

**Monday, Early Bird Session I**

*Owls Head*  
**Anthropocene**

**Counseling in the**

Dr. William Hafford, Ph.D.

Geologists are debating renaming the current geologic epoch after the most significant impact visited on Earth in the last few thousand years: us. Welcome to the Anthropocene - the human epoch. What does it mean to be a counselor in the era of climate change?; Do counselors have a responsibility to the more than human world?; How does this inform our practice? All are welcome to this exploratory and interactive dialogue.

Target Group = All

*Spruce Head*  
**Counselors**

**Reach Higher Maine - Supporting School**

Nicole Vachon,

M.S.

The Reach Higher Maine initiative is part of the national Reach Higher initiative that helps support school counselors with their Career & College Readiness program. In this session the Reach Higher Maine team will provide an overview of the Reach Higher Initiative, provide information about resources available to Maine Schools, and discuss unique needs that each community has. Representatives from GEAR UP, MELMAC, MaineCAN, Early College for ME, higher education and FAME will share opportunities and best practices from around the state including professional development opportunities for school counselors.

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

*Pen Bay*  
**Justice**

**Ethics Hour 1: Ethics Guidelines and Social**

Deb Drew, Ed.D  
Jeri Stevens,

Ph.D

Participants will examine the guidance provided in the ACA, AMHCA, and the ASCA Codes of Ethics for practicing social justice in counseling.

Target Group = All

*Schooner*  
**Check"**

**Giving Students a "Reality**

John Rossilo,

M.Ed

This presentation is designed to help counselors use Dr. Glasser's "Choice Theory" to help any student, from the high anxiety student to the underachiever, in reaching their full potential. The goal is to learn how Reality Therapy can help you teach students to meet problems head on. Teaching students to have rational thoughts and feelings will result in better ways of dealing with the real world. The theory can help counselors give students a "reality check" and teach them to reach new heights.

Target Group = Clinical/Mental Health Counselors, Middle School Counselors, Secondary School Counselors

*Ebb Tide*  
**Early**

**RISE: Reaching Individual Students With Anxiety and Depression**

Susan Devoe, B.S.

This presentation will be done by a group of leaders who are working on a practicum project through the Daniel Hanley Healthcare Leadership Program. The practicum project work included reaching out to stakeholders such as your association to give us feedback on where enhancements could be made to primary care to allow for more effective communication around youth depression and anxiety identification and care coordination. The results of our survey will be shared along with a portfolio of recommended strategies/resources and lessons learned.

Target Group = Admissions, Clinical/Mental Health Counselors, Elementary School Counselors, Middle School Counselors, Secondary School Counselors

*Camden*  
**Visits**

**The High School Visit - Save Time By Using Technology In Scheduling**

Lisa

Ellrich

Are you spending way too much time playing phone tag schedule visits either to your high school or for your college/university? Why not use technology that is readily available to you (and FREE!) to assist?! On the Secondary School side you can easily set up a secure calendar that fits your needs, is flexible and is a huge time saver. On the higher education side finding out that your schools are on the RepVisits sight is like winning the lottery. Come learn how a local school is utilizing this technology to save everyone time, energy, and money. This session will be co-presented by Lisa Ellrich, UMF and Jeff McAdam, Kents Hill School.

Target Group = Admissions, Secondary School Counselors

***Monday, Early Bird Session II***

*Owls Head*  
**Seniors**

**College Application Summer Camp for Rising**

Doug Dumont,

M.S.

As educators, we all know the importance of early college readiness and getting an early start on the college application process! The summer before senior year is the perfect time for rising senior students to begin researching colleges, writing their college essays, filling out applications, applying to scholarships, asking teachers for letters of recommendation, and so much more. In this presentation, we will provide an overview of how secondary school educators and secondary school counselors can implement a successful college application summer camp for rising seniors in collaboration with local college admissions officers and high school English teachers.

Target Group = Secondary School Counselors

*Spruce Head*  
**Advocacy**

**Counselor Identity: Leadership, Growth and**

(Recommended for all attending Graduate Students)

<p>B.A Sandau</p>	<p style="text-align: right;">John Yasenchak, Ed.D Gregory McElvaine,  Robin  Adeena Vogel Debra McIntyre Morgan Strout</p> <p>Our professional identity as counselors is constantly developing over the course of our careers. Our paths do not always follow a straight line, and challenges stimulate our growth. In this workshop, a panel of graduate students and faculty will share their experience of emerging counselor identity: hopes, dreams and aspirations. This will be an opportunity for mutual conversation between emerging professionals and others who have been around a while about topics like identity, leadership, advocacy, and professional networking. The workshop will be facilitated by John Yasenchak and is recommended for all attending graduate students.</p> <p>Target Group = All</p>
<p><i>Pen Bay</i> <b>Lens</b></p>	<p style="text-align: right;"><b>Ethics Hour 2: Examining Ethical Practice From a Social Justice</b></p> <p style="text-align: right;">Deb Drew, Ed.D Jeri Stevens, Ph.D</p> <p>Participants will define social justice, social injustice, and discuss ethical approaches to confronting social injustice in counseling</p> <p>Target Group = All</p>
<p><i>Schooner</i> <b>Adolescents</b></p>	<p style="text-align: right;"><b>Eating Disorders in</b></p> <p style="text-align: right;">Seda Ebrahimi, Ph.D</p> <p>With 11% of High Schoolers being diagnosed with Eating Disorders, it is critical that we arm school counselors at all levels with information about these complex mental illnesses. In this presentation, you will learn about warning signs, various other mental illnesses that tend to coexist with Eating Disorders and the levels of care that a student can be treated at with as they struggle. Dr. Seda Ebrahimi, Director and Founder of Cambridge Eating Disorder Center, will also answer questions regarding how Eating Disorders are impacting students in your schools.</p> <p>Target Group = Clinical/Mental Health Counselors, Elementary School Counselors, Middle School Counselors, Secondary School Counselors</p>
<p><i>Ebb Tide</i> <b>Majors</b></p>	<p style="text-align: right;"><b>Career Trends: Hottest Career and</b></p> <p style="text-align: right;">James Westhoff, M.Ed</p> <p>This program will focus on the hottest career trends for counselors and students to know about. There are many false perceptions about some career fields and this program will give participants better information to work from with students. In addition, there are new majors being offered and this program will cover what these are and where they lead in the work world.</p>

