosting School Spirit & Culture with Music Kids Can't Resist

Bryce Harris, Akron Public Schools

Discover how to implement engaging SEL-inspired songs that resonate with students and foster a positive school culture. This interactive workshop will guide you in crafting catchy tunes that promote social-emotional learning & unity. Learn how to identify key themes, collaborate w/ stakeholders, and utilize student input to develop anthems that will be cherished by the entire school community. Explore the power of music in enhancing your climate! Returning for year 2? We'll review and expand on last year's concepts and introduce more innovative AI tools that simplify song creation even more!

8:15 AM - 9:15 AM

MARION

S36 Purple Star: Building a Community of Support for our Military Connected Youth

Chip Merkle, Ohio Army and Air National Guard

Ashley Twedt, Clear Fork Valley District

Pete LuPiba, Ohio MIC3

Purple Star overview for the State of Ohio. Learn how to start and maintain a program to best meet the needs of our military connected youth and families. Share ideas for programming, community involvement, staff development and training, resources and collaboration amongst the state and nation.

9:30 AM - 10:30 AM

MORROW

C37 Nature's Canvas: Exploring Creative Ecotherapy in Counseling Practice

Scott Hall, University of Dayton

Andrew Kirsop, Ohio University

Alan Demmitt, University of Dayton

In "Nature's Canvas: Exploring Creative Ecotherapy in Counseling Practice," attendees will delve into the innovative intersection of ecotherapy and creativity within counseling. This presentation will illuminate how nature serves as a canvas for healing and self-expression, offering unique therapeutic opportunities. Participants will explore practical applications of creative ecotherapy techniques and learn how to integrate them into their counseling practice to enhance client well-being.

CE HOUR 1

9:30 AM - 10:30 AM

FRANKLIN A

C38 Psychedelic Medicine in Counseling: What Do Ohio Counselors Need to Know?

Mitchell Conrad, Cleveland State University

Alex Paul, Stella Luna Counseling & Wellness

Presenters will begin by covering the current and historical research on psychedelic and entheogenic medicines (e.g., psilocybin, LSD). Presenters will discuss medicine that counselors in Ohio can provide with training or certification (e.g., ketamine), and medicines soon to be medically legal in Ohio (MDMA). Presenters will discuss options for certification providing psychedelic-assisted therapies and what counselors can expect during these trainings. Additionally, presenters will provide practical tools and skills to utilize with clients who have had psychedelic experiences.

CE HOUR 1 (NO MFT)

9:30 AM - 10:30 AM

FRANKLIN C

C39 Building Counselor and Social Work Professional Identity through Interprofessional Learning

Meredith Montgomery, University of Dayton

Brittany Collins, Ph.D., University of Dayton

Jon Trauth, Ph.D., Central State University

Answering the call to grow, diversify, and strengthen the skills of Ohio's home and community-based behavioral health collaborative workforce through the state of Ohio CSWMFT board. New strategies are being developed through the utilization of Interprofessional Education & Practice (IPEP) to build diverse interdisciplinary learning experiences. In the proposed panel discussion, attendees will hear from counseling and social work students as well as faculty who are actively engaged in interprofessional learning. Highlighting a collaboration between an Ohio-based HBCU and PWI.

CE HOUR 1 (NO MFT)

9:30 AM - 10:30 AM

UNION C

C40 Immersive Healing: Exploring the Benefits of Virtual Reality in Counseling

Melissa Smith, Ph.D, LPCC-S, LICDC-S, NCC, The Mission Counseling

Virtual Reality holds great promise in transforming counseling practices through innovative therapeutic interventions. This presentation explores the benefits, applications, and ethical considerations of integrating VR into counseling practice. Following an interactive demonstration, the presentation will cover the ethical dimensions of utilizing VR in counseling. This session aims to equip counselors with an introduction to the ethical and effective integration of VR technology in clinical settings, ultimately enhancing therapeutic outcomes and client well-being.

CE HOUR 1

9:30 AM - 10:30 AM

UNION B

C41 Creativity in Supervision

DoHee Kim-Appel, Heidelberg University

This presentation will discuss the relationship between creativity and its essential role in clinical supervision. Creativity is functionally and aesthetically relevant in ensuring continuing innovation in counselor supervision. Art can be regarded as a universal language--integrating a creative and culturally supportive voice to supervising counselors. A collection of art-based supervision techniques will be demonstrated, and this creative supervision model may provide an essential role in the development of more effective and integrative clinical supervision and educational practices.

