

ALL OHIO COUNSELORS CONFERENCE

AOCC '22

COLUMBUS

OCTOBER 17-19 • HYATT REGENCY

A CONTINUING EDUCATION OPPORTUNITY

▶▶▶▶ **SEE YOU THIS FALL AT AOCC!** ◀◀◀◀

CO-SPONSORED BY OHIO SCHOOL COUNSELOR ASSOCIATION
& OHIO COUNSELING ASSOCIATION

ALL OHIO COUNSELORS CONFERENCE ABOUT THE AOCC

OVER 1,200 COUNSELING PROFESSIONALS WILL BE PARTICIPATING THIS YEAR IN THE ALL OHIO COUNSELORS CONFERENCE 2022 IN SESSIONS COVERING A VARIETY OF RELEVANT AND TIMELY TOPICS. THE CONFERENCE IS CO-SPONSORED BY THE OHIO SCHOOL COUNSELOR ASSOCIATION AND THE OHIO COUNSELING ASSOCIATION.



WILLAMARIE JACKSON

M.Ed, LPC, LSC, CRC
President

Ohio School Counselor Association



STACI TESSMER

M.A., LPCC-S, NCC, BC-TMH
President

Ohio Counseling Association



will be featured within the mobile conference app. As you review this year’s conference offerings, we challenge you to make Ohio’s premier professional development opportunity your own ~ find key topics such as managing student anxiety, addressing substance abuse, effective group work practices, trauma-focused interventions (Hello, OARTC Trauma Track!), cultural competency and implicit bias, and so much more. We also encourage you to take advantage of this unique opportunity to expand your network with peers who work in the same state and face similar professional challenges. In addition to these rigorous and insightful learning opportunities, we are excited to offer fun networking and celebratory events!

We invite you all to **C-E-L-E-B-R-A-T-E** with us on Tuesday, October 18 from 5:00 PM to 8:00 PM by first honoring our OCA and OSCA Past-Presidents during the President’s Social Hour. We will continue the festivities by learning more from our graduate student poster presentations and doctoral program showcase, followed by our Awards Reception honoring the achievements and milestones of counselors throughout the state of Ohio. Then, we plan to cap off the evening festivities with a collaborative PAC Music Bingo fundraiser, complete with a DJ, prizes, and state legislators in attendance!!! Be sure to bring your cash as both OCA and OSCA will be accepting donations for their Political Action Committees (PAC). These funds will be used to support legislators who support and advocate for the counseling profession. Hors d’oeuvres and beverages will be offered throughout the evening.

AOCC 2022 is going to be a phenomenal experience. Join over 1,000 of your colleagues and celebrate your profession with us! Don’t forget to stop by the various chapter and division booths, as well as the re-charge and connect station! Make new friends, find a mentor, and connect with others who are passionate about the profession, our students and clients, and our communities. It is our pleasure to serve the counseling profession by delivering the leading conference for counselors in the state of Ohio. We look forward to learning and networking with you at AOCC 2022! If you see us, please don’t be shy, stop us and say Hi!



PRESIDENTS’ LETTER

On behalf of the **Ohio Counseling Association (OCA)** and the **Ohio School Counselor Association (OSCA)**, we invite you to join us for the 39th annual **All Ohio Counselors Conference (AOCC)**! We are thrilled to host this state’s premier counselor conference October 17th through 19th, 2022, which will provide attendees with a variety of professional development experiences. We have worked diligently in providing leading content that meets the needs of ALL counselors, regardless of discipline. With more than 60 CSWMFT and NBCC-approved educational (yes within both the Counselor & School session tracks) sessions, AOCC will again provide ample opportunity to receive continuing education clock hours to retain your license and advance your knowledge in trending practice areas from leaders in the field. A highlight of this year’s AOCC will be the HIGH-ENERGY, authentic keynote speaker Rachel Sheerin, who is a Certified Professional Behavioral Analyst and burnout survivor. In her session, you will not only earn those CEs, but walk away feeling empowered with strategic tools to impact your practice.

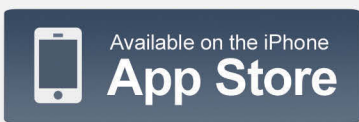
This year, in addition to our Tuesday and Wednesday CE sessions, we are offering ways to earn CEs on Monday through our outstanding daytime pre-conference workshops and CE sessions in the evening. Through the mobile conference app you can build a personalized schedule that best fits the diverse needs of your professional practice. Be sure to take note that some of the sessions will be recorded and available for replay (and CEU’s) post AOCC. Information on obtaining CEs

The All Ohio Counselors Conference at your fingertips...



Features:

- ✓ *Make your own schedule.*
- ✓ *Interact on the social feed.*
- ✓ *Connect with our sponsors.*
- ✓ *Navigate the Hyatt Regency.*



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ALL OHIO COUNSELORS CONFERENCE SCHEDULE OF EVENTS

MONDAY, OCTOBER 17

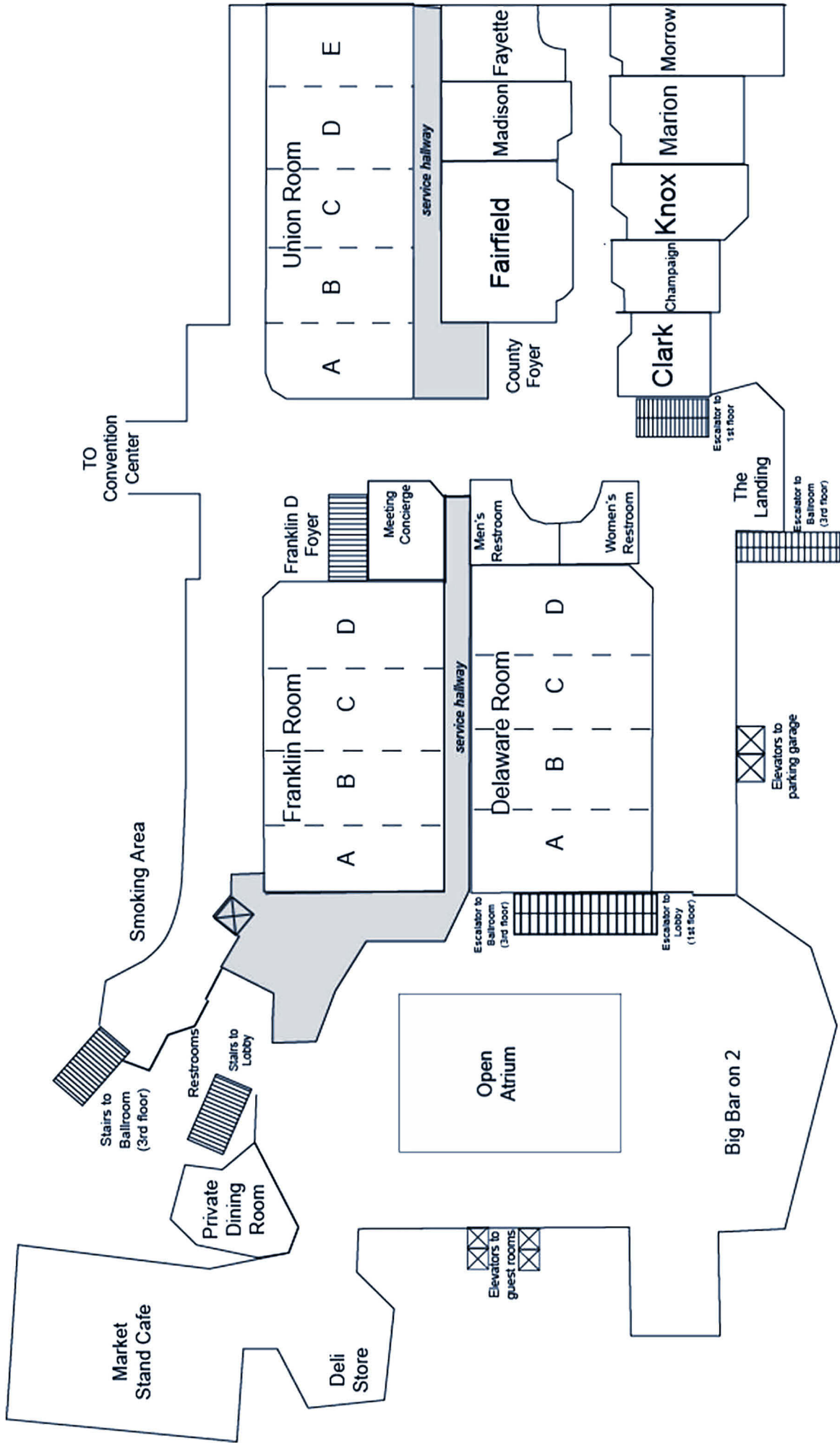
9:00 AM-7:30 PM	REGISTRATION & BADGE PICKUP	FRANKLIN D FOYER
10:00 AM-5:00 PM	Pre-Conference Workshops	
6:00-7:00 PM	Breakout Session I	
7:15-8:15 PM	Breakout Session II	

TUESDAY, OCTOBER 18

7:30 AM-5:00 PM	REGISTRATION & BADGE PICKUP	FRANKLIN D FOYER
7:30-8:30 AM	Coffee & Bagels	UNION & COUNTY FOYERS
8:30-9:30 AM	Breakout Session III	
9:45-10:45 AM	Breakout Session IV	
11:00 AM-Noon	KEYNOTE feat. Rachel Sheerin	REGENCY BALLROOM
Noon-12:45 PM	Lunch Break	
12:45-1:45 PM	Breakout Session V	
2:00-3:00 PM	Breakout Session VI	
3:15-4:15 PM	Breakout Session VII	
4:30-5:30 PM	Breakout Session VIII	
5:00-8:00 PM	AOCC "EVENING OF CELEBRATION" (<i>Open to everyone!</i>)	
5:00-6:00 PM	Grad Student Poster Presentations	REGENCY FOYER
5:00-6:00 PM	Presidents' Social Hour	REGENCY FOYER
6:00-7:00 PM	OCA/OSCA Awards Reception	REGENCY BALLROOM
7:00-8:00 PM	PAC "Bingo Night" Afterparty	REGENCY BALLROOM

WEDNESDAY, OCTOBER 19

7:30 AM-1:00 PM	REGISTRATION & BADGE PICKUP	FRANKLIN D FOYER
7:30-8:30 AM	Coffee & Bagels	UNION & COUNTY FOYERS
8:00-9:00 AM	Breakout Session IX	
9:15-10:15 AM	Breakout Session X	
10:15-10:45 AM	Networking Break	
10:45-11:45 AM	Breakout Session XI	
Noon-1:00 PM	Breakout Session XII	





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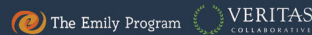


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Ohio Guidestone
WHERE NEW PATHS BEGIN





RACHEL SHEERIN

AOCC KEYNOTE SPEAKER

The high-energy, authentic keynote speaker and emcee that you wished you'd seen on every conference stage! **Rachel Sheerin** helps take events from strategic to sincere and impactful!

The world needs more successful people doing what they were born to do — and being happy while they do it. Rachel has always loved to entertain, help others, and make people smile and that's exactly why speaking on stage feels like home.

Rachel has built multi-million dollar sales teams, created sought-after courses and worked for titans of industry across the world. Today, Rachel motivates and educates high-performers so they can level up their success, increase their impact, and live a life they love.

FIND OUT MORE AT RACHELSHEERIN.COM

"RACHEL ROCKED THE HOUSE...AND [EVEN] IN THE MORNING! SHE KEPT EVERY SINGLE PERSON ENGAGED, LEARNING AND LAUGHING. STAND UP COMIC OR INSPIRATIONAL SPEAKER — SHE IS VERY EASILY BOTH...

SHE HAS THE UTMOST PROFESSIONALISM... HIGHLY RECOMMEND!"

— **LESLIE LANDECHE, DIRECTOR OF PROGRAMS, MPI GULF STATES**

SERVING GREAT PEOPLE DOING GREAT WORK IS WHERE YOU'LL FIND RACHEL SHEERIN — RACHEL IS HONORED TO PARTNER WITH ORGANIZATIONS, TEAMS AND LEADERS WHO SHARE THE SAME PASSION AND DRIVE FOR SUCCESS AND HAPPINESS THAT SHE HAS.

Rachel Sheerin loves reaching out to the crowd and will bring you along for a ride that will have you laughing, learning, and getting charged up to crush your goals. In addition to tangible takeaways, Rachel's keynote performances show up early and often with comedy, real stories, and vulnerability that audiences connect with immediately.

Digging deep into what motivates, inspires, and sustains, Rachel helps you sharpen your skills and discover what motivates you to be the best, most authentic version of yourself. Utilizing professional behavior knowledge and blending it with burnout research, Rachel creates keynotes based in facts, science and authentic stories — with the hope that attendees can have their own personal "ah-ha" moments and bonding experiences...

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THE TAPPING PROJECT



*THE OHIO BUILDING TRADES
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TO BUILD OHIO'S FUTURE.*



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- ★ Building Ohio for future generations.

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LIFE-CHANGING CAREERS:**

**Visit actohio.org/apprenticeship/
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80+ Building Trades Apprenticeship
programs across Ohio.**

TUESDAY, OCTOBER 18 AT 2:00 PM

OCA'S GOVT. RELATIONS COMMITTEE: A LEGISLATION & POLICY UPDATE

The Ohio Counseling Association's Government Relations Committee (GRC) is responsible for all matters of government activities at all levels and seeks opportunities to promote local, state, and national legislation that promotes the profession of counseling, the work of counselors, and the welfare of our clients and potential clients. This session will provide attendees an update of GRC activity.

CHAMPAIGN ROOM IN COUNTY CORRIDOR • CHECK THE APP FOR MORE INFO!

JOIN US FOR AN EVENING OF CELEBRATION!

TUESDAY, OCTOBER 18
5:00-8:00 PM

PRESIDENTS' SOCIAL HOUR @ 5:00 PM

We invite you all to **C-E-L-E-B-R-A-T-E** with us on Tuesday, October 18 from 5:00 PM to 8:00 PM by first honoring our OCA and OSCA Past-Presidents during the President's Social Hour.

GRAD STUDENT POSTERS @ 5:00 PM

We will continue the festivities by learning more from our graduate student poster presentations and doctoral program showcase...

