

# MAINE COUNSELING ASSOCIATION ANNUAL CONFERENCE – Tuesday, APRIL 2<sup>nd</sup>.

*Session VI, 8:00 - 9:00 a.m.*

***Owls Head*      Enhancing your School Counseling Program with Break-out Boxes**  
**Kelly O'Brien Weaver, M.Ed, CAS**

Looking for something different to add to your school counseling program? Break out boxes are an interactive and highly engaging learning platform that will bring your program playfulness and excitement. In this presentation, I'll demonstrate my journey on using break out boxes as a school counselor. I'll go over how to make a box and use them to augment curriculum in whole group, small group and individual counseling.

Target Group = Elementary School Counselors, Middle School Counselors, Secondary School Counselors

Category 1 Presenter

Content Area 1 Counseling Theory and Practice

***Spruce Head*      How Do Colleges Really Choose Students?**  
**Wendy Thompson, M.A**

Colleges use a variety of criteria to evaluate applicants. This entertaining, informative, and interactive presentation illustrates the many and sometimes surprising factors college admissions officers consider when they review students' application materials.

Target Group = Admissions, Career Counselors, Middle School Counselors, Secondary School Counselors

Category 2 Presenter

Content Area 5 Career Development and Counseling

***Pen Bay*      Regional Student Program (Tuition Break) Update**  
**Wendy Lindsay, B.A.**

The Regional Student Program, also known as Tuition Break, is expanding its options for eligibility, starting Fall 2019. This session will explain what's new and outline the various ways that your students can benefit from the RSP to save significantly on out-of-state tuition. [nebhe.org/tuitionbreak](http://nebhe.org/tuitionbreak)

Target Group = Admissions, Career Counselors, Secondary School Counselors

Category 1 Presenter

Content Area 5 Career Development and Counseling

*Schooner*

**Building Resilience in Relationships**

**Bethany Leavitt, B.A.  
Jeri Stevens, Ph.D**

Resilience, at its core, is the ability to bounce back from hardship, or even further, to grow from it. Just as the resilient individual overcomes obstacles and traumas to reach personal and developmental goals, resilient relationships survive through challenge and pain. Further, some thrive, emerging with stronger, more authentic bonds. Yet, resilience can seem like an elusive construct to capture, especially when it involves the dynamic system of a relationship. In this workshop, research and theory guides the way to key components and pathways for building resilience in romantic relationships.

Target Group = All, Clinical/Mental Health Counselors

Category 1 and 3 Presenter

Content Area 9 Wellness and Prevention

*Camden*

**Managing Suicide Risk in Clinical Settings:  
Trends, Tools and Processes**

**Greg Marley, MSW, LCSW**

Suicide rates and numbers continue to climb in Maine and across the US, with significant increases among teens and pre-teens and also in middle age. Suicide is an often preventable tragedy and prevention relies on clinicians having the knowledge and tools to assess risk and the resources for an informed plan of care and follow-up. This session will explore recent trends in suicidality and the evidence-based tools and clinical pathways that help prepare a clinician to work effectively with a suicidal client.

Target Group = All

Category 1 Speaker

Content Area 1 Counseling Theory and Practice

*Monhegan*

**Discussion With the Maine DOE's Student Assistance Coordinator**

**Sarah Adkins, M.Ed**

Sarah Adkins (used to be Ricker) will engage with school counselors to inform them of what the Maine DOE does and is doing to support school counselors, and will provide information pertaining to the role of the school counselor in Maine's school. This session will provide school counselors an opportunity to learn, understand, share, and discuss "things." School social workers are welcome to attend as well.

Target Group = Elementary School Counselors, Middle School Counselors, Secondary School Counselors

Category 2 Speaker

8. Counselor Professional Identity and Practice Issues

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***Session VII, 9:15 - 10:15 a.m.***

***Owls Head***                    **One Step Forward, Three Steps Back: Connecting with Our Students' Challenges**

**Teresa Smith, M.Ed  
Carrie Dionne, B.S.**

We all know the challenges our students face on a daily basis, but have you ever wondered what it would be like to be in their shoes? In this interactive, and generally fun gaming experience, counselors will get a chance to feel the joys and frustrations our students encounter each day...not to mention get in touch with their competitive nature. Come have fun, and learn at the same time.

Target Group = All

Category 1 and 3 Speakers

Content Area 5 Career Development and Counseling

***Spruce Head***                    **Maine Students and College Aspirations**

**Nicole Jacobson, M.Ed  
Aremi Tappes-Torres, B.A.**

Last year representatives from Colby College visited nearly every Maine high school to speak with students and counselors about the various pathways to a four-year college degree. This year Colby will enhance its efforts to ensure the most talented students from all backgrounds have access to the very best educational experiences. Whether through secondary school and community based organization partnerships, test optional admissions practices, significant financial aid policies, or early talent identification programs, collaborative relationships between colleges and secondary school counselors can help all students aspire to and succeed in college. Learn more about these trends and initiatives taking shape throughout Maine and beyond.

Target Group = Admissions, Career Counselors, Secondary School Counselors

Category 2 and 3 Speakers

Content Area 5 Career Development and Counseling

***Pen Bay***                    **Orientation to Restorative Justice - Building Communities, Repairing Harm**  
**Sarah Mattox, B.A.**

This workshop will focus on the philosophy and practice of restorative justice, and address how it is being used globally, nationally and locally. We will explore applications to your own work, as well as ways that becoming aware of RJ resources in your area may strengthen opportunities for insight, growth and healing for those you serve.

Target Group = Secondary School Counselors

Category 3 Speaker

Content Area 1 Counseling Theory and Practice

***Schooner***                    **Occupational Cultural Competence: Supporting Maine's First Responders**  
**Emily Genever, M.S., LCPC**

This presentation focuses on the need to acknowledge and develop occupational cultural competency to support the first responder population. My program will include research on the topic while incorporating first-hand experience as a former first responder and now a licensed clinician, specializing in working with the population. The overall objective of the program is to start important conversations to support the education and training necessary to support first responders in Maine, as a counseling community.

Target Group = Clinical/Mental Health Counselors

Category 1 Speaker

Content Area 1 Counseling Theory and Practice

Content Area 9 Wellness and Prevention

*Camden*

**School Protocols to Manage Suicidal Behavior**

**Greg Marley, MSW, LCSW**

Schools and school districts in Maine will be required to develop and implement protocols for suicide prevention and intervention and to provide counseling services after a youth suicide, under a change to Maine law anticipated to go into effect beginning in the 2019-20 school year. Protocols form the backbone of any effective suicide prevention efforts in schools. This session will explore key elements of school protocols and offer guidance in their development.

Target Group = Elementary School Counselors, Middle School Counselors, Secondary School Counselors

Category 1 Speaker

Content Area 1 Counseling Theory and Practice