CE HOUR 1 (SUPERVISION)

9:30 AM - 10:30 AM

UNION A

C42 Creating an Environment of Trauma-Informed Care

Ryan Pickut, Maryhaven

Mike Gersz, Maryhaven

This session will introduce participants to different ways to create and implement trauma-informed practices on a macro and micro level. The presenters will introduce a framework to develop trauma-informed strategies across an organization or help guide an individual practitioner foster a safe environment. The presentation will highlight key concepts to utilize trauma-informed tips, best practices, and assist in providing education for attendees and support the teams that they manage.

CE HOUR 1

9:30 AM - 10:30 AM

FRANKLIN B

S37 Intermittent Explosive Disorder: Identification, Prevention & Intervention

William DeMeo, Specialty Psychological Services

There is widespread concern over the increasing frequency of the behaviors associated with intermittent explosive disorder being exhibited by children and adolescents. This workshop will focus on providing participants with knowledge of: (1) identifying factors that facilitate intermittent explosive disorder (2) identifying specific classroom strategies for prevention of disorder and (3) develop practical and effective intervention strategies for disorder.

CE HOUR 1

9:30 AM - 10:30 AM

UNION DE

S38 How To Easily Plan & Implement Tier I All-School Themed Weeks (Wellness, Kindness, Career & More)

Erin Grywalski, Big Walnut Local Schools

Description with details on how to plan, implement, and creatively work through planning whole school Tier I themed weeks for school counselors, with templates, schedules, and real life suggestions on making it all come together easily and efficiently!

9:30 AM - 10:30 AM

MARION

S39 Sisters of Badilishia

Lisa Sims, Akron Public Schools

Sisters of Badilishia is a small group of 9th grade girls who were hand selected by the Physical Science teacher based on their behavior and their potential for leadership and growth. Using the Principles of Ma'at, the participants will learn leadership skills that will help them to improve their behavior, thus, improving their discipline records.

9:30 AM - 10:30 AM

FRANKLIN D

S40 Beyond The Game: Research-Based Strategies to Better Support Student-Athletes

Dara Perry, Lorain City Schools

Bryce Harris, Akron Public Schools

This session explores a multidisciplinary approach to support student athletes who balance academic pressures, performance expectations, and complex identities. By integrating evidence-based frameworks specific to athletics, we aim to empower this diverse subgroup of students. Counselors will be equipped with tools to incorporate proactive and preventative programming that helps student-athletes be (more ready) and capable.

9:30 AM - 10:30 AM

FAIRFIELD

S41 Reaching Every Student & Staff in 30 Seconds or Less

Hilary Waugh, Oakwood Junior High

There are a lot of “need to dos” and “want to dos” for school counselors and never enough time for any of it. During this session, learn how to utilize technology to efficiently and effectively support your school counseling program. You don't need to be a tech expert to walk away with ideas on scheduling, student goal setting, PBIS, and more!

9:30 AM - 10:30 AM

KNOX

S42 Alternative to Traditional Recess

Tami Mazzella, Aurora City Schools

Lindsey Ambrosia, Aurora City Schools

So many of our students struggle with traditional recess options and the unstructured time that often leads to stressful or less than appropriate encounters. This creation has allowed us to support and intervene with social skills on the spot, give students the opportunity to take a break from the playground and interact with others that they may not normally play with. We hope you walk away inspired to create a similar opportunity for your students.

10:45 AM - 11:45 AM

FRANKLIN A

C43 Rewriting Stories: Letter Writing Techniques in Counseling

Jake Protivnak, Youngstown State University

Jen Yensel, The Cole Center / YSU

Tiffany Spisak, Youngstown State University

Victoria Kress, Youngstown State University

Letter writing is a creative therapeutic technique that can be helpful to counselors in varied settings. This session will address specific ways that all counselors can integrate letter writing into the counseling process. Letter writing activities that generalize to clients at various developmental levels and in varied settings will be addressed. The session will be interactive, and participants will actively engage in different letter writing activities.

CE HOUR 1

10:45 AM - 11:45 AM

MORROW

C44 MAJOR Ethical Consideration When Working with MINORS

Mary Iames, Winebrenner Theological Seminary

The news and research regarding the mental health of children and teens are filled with alarming and bleak statistics. With their mental health needs, children and teens are pouring into offices seeking support and assistance. Let's talk about MAJOR legal and ethical issues related to working with MINORS. Join us as we review laws and ethical codes, discuss best practices, and apply these to studies involving MAJOR counseling dilemmas involving MINORS!