OCA/OSCA AWARDS RECEPTION @ 6:00 PM

Awards Reception honoring the achievements and milestones of counselors throughout the state of Ohio

PAC "BINGO NIGHT" AFTERPARTY @ 7:00 PM

We plan to cap off the evening festivities with a collaborative PAC Music Bingo fundraiser, complete with a DJ, prizes, and state legislators in attendance!!! Be sure to bring your cash as both OCA and OSCA will be accepting donations for their Political Action Committees (PAC). These funds will be used to support legislators who support and advocate for the counseling profession.

Hors d'oeuvres and beverages will be offered throughout the evening.

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OUR OPENINGS

Have someone who likes to get their hands dirty? We like those people, too and want them part of our Southeastern Family!
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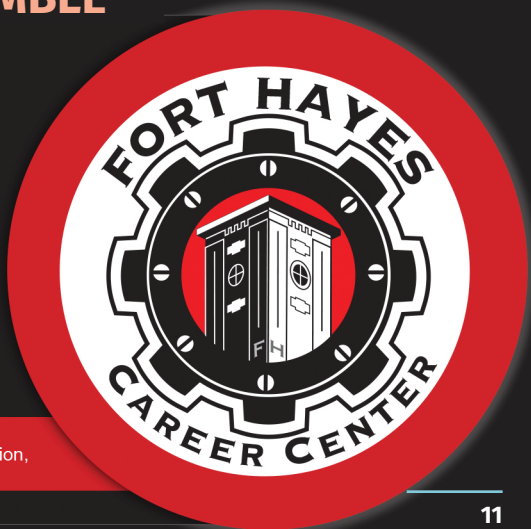
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Let's Connect:
 ☎ 614-450-2503 📌 @SEJESDJ ✉ sejesdj@gmail.com

AOCC WOULD LIKE TO GIVE A SPECIAL SHOUT-OUT TO FORT HAYES CAREER CENTER

SESSION RECORDING: **AUDIO PRODUCTION TEAM**
 KEYNOTE MUSIC: **JAZZ ENSEMBLE**



The Columbus City School District does not discriminate based upon sex, race, color, national origin, religion, age, disability, sexual orientation, gender identity/expression, ancestry, familial status or military status with regard to admission, access, treatment or employment. This policy is applicable in all district programs and activities.



TUESDAY, OCTOBER 18 SESSIONS

	8:30–9:30 AM	9:45–10:45 AM	11:00 AM–NOON	12:45–1:45 PM	2:00–3:00 PM	3:15–4:15 PM	4:30–5:30 PM
FAIRFIELD	C8 — Sticky Thoughts: Strategies for Working with...	S18 — School-Family Partnerships to Promote...	<p>KEYNOTE</p> <p>BURNING AT BOTH ENDS: MANAGING BURNOUT IN YOUR CAREER + LIFE Rachel Sheerin <i>Regency Ballroom (3rd Floor)</i></p>	S23 — Developing & Implementing a Comprehensive...	S26 — Reduce Anxiety, Increase Student Wellness	S31 — How To Create a “Zen Den”	C40 — Youth Suicide Resilience
KNOX	C9 — A Primer on the Integrative Developmental Model	C13 — Cultivating Sex-Positivity in Counselors		C20 — Nurturing the Lotus: Sustaining Wellness	S29 — Supporting Students from Abroad	C34 — Wellness as a Transdiagnostic Framework	S41 — Avoiding Malpractice and PR Nightmares
MARION	S10 — Pre-Apprenticeship Completion Options	S13 — Optimal Conceptual Theory		S22 — Reboot Your Brain: Destructing Bias	C26 — Gender Affirming Letter Writing	S34 — Building A Comprehensive Student Assistance	S39 — How Do I Keep It All Straight?
MORROW	C10 — Trauma 101: What Beginning Counselors Need	S14 — School Counselors’ Experiences... ACES		S21 — Effective Collaboration: School & Mental	C25 — Resiliency-Focused Counseling	S33 — College and Career Exploration for All Grades	Marginalization and Privilege
UNION A	C7 — Watch Your Mouth: LGBTQ/IAP+ Affirming Language	C15 — Working in Poverty: Meeting Needs		C24 — Addiction Recovery: An Avenue for Post-Traumatic...	S28 — Building Students’ Hope	S36 — The Power of “So”	C41 — 6 Key Strategies for Reducing Burnout
UNION B	S12 — School Counseling Program Advocacy 101	S17 — Data Driven: How to Write an Accountab. Report		S24 — National School Counseling Week	C29 — Forensics for Counselors	C36 — Does Mindfulness Based Cognitive...	S38 — Manageable Data Collection Using Google
UNION C	S7 — Healing Drumming Circles <i>Regency Foyer</i>	S16 — Revamping & Revising Your District’s Crisis Plan		C23 — Geeking In: Using Fanfoms	S30 — A Discussion on Suicide and Violence	C32 — Diverse Needs Among the Hispanic...	C38 — The Use of Virtual Reality
UNION D & E	S11 — Supporting Regular Student Attendance	C14 — “TikTok Therapy”: Helping Clients & Students		C22 — Documentation for Success	C28 — Trauma and the Body: An Introduction	C35 — Implementing Trauma Systems...	S37 — “Coping Cat” Anxiety Groups
FRANKLIN A	C12 — Professional Counseling from a Christian Worldview	S15 — Captivating Career Exploration		S20 — Bringing an Interactive Vehicle Career Day...	C30 — The Power in Counseling	C31 — Licensed Counselors’ Experiences	C39 — Decreasing Ambivalence with Reality Therapy
FRANKLIN B	S8 — How Professionals with Past Trauma Help...	C16 — Counseling Children & Adolec. via Telehealth		C21 — Autism & Aging: What Counselors Need	S27 — School & Community Partnerships	S35 — HB 123 and the Role of the School Counselor	S42 — Doggone “Pawmazing” School Facility Therapy
FRANKLIN C	S9 — Girls and the Teenage Brain	C17 — Strategies for Supporting Black Girls	C19 — Complicated Grief: Ethical Considerations	S25 — Making Friends with Data and Advocating...	S32 — Why Aren’t Students Using the Skills...	S40 — More Calm, Less Chaos	
FRANKLIN D	C11 — Children Grieve Too: Compassionate Care	CANCELED C18 — Supervision, Suicide &...	S19 — Supporting LGBTQ+ Students During Political...	C27 — Value-Based Conflicts and Ethics	C33 — Supporting Struggling Supervisees	C42 — Becoming a Trauma-Informed Supervisor	



WEDNESDAY, OCTOBER 19 SESSIONS

	8:00–9:00 AM	9:15–10:15 AM	10:45–11:45 AM	NOON–1:00 PM
FAIRFIELD	S43 — Prove That You Make a Difference: Teaching Emotional Regulation	C49 — Nonsuicidal Self-Injury: Ethics and Legal Considerations for Counselors	C60 — Mental Health Advocacy: Community Partnerships and Creative Interventions	S63 — So You Want to Play Sports in College: How Your School Counselor Can Help
KNOX	C43 — Clinical Implications for Work With Transgender Survivors of Human Trafficking	S53 — Career Pathways Through Building Trades Apprenticeships	C59 — Happy to Accommodate: Clinical Accommodations for Intellectual/Developmental Disabilities	
MARION	S45 — Advocating for Your Role as an Elementary School Counselor	S49 — Developing Cultural Humility with School Staff	S56 — Youth Service Landscape Analysis	
MORROW	S44 — Creating a “Reset Room”: A Safe Space for Dysregulated Students	S54 — Ohio’s Graduation Requirements	S58 — Transforming the Relationship Between School Counselors and School Administration	C62 — Healing Through Four-Legged Friends: The Value of Animal Assisted Therapy
UNION A	CANCELED C45 — 6 Basic Needs to Creating Personalized Treatment Plan Goals	C53 — Cannabis Controversy: What Counselors Need to Know when Treating PTSD and Addiction	C55 — Ethics In Action: Applying Foundational Ethical Concepts & Implementing...	CANCELED C61 — Keep the Fire Burning: How Clinical Supervisors Can Influence...
UNION B	C44 — There’s No “I” in Team: Supporting the People Behind the Athlete	S50 — 10 Strategies for Building a More Trauma-Informed School Right Now	S60 — The Clarity Inisight Journey	
UNION C	C47 — Working Effectively with Court-Mandated Clients: An Interdisciplinary Approach	C51 — Rainbow Families: Supporting the Caregivers of LGBTQEQIAP+ Youth in Counseling	S57 — Everything You Need to Rock Your Own Advisory Council Meetings	
UNION D & E	S48 — Effectively Handling Oppositional Defiant Behavior	S51 — Beyond Jenga and Uno: Games to Enhance your School Counseling Program	C58 — Conscious Coping: An Innovative Framework for Teaching Clients how to Cope Effectively	C63 — Helping in the Aftermath: Effective Trauma Counseling for Sexual Violence Survivors & Thrivers
FRANKLIN A	C48 — Starting Out a New Supervisory Relationship on the Right Foot	C52 — The Uncomfortable Conversations: Multicultural Development in Supervision	C56 — Suicide: Tools for Everyday Practice	
FRANKLIN B	S47 — Supporting a Student from Inpatient Mental Health Stay to the Classroom: Insider’s Perspective	C50 — Perinatal Mood & Anxiety Disorders: An Overview	S55 — JCAP & SCAP (College & Career Application Process)	
FRANKLIN C	C46 — Three Tricky Ethical Pitfalls for Working with Couples and How to Head them Off Like a Pro	C54 — Ecotherapy: Why it Matters and How to Use it in Counseling	S59 — Forms, Sheets, Autocrat — Oh MY!!	S61 — Positively Impacting Students’ Career Planning
FRANKLIN D	S46 — Holy Guacamole, I’m Graduating: Post-Secondary Options After HS	S52 — We Have Feelings Too: Working with Teenage Boys in the School Counseling Setting	C57 — Self-Injury: Controversial Treatment Considerations	S62 — Examining the Culture of Whiteness in our Schools



Helping Students Succeed in School

QuaverReady's whole-school approach includes an evidenced-based social and emotional learning curriculum plus additional intervention and behavioral resources.

CASEL-Aligned Lessons

Lesson Selection Menu					
4th Grade					
Lesson 14	Understanding My Feelings	Benefits of Self-Discipline	Thinking Before Speaking	Celebrating Our Friendships	Understanding Right from Wrong
Lesson 7-9	Setting Long-Term Goals	Respect for My Community	Keeping the Team Together	Making the Right Choices	My Personality Traits
Lesson 13-16	What Affects People's Perspectives	What is Bullying?	Preventing the Problem	Improving Myself	Different Types of Stress
Lesson 19-24	Reading Body Language	Learning from Situations	Being Resilient	Controlling My Thoughts	How to Express Empathy
Lesson 28-30	Long Term Motivation	How Do I Apply My Reflection?	Good Study Skills	Standing Up for Others	Setting Personal Boundaries

Intervention Resources		
Topics	K-2	3-5
Self-Esteem	I Am Special!	My Confidence and Self-Esteem
Making Good Choices	When I Make Good Choices	Why Good Choices Are Important
Bullying	Bullying and Why It Hurts Others	Bullying Impacts Us All
Anger	When I Feel Angry	Managing Frequent Anger
Grief	Working Through Grief and Loss	Coping With Grief and Loss
Social Skills	Having Friendly Conversations	Why Are Social Skills Important?
Academic Support	Success at School	Managing Academics
Assertiveness	Speaking Up for Yourself	Be

Interventions

Family Manners, Family Matters

Parent and Family Resources

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ALL OHIO COUNSELORS CONFERENCE

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& OHIO COUNSELING ASSOCIATION

WORKSHOPS & SESSIONS
MONDAY-WEDNESDAY

MONDAY PRE-CONFERENCE WORKSHOPS

Monday, October 17

10:00 AM-5:00 PM

FAIRFIELD

P1 — Trauma-Informed Care from a Multicultural Lens: Infusing Cultural Humility into Counseling Practice

Tahani Dari - University of Detroit Mercy

Jenny Cureton - Kent State University

Alicia Hall - Lifestance Health

Kalesha D. Jenkins - Antioch University New England

Culturally competent trauma-informed care (TIC) and resiliency-focused practices are essential in providing effective counseling to individuals and students we serve. This presentation will focus on integrating the core tenets of cultural humility into our counseling practice within a TIC framework to promote client/student resilience and growth within current best practices. Presenters will deliver an interactive session with group activities, practical interventions, and TIC resources that focus on cultural competency, skill development, professional development, and advocacy and social justice.

WORKSHOP

CE Hours 6

Monday, October 17

10:00 AM-5:00 PM

KNOX

P2 — Dialectical Behavior Therapy for Adolescents: Navigating Skills Training with Teens and Parents

Hayle Fisher - Premier Behavioral Health Services

Adolescents struggling with emotional and behavioral dysregulation are likely to engage in problematic risk-taking or avoidant behavior. Parents of emotionally dysregulated adolescents regularly believe their parenting to be erratic or reactive and often struggle with dysregulation themselves when attempting to implement parenting skills. Additionally, counselors often report challenges with finding balance between implementing too permeable versus too rigid boundaries in session when working with highly emotionally dysregulated adolescents. Dialectical Behavior Therapy is an evidence-based approach that has been indicated to have successful outcomes when treating adolescents and their families. Participants in this session will understand the theoretical framework of DBT-A, learn the structure of DBT-A skills training for adolescents and parents, and will learn skills to address therapy interfering behaviors with the client and their family system. Practical applications for implementing DBT-A strategies with adolescents and their parents will be discussed.

WORKSHOP

CE Hours 6

Monday, October 17

10:00 AM-1:00 PM

CHAMPAIGN

P3 — Cultivating and Building a Holistic Group Private Practice

Rachel Waggoner - Ebb & Flow Counseling

During this 3 hour session, attendees will begin to visualize, cultivate, and create concrete goals for a Holistic Group Private Practice. We will spend time on the following objectives: 1) planning and visualizing the culture and vibe for your group practice, 2) laying the foundation of the business including hiring and retaining team members, creating marketing strategies, and cultivating the values for your business and 3) planning and expanding your practice by setting intentional growth goals that align with the business culture, vibe, and values.

