

# MAINE COUNSELING ASSOCIATION ANNUAL CONFERENCE – MONDAY, APRIL 1<sup>ST</sup>.

*Early Bird Session I, 8:00 - 9:00 a.m.*

*Owls Head*

**Effects of School Based Mental Health Services  
Among Rural High School Students**

**Jeff McCarthy, Ph.D**

This presentation will explore current mental health practices among rural high schools and share research experience of the presenter. The focus will be on discussing the specific mental health needs of rural high school students, and what current approaches and interventions have shown empirical success. There will also be discussion on the difficulties inherent with providing mental health services to rural high school students. The discussion will close with an opportunity for attendees to ask questions or provide relevant information from their own experience.

Target Group = All  
Category 2 Presenter

Content Area 1 Counseling Theory & Practice

*Spruce Head*

**UMF, Financial Literacy, and YOU**

**Sarah Hinman, M.S.**

In September 2018 UMF launched its new Financial Literacy Peer Education program with funds received from a grant from the State Attorney General's office. The program aims to deliver student led information regarding the FAFSA, financial aid, personal finance, and student loans. As written in the grant, the peer educators also offer programming to local area high schools in the form of information presentations, FAFSA filing events, and financial aid workshops. Learn more about this program, how it will be implemented across all seven of Maine's public universities, and how your students can benefit.

Target Group = Career Counselors, Middle School Counselors, Secondary School Counselors  
Category 2 Presenter

Content Area 5 Career Development

*Pen Bay*

**Ethics Session I: The Face of Burnout**

**Deb Drew, Ed.D  
Jeri Stevens, Ph.D**

Using personal cases and ethics complaints as a guide, participants will explore professional burnout and its impact.

Target Group = All  
Category 1 Presenters

Content 8 Counselor Professional Identity and Practice Issues

***Schooner***

**Stuck in the Sandwich**

**Mary Gagnon, M.A.**

Do you find yourself stuck in the sandwich - a caregiver to both children and parents, while still balancing work responsibilities in a helping profession? In this workshop, participants will explore what it means to be in the sandwich generation both personally and professionally and will learn ways to incorporate self-care into their everyday lives.

**Outline**

- 1) What is the sandwich generation?
- 2) Pitfalls of the sandwich
- 3) Gifts of the sandwich
- 4) Self-care and gratitude

Target Group = All

Category 2 Presenter

Content Area 2 Human Growth and Development

***Early Bird Session II, 9:15 - 10:15 a.m.***

***Owls Head***

**State Leadership is Calling Your Name!**

**Andrea Hallett, M.Ed**

Always wonder how you can get involved with the Maine Counseling Association or one of it's branches? Join us in this round table session to have all your questions answered!

Target Group = All

Category 1 Presenter

Content Area 8 Counselor Professional Identity and Practice Issues

***Spruce Head***

**Recognizing Differences Between Alzheimer's/Dementia, Depression, & Normal Aging**

**Dr. Greggus Yahr,**

**Ph.D**

What Are the Differences Between Alzheimer's, Depression, Grief, and Normal Aging and does this matter, the simple answer is yes. The mental health of older Americans has been identified as a priority by the Healthy People 2010 objectives, the 2005 White House Conference on Aging , and the 1999 Surgeon General's report on mental health. It is estimated that 20% of people age 55 years or older experience some type of mental health concern. Yet the number of mental health providers skilled in geriatrics, even the rudimentary awareness of the differences between dementia's and other mental health issues, is significantly deficient to meet the needs of this rapidly expanding population.

Target Group = Clinical/Mental Health Counselors

Category 1 Presenter

Content Area 6 Assessment

**Pen Bay**

**Ethics Session II: Guidance Against Professional Impairment**

**Deb Drew, Ed.D**  
**Jeri Stevens, Ph.D**  
**Colleen Owens, LCPC**  
**Gretchen Falls-Sawyer, LCPC**

Professional Ethics and Standards of Practice guide against working impaired. This session will explore this guidance and interpretation of professional codes and laws.

Target Group = All

Category 1 Presenters

Content 8 Counselor Professional Identity and Practice Issues

**Schooner**

**Selecting an Affordable School - Helping Families  
and Students Make an Informed Decision**

**Mila Tappan, B.A.**

While there is certainly more to school selection than affordability, too often it seems students are deciding to attend schools that make little sense financially. The end result is that many end up borrowing more than they should or having to transfer to a more affordable school. In this session we'll discuss concepts (like Net Price and ROI) and share information and tools that can help students and families have increased choices and be better prepared to make informed decisions.