CE HOUR 1 (ETHICS)

10:45 AM - 11:45 AM

UNION A

C45 Trauma Counseling: The History, the Evolution, and the Future

Alicia Hall, Lifestance

The Ohio Association for Resiliency and Trauma Counseling (OARTC) presents a panel of leading trauma counselors who will share their expertise on trauma-informed counseling practices. These experts will discuss their perspectives of the background and history of trauma-informed counseling alongside the evolution of these practices over time. They will share their expertise on the current trends and future possibilities for trauma and resiliency counseling.

CE HOUR 1

10:45 AM - 11:45 AM

FRANKLIN C

C46 Utilizing Solution-Focused Goal Planning Tools in Suicide Prevention

Sarah Dunn, Wellness Grove

Knowledge will be provided on S.M.A.R.T. goals and utilizing goal planning in conjunction with Solution Focused Brief Therapy to counsel individuals who are considering suicide. Counselors will see how SFBT and goal planning can effectively counsel youth who are suicidal in thought or behavior.

CE HOUR 1

10:45 AM - 11:45 AM

UNION C

C47 Wellness for Clinicians Providing Counseling

Derek Thomas, Oriana House, Inc.

Jami Opp, Eastern University, Oriana House

Participants will have the unique opportunity to learn about the ethical importance of prioritizing wellness and self-care. While it is common knowledge to identify wellness as being important in the work space, this training will highlight the ethical obligation to practice wellness.

CE HOUR 1

10:45 AM - 11:45 AM

KNOX

C48 Diagnosing and Treating Internet Gaming Disorder in Women

Adrianne Johnson, Wright State University

Research shows that playing video games has benefits for women in terms of enhancing cognitive and social abilities as well as executive functions. However, with excessive use resulting in maladaptive avoidance of healthy functioning, benefits are replaced by addictive behavioral, resulting in Internet Gaming Disorder. Clinicians should be aware of the risk factors and implications of gaming addiction symptoms, and be prepared with strategies and tools.

CE HOUR 1

10:45 AM - 11:45 AM

FRANKLIN B

S43 First Gen Tool Kit: How to Support First Gens' Transition to Post-Secondary Education

Alleigh Bradley, Columbus State Community College

Join us for an insightful session aiming to enhance your understanding and support for first-generation college students. Throughout this session, we'll share a working definition of "first-generation college student" and delve into the current demographic landscape of these students in higher education. Explore the factors influencing whether first-generation students pursue post-secondary education, gaining valuable insights that can inform your guidance and support strategies. Discover actionable ways school counselors and college representatives can effectively support first-generation students.

10:45 AM - 11:45 AM

UNION B

S44 Let's Liven Things Up

Valerie Durkle, Centerville City Schools

This session is designed to bring ideas and topics to life with meaningful and memorable connections to everyday objects and very affordable things. From using hard-boiled eggs and extra-sour candy during a lesson on resilience/perseverance, to using optical illusions to teach empathy and perspective taking, or glitter to show the impact of gossip on friendship, counselors will have epiphanies with everyday items and discover new ways to incorporate visuals to make an impact with the students and adults they serve.

10:45 AM - 11:45 AM

MARION

S45 Adoption: Working with Children, Families, and Our Biases

Haleigh Sharp, St. Francis de Sales School

Adopted children deserve to exist in an educational and mental health setting that accounts for and advocates for their unique needs. Adopted children are unique in that they have all experienced deep trauma within the first years of life, and seek mental health services at higher rates than their peers. I will give a unique perspective on working with adopted children, as an adoptive mother and school counselor. I will offer best practices to counseling and advocating for students and their families, and will explore the biases we may have that influence our interaction with adopted children.

10:45 AM - 11:45 AM

FRANKLIN D

S46 Throw a SEL Family Night: Food, Feelings, Family & Fun without Fear

Rebecca School, Glendale Primary / Bedford City Schools

Learn how to plan an entertaining evening that engages your students and their families in activities they can do together to strengthen their communication, coping skills, relationship skills, and problem solving while advocating for the importance of SEL and improving school climate. Destigmatize SEL and help families become aware that we are helping our student learn life skills, while collecting data and increasing connections.