WORKSHOP

CE Hours 3

Monday, October 17

10:00 AM-5:00 PM

MADISON

P5 – Introduction to Tapping: A Simple Self-Regulating & Stress Release Technique Bringing the Thinking Brain Back Online

Tijana Coso - The Tapping Project

In this program, participants will walk away with more than theory. They will learn and practice the evidence-based Emotional Freedom Technique (EFT), a self-applied stress reduction tool that brings the nervous systems' functionality back online. EFT is commonly called Tapping because we tap with our own fingers on specific Acupuncture Meridian points on our face and upper body. Grounded in neuroscience, EFT uses elements of cognitive therapy with somatic touch. By downregulating our stress response, we increase calmness and clear thinking. In this highly experiential workshop participants will apply Tapping to their own circumstances to be able to teach others. Please be prepared to engage at this level for maximum learning and personal benefits. Tapping is easy to learn, causes no harm, and can be self-administered at any time. Included in this training is a complimentary follow-up group phone call to address Q & A and skill retention.

WORKSHOP

CE Hours 6

Monday, October 17

10:00 AM-5:00 PM

MARION

P6 – School Safety Best Practices from the Ohio School Safety Center

Nichole Miller - Ohio School Safety Center Depart. of Public Safety

Staff from the Ohio School Safety Center will share resources and information regarding comprehensive school safety. School counselors and other mental health support staff are integral to implementation of a program that focuses on both physical and emotional safety. Members of OSSC staff will provide an overview of our resources and services. Topics covered on this session will include: 1) an overview of the services, structure and training opportunities of the OSSC, 2) a review of HB 123 requirements and implementation, 3) tip line implementation, promotion, follow up and reporting, 4) overview of CIRT training created for schools through an all-hazards approach, 5) the purpose of the Incident Command System and the roles and responsibilities of the Incident commander and command staff, 6) the basics on school emergency management including emergency management plans and tests, 7) best practices in physical security basics & situational awareness and 8) learning about comprehensive school safety team elements which include a focus on students feeling welcome and emotionally safe in their buildings.

WORKSHOP

Monday, October 17

10:00 AM-1:00 PM

MORROW

P7 – Lights! Camera! ACTION! SEL Video Broadcasting in Elementary School

Marie Weller - Delaware City Schools

Paula Vertikoff - Carlisle Elementary School

What happens when an elementary school production team mixes together a bit of Good Morning America, Saturday Night Live, and Sesame Street? It results in a recipe for a schoolwide video broadcast that balances social emotional learning with entertainment. And the best part – it is created by the learning community for that same learning community! Come learn how to start an SEL video broadcast in your elementary school.

WORKSHOP

Monday, October 17

2:00 PM-5:00 PM

CHAMPAIGN

P4 – Strategies for Enhanced Engagement: Voices from the Profession About Diversity, Equity & Inclusion

Carmella Hill - Coleman Health Services

Christina Lloyd - Kent State University

This uniquely formatted workshop will consist of both a presentation and panel discussion. The overall goal is to enhance the learning of the attendees while engaging in a thought-provoking discussion about diversity, equity, and inclusion issues. Diversity, equity, and inclusion are buzz words within organizations and groups that attempt to remain culturally relevant. From a societal level, this is a worthy goal to focus on. However, on an individual level, some admit to feeling challenged in working with others from a multicultural perspective. Often, the perception of multiculturalism is mainly one-dimensional in which race and ethnicity are the foci. However, to increase our multicultural awareness, learning about other dimensions (e.g., gender, religious/spirituality, sexual identity, SES, lifespan development) of individuals' lives will increase understanding and enhance cross-cultural communication. The presentation will challenge attendees to expand their cultural lens to think about diversity, equity, and inclusion issues in a greater way that promotes effective cross-cultural engagement. Additionally, attendees will be provided with some tools and strategies to begin or continue the journey of multicultural awareness in counseling. During the session, attendees will: receive a brief overview of the Multicultural Competencies that address awareness, knowledge, and skills; learn about the intersectionality of cultural dimensions and mental health; receive resources to help support various cultural groups; learn strategies to address diversity, equity, and inclusion issues on micro (the individual level), mezzo (the group level), and macro (the community/governmental level); learn effective strategies to enhance cross-cultural communication; and learn from people in the counseling profession from areas that include schools, colleges/universities, and agency/private practice.

WORKSHOP

CE Hours 3

Monday, October 17

2:00 PM-5:00 PM

MORROW

P8 – Keep Yourself in Your Own Shoes: Cultivating a Work Culture of True Connection and Empathy

Jonelle Massey - Toledo Public Schools / Creative Leadership Solutions

This presentation is ideal for counselors, social workers, supervisors, and leaders of teams that are in need of improving connection and synergy, and/or improving their direct quality of care in such a way that is guided by empathy, empowering beyond an act of duty. Specific empathetic connection strategies will be explored with the identification of your personal empathy archetype. This presentation is guided by the central objective of creating a culture of impactful listeners that avoid pitfalls of monopolizing or becoming enmeshed with our own heightened emotions, thoughts, and beliefs during these uncertain times.

WORKSHOP

CE Hours 3

MONDAY EVENING SESSIONS

Monday, October 17

6:00 PM-7:00 PM

FAIRFIELD

C1 – Systemic View of Historical Trauma Theory

DoHee Kim-Appel - Heidelberg University

Presentation will explore populations historically subjected to long-term, mass trauma such as colonialism, slavery, war, genocide, and other forms of oppression exhibit a higher prevalence of health issues even across several generations removed from the original trauma(s). Understanding how historical trauma might influence the current mental health status of racial/ethnic populations may provide new directions and insights for understanding, treating and preventing mental health issues.

BREAKOUT

CE Hours 1, OARTC Trauma Track

Monday, October 17

6:00 PM-7:00 PM

MARION

C2 – Gender Affirming Letter Writing: A Destigmatizing Approach

Julie Hazel - Clintonville Counseling & Wellness

This training will provide education around writing letter referrals for the purpose of gender affirming surgeries. This training is for clinicians who provide this service and assess clients for surgical readiness and gender dysphoria. This training aims to familiarize clinicians with WPATH standards of care, letter writing techniques, and rapport building with clients. This training also aims to take a destigmatizing approach to assessment and overall deconstruct the “gatekeeper” role of the clinician.

BREAKOUT

CE Hours 1

Monday, October 17

6:00 PM-7:00 PM

MADISON

C3 – Rooted Healing: Creative Use of Trees as Interventions

Natalie Thornberry - Malone University

Trees are universally accessible images across diverse client populations. This session will offer creative and effective suggestions for using trees as interventions. Through the use of metaphor, imagery, art, and movement trees as interventions can bring insight and healing to clients of all ages and backgrounds and with a variety of presenting concerns. Participants will be invited to participate in practical exercises that they can immediately put into use in their practice.

BREAKOUT

CE Hours 1

Monday, October 17

6:00 PM-7:00 PM

MORROW

S1 – A Multi-Tiered Approach: Zines & Storytelling

Sarah Henry - The Ohio State University

Landon Erb - Gahanna Lincoln High School

Eric Gerlach - Arts and College Preparatory Academy

School counselors can build resiliency, social skills, problem solving, connections, and empower students through zines and storytelling techniques. Zines are typically brief creative self-publications that can include interviews, collage, art, poetry, prose, and storytelling. Utilized for over 100 years, zines have been traditionally utilized by marginalized populations to share stories and spread ideas and have many adaptations to counseling. This tool embraces student autonomy and creative choice, which can be used at tier 1 (individual), tier 2 (group), and tier 3 (school wide) levels.

BREAKOUT

Monday, October 17

6:00 PM-7:00 PM

KNOX

S2 – Social Emotional Support: Using the Zones of Regulation and R-Factor Framework and Mindsets

Christina Kottenstette - New Albany-Plain Local Schools

Kimberly Ministeri - New Albany Plain Local SD

Throughout the last couple of years, New Albany Schools have been hard at work implementing The Zones of Regulation and R-Factor Framework and Mindset for our lower level elementary schools. Through this session you will gain information and on these frameworks and mindsets, how to implement them into your schools, the impact it has had on our students and staff members, and the impact overall with these district values, behaviors and outcomes.

BREAKOUT

Monday, October 17

6:00 PM-7:00 PM

CHAMPAIGN

S3 – Captivating Career Exploration Including Planning a Career Fair

Jolene Young - Huber Heights City Schools, -Rushmore Elementary

Learn about ways to engage your students in career exploration activities throughout the school year that will lead up to a career fair. Participants will learn about numerous captivating career exploration activities like: Ohio Means Jobs, Youscience, Career One Stop, Career Interest Surveys, Career Cafés, and how to plan a career fair for their building both in-person and virtual. This session is for all experience levels and building levels.

BREAKOUT

Monday, October 17

7:15 PM-8:15 PM

FAIRFIELD

C4 – “TikTok Therapy”: Helping Clients and Students Discern Between the Good, the Bad, and the Ugly

Marisa Cargill - Cuyahoga Community College / University of Akron

Victoria Frazier - Clinic for Individual & Family Counseling

Chase Morgan-Swaney - The University of Akron

Even if you are not personally engaged with TikTok, chances are you are professionally engaged, even if indirectly through your clients/students. News outlets have reported a rise in “TikTok therapy” where users seek mental health information or advice on the app. This session will serve to help you better understand the opportunities it presents to educate clients, provide you with resources to combat misinformation, create meaningful connections with clients, and to ensure you are able to recommend more appropriate resources on the app.

BREAKOUT
CE Hours 1

Monday, October 17

7:15 PM-8:15 PM

KNOX

C5 – Radical Rest and the Ethics of Self Care

Abbey Carter Logan - Clintonville Counseling and Wellness

When the world changed two years ago, counselors scrambled to be at the forefront both on and off screen. Experiencing the collective trauma of the pandemic, racial reckoning and international wars has overwhelmed our clients, potential clients and the mental health professionals themselves. Folks are struggling to find therapists as they open up, destigmatize mental health, and look deeper into themselves. With the need now greater than we can ever meet, let’s explore how we can ethically care for ourselves and rest into our roles as the counselors in a mental health endemic.

BREAKOUT
CE Hours 1 (Ethics)

Monday, October 17

7:15 PM-8:15 PM

CHAMPAIGN

C6 – Things To Consider When Counseling African Immigrant Families

Jummy Olawale - Focus Counseling Clinic, LLC.

Counseling the African immigrant population requires a robust, comprehensive, and culturally sensitive approach that considers the intersections of race, gender, culture, power, socioeconomic status, identity, immigration status, and mental health and their deleterious effect on African immigrants. This presentation will provide information about how to address the unique challenges that African immigrants face that puts them at risk of negative mental health outcomes and how to harness their strengths to support and provide effective counseling interventions.

BREAKOUT
CE Hours 1

Monday, October 17

7:15 PM-8:15 PM

MORROW

S4 – RAMPing 101

Cristina Foster - Ohio Virtual Academy

Megan Daley - Ohio Virtual Academy

Jennifer Yost - Ohio Virtual Academy

In this interactive workshop, you will discover RAMP and how to earn this ASCA recognition for your school counseling program. Learn the inside scoop on RAMPing from 1 of the 3 Ohio schools to earn this award. You will gain insight into the RAMP rubric, common mistakes, tips and tricks, and how to create a roadmap to earning RAMP for your school. Not only will you understand all that RAMP entails, but you will also learn how to utilize your journey towards RAMP as an advocacy tool for your school counseling program.

BREAKOUT

Monday, October 17

7:15 PM-8:15 PM

MARION

S5 – Why Aren't Students Using the Skills I'm Teaching?

Judith Norman - Synergetic Education Institute

Have you spent hours teaching skills to students, and seen them go unused when most needed? What isn't working? Most of our SEL programs are missing vital pieces. Developing self-regulation requires several sets of skills including interoception, the neurobiological foundation to SEL. If students can't recognize when they need to regulate, they won't be successful using the strategies we're teaching. Learn how to teach these vital missing pieces to strengthen the program you're already using or develop your own, based on foundational skills needed for students to apply what they are learning.

BREAKOUT

Monday, October 17

7:15 PM-8:15 PM

MADISON

S6 – Social Determinants of Mental Health (SDoMH) Considerations for Counseling Children and Adolescents

Nancy Gillespie - Grove City Christian School

DeQuindre Hughes - The Ohio State University

The mental health of children and adolescents is influenced by many factors. In the CDC's framework for Social Determinants of Health, there are 5 domains. 1. Economic Stability 2. Education Access and Quality 3. Health Care Access and Quality 4. Neighborhood and Built Environment and 5. Social and Community Context. Clinical and school counselors will be introduced to the framework of SDoMH and why it is important to consider when counseling children and adolescents. The implications for practice and policy are critical with the current state of mental health among our young people.

BREAKOUT

TUESDAY SESSIONS

Tuesday, October 18

8:30 AM-9:30 AM

MORROW

C10 — Trauma 101: What Beginning Counselors Need to Know about Trauma in Clinical Practice

Christine Banks-VanAllen - Kent State University

Hannah Lowe - Signature Health

Trauma is ubiquitous in clinical practice. Trauma is linked to mental health conditions including substance abuse, eating disorders, depression, self-injury, and suicide. The emotional, cognitive, and physiological symptoms of trauma can be a daunting challenge for non-trauma-informed counselors. This session will provide a fundamental overview of trauma and trauma-informed care, and offer best practices and practical skills for new counselors entering the field of trauma work. This multimedia presentation will leave participants with concrete tools for conceptualizing and addressing trauma.

BREAKOUT

CE Hours 1, OARTC Trauma Track

Tuesday, October 18

8:30 AM-9:30 AM

FRANKLIN D

C11 — Children Grieve Too: Compassionate Care and Strategies for Forgotten Mourners

Kailey Bradley - Ohio University

Children grieve but are often forgotten when it comes to grief support. As a result of the COVID-19 pandemic more children will need compassionate grief support in various settings. Participants in attendance will walk away from this training with unique strategies to support children after a loss. Resources (particularly book suggestions) will be provided and those in attendance will be encouraged to share their own experiences working and supporting grieving children.