Target Group = Career Counselors, Secondary School Counselors

Category 3 Presenter

Career Development & Counseling

**Keynote, 10:45 a.m. - 12:30 p.m.**

**Bay Point Room**

**Keynote: The Keys to Success in the Counseling Profession**

**Joyce Marter, LCPC**

This is an inspirational presentation about the emotional and relational keys to welcome success and true prosperity in the counseling profession. Through motivational storytelling and thought-provoking case examples, Joyce Marter engages participants in lively discussion and interaction about psychological and interpersonal skills needed for success in leadership. Participants will participate in individual and group exercises to practice skills taught through didactic presentation.

Target Group = All

Category 1 Presenter

Content Area 8. Counselor Professional Identity and Practice Issues

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*Session IV, 1:45 - 2:45 p.m.*

*Owls Head*

**Discovering Self-Love, Real Support & True Prosperity**

**Joyce Marter, LCPC**

In this interactive workshop, participants will receive innovative tools to use with clients to help them improve their self-care practices, obtain real support, and welcome true prosperity through their careers. Participants will participate in fun activities and leave with handouts to use with their clients.

Target Group = All

Category 1 Presenter

Content Area 9 Wellness and Prevention

*Spruce Head*

**Identifying & Treating ARFID, BED and OSFED/UFED, the DSM-5's Newest ED Diagnoses**

**Dr. Seda Ebrahimi-Keshishian, Ph.D**

This session will discuss the diagnostic criteria for the DSM-5's newest eating disorder diagnoses Avoidant Restrictive Food Intake Disorder (ARFID), Other Specified Feeding or Eating Disorders (OSFED) and Unspecified Eating Disorders (UFED). These diagnoses often leave patients feeling "not sick enough" to meet the criteria for the more commonly known Anorexia and Bulimia. In addition, evidence-based treatment approaches and barriers to treatment for populations struggling with these specific diagnoses will be discussed.

Target Group = All

Category 1 Presenter

Counseling Theory & Practice

*Pen Bay*

**Ethics Session III: How Stressed are you Really?**

**Deb Drew, Ed.D**

**Jeri Stevens, Ph.D**

Using a stress survey, participants will explore personal levels of stress then investigate the impact on daily living and decision-making.

Target Group = All

Category 1 Presenters

Content 8 Counselor Professional Identity and Practice Issues

*Schooner*

**The Other 40%: Getting More Maine High School Graduates to Attend College**

**Jon Henry, M.Ed**

Maine has a unique distinction in New England of graduating a high number of students from high school – 87% -- but a low number of those who pursue a post-secondary education – only 60%. How can we as a profession support the other 40% to encourage greater enrollment in college? Join a panel of chief enrollment officers from three campuses of the University of Maine System for a roundtable discussion of this statewide need to educate more of our high school graduates to support Maine's workforce needs and economic growth in the future.

Target group = All audiences  
Category 2 Presenter

Content Area 5 Career Development and Counseling

**Camden**

**The Need for Executive Skills Intervention in High Schools**

**Heather Kuhl, B.S.**

This presentation will start with an overview of the research around executive functioning in adolescents, with special attention given to adolescent neurological development. I will share how I created Executive Functioning/Executive Skills needs assessments at my high school, and the compelling results from that data. This should be an interesting discussion for anyone who is interested in incorporating executive functioning into their high school's guidance curriculum or into a whole school, tier one, intervention.

Target Group = All, Secondary School Counselors  
Category 1 Presenter

Content Area 1 Counseling Theory and Practice

**Monhegan**

**Toward a Professional Gestalt**

**Jade Letourneau, Ph.D**

This session will cover current challenges faced by professional counselors at the state and national levels. The presenters will provide an overview of the historical context and current climate of ACA and its divisions, branches, and affiliates. Participants will be engaged in a lively discussion about the effects of professional fracturing and how counselors can work together to advocate for licensure portability, professional parity, and equal access to employment.

Target Group = All  
Category 1 Presenter

Content Area 9 Wellness & Prevention  
Content Area 8 Counselor Professional Identity and Practice Issues

**Session V, 3:00 - 4:00 p.m.**

**Owls Head**

**Steps to Hosting a Successful College/Career Fair**

**Lisa Ellrich, M.A. Kerry Kowalczyk,  
Doug Dumont, M.S. Jeff McAdam, B.S. Jon Hayes,**

Are you being asked to pull together a college and/or career fair at your school? This session will provide some great ideas for hosting a successful event. Come learn from seasoned professionals who have worked on both sides of the desk. You will learn what matters most to college counselors as well as what is needed for secondary counselors and students for a successful event all around!

Target Group = Admissions, Middle School Counselors, Secondary School Counselors  
Category 2 and 3 Presenters

Content Area 5 Career Development and Counseling