10:45 AM - 11:45 AM

FAIRFIELD

S47 A Comprehensive Approach to School Safety

Jill Jackson, PhD, Ohio Department of Education and Workforce

The presentation will review Ohio's Comprehensive School Safety Framework while focusing on psychological safety, including PBIS, and addressing bullying behavior in Ohio schools and how school counselors can support student psychological safety. Participants will receive resources for policy implementation including, strategic planning, Action Planning, behavioral health prevention and promotion and funding for student and school success.

10:45 AM - 11:45 AM

UNION DE

S48 Empowering Learners: Art of Developing Self-Regulation

Judith Norman, Synergetic Education Institute

Self-regulation is crucial to manage stress and access thinking, both vital for successful school experiences. Most SEL programs are missing essential components, hindering students from independently utilizing effective regulatory strategies, resulting in a lack of prerequisite skills being perceived as intentional behavior. Learn what's missing and create a plan to shift practices by incorporating simple elements.

CE HOUR 1

12:00 PM - 1:00 PM

FRANKLIN A

C49 *Using Creativity to Curate and Cultivate Counselors' Professional Identity*

Chase Morgan-Swaney, The University of Akron / Arbor Sana Counseling & Wellness, Inc.

Marisa Cargill, The University of Akron / More Light Counseling, LLC

Demystifying the nebulous concept of professional counselor identity requires a blend of innovation and introspection. This presentation explores how creativity catalyzes curating and cultivating counselors' professional identity. Through interactive discussions and practical strategies, attendees will learn creative approaches to facilitate professional identity development, empowering counselors to discover and navigate their professional identity.

CE HOUR 1

12:00 PM - 1:00 PM

MORROW

C50 *Addressing Burnout and Compassion Fatigue in Supervision Through Creative and Wellness Activities*

Jessica Headley, Wellness Grove, Inc.

Matt Campbell, Wellness Grove, Inc.

Maddie Skemp, Wellness Grove, Inc.

First, participants will gain a comprehensive overview of burnout and compassion fatigue and related effects. An overview and identification of risk factors for both concepts will be addressed. Then, participants will learn creative and wellness activities for addressing burnout and compassion fatigue within the supervisory relationship. Lastly, participants will learn and identify practical strategies – rooted in creativity and wellness – for fostering self-awareness and self-care to reduce the risk of burnout and compassion fatigue within the supervisory relationship.

CE HOUR 1 (SUPERVISION)

12:00 PM - 1:00 PM

FRANKLIN C

C51 *Strategies for Increasing Caregiver's Ability to Co-Regulate with Children and Adolescents*

Mary Runnoe, Dayton Childrens Hospital

Heather Stevens, Dayton Children's Hospital

Self-regulation is defined as “the act of managing cognitions and emotions to enable goal-directed actions” (Murray, Rosanbalm, Christopoulos, & Hamoudi, 2015). Self-regulation is foundational to an individual's health (The Administration for Children and Families, 2018). Research shows that self-regulation cannot develop without the co-regulation of a caring adult (Murray, et al., 2015). We will review strategies to teach caregivers ways to use co-regulation in the parent/child relationship.

CE HOUR 1

12:00 PM - 1:00 PM

UNION A

C52 Ohio House Bill 68: A Brief Review

Charles (CJ) Potter, Mindfully Academy

Ohio House Bill 68, passed in January of 2024, has had a significant impact on members of the LGBTQ+ community, particularly minors, who are seeking care for a “gender related condition.” The growing restrictions has driven mental health professionals away from serving these vulnerable clients. This program seeks to support providers by reviewing the contents of the bill (including the bill’s definition of a “gender related condition”) and expectations of mental health counselors.

CE HOUR 1

12:00 PM - 1:00 PM

UNION C

C53 Educating the New Generation: Cultivating Empathy Across the Lifespan

Emily Hardman, Ohio Univ./Nationwide Childrens Hospital

Kristin Chamberlain, Ohio University

This presentation will begin by reviewing the literature on the prevalence of mental health diagnoses and the risk of suicide in older adults. Presenters will discuss gaps in counselor education that risk further marginalizing and inadequate treatment of older adult populations. The presentation will suggest approaches to integrating geriatric topics into counselor education.

CE HOUR 1

12:00 PM - 1:00 PM

UNION B

C54 Storytelling: A Creative Approach For Helping Children Who Experience Trauma

Amanda Cole, The University of Akron

"There are four words that every child in the world knows, and those are 'tell me a story'" (Hewitt, 2009). This presentation will explore creative elements of storytelling and how to utilize specific techniques when working with children who have experienced trauma. The presenter will demonstrate how the use of bibliotherapy, trauma-focused narratives, and expressive arts can be implemented.