BREAKOUT

CE Hours 1

Tuesday, October 18

8:30 AM-9:30 AM

FRANKLIN A

C12 — Professional Counseling from a Christian Worldview: Ethical Considerations in Practice

David Brown - Liberty University

Jama Davis - Liberty University

Courtney Evans - Liberty University

The increased focus on spiritual integration in counseling brings necessary attention to professional ethics. Ethical guidelines mandate that clinicians do not impose values on clients, which is often confused with the false idea that Christian clinicians may not or cannot practice ethically due to potential conflicts between ethical practice and religious beliefs. This presentation reports research that explored clinicians' understanding of integrating Christianity into clinical work. Such understanding may help correct biases regarding ethical use of Christianity in clinical settings.

BREAKOUT

CE Hours 1 (Ethics)

Tuesday, October 18

8:30 AM-9:30 AM

UNION A

C7 – Watch Your Mouth: The Why and How-To of LGBTGEQIAP+ Affirming Language

Jared Rose - Bowling Green State University / Private Practice
Hannah Rowe - The Children's Resource Center

This active and engaging presentation is a guide at identifying and producing affirming language when working with LGBTGEQIAP+ folx. Attendees will understand societal concerns that impact LGBTGEQIAP+ mental and emotional wellbeing. How to implement key aspects to foster inclusivity will be advanced. The goal being that we as counselors work together to lessen the harassment, violence, discrimination, suicide, and abuse rates within this population. Resources to further knowledge about, and support services provided to, these students and clients will also be delivered.

BREAKOUT
CE Hours 1

Tuesday, October 18

8:30 AM-9:30 AM

FAIRFIELD

C8 – Sticky Thoughts: Strategies for Working with Clients with Intrusive Thoughts

Emily Baker - The Ohio State University
Gabby Silone - Bluestone Counseling

Intrusive thoughts are frightening images or thoughts that come from outside of one's control and feel threatening. These debilitating thoughts can keep clients engaged in an endless spiral of anxiety. As a commonly reported symptom in the mental health field, counselors need training on how to appropriately address intrusive thoughts to avoid unintentionally doing more harm. Presenters will review common types of intrusive thoughts, discuss evidence-based strategies for treatment in children and adults, and provide tips and resources for integrating strategies into their current practice.

BREAKOUT
CE Hours 1

Tuesday, October 18

8:30 AM-9:30 AM

KNOX

C9 – A Primer on the Integrative Developmental Model of Supervision

Stephanie Maccombs-Hunter - Ohio University

Participants will learn about the empirically-tested integrative developmental model of supervision that supervisors can use to track supervisee development. Participants will learn the key domains of this model (i.e., intervention skills competence, assessment techniques, client conceptualization, individual differences, theoretical orientation, treatment plans and goals, professional ethics) and how to evaluate supervisees across these domains. This session is designed for new supervisors or supervisors interested in learning more about this model.

BREAKOUT
CE Hours 1 (Supervision)

Tuesday, October 18

8:30 AM-9:30 AM

MARION

S10 — Pre-Apprenticeship Completion Options: Working with Community Resources

Christina Collins - Kent State University/State Board of Education/Medina Economic Development Cooperation

Jen Wish - Buckeye Local School District

Amanda Hogue - Buckeye Local Schools

We partnered with our local Economic Development Group to create a pre-apprenticeship plan (approved by ODE) that will cover every high school in our county. Our seniors who chooses this pathway will earn the OMJ Seal, 12 point credentials, and complete the pre-apprenticeship pathway. They will also be tied to our local community college (Tri-C), in case they decide to pursue their path into an apprenticeship in manufacturing or architecture. I believe our program is unique and innovative, and it allows the pre-apprenticeship program to be more accessible.

BREAKOUT

Tuesday, October 18

8:30 AM-9:30 AM

UNION D & E

S11 — Supporting Regular Student Attendance and Those with Mental Health Concerns

Nicole Kahler - OH Department of Education

Schools continue to see a rise in absenteeism. It is important schools provide early interventions to overcome attendance barriers, especially to those who are the most vulnerable. This session will help identify attendance barriers before implementing HB 410. This session will discuss strategies schools can create using a multi-tiered system of support to help reduce chronic absenteeism. Participants will learn how to incorporate attendance data in school improvement. Participants will also learn about mental health conditions, how they impact regular attendance, and strategies for support.

BREAKOUT

Tuesday, October 18

8:30 AM-9:30 AM

UNION B

S12 — School Counseling Program Advocacy 101

Cristina Foster - Ohio Virtual Academy

Laura Hogue - Bedford City Schools

Emily Stamm - Port Clinton City School District

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.

BREAKOUT

Tuesday, October 18

8:30 AM-9:30 AM

REGENCY FOYER (3RD FLOOR)

S7 – Healing Drumming Circles

Brianna Abbott - Worthington Schools

Iggy Garcia - Self Employed

Healing Drumming Circles are easy to implement, fun, engaging for students (and staff) of all ages, and reasonable in cost. Join us during this session to try out for yourself what it is like to drum and learn about the experience of a school who implemented a healing drumming circle. From the rhythm of your heart to the connection of a shared experience, drumming provides more than just bilateral stimulation. Come find out how to help heal hearts one beat at a time.

BREAKOUT
CE Hours 1

Tuesday, October 18

8:30 AM-9:30 AM

FRANKLIN B

S8 – How Professionals with Past Trauma Help Students, Parents and Colleagues with their Own Trauma

Brandi Cosgrove - Granville High School

There is so much out there about trauma-informed care in regards to students, but what about professionals with their own past trauma helping their students and colleagues with their trauma. In some ways, you are uniquely gifted to empathize with your students and colleagues and provide them with emotional support. However, you have to be aware of your own triggers, take care of yourself when triggered, and know when to step away from a situation. I will briefly share my story and ways I had to develop self-awareness about my triggers and what steps I have had to take to care for myself.

BREAKOUT

Tuesday, October 18

8:30 AM-9:30 AM

FRANKLIN C

S9 – Girls and the Teenage Brain: Techniques for Tapping into Their Superpowers

Mandy Fontaine - Girl Thriving

Sarah Tenney - Love Well LLC

In this session we explore skills, techniques, and curriculum ideas for working specifically with adolescent girls rooted in the latest positive psychology, applied neuroscience, and educational research. Having a full counseling bag of tricks is nice, but knowing how and why to use each of the tools is even better! How do we best support our students with creating healthy habits? Why is it important to teach our students about how their brains work? Join us for a fun discussion, share in some brainstorming with us, and leave with a few more practical tricks up your sleeve!

BREAKOUT

Tuesday, October 18

9:45 AM-10:45 AM

KNOX

C13 – Cultivating Sex-Positivity in Counselors

Shawn Burton - John Carroll University

Joon Yub Kim - John Carroll University

Sex is an important element as a human being, influencing the development of identity from a young age. For counselors to understand clients holistically, a non-judgmental/sex-positive view is needed. This presentation will address the potential benefits of sex-positivity in counseling and how counselors can practice a sex-positive mindset in everyday settings.

BREAKOUT

CE Hours 1

Tuesday, October 18

9:45 AM-10:45 AM

UNION D & E

C14 – “TikTok Therapy”: Helping Clients and Students Discern Between the Good, the Bad, and the Ugly

Marisa Cargill - Cuyahoga Community College / University of Akron

Victoria Frazier - Clinic for Individual & Family Counseling

Chase Morgan-Swaney - The University of Akron

Even if you are not personally engaged with TikTok, chances are you are professionally engaged, even if indirectly through your clients/students. News outlets have reported a rise in “TikTok therapy” where users seek mental health information or advice on the app. This session will serve to help you better understand the opportunities it presents to educate clients, provide you with resources to combat misinformation, create meaningful connections with clients, and to ensure you are able to recommend more appropriate resources on the app.

BREAKOUT

CE Hours 1

Tuesday, October 18

9:45 AM-10:45 AM

UNION A

C15 – Working in Poverty: Meeting Needs

Joshua Castleberry - Kent State University

This presentation will present practical skills for working with individuals experiencing poverty. Specifically, it will cover choice preservation and relatedness in counseling individuals experiencing poverty. Self-determination theory labels these factors as basic psychological needs, and they enhance an individual’s sense of control and connection, thus leading to self-determined motivation (Krabbenborg et al., 2017). Relationships and choice are pivotal in recovery outcomes and link factors that promote self-determination to positive outcomes in services (Manning et al. 2019).

BREAKOUT

CE Hours 1

Tuesday, October 18

9:45 AM-10:45 AM

FRANKLIN B

C16 – Counseling Children and Adolescents via Telehealth: Interventions for Your Next Session

Amanda Cole - Kent State University

Samantha Luyster - Greenleaf Family Center

This interactive presentation will provide more than 50 newly-updated interventions for counselors to use across a variety of settings and a wide range of symptom presentations when working with children and adolescents via telehealth. Participants will receive a substantial resource guide designed to enhance a counselor's repertoire to successfully engage kids, teens, and their families online through creative and ready-to-use techniques, interventions, and therapeutic tools.

BREAKOUT
CE Hours 1

Tuesday, October 18

9:45 AM-10:45 AM

FRANKLIN C

C17 – Strategies for Supporting Black Girls: Building Resilience, Strength and Leadership

Shekyra DeCree - Ruling Our eXperiences (ROX)

The culturally unique experiences of Black girls within their families, schools, and community can influence their self-concept from a young age. Historically, Black girls have displayed resilience amid all of the social "isms" they encounter. Black girls need to be equipped with tools that help them maintain their strength, confidence, and resilience without jeopardizing their wellness and livelihood. This workshop will provide culturally inspired strategies that empower Black girls to build and develop confidence, and promote their overall wellbeing.

BREAKOUT
CE Hours 1

Tuesday, October 18

9:45 AM-10:45 AM

MARION

S13 – Optimal Conceptual Theory

Lisa Sims, Ph.D. - John R. Buchtel Community Learning Center/Akron Public Schools

Optimal Conceptual Theory was developed by Linda James Myers of The Ohio State University to help therapists to work with students of African descent. However, this presentation will bring out how this theory can be applied to the work of school counselors who work in urban school districts. This presentation will encompass historical significance to the theory and discuss why this is needed in schools and how students can benefit from this cultural approach.

BREAKOUT

Tuesday, October 18

9:45 AM-10:45 AM

MORROW

S14 – School Counselors Experiences with ACES and Approaches for Building Protective Factors

Sarah Shrewsbury - The Ohio State University

Robyn Walsh - Capital University

Brett Zyromski - Ohio State University

Adverse childhood experiences (ACEs) can result in immediate and long-term medical, mental health, and behavioral issues (Center for Disease Control and Prevention, n.d.). School counselors who incorporate their knowledge of ACEs to inform programming decisions in their school counseling programs can intervene to buffer the impact of ACEs. This presentation will discuss a student on school counselors experiences with ACEs and include recommendations for how school counselors and school counselor educators can better prepare school counselors to work with students experiencing ACEs.

BREAKOUT

Tuesday, October 18

9:45 AM-10:45 AM

FRANKLIN A

S15 – Captivating Career Exploration Including Planning a Career Fair

Jolene Young - Huber Heights City Schools

Learn about ways to engage your students in career exploration activities throughout the school year that will lead up to a career fair. Participants will learn about numerous captivating career exploration activities like: Ohio Means Jobs, Youscience, Career One Stop, Career Interest Surveys, Career Cafés, and how to plan a career fair for their building both in-person and virtual. This session is for all experience levels and building levels.

BREAKOUT

Tuesday, October 18

9:45 AM-10:45 AM

UNION C

S16 – Revamping and Revising Your District's Crisis Response Plan

Cara Sanders - Massillon City Schools

If you do not have a crisis plan in place, it is time to develop one. If you have one, it's time to review, practice, and update your plan. Our counselors and administrators made a commitment this year to dedicate time to this, and we learned so much. Now we want to share the wealth! You'll learn about the resources we used to guide us and how we were able to simplify, streamline, and present our plan to all administrators and all district staff members with a stamp of approval from our local Mental Health and Recovery Board.

BREAKOUT

Tuesday, October 18

9:45 AM-10:45 AM

UNION B

S17 — Data Driven: How to Write an Ohio School Counselor Accountability Report

Deb Gray - Franklin Local School District

Rachel Vitale - Nardon Hills City School District

An Ohio School Counselor Accountability Report (OSCAR) is a continuous improvement document that shows the effectiveness of a school counseling program. In this work session, participants should come ready to create a draft of an OSCAR. Please bring data from the 22-23 school year. Participants will have time to work on the OSCAR and will be given feedback on the draft that they create in session. Participants need to continue to collect data throughout the year to complete the OSCAR. Participants can get feedback by submitting a draft of the OSCAR to the presenters prior to March 30.

BREAKOUT

Tuesday, October 18

9:45 AM-10:45 AM

FAIRFIELD

S18 — School-Family Partnerships to Promote Student Mental Health

Patrick Cunningham - The Ohio State University

Brett Zyromski - Ohio State University

Families and schools both play a critical role in supporting the mental health of children and adolescents. This session will provide an overview of research on child and adolescent mental health and well-being, including factors that contribute to mental health despite adversity. We will discuss high-impact opportunities for home-school partnerships, emphasizing the role of school counselors in applying these strategies for the benefit of all students. The session will also provide time for practitioners to reflect on how to leverage these strategies in their specific contexts.

BREAKOUT

Tuesday, October 18

9:45 AM-10:45 AM

SESSION CANCELED C18 — Supervision, Suicide & Supervisees

Emily Ribnik - NEOMED

The suicide of a client can cause both professional and personal impacts for a counseling supervisor. This presentation will explore these impacts, proactive and reactive supervision for a client suicide, and advocacy that can be done at organizations to appropriately respond to a supervisee after the suicide death of a client. Recommendations for supervision needs in the immediate aftermath of a client suicide will be highlighted. This session is appropriate for clinical supervisors and administrators from agencies and practices.

BREAKOUT

CE Hours 1 (Supervision), OARTC Trauma Track

CANCELED

Tuesday, October 18

11:00 AM-12:00 PM

REGENCY BALLROOM (3RD FLOOR)

KEYNOTE — Burning at Both Ends: Managing Burnout in Your Career + Life ft. Rachel Sheerin

Rachel Sheerin - RachelSheerin.com

When tough times come to call, we're at even greater risk of burnout. In this fast-paced and motivational program, burnout-expert and Certified Professional Behavioral Analyst, Rachel Sheerin, provides tactical tools and insights into why burnout happens in times of crisis and how it shows up, feels and impacts ourselves and teams.