CE HOUR 1

12:00 PM - 1:00 PM

UNION DE

S49 AI and Tween/Teen Mental Health

Karen Stepic, Akron Public Schools

We will explore the influence of AI-driven algorithms on youth mental health, focusing on social media’s role in shaping adolescents’ psychological well-being. We will discuss the latest research findings and provide practical strategies for school counselors, parents, and teens to mitigate negative impacts and promote positive digital interactions. Attendees will learn about digital literacy, setting healthy boundaries, and fostering safer online environments.

12:00 PM - 1:00 PM

FRANKLIN B

S50 Duck, Duck, Duck...Goosechase: Fun and Creative Staff Bonding Experience

Andrew Sells, Pickerington Elementary

Chelsea Brown, Pickerington Local School District

Are your staff members feeling siloed to their grade level/subject or do you need to pump up the energy in the building? We have come up with a solution to these problems. Come learn how to create and implement a Goosechase (online interactive experience) for your staff members, students, or the community.

12:00 PM - 1:00 PM

MARION

S51 Identifying Barriers to Implementing the ASCA National Model: A Pilot Study

Robin Hater, West Clermont Middle School

Mei Tang, University of Cincinnati

Although implementing the ASCA National Model has shown positive outcomes for students there are still barriers that prevent school counselors from implementing a comprehensive school counseling program. This presentation will provide an overview of a pilot student aimed at identifying and understanding the barriers to implementing the ASCA National Model. By identifying the barriers to implementation, we can begin developing approaches to removing them.

12:00 PM - 1:00 PM

FAIRFIELD

S52 Closing the Gap: Preventative Small Group Counseling

Nicole McDonald, Stingley Elementary

Do you ever wonder, how can I help more students? You create preventative groups! Not all students get the attention they need during the school day due to factors outside of our control as counselors. Prevention groups help students who are not yet identified on screeners but are of daily concern to their teachers. These groups are designed to allow students who have some risk indicators a place to learn more about themselves and be aware of their mind and bodies. From art, nature, social skills and music- these practices help prevent additional concerns. And, don't forget about mindfulness!

12:00 PM - 1:00 PM

FRANKLIN D

S53 Identifying, Expressing, and Processing Emotions Through An Inclusive Lens

Christina Menosky, Fairfield Union LSD

Patricia Karr, Self-Employed

Caroline Menosky, Covington KY Schools

This presentation will address several barriers that students have when identifying, expressing, and processing emotions. This becomes even more complex for students with identified learning, physical, or developmental disabilities. Participants will also be able to learn skills to help them express emotions to foster communication, build social skills, as well as student self-advocacy. This presentation will also include different methods to process these emotions so that the student can feel heard and understood. Discussion of collaboration across extended services will also be discussed.

S54 Building Strong Foundations: An Introduction to Prevention

Sarah Music, Ohio Department of Education & Workforce

This session will cover the foundational principles of prevention. Participants will learn about effective prevention strategies, including how to select targeted prevention strategies based on student need, and explore the role of prevention in creating safe and supportive learning environments.



At DTAC of Ohio, formerly Hittle House, we understand the challenges that families face when dealing with significant pornography addiction, internet-based sex crimes, criminal and non-criminal sexual behavior problems, sexual abuse, and all forms of trauma. That's why we offer a specialized residential care program for boys from eight 8 to 18 years old, designed to meet their unique treatment needs.

Assessments:

- Estimate of Risk of Adolescent Sexual Offender Recidivism (ERASOR)
- Juvenile Sex Offender Assessment Protocol- II (JSOAP-II)
- Juvenile Sexual Offense Recidivism Risk Assessment Tool- II (JSORRAT-II)

Target Population:

Adolescent males 8-18 with sexually inappropriate behaviors and a history with one or more of the following:

- Felony-level Offense
- Assaultive Behavior
- Mental illness, including a possible history of psychiatric hospitalization
- Medication for mental health needs
- Learning Disabilities

To make a referral
please submit to:
contact@dtacohio.com



Highly Structured Specialized Curriculum:

- Johnson's Continuum of Sexual Behavior
- Footprints
- Empathy and Compassionate Action
- Trauma- Focused Cognitive Behavioral Therapy (TF-CBT)
- Trauma- Informed Care

Family Services:

- Weekly Family Therapy
- Weekly Family Visitation
- Family Reconciliation/ Reunification
- Victim Reconciliation/ Reunification
- Monthly Family Support and Educational Group

Educational Services:

- GED Programming/ Testing
- Credit Recovery
- Self-Destructive Behavior
- Substance Abuse
- The victim (and/or perpetrator) resides in the family home
- Domestic Violence directed at parents or siblings

DTAC of Ohio will not accept youth who are actively suicidal or psychotic at the time of referral.



Accreditations

JCAHO-Joint Commission on Accreditation of Healthcare Organizations

Licensed by the Ohio Department of Job & Family Services
Certified by the Ohio Department of Youth Services

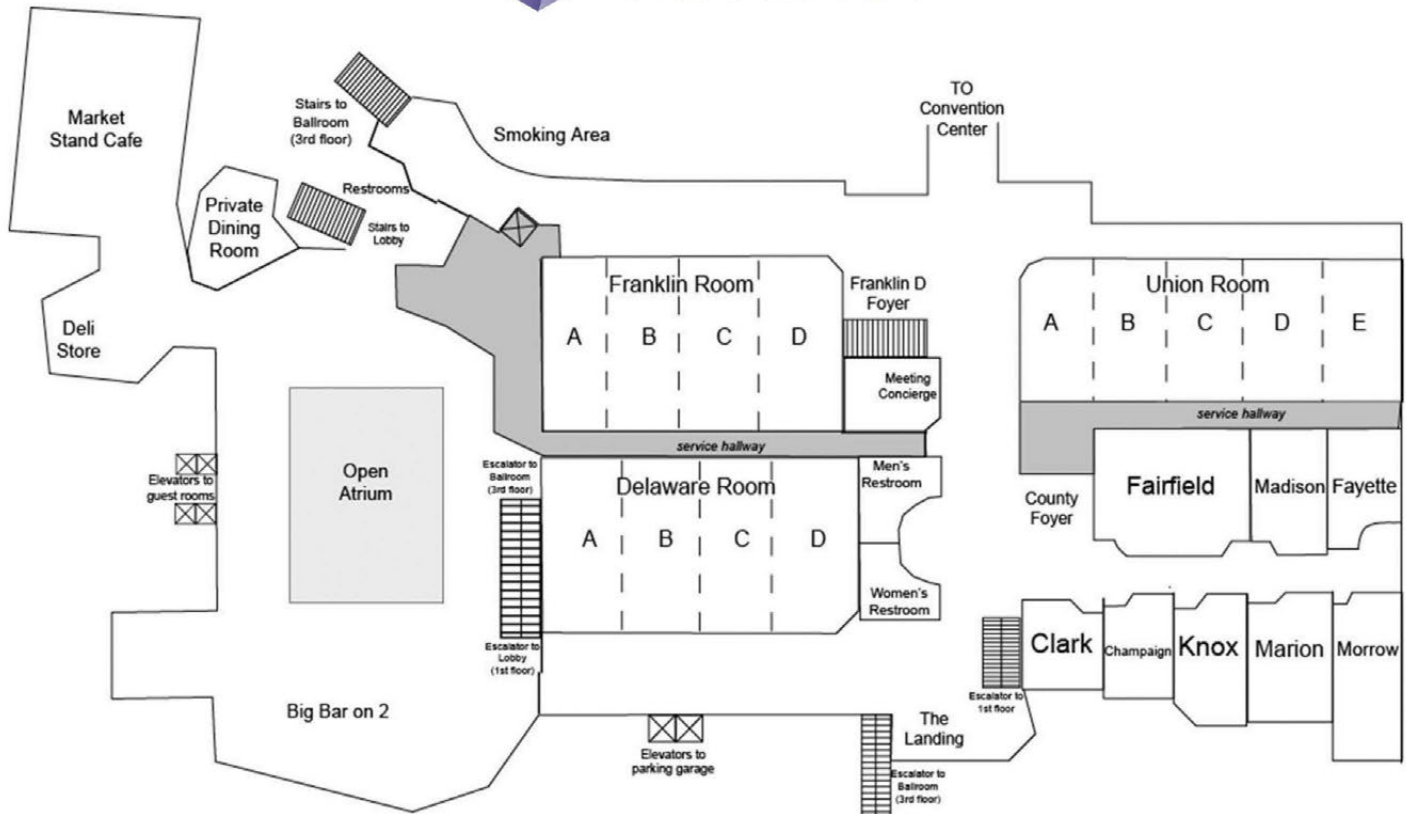


Funding through County Child Serving Agencies or Medicaid Accepted



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