Armed with strategies on how to conquer fear and navigate tough times, this humor-filled training helps tired professionals put on their own oxygen masks.

AFTER OUR KEYNOTE SESSION, YOU WILL:

- UNDERSTAND: Why burnout happens to people who care about their work and how burnout shows up in yourself and others.
- FEEL EMPOWERED: To influence yourself and others with actionable strategies to repair and prevent burnout
- CREATE: Your own roadmap for success and happiness in and out of work.
- DEFINE: Goals that re-energize and refocus yourself as a person and professional!

KEYNOTE

CE Hours 1

Tuesday, October 18

12:45 PM-1:45 PM

FRANKLIN C

C19 — Complicated Grief: Ethical Considerations in Treatment and Diagnosis

Kailey Bradley - Ohio University

This ethics-focused training will consider the cultural considerations of diagnosing prolonged grief disorder. Attendees will obtain a deeper understanding of how complicated grief and prolonged grief disorder represent the evolving discourse in grief-related language.

Additionally, this presentation will focus on how complicated grief has been named in the DSM V-TR. Furthermore, this participation will provide attendees with opportunities to reflect on the ethical and professional considerations of diagnosing prolonged grief disorder within diverse therapeutic settings.

BREAKOUT

CE Hours 1

Tuesday, October 18

12:45 PM-1:45 PM

KNOX

C20 — Nurturing the Lotus: Sustaining Wellness and Cultivating Resilience

Tamarine Foreman - Ohio University

COVID-19 created a ripple effect of increased need for services and potentially overwhelmed our capacity to care. Thus, impacting wellness and risk of secondary trauma (Foreman, 2018). However, as counselors care for their self through empathy and focus on personal resiliency, they are better able to provide the same to those they walk along side in their path of healing (Litam et al., 2021). The lotus flower is a metaphor to symbolize how we can foster resilience and sustain wellness, amidst murky water and traumatic narratives. Join this session to take a moment to cultivate your resilience.

BREAKOUT

CE Hours 1, OARTC Trauma Track

Tuesday, October 18

12:45 PM-1:45 PM

FRANKLIN B

C21 – Autism and Aging: What Counselors Need to Know

Anna Ellenson - Kent State University

morgan stohlman - Kent State University

Approximately 2.5 million Americans live with an Intellectual/Developmental Disability (I/DD) (ADA, 2013). More than half of these individuals will experience a mental health concern within their lifetime but will struggle to access mental healthcare (Evans et al., 2012). This session will equip counselors to work with individuals on the Autism Spectrum struggling with mental health by providing an overview of the unique experiences and needs of individuals with ASD across the lifespan and suggesting best practices and clinical interventions from research, self-advocates, and experience.

BREAKOUT

CE Hours 1

Tuesday, October 18

12:45 PM-1:45 PM

UNION D & E

C22 – Documentation for Success

Charles Junkin - My Integrity Counseling

Philip McClelland - My Integrity Counseling

Participants will leave this presentation with a practical working knowledge of what to include and not include in clinical documentation and a firm grasp on current and potential future ethical and legal standards for documentation. The presentation will also include a special emphasis on documentation for tele-health.

BREAKOUT

CE Hours 1 (Ethics)

Tuesday, October 18

12:45 PM-1:45 PM

UNION C

C23 – Geeking In: Using Fandoms to Improve Mental Health

Elisa Gambill - Scioto Paint Valley Mental Health Center

Utilizing fandoms and pop culture figures in a client's journey provides counselors with an avenue to increase engagement, interest, and autonomy. This presentation will focus on promoting the use of fandoms in the mental health field with focus on parasocial relationships and social surrogacy, as well as promoting multiple strengths, increasing level of engagement, and assisting clients in identifying their own struggles within the safety of the counseling journey. It will also enhance the knowledge base of utilizing fandoms to promote further research and focus on it in the future.

BREAKOUT

CE Hours 1

Tuesday, October 18

12:45 PM-1:45 PM

UNION A

C24 – Addiction Recovery: An Avenue for Post-Traumatic Growth

Victoria Giegerich - Malone University

Addiction researchers have focused on addictive processes to the neglect of long-term recovery processes. Similarly, post-traumatic growth (PTG) is only recently garnering interest. Clients in addiction treatment will likely experience both recovery and PTG processes; however, counselors may lack awareness on how to facilitate PTG processes in recovery. This presentation will review the comorbid nature of SUDs and trauma before providing insights on PTG in recovery. Attendees will learn and apply evidence-based tools...

BREAKOUT

CE Hours 1, OARTC Trauma Track

Tuesday, October 18

12:45 PM-1:45 PM

FRANKLIN D

S19 – Supporting LGBTQ+ Students During Political Uncertainty

Carrie Frederick - Springfield City School District

60 minute presentation, addressing the need for school counselors to understand the current political impact on themselves and LGBTQ+ students. There is proposed legislation currently at the state level in Ohio that, if passed, could drastically impact how school counselors are able to counsel this student population. School counselors need to be aware of their legal obligations, ethical obligations, and best practices to continue offering the most support possible to this already vulnerable population

BREAKOUT

Tuesday, October 18

12:45 PM-1:45 PM

FRANKLIN A

S20 – Bringing an Interactive Vehicle Career Day to Your School

Tutsy Asmus - Eastwood Elementary

From start to finish, plan a career day for your school. You will get all sample letters and schedules as well as tips for building parent and community partnerships to bring careers to life for your students.

BREAKOUT

Tuesday, October 18

12:45 PM-1:45 PM

MORROW

S21 – Effective Collaboration: School Counselors and Mental Health Counselors

Christin Lee - Perrysburg Exempt Village Schools

Derek Lee - The Hope Institute

While there are a number of similarities between school counselors and mental health counselors, there are also some striking differences. This session will explore the responsibilities and boundaries of both and look at best practices for collaboration to assist students. Areas discussed will include how each role supports the other, consistency in treatment and interventions, and exploring some of the unique language of each that we may not actually understand.

Tuesday, October 18

12:45 PM-1:45 PM

MARION

S22 — Reboot Your Brain: Destructing Bias

Monica Jones - Central Ohio Transit Authority

If you have a brain then you have a bias. Can you imagine a situation when someone's bias, conscious or unconscious, influenced an interaction with a student? Perhaps the student's appearance, manner of speaking, response (or lack of response) led someone to jump to a conclusion or interact with the student in a way that did not achieve the best outcome. Brain science can help us understand why we have biases. We can have better interactions with students and coworkers when we increase our awareness of our biases and manage our responses. During this session, attendees will develop a deeper understanding of implicit and unconscious bias, recognize how biases may impact students' experiences, learn techniques to manage bias in day-to-day work environments and consider how to modify systemic processes, communications and interactions to minimize effect of bias,

BREAKOUT

Tuesday, October 18

12:45 PM-1:45 PM

FAIRFIELD

S23 — Developing and Implementing a Comprehensive School-Based Suicide Prevention Program

Darcy Haag Granello - Ohio State University

Paul Granello - The Ohio State University

Nancy Gillespie - Grove City Christian School

School counselors are responsible for developing and implementing comprehensive school-based suicide prevention programs. Yet many schools have piecemeal aspects of suicide prevention without a cohesive and comprehensive approach that best serves the needs of students. This presentation provides a step-by-step practical strategy for developing and implementing a comprehensive model for school-based suicide prevention. The model is grounded in the latest research and best practices from ASCA, AFSP, JED, SAMHSA, and others. Participants will learn how to move forward with this life-saving plan.

BREAKOUT

CE Hours 1

Tuesday, October 18

12:45 PM-1:45 PM

UNION B

S24 — National School Counseling Week: Celebrating Our Profession

Marcia Childs - Westerville City Schools - Blendon Middle School

Amy Weinrich - Westerville City Schools

National School Counseling Week provides a unique opportunity for School Counselors to celebrate and advocate for our profession. This session will provide attendees with easy to implement activities for National School Counseling Week that engage students and staff each day of NSCW. Get ready for National School Counseling Week because the excitement is building!

BREAKOUT

Tuesday, October 18

2:00 PM-3:00 PM

MORROW

C25 — Resiliency-Focused Counseling: Fostering Healing and Hope for Youth with Trauma Histories

Alicia Hall - Lifestance Health

This presentation will address the relationship of trauma, emotion dysregulation, and cognitive distortions that youth with trauma histories often struggle to overcome. Resiliency-focused counseling interventions are emphasized to support these youth in learning emotion regulation strategies and to reduce and reframe cognitive distortions. This interactive presentation will provide creative and innovative strategies counselors can implement across settings (clinical and school) and includes visual demonstrations, group activities, and hands-on tools and resources.

BREAKOUT

CE Hours 1, OARTC Trauma Track

Tuesday, October 18

2:00 PM-3:00 PM

MARION

C26 — Gender Affirming Letter Writing: A Destigmatizing Approach

Julie Hazel - Clintonville Counseling & Wellness

This training will provide education around writing letter referrals for the purpose of gender affirming surgeries. This training is for clinicians who provide this service and assess clients for surgical readiness and gender dysphoria. This training aims to familiarize clinicians with WPATH standards of care, letter writing techniques, and rapport building with clients. This training also aims to take a destigmatizing approach to assessment and overall deconstruct the “gatekeeper” role of the clinician.

BREAKOUT

CE Hours 1

Tuesday, October 18

2:00 PM-3:00 PM

FRANKLIN D

C27 — Value-Based Conflicts and Ethics in Counseling Practice

Jessica Headley - Wellness Grove

Chase Morgan-Swaney - The University of Akron

Christina Woloch - Malone University

There is an increasing need for counselors to understand the current American Counseling Association Code of Ethics (2014) as they relate to value-based conflicts. Such conflicts represent dilemmas between the counseling profession’s collective values as represented in the Code of Ethics and a counselor’s personal values. Court cases related to value-based conflicts in the counseling profession will be discussed. A specific model for ethical decision-making by Kocet and Herlihy (2014) will be presented and explored as a means to reconcile value-based conflicts in counseling.

BREAKOUT

CE Hours 1 (Ethics)

Tuesday, October 18

2:00 PM-3:00 PM

UNION D & E

C28 – Trauma and the Body: An Introduction to Sensorimotor Psychotherapy

Kristen Horvath-Broda - Signature Health

Do you struggle to help numb, disconnected clients who can't feel emotion or explore inner experience? Do your clients get 'stuck' in overwhelming emotions and self-destructive impulses rather than resolving the trauma? Sensorimotor Psychotherapy was developed by Pat Ogden, PhD, informed by the works of Ron Kurtz and the Rolf Method, and enriched by the contributions from the research on attachment, trauma, neuroscience and dissociation. This introductory presentation is a glimpse of the theory and techniques gained in the Training for the Treatment of Trauma.

BREAKOUT

CE Hours 1, OARTC Trauma Track

Tuesday, October 18

2:00 PM-3:00 PM

UNION B

C29 – Forensics for Counselors: Understanding the Intersection of Mental Health, the Law and the Courts

Gregory Janson - Dr. Gregory R. Janson, Forensic Examiner

This presentation is intended to introduce counselors and other mental health professionals to the basics of forensics. It includes a brief overview of qualifications required for forensic evaluations, understanding forensic reports, including those related to Sanity and Competency, the dos and don'ts of testimony, and the nature/role of forensic evaluation in both criminal and civil cases.

BREAKOUT

CE Hours 1

Tuesday, October 18

2:00 PM-3:00 PM

FRANKLIN A

C30 – The Power in Counseling: Recognizing and Addressing Power in Counseling Relationships

Laura Dunson Caputo - Kent State University

This presentation will explore the role of power in the counseling relationship. Informed by relational-cultural theory and social activist theories of power, participants will learn how power can manifest in the counseling session and sociocultural contexts. Participants will learn different theories of power and apply these theories to sample cases. This presentation will incorporate practical tools for undermining harmful power differentials and creating space for collaboration.

BREAKOUT

CE Hours 1

Tuesday, October 18

2:00 PM-3:00 PM

FRANKLIN C

S25 – Making Friends with Data and Advocating for your Programming

Alana Pustay - Great River Connections Academy

Do you want to collect data but have no idea where to start- look no further! This session will teach you how to use Google Forms, Sheets and Slides to create, evaluate and present data on your school counseling program and advocate for yourself and your students. Furthermore, you will be given practical ideas on how to assess students efficiently and effectively for mental health as well as what to do with them after they have been screened. In this session I hope to calm your fears and reduce your anxiety around data collection and advocacy.

BREAKOUT

Tuesday, October 18

2:00 PM-3:00 PM

FAIRFIELD

S26 – Reduce Anxiety, Increase Student Wellness and Performance Using Tapping

Tijana Coso - The Tapping Project

“I’m so stressed out!” School counselors know that anxiety is a presenting concern for youth today leading to a lack of concentration, poor test scores, and lower grades. With a simple and easy-to-understand modality called Emotional Freedom Technique (EFT)/Tapping, students will be able to quickly calm themselves to get their “thinking brains” back online in any setting, at any time. Join Tijana and discover the basics of evidence-based EFT to teach the next generation how to manage their stress to become more adaptable, resilient, and confident inside and out of the classroom. And maybe you also would appreciate using Tapping for your own stress and emotional challenges.

BREAKOUT

CE Hours 1

Tuesday, October 18

2:00 PM-3:00 PM

FRANKLIN B

S27 – School & Community Partnerships: Addressing Student and Staff Mental Health and Wellness

Tricia Buchert - Mariemont City School District

Nancy Eigel-Miller - 1N5

Comprehensive mental health education and prevention in schools positively impacts academic outcomes and teacher wellness. The presenters will review the current trends/data on student and staff mental health and wellness. Participants will learn how schools and outside partners can work together to create tailored, comprehensive mental health programming to reduce the stigma of mental illness and promote mental wellness among students, caregivers, and staff.

BREAKOUT

Tuesday, October 18

2:00 PM-3:00 PM

UNION A

S28 – Building Students’ Hope and School Belonging Using Research-Based Surveys and Interventions

Patrick Cunningham - The Ohio State University

DeQuindre Hughes - The Ohio State University

Sangeun Lee - The Ohio State University

Two high impact factors that have been shown to impact student achievement and wellbeing are hope and a sense of school belonging. This session will provide an overview of the research on these factors, including their connection to critical student outcomes, how they can be fulfilled through the ASCA’s Mindsets and Behaviors, and how to measure them using research-based, free-access instruments. The session will also provide strategies that school counselors can use to support these factors with evidence-based interventions.

BREAKOUT

Tuesday, October 18

2:00 PM-3:00 PM

KNOX

S29 – Supporting Students from Abroad: Everything You Need to Know

Linda Knicely - Retired School Counselor

Jill Woerner - AFS-USA

With a focus on the enrollment and scheduling process but all the way to the end of the school year, this session will provide resources to support both you and your international students. From deciphering foreign transcripts to knowing what questions to ask or issues to consider as their school experience begins, we’ll provide tools and tips to ease the stress of navigating the unfamiliar. We’ll also discuss how to integrate these students into your student body while tapping into their backgrounds and perspectives to culturally enrich the experiences of your students, staff, and community.

BREAKOUT

Tuesday, October 18

2:00 PM-3:00 PM

UNION C

S30 – A Discussion on Suicide and Violence Prevention Education in Schools

Jill Jackson - Ohio Department of Education

Sarah Music - Ohio Department of Education

Ohio Department of Education staff will provide the requirements for Ohio schools to provide suicide and violence prevention education to support school safety. The presentation will provide practical tools, skills and inventions to support school safety.

BREAKOUT

Tuesday, October 18

3:15 PM-4:15 PM

FRANKLIN A

C31 – Licensed Counselors’ Experiences with Workplace Violence: What Do We Know and What Can We Learn?

Tahani Dari - University of Detroit Mercy

Janet Kempf - University of Toledo

John Laux - University of Toledo

Research indicates that helping professions are victims of workplace violence perpetrated by the very people they aim to serve. The presenters will share results of a robust research study that surveyed licensed counselors in the State of Ohio about their experiences with and the impact of workplace violence perpetrated by clients. In addition, the presenters will also discuss best practices, from an exhaustive review of the literature, which can be utilized to reduce and mitigate incidents of workplace violence and their potential impact on counselors and society.

BREAKOUT

CE Hours 1, OARTC Trauma Track

Tuesday, October 18

3:15 PM-4:15 PM

UNION C

C32 – Diverse Needs Among the Hispanic Latino/Latina Latinx Community

Rafie Sturgis - Hispanic UMADAOP

In this presentation we will highlight an overview of our educational, prevention and residential treatment services from a culturally sensitive perspective. Special attention will be given to the diversity within the Hispanic community. Core beliefs, values and culture of the target population will be explored and discussed with practical applications and interventions that contribute to a healthy therapeutic alliance.

BREAKOUT

CE Hours 1

Tuesday, October 18

3:15 PM-4:15 PM

FRANKLIN D

C33 – Supporting Struggling Supervisees: Strength-Based Support and Remediation Strategies

Victoria Kress - Youngstown State University

Jake Protivnak - Youngstown State University

Supervisors frequently navigate challenges with supervisees who are struggling with their professional development. In these situations, supervisors are called upon to make important judgments and have difficult conversations with supervisees. In this training, supervisors will learn about the importance of strengths-based remediation; ethical and legal considerations which relate to supervisee remediation; remediation strategies that can address supervisee’ struggles; and specific strategies and methods that can be used to support supervisees in their professional growth process.

BREAKOUT

CE Hours 1 (Supervision)

Tuesday, October 18

3:15 PM-4:15 PM

KNOX

C34 – Wellness as a Transdiagnostic Framework to Address Mental and Emotional Issues

Michael Desposito - The Wellife, LLC

Katie Gamby - Malone University

Wellness is a core tenet of the counseling profession and the 5F-WEL counseling evidence-based model has provided clinical utility for a number of populations, but has not been delineated for diagnostic populations. In another line of research, Well-Being Therapy (WBT) has provided promising treatment outcomes when wellness is targeted as a transdiagnostic factor (Fava, 1999; 2016). This presentation will explore wellness as a transdiagnostic treatment by comparing Myers & Sweeney's (2008) model and Ryff's (1989) well-being model to support wellness practice integration.

BREAKOUT

CE Hours 1

Tuesday, October 18

3:15 PM-4:15 PM

UNION D & E

C35 – Implementing Trauma Systems Therapy with Children and Adolescents

Nicole Miller - FrontLine Service

Nicole Phelps - Frontline Service

Trauma Systems therapy (TST) is a clinical and organizational model directed towards the treatment of traumatic stress with children and adolescents. TST was developed to address the interaction between the social environment and the developing child (Saxe, Ellis & Brown, 2016). During this session the presenters will explore concepts, clinical application and phases of TST treatment. Presenters will also discuss the implementation of TST on an organizational level.

BREAKOUT

CE Hours 1, OARTC Trauma Track

Tuesday, October 18

3:15 PM-4:15 PM

UNION B

C36 – Does Mindfulness Based Cognitive Behavioral Therapy have A Role to Play in the Opioid Pandemic

Howard Murphy - Ohio University

Yegan Pillay - Ohio University

The National Center for Drug Abuse Statistics reported that during 2020-2021 there were 96,779 drug overdose deaths with opioids killing 136 Americans per day. Attendees during this interactive session will become familiar with an eight-session model of Mindfulness Based Cognitive Behavioral Therapy that has been adapted for treating Opioid-Related Disorders. The presenters will provide resources that the attendees can use with their clients and examples of the practical application of using this model with a caseload of clients diagnosed with Substance Related Disorders will be shared.

BREAKOUT

CE Hours 1

Tuesday, October 18

3:15 PM-4:15 PM

FAIRFIELD

S31 – How To Create a "Zen Den" In Your School

Jackie McDonnell - Norton Middle School

Jessica Russo - Norton City Schools

Our presentation will describe the process we went through at Norton Middle School to create a "Zen Den" (calm room) in our school. We will share how we obtained a health/wellness grant, the research we used to determine what to put in it, and pictures/descriptions of our finished room. We will use a power point presentation to share pictures of our room. There will be time at the end for questions.

BREAKOUT

Tuesday, October 18

3:15 PM-4:15 PM

FRANKLIN C

S32 – Why Aren't Students Using the Skills I'm Teaching?

Judith Norman - Synergetic Education Institute

Have you spent hours teaching skills to students, and seen them go unused when most needed? What isn't working? Most of our SEL programs are missing vital pieces. Developing self-regulation requires several sets of skills including interoception, the neurobiological foundation to SEL. If students can't recognize when they need to regulate, they won't be successful using the strategies we're teaching...

BREAKOUT

CE Hours 1

Tuesday, October 18

3:15 PM-4:15 PM

MORROW

S33 – College and Career Exploration for All Grades

Anna Duckro - Brookville High School

Jamie Neely - Brookville Intermediate School

Natalie Storie - Brookville Elementary School

A district counseling team will share how their building level career exploration activities have worked together to promote college and career education for students from kindergarten to twelfth grade across the district. While each building is providing different learning opportunities for their respective students...

BREAKOUT

Tuesday, October 18

3:15 PM-4:15 PM

MARION

S34 – Building A Comprehensive Student Assistance Program Team That Supports Students and Teachers

Robin Burrow - Eastern Local Elementary School

Rachel Marten - Eastern Local SD

Sara Will - Eastern Elementary

In this session we will explore the needed elements of a successful Student Assistance Program. This will include how to build your team, tips to help manage busy schedules, examples of a successful referral (google docs), examples of communication with teachers and parents, intervention tracking examples (within google docs and Panorama) and dismissal documentation of referred students...

Tuesday, October 18

3:15 PM-4:15 PM

FRANKLIN B

S35 – HB 123 and the Role of the School Counselor on the Multi-Disciplinary Team

Nichole Miller - Ohio School Safety Center Depart. of Public Safety

The session will cover all parts of HB 123 and how the school counselor should interact with this new legislation. As student advocates, School Counselors should be involved in the assessment team due to their unique perspective and relationship with students, parents and staff. School Counselors should take the lead in providing suicide prevention programs that are now required for students and staff. The presentation will discuss best practices for data collection and tracking, appropriate reporting including how and when to share with administration, while protecting student privacy. Any tip line reports should be reviewed by the multidisciplinary threat assessment team. Student led violence prevention programs encouraged by the legislation will be addressed and information to register with the tip line will also be shared. OSSC regional liaisons serve as resources for the schools in their area. Information will be shared regarding OSSC school safety grants, and how the prevention grants can be used for a variety of emotional safety programming, which also falls under school counselor scope of practice. Participants will leave with a better understanding of the legislation and their role on the multi-disciplinary team threat assessment team. Information on approved trainings and model policy will be shared in addition to best practices happening in schools throughout the state.

BREAKOUT

Tuesday, October 18

3:15 PM-4:15 PM

UNION A

S36 – The Power of "So": When the Power of "YET" Loses its Patience

Jonelle Massey - Toledo Public Schools / Creative Leadership Solutions

There is nothing more frustrating than watching a highly qualified teacher exhaust herself trying to implement a growth mindset in children who have NEVER SEEN what they are told COULD happen SOMETIME IN THE FUTURE, IF... This is a presentation that gives an empathetic model of strategies for educators, mental health clinicians, and educational/leadership institutions who are faced with the complexities and frustrations of motivating growth and resilience in others amidst obstacles, change, hopelessness, unrealistic expectations, and fatigue.

BREAKOUT
CE Hours 1

Tuesday, October 18

4:30 PM-5:30 PM

MORROW

C37 – Marginalization and Privilege: Roles and Best Practices in Cross-Cultural Counseling Relationships

Janet Kempf - University of Toledo

Sahar Sheikh - University of Toledo

Using the ACA Multicultural and Social Justice Competencies Conceptual Framework (Ratts, et al., 2016), the presenters will discuss the literature (and its gaps) and demonstrate best practices working cross-culturally as marginalized and privileged counselors focusing on the layer that is the counseling relationship. Cultural humility will be discussed as a tool to increase cultural competence (Zhu, 2021). The presenters will utilize a case study to invite attendees to engage in small group discussion to apply discussed concepts and transfer their knowledge in their work as counselors.

BREAKOUT
CE Hours 1

Tuesday, October 18

4:30 PM-5:30 PM

UNION C

C38 – The Use of Virtual Reality in Mental Health: Outcomes, Challenges, and Perspectives

Yahyahan Aras - John Carroll University

Staci Hayes - MetaVoice Foundation

VR therapeutic modalities have been the subject of research for the past several decades. VR is an advanced imaginal system that can reduce the gap existing between imagination and reality. Integration of VR in counseling opens endless possibilities for clients to explore their personal past, present, and future contexts in a way that facilitates healing and growth. Research indicates that VR is effective in treating fears, eating disorders, substance use disorders, among the many other outcomes. Challenges and perspectives related the use of VR will be discussed as well.

BREAKOUT

CE Hours 1

Tuesday, October 18

4:30 PM-5:30 PM

FRANKLIN A

C39 – Decreasing Ambivalence with Reality Therapy: Clients Moving from Drug Culture to Recovery Culture

Deanna Revels - Navigate Counseling & Consultation Services

SAMSHA (2014) states counselors need to understand drug and recovery cultures, which are subcultures. Subcultures are cultures within traditional cultures. Shifting cultures means forming new identities. Reality therapy emphasizes client choice and responsibility (Wubbolding, 2015), which can increase self-efficacy and has been proven to decrease ambivalence (Giodano et al., 2016). Participants will develop an understanding of what drug and recovery cultures are, review the basics of reality therapy, and explore how reality therapy techniques can decrease ambivalence to recovery culture.

BREAKOUT

CE Hours 1

Tuesday, October 18

4:30 PM-5:30 PM

FAIRFIELD

C40 – Youth Suicide Resilience: A Practical Acronym for any Setting

Jenny Cureton - Kent State University

Counselors should recall and discuss suicide protective factors with those they serve. SHORES, a suicide protective factors mnemonic supported by literature, applies to suicide prevention, intervention, and postvention. This session begins with a brief review of youth suicide research, then includes an introduction to the mnemonic and recommendations for use across youth-serving settings. You will receive a display sheet and engage in an activity to explore SHORES for the clients you serve. Targeted to counselors with youth clients, but applicable beyond.

BREAKOUT

CE Hours 1, OARTC Trauma Track

Tuesday, October 18

4:30 PM-5:30 PM

UNION A

C41 – 6 Key Strategies for Reducing Burnout as a Busy Mental Health Professional

Brent Richardson - Xavier University

In this workshop, participants will learn 6 keys and a variety of strategies for surviving and thriving as busy mental health professionals in stressful environments. Some areas of focus include developing a growth mindset, being strength-focused, utilizing reflection and forgiveness, addressing two basic needs to feel connected and competent, developing an attitude of gratitude, and having a sense of perspective / humor.

BREAKOUT
CE Hours 1

Tuesday, October 18

4:30 PM-5:30 PM

FRANKLIN D

C42 – Becoming a Trauma-Informed Supervisor: Taking Care of Clients, Supervisees, and Ourselves

Marlise Lonn - Bowling Green State University

Jared Rose - Bowling Green State University / Private Practice

“Trauma-informed care” is a term frequently used yet is often not properly understood nor implemented. Beyond trauma-informed care for clients lies the care and support of supervisees and supervisors as well. This session will review the tenants of trauma-informed care and discuss implications specific to supervisors and their supervisees. Particular attention will be given to being mindful of, and mitigating, vicarious trauma.

BREAKOUT
CE Hours 1 (Supervision), OARTC Trauma Track

Tuesday, October 18

4:30 PM-5:30 PM

UNION D & E

S37 – "Coping Cat" Anxiety Groups: An Evidence Based Group School Counseling Intervention

Alec Carey - Hudson City Schools

This presentation is meant to give participants an inside look into the evidence-based Coping Cat group counseling curriculum in addressing child and adolescent anxiety. Session and curriculum content, main themes, practical takeaways and experiences, action research, and scholarly research will be presented and discussed. As a result of this session, participants will walk away with a better understanding of what this curriculum entails and what its implementation can look like in a school setting.

BREAKOUT

Tuesday, October 18

4:30 PM-5:30 PM

UNION B

S38 – Manageable Data Collection Using the Google Platform

Rachel D'Andrea - North College Hill Elementary

In this session, you will learn how to use the Google platform to collect data in an easy and manageable format. The group will discuss how the Google Forms and Sheets can be modified to suit their goals. The group will also be shown an example newsletter that shares the data collected in a digestible manner for key stakeholders.

BREAKOUT

Tuesday, October 18

4:30 PM-5:30 PM

MARION

S39 – How Do I Keep It All Straight: Best Practices for Career Center School Counselors

Jamie Garverick - Ashland County-West Holmes CC

Nikole Herner - EHOVE Career Center

This session will provide school counselors working in career centers an opportunity to collaborate among one another and share best practices with a focus on graduation pathways, testing, and documentation. Presenters will share their procedures of communicating...

BREAKOUT

Tuesday, October 18

4:30 PM-5:30 PM

FRANKLIN C

S40 – More Calm, Less Chaos

Jeremy Joseph - Montgomery County ESC

Josie Muterspaw - Montgomery County ESC

Amanda Deeter - Montgomery County ESC

Building resiliency and managing stress are keys to creating safe, supportive learning environments for the whole child and educator. Learn how stress and trauma impact learning/teaching, emotional regulation, and behavior. To address these common challenges, we will share experiences and practical strategies from the field that can be utilized the next day...

BREAKOUT

Tuesday, October 18

4:30 PM-5:30 PM

KNOX

S41 – Avoiding Malpractice and Public Relations Nightmares When Working with Suicide in the Schools

Jason McGlothlin - Kent State University

This presentation details policies and procedures that would be helpful in times of working with suicidal students and in the unfortunate situations when a student dies of suicide. In addition to policy and procedures, a discussion about who is responsible for what regarding suicidality, implementation of suicide practices within your school culture, and communication with teachers and building admins...

BREAKOUT

CE Hours 1

Tuesday, October 18

4:30 PM-5:30 PM

FRANKLIN B

S42 – Doggone "Pawmazing" School Facility Therapy Dog Program Guidelines

Suzanne Reinhart - Heidelberg University

Stacie Baumbarger - The Ability Center

Through a 12-month participatory research process, 29 school facility dog handlers and three ADI accredited organization staff collaboratively developed best practice guidelines for creating and implementing a school facility dog program. Guidelines address pre-dog placement issues such as: site considerations, policies, liability, health, administrative support, handler considerations, and dog selection. Post-placement guidelines include home/school care, veterinary care, dog work schedule, recognizing/responding to dog stress signals, retirement or death of the dog, and administrator roles.

BREAKOUT

WEDNESDAY SESSIONS

Wednesday, October 19

8:00 AM-9:00 AM

KNOX

C43 – Clinical Implications for Work With Transgender Survivors of Human Trafficking

Rachel Johnson - Center for Addiction Treatment

MaryAnn O'Malley - Sunrise Treatment Center

Survivors of human trafficking benefit from specific clinical interventions based on trauma and survival of the experiences while enslaved. Clinical work with the subpopulation include defining and understanding the relevant clinical concepts within the population of transgender sex workers and survivors of human trafficking, including defining transgender and non-conforming identities of survivors of human trafficking, understanding self-reported experiences of transgender survivors, and exploring needs and best practices specific to the population.

BREAKOUT

CE Hours 1

Wednesday, October 19

8:00 AM-9:00 AM

UNION B

C44 – There's No "I" in Team: Supporting the People Behind the Athlete

Charron Sumler - Ohio State University

Lydia Wasserbauer - Cleveland State University

The role of counselors in athletics continues to evolve. Presenters will provide attendees with psychoeducation and tools to holistically support the athlete, including the staff who work “behind” them. It is common for athletic staff members to experience extreme work demands that may impact their health and well-being, contributing to burnout. It is also essential that these individuals receive education on how to “coach” from a trauma-informed perspective. In doing so, counselors provide better protection for the mental health of athletes and the athletic staff supporting them.

BREAKOUT

CE Hours 1

Wednesday, October 19

8:00 AM-9:00 AM

FRANKLIN C

C46 – Three Tricky Ethical Pitfalls for Working with Couples and How to Head them Off Like a Pro

David Brewer - Waybridge Counseling

Butch Losey - Waybridge Counseling

This interactive and engaging session will explore three tricky ethical pitfalls to which even the most seasoned couple’s counselor may fall prey: 1) your client drops a secret that puts you in a bind, 2) your client requests switching from individual to couples work or vice versa, and 3) you wonder about inviting a guest into a session to provide clarity, insight or support? Learn when such moves might be appropriate, and when such a move is the recipe for a disaster. Learn what traps to avoid and how to creatively and ethically manage these counseling mine fields before you find yourself in a jam.

BREAKOUT

CE Hours 1 (Ethics)

Wednesday, October 19

8:00 AM-9:00 AM

UNION C

C47 – Working Effectively with Court-Mandated Clients: An Interdisciplinary Approach

Christopher Stahr - Summit Co. Valor Court/Court of Common Pleas

Danijela Vranesevic - Kent State University

Court systems are increasingly referring offenders to treatment programs to provide alternatives to traditional legal sanctions. Although this approach is long overdue, it undoubtedly poses challenges for the treatment provider. Issues related to client rapport and autonomy, unified treatment planning, and information sharing often arise due to the differing roles of treatment providers and court officials. This presentation aims to effectively respond to these concerns through the lens of collaborative case coordination, client advocacy, and evidence-based treatment practices.

BREAKOUT
CE Hours 1

Wednesday, October 19

8:00 AM-9:00 AM

FRANKLIN A

C48 – Starting Out a New Supervisory Relationship on the Right Foot

Tara Hill - Wright State University

Megan Mahon - Capella University

Carrie VanMeter - Capella University

This panel will share tips for starting out a new supervisory relationship, along with some common pitfalls to avoid. Strategies for forming a successful and collaborative working relationship will be discussed. Attendees will leave with ideas and how to structure the first few sessions with a new supervisee to promote good communication, clear expectations, and appropriate boundaries within supervision.

BREAKOUT
CE Hours 1 (Supervision)

Wednesday, October 19

8:00 AM-9:00 AM

FAIRFIELD

S43 – Prove That You Make a Difference: Teaching Emotional Regulation & Showing It in a World of Data

Laura Swinsburg - Summit County School Counselors Assoc.

Amid every school counselor's district or building is a push for students to develop socially and emotionally. In many school districts and communities, ER (emotional regulation) is not always understood or easily measured. Moreover, the push for data proving student growth is a common stressor among schools. This session provides not only some unique school counselor "hacks" in teaching emotional regulation effectively and creatively, but also offers multiple ways counselors can creatively and easily use student surveys to show student growth.

BREAKOUT

Wednesday, October 19

8:00 AM-9:00 AM

MORROW

S44 – Creating a “Reset Room”: A Safe Space for Dysregulated Students to Reset and Return to Class

Valerie Williams - Grove City High School

Jessica Wilson - Grove City High School

This presentation will provide an immediate & authentic application of Ohio’s SEL standards within a school setting. Attendees will gain understanding of how to identify students who could benefit from social & emotional support, as well as how to advocate for & implement a safe space in their building for students to develop real-life skills to de-escalate; ultimately improving students' attendance & academic performance. Attendees will have the opportunity to interact with a variety of interventions & examine the research that supports the need for a safe space to “reset” & return to class.

BREAKOUT

Wednesday, October 19

8:00 AM-9:00 AM

MARION

S45 – Advocating for Your Role as an Elementary School Counselor

Diana Arie - Olentangy Local Schools

Elementary school counselors often work alone in buildings, and often times their role is not understood by others in the building. In this session you will learn tips and ideas for teaching your school community stakeholders about the role of the elementary school counselor and helping them understand all that you do to support your students. Participants will leave with a variety of resources and activities that can be used throughout the school year to advocate for the importance of your role.

BREAKOUT

Wednesday, October 19

8:00 AM-9:00 AM

FRANKLIN D

S46 – Holy Guacamole, I’m Graduating: Post-Secondary Options After HS

Sarah Bell - Ohio Virtual Academy

Annie Moore - Ohio Virtual Academy (OHVA)

Kira Murphy - Ohio Virtual Academy

We would like to share a lunch and learn series we created to target seniors that do not have a post-secondary plan in place and provide an overview of the many post-secondary options available after graduation- from military to associate degrees to apprenticeships and more. We aim to encourage all students to obtain training in a way that is appropriate to meet their career goals. Each session had interactive components to make them more than a “sit and get.” We also created a Google Resource Hub that was shared weekly with session recordings, presentations and additional helpful tools.

BREAKOUT

Wednesday, October 19

8:00 AM-9:00 AM

FRANKLIN B

S47 – Supporting a Student from Inpatient Mental Health Stay to the Classroom: Insider's Perspective

Cati Castle - Akron Public Schools

Provide an overview of an inpatient mental health hospitalization for both school age and adolescent patients. Discuss considerations that can be made and the role of the school counselor in supporting a student's transition back to school.

BREAKOUT

Wednesday, October 19

8:00 AM-9:00 AM

UNION D & E

S48 – Effectively Handling Oppositional Defiant Behavior

William DeMeo - Specialty Psychological Services

This dynamic and interactive workshop will focus on providing participants with knowledge of effective appropriate prevention and intervention strategies for students who exhibit oppositional defiant disorder. This presentation will focus on the latest research in the field of psychology on best practices of identifying, preventing and intervening with students who exhibit oppositional defiant behavior. Through a combination of role-playing and other active participatory methods, participants will learn how to implement these practical and effective strategies immediately into their program.

BREAKOUT

CE Hours 1

Wednesday, October 19

8:00 AM-9:00 AM

SESSION CANCELED C45 – 6 Basic Needs to Create Personalized Treatment Plan Goals and Objectives

William Crowe - Columbus Public Health

Stuck with program driven treatment plans? Discover 6 basic needs to help you create and establish personalized treatment plan goals and objectives. A distinguished Mental Health and Substance Use Disorder professional will help you reflect the best interest of the person in treatment. Avoid the challenges facing the personalized treatment planning process without getting overwhelmed or falling into the pattern of creating "program driven" treatment plan goals and objectives.

BREAKOUT

CE Hours 1

CANCELED

Wednesday, October 19

9:15 AM-10:15 AM

FAIRFIELD

C49 – Nonsuicidal Self-Injury: Ethics and Legal Considerations for Counselors

Victoria Kress - Youngstown State University

Research suggests that nonsuicidal self-injurious behavior is an issue that many counselors are uncomfortable managing. Self-injury invites many risk-related issues, thus counselors can benefit from learning more about how to manage complicated self-injury related scenarios. This presentation will focus on important information that counselors need to know when working with those who self-injure. The presentation will focus on self-injury in clients/students in both school and mental health settings. An emphasis will be placed on risk-assessment, ethics, and legal considerations.

BREAKOUT

CE Hours 1 (Ethics), OARTC Trauma Track

Wednesday, October 19

9:15 AM-10:15 AM

FRANKLIN B

C50 – Perinatal Mood & Anxiety Disorders: An Overview

Brooke Wilson - Empowered Wellness Connections, PLLC

The perinatal period is one of the most vulnerable times a family can experience. During this presentation, I will define Perinatal Mood & Anxiety Disorders; identify risk factors for women who develop Perinatal Mood & Anxiety Disorders; discuss and explore different screening tools for PMADs; and identify and discuss ways to support families affected by Perinatal Mood & Anxiety Disorders.

BREAKOUT

CE Hours 1

Wednesday, October 19

9:15 AM-10:15 AM

UNION C

C51 – Rainbow Families: Supporting the Caregivers of LGBTGEQIAP+ Youth in Counseling

Jessica Headley - Wellness Grove
Christina Woloch - Malone University

Caregiver rejection is associated with health risk behaviors and poor mental/physical health outcomes among LGBTGEQIAP+ youth. Thus, acceptance is crucial to the development of a healthy sense of self. Using the Family Support Model (Cohen & Ryan, 2021), participants will gain a comprehensive understanding of caregiver behaviors that are used to express rejection or acceptance of LGBTGEQIAP+ youth, as well as how each contributes to health risks or increased well-being. Psychoeducational tools, counseling resources, and best practices to promote caregiver acceptance will also be provided.

BREAKOUT

CE Hours 1

Wednesday, October 19

9:15 AM-10:15 AM

FRANKLIN A

C52 — The Uncomfortable Conversations: Multicultural Development in Supervision

Tiffany Hairston - Unison Health

LaTasha Sullivan - University of Toledo

Supervisors are gatekeepers in a pivotal position to assist in the development of counselor trainees and early professionals. The multicultural and social justice counseling competencies (MSJCC) focus on the dynamics between counselor and client. Processing these dynamics in supervision are chances to practice and model broaching. The session will use the MSJCC as a framework within the supervision relationship providing suggestions for ways to broach diversity in supervision and with clients. It will also address topics of broaching to be applied to the same and different ethnic supervisees.

BREAKOUT

CE Hours 1 (Supervision)

Wednesday, October 19

9:15 AM-10:15 AM

UNION A

C53 — Cannabis Controversy: What Counselors Need to Know when Treating PTSD and Addiction

Victoria Giegerich - Malone University

Medical cannabis use remains prevalent since legalization in Ohio in 2016. Leading addiction and governmental associations have created position statements against medical cannabis use when treating Post-traumatic Stress Disorder (PTSD). PTSD remains a qualifying condition for which Ohio medical professionals can prescribe medical cannabis. This presentation explores the complexities of clients' medical cannabis use and counselors' scope of practice, cultural considerations, current research, and implications for the future of trauma treatment.

BREAKOUT

CE Hours 1, OARTC Trauma Track

Wednesday, October 19

9:15 AM-10:15 AM

FRANKLIN C

C54 — Ecotherapy: Why it Matters and How to Use it in Counseling

Alan Demmitt - University of Dayton

Scott Hall - University of Dayton

Ecotherapy is a newer and well-researched method of therapy. Nature-as-healer, however, goes back hundreds of years. Recent advances in neuroscience and environmental awareness have strengthened our relationship with nature in life changing ways. Counselors can integrate nature principles with clients to reduce depression, anxiety, and stress with positive physiological changes such as lower blood pressure and inflammation, increased immunity, and improved eyesight. Overall, an increase in life satisfaction. Counselors will learn to practice ecotherapy in an ethical and empowering way.

BREAKOUT

Wednesday, October 19

9:15 AM-10:15 AM

MARION

S49 – Developing Cultural Humility with School Staff

Beth Hinshaw - Indian Trail Elementary School

Utilizing book studies with educators (3 different books will be covered), participants can support their staff in developing cultural humility and creating an atmosphere of openness and respect. These books cover a range of topics spanning introduction into cultural humility, how racism affects the body, and teaching practices and strategies that create culturally responsive classrooms. Participants will also receive information about activities and discussion prompts that will encourage educators on their journeys with cultural humility.

BREAKOUT

Wednesday, October 19

9:15 AM-10:15 AM

UNION B

S50 – 10 Strategies for Building a More Trauma-Informed School Right Now

Alisa Kaczorowski - AK Educational Consulting

Students with stressed brains cannot learn. Educators must accommodate for this and help students feel safe and loved. Fortunately, there are things that can be done RIGHT NOW to impact the culture of a school. These strategies don't require much time or money. They are common sense strategies to help ALL students feel belonging in the classroom, build student-staff relationships, encourage a calm environment and reduce stress so that learning can happen.

BREAKOUT

Wednesday, October 19

9:15 AM-10:15 AM

UNION D & E

S51 – Beyond Jenga and Uno: Games to Enhance your School Counseling Program

Karen Stepic - Akron Public Schools

Play is our brain's favorite way of learning. This session will include specific ways to incorporate traditional and lesser known games into your comprehensive school counseling repertoire. New counselors and veteran counselors alike will come away with fresh ideas for teaching and reinforcing essential skills such as patience, empathy, cooperation, and responsible decision making while having fun, increasing engagement, and building community.

BREAKOUT

Wednesday, October 19

9:15 AM-10:15 AM

FRANKLIN D

S52 — We Have Feelings Too: Working with Teenage Boys in the School Counseling Setting

Haleigh Sharp - St. Francis de Sales School

Counseling teenage boys has its challenges, but there are tips and tricks to making it easier and more effective. I will break down the best practices for the adolescent male population for brief solution focused counseling, classroom guidance, and small group counseling. I will dissect the different hurdles that teenage males face in our current culture, and give context to their emotional needs and mental mindset...

BREAKOUT

Wednesday, October 19

9:15 AM-10:15 AM

KNOX

S53 — Career Pathways Through Building Trades Apprenticeships

Kitty French - ACT Ohio/Ohio Building & Construction Trades

Ohio is experiencing unprecedented demand for skilled Building & Construction Tradespeople. Learn about tuition-free, family-sustaining Building Trades Apprenticeship career pathways for students and community members who have faced barriers to education or employment in the construction trades.

BREAKOUT

Wednesday, October 19

9:15 AM-10:15 AM

MORROW

S54 — Ohio's Graduation Requirements

Travis Taylor - Ohio Department of Education

Graham Wood - Ohio Department of Education

Graham Wood and Travis Taylor of the Ohio Department of Education will share updates and information about Ohio's graduation requirements.

BREAKOUT

Wednesday, October 19

10:45 AM-11:45 AM

UNION A

C55 — Ethics In Action: Applying Foundational Ethical Concepts & Implementing a Decision-Making Process

Martina Moore - Moore Counseling & Mediation Services

This presentation will review the foundational ethical concepts and core ethical principles to ensure that all participants understand their ethical responsibilities. Participants will review the ACA and the NASW ethical codes, review their ethical concepts of confidentiality and privacy, and define the core ethical principles of autonomy, beneficence, and veracity...

BREAKOUT

CE Hours 1 (Ethics)

Wednesday, October 19

10:45 AM-11:45 AM

FRANKLIN A

C56 – Suicide: Tools for Everyday Practice

Erin Parsons-Christian - The Ohio State University

Derek Lee - The Hope Institute

Roughly 15.2 million Americans struggle with suicide every year and is the second leading cause of death for our youth. Nearly every counselor will interface with suicidal clients, yet research shows that most counselors do not feel adequately trained in working with this population. The session will provide evidence-based practices and insight to the process of working with suicidal clients. It will also offer tools for assessment and intervention, and provide resources for working with suicidal clients.

BREAKOUT

CE Hours 1, OARTC Trauma Track

Wednesday, October 19

10:45 AM-11:45 AM

FRANKLIN D

C57 – Self-Injury: Controversial Treatment Considerations

Brent Richardson - Xavier University

This workshop will examine various perspectives and research findings on a number of controversial treatment considerations related to self-injury. Some of these will include when to breach confidentiality, the role of safety contracts, the use of cathartic methods and other substitute behaviors, when to refer to residential or inpatient care, the relationship with suicidal ideation and behaviors, the primary causes of self-injury, the addictiveness of self-injury, and the role of family, group work, and internet in the therapeutic process.

BREAKOUT

CE Hours 1, OARTC Trauma Track

Wednesday, October 19

10:45 AM-11:45 AM

UNION D & E

C58 – Conscious Coping: An Innovative Framework for Teaching Clients how to Cope Effectively

Laurie Sharp-Page - Flourish Psychotherapy

Participants will be introduced to Conscious Coping and the EMBRACE framework (Engage, Monitor, Brief, Reflect, Absorb, Capture, Endure) during this presentation, a 7-step process developed by a licensed psychotherapist for intentionally and effectively dealing with mental health challenges. These steps address a range of skills. Participants will leave with meaningful education about effective coping and additional tools/resources to continue learning how they (and their clients) can cope most effectively with mental health challenges.

BREAKOUT

CE Hours 1

Wednesday, October 19

10:45 AM-11:45 AM

KNOX

C59 — Happy to Accommodate: Clinical Accommodations for Clients with Intellectual/Developmental Disabilities

morgan stohlman - Kent State University

Anna Ellenson - Kent State University

Due to the misconception that the disability is the principal concern, folks with Down syndrome and autism have traditionally been served by rehabilitation counselors (Smart et al., 2006). Thus professional counselors in other specialty areas struggle to serve the more than 2.5 million Americans with I/DD due to limited knowledge of development and treatment options (Smart et al., 2006; Maatta et al., 2006). This session will provide actionable suggestions and clinical interventions for counselors serving folks with a variety of intellectual/developmental disabilities.

BREAKOUT

CE Hours 1

Wednesday, October 19

10:45 AM-11:45 AM

FAIRFIELD

C60 — Mental Health Advocacy: Community Partnerships and Creative Interventions

Jake Protivnak - Youngstown State University

Kristina Dooley - Estrela Consulting

Promoting mental health awareness, increasing access and reducing stigma are important advocacy issues. This presentation will provide strategies (e.g., programming, advertising, fundraising, connecting with community leaders) to start and sustain a volunteer led non-profit mental health advocacy organization. Based upon the work of a successful community advocacy group - State of Mind: Hudson, participants will learn creative and practical interventions (e.g., community workshops, small group discussions, events, awareness initiatives) to address needs in a community.

BREAKOUT

CE Hours 1

Wednesday, October 19

10:45 AM-11:45 AM

FRANKLIN B

S55 — JCAP & SCAP (College & Career Application Process)

Liz Collette - Bishop Hartley High School

Doug Franz - Bishop Hartley High School

Lauren Gruenwald - Bishop Hartley High School

Through a 6-part junior series and 10 part senior series, our school counseling team works closely with students to help ease their transition into senior year and post-secondary endeavors with extensive classroom development curriculum, professional speakers and a component for parents. Come to learn more about how our school helps upperclassmen students work through the college application process and all it entails. We will share the tools we use such as Naviance and Google docs, our senior interview process, organizational charts, letter of recommendations forms for Teachers and School Counselors, and more.

BREAKOUT

Wednesday, October 19

10:45 AM-11:45 AM

MARION

S56 – Youth Service Landscape Analysis

Sarah Short - ServeOhio, Ohio Commission on Service and Volunteerism
Rebecca Verhoff-Kiss - ServeOhio

ServeOhio, Ohio's Commission on Service and Volunteerism, recently commissioned an external research team to assess the current landscape of youth service and service learning in Ohio. Participants in this session will learn more about the research methodologies, results of the research, and discuss opportunities to engage more youth in community service and service learning.

BREAKOUT

Wednesday, October 19

10:45 AM-11:45 AM

UNION C

S57 – Everything You Need to Rock Your Own Advisory Council Meetings

Catherine Conrad - Cloverleaf High School

This presentation will explain how to get started and run a successful Advisory Council using the ASCA National Model. How data is incorporated and how it can enhance your school counseling program. Examples will be given and shared regarding how to set it up, who to invite, how to get buy in and what to put in your presentation to your council.

BREAKOUT

Wednesday, October 19

10:45 AM-11:45 AM

MORROW

S58 – Transforming the Relationship Between School Counselors and School Administration

Kimberly Farley-Smith - Purcell Marian High School

Forging sustainable school counseling programs is the essential foundation for school counselors leadership in creating equitable programming. Transformative school leadership and transformational school counselors' leadership is crucial in creating sustainable programming, increasing positive school culture, and propelling systemic change in the school...

BREAKOUT

Wednesday, October 19

10:45 AM-11:45 AM

FRANKLIN C

S59 – Forms, Sheets, Autocrat - Oh MY!!

Sara Hoffman - Washington Local Schools

In this session you will learn how to use Google Sheets and Google forms to make certificates, posters, and more using the Google Sheets extension, Autocrat. If you are tasked with making award certificates for the honors night at your school - this session is for you! If you are scheduling college visits - this session is for you! If you are collecting data for Graduation Plans - this session is for you!

BREAKOUT

Wednesday, October 19

10:45 AM-11:45 AM

UNION B

S60 – The Clarity Inisight Journey

Melissa Charis - The Holistic Circle

WillaMarie Jackson - Ohio School Counselor Association

This awe-inspiring course focuses on mindfulness and emotional intelligence. Based upon methodology first taught at Stanford University's famed Creativity in Business Course (CIB), the 9-week program is designed to take kids and teens on a profound journey into unearthing their creativity, tapping into their purpose, and thereby activating their full potential. This interactive session will share the use of practical tools and techniques used by the CIJ Insight for Life Instructors. In this "train-the-trainer" style format, attendees will pair their own wellness and mindfulness together based on the journey used when empowering youth and walk away with: 1) creative practices when cultivating a new relationship with organizations for dealing with time management; stress; and anxiety, 2) innovative problem-solving and consistent "breakthrough thinking" to help identify solutions to complex problems, 3) improvement of communication skills that breeds self-confidence when standing up to peer pressure/bullying, and provides new access to better communicate with family and friends and 4) mindfulness tools to cultivate focus and attention for better results in academics.

BREAKOUT

Wednesday, October 19

12:00 PM-1:00 PM

MORROW

C62 – Healing Through Four-Legged Friends: The Value of Animal Assisted Therapy

Katherine Caputo - John Carroll University

Andrew Intagliata - John Carroll University

This presentation will provide information on the value of animal-assisted therapy (AAT) with multiple DSM diagnoses (anxiety, PTSD, schizophrenia, and Autism Spectrum disorder) and educate providers on how to best use animals with their clients. Information on how to get certified in AAT will also shared.

BREAKOUT

CE Hours 1

Wednesday, October 19

12:00 PM-1:00 PM

UNION D & E

C63 – Helping in the Aftermath: Effective Trauma Counseling for Sexual Violence Survivors & Thrivers

Jared Rose - Bowling Green State University / Private Practice

In the U.S., someone is sexually assaulted every 73 seconds (RAINN, 2020). While sexual violence runs amuck, those impacted are traumatized, seeking help and refuge. Far too often counseling treats the symptoms, but not the cause; namely, the trauma. This presentation aids counselors with foundational principles when working with those who have experienced sexual violence. Most importantly, information will be shared for how to provide effective treatment to support healing from sexual violence. Specific tools and resources for immediate implementation will also be provided.

BREAKOUT

CE Hours 1, OARTC Trauma Track

Wednesday, October 19

12:00 PM-1:00 PM

FRANKLIN C

S61 – Positively Impacting Students’ Career Planning

Kimberly Farley-Smith - Purcell Marian High School

Jill Minor - Wright State University

School counselors positively impact students’ post-secondary planning by having the knowledge of career theory and practices while possessing the competencies to provide individual and group career counseling practices. Assessing students’ career needs is an integral component of a comprehensive school counseling program. We will provide a brief primer of the YouScience assessment, including philosophy and theory of the aptitudes in career counseling. We will offer evidence-based recommendations and ASCA aligned lesson plans for implementation into your program.

BREAKOUT

Wednesday, October 19

12:00 PM-1:00 PM

FRANKLIN D

S62 – Examining the Culture of Whiteness in our Schools

Patrick Cunningham - The Ohio State University

Ryan Max - Pickerington Local School District

Sarah Shrewsbury - The Ohio State University

The dominant culture in the U.S. is grounded in the culture of Whiteness. We often consider being White as “normal” or standard. This shows up every day in our schools as the majority of teachers, principals, and school counselors are White, while over 50% of students are students of color. Through information sharing, reflection, and group processing, we will explore the culture of Whiteness, its contributions to systemic inequities, and how school counselors and counselor educators can address these issues. We invite participants to learn more and develop an action plan for their work.

BREAKOUT

Wednesday, October 19

12:00 PM-1:00 PM

FAIRFIELD

S63 – So You Want to Play Sports in College: How Your School Counselor Can Help

Heath Grissinger - Ashland High School

As a school counselor, one of our duties is to assist students who would like to continue their athletic career in college. Many students are unaware of the correlation between their academic work and their recruitment as well as how to navigate the process. As a result, some sort of program needs to be created to help students and parents receive all of the relevant information as early and as often as possible. This presentation is designed to show one such program and create a discussion on any other ideas that might be successful.

BREAKOUT

Wednesday, October 19

12:00 PM-1:00 PM

SESSION CANCELED C61 – Keep the Fire Burning: How Clinical Supervisors Can Influence Counselor Career Persistence

Krista Predragovich - Affirmations Psychological Services

Thirty years of research on burnout has not diminished its impact on new professional counselors, who are vulnerable to disillusionment, disconnection, and distress. Clinical supervisors play a critical role in the development of both clinical skill and career persistence. Join us for the stories of 16 early-career counselors who contribute to a grounded theory of Professional Counselor Career Persistence. We will explore the ways we can support and guide supervisees as they acknowledge and anticipate job demands, as well as identify and leverage job resources.

CANCELED

BREAKOUT

CE Hours 1 (Supervision)