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

*Camden*  
**Seriously!!**

**The Ethics of Self-Care: Using Humor to Heal,**

Mikal Crawford, Ed.D

As counselors and educators we know too well the toll our work can take on our personal and professional lives. We are guided by the ethics codes to self-monitor and engage in appropriate self-care; and sometimes our toolboxes can run dry. This presentation invites participants to consider the wonderful gift of laughter as a powerful healing agent that may be all too rare in our busy lives. Come join us and learn how to find your funny bone once again!

Target Group = All

**Keynote, Session III**

*Baypoint Room*  
**Injustices**

**Keynote: Counselors as Social Justice Champions Confronting Daily**

Patricia Arredondo,

Ed.D

Counseling professionals are at the forefront of multiple social justice issues in and out of the workplace. No longer is it possible to separate our work roles from societal inequities for children, families, immigrants, and community members at-large. At times people's issues or situations may feel overwhelming and yet, our preparation as helpers and humanists make it impossible to not take action. The multicultural mindset and the multicultural and social justice competencies can guide our processes from awareness to action.

Target Group = All

**Monday, Session IV**

*Owls Head*  
**FAFSA**

**Unfinished Business: Early**

Ron Milliken  
Mila Tappan, B.A.

Has a major shift designed to simplify and expedite financial aid delivery to more students worked for Maine students? Has it broadened inclusion and served students better? What evidence do we have at the mid-stream point that indicates successes to date, lessons we are learning, and needs for actionable items with students and systems? This session will inform, update, analyze, and reflect on accomplishments to date and on unfinished business that requires our attention to support Maine students in acquiring post-secondary credentials imperative to individual and state success in the years ahead.

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

*Spruce Head*  
**Determination**

**Recognizing Immigrant Resilience and**

Patricia Arredondo,

Ed.D

World-wide migration continues to bring individuals seeking a better life for themselves and their families to Maine and throughout the United States. Through a cultural knowledge lenses, counselors can better appreciate the courage, self-determination, and risks individuals have taken and the intentionality they have to transcend adversities. Culturally responsive and ethical counseling can occur when counselors work from a strengths' perspective with immigrant clients. Essential to effective practice is knowledge of the Personal Loss and Grief Model (Arredondo, 1981) and competencies for working with immigrants (Consoli, 2006)

Target Group = All

*Pen Bay*  
**Justice**

### **Ethics Hour 3: Self-Awareness and Ethical Social**

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

Participants will examine their own beliefs and biases to develop deeper awareness when advocating or confronting social injustice

Target Group = All

*Schooner*  
**Disorders**

### **DSM 5 Revisions to the Schizophrenia Spectrum and Other Psychotic**

Dr. Don Lynch, Ed.D

This presentation will explore the history and development of the diagnostic classification of the Schizophrenia Spectrum and Other Psychotic Disorders as well as the American Psychiatric Association's description of the various cultural, age and gender features as described in the DSM 5. We will also examine the interplay between other co-occurring disorders together with the research related to the etiological factors of schizophrenia. Participants will be invited to share their own experiences in working with individuals on the schizophrenia spectrum in both clinical as well as in educational settings.

Target Group = All

*Ebb Tide*  
**Pathways**

### **Using LinkedIn to Help Your Students Discover Career**

Jim Peacock,

M.Ed

Using LinkedIn to Help your students discover career pathways.

LinkedIn has over 300 million professionals with profiles and is used by nearly ALL Human Resource Departments and Recruiters to fill open positions and to learn more about candidates. It is so much more than merely a social media site to host your professional online presence. It can be used to explore career pathways and generate ideas on "what can I do with that major?" and more! If you are thinking about a career change yourself or want to be able to help your students / clients learn more about a career, this session is for you.

This session will look at how to:

- create strong professional online profile
- identify career pathways for yourself or your students
- research potential companies for employment or interview prep

- utilize LI Groups and your network to seek inside advice to an industry or company

Target Group = All

*Camden*  
**Students?**

### **How Do Colleges Really Choose**

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. Wendy Thompson's background includes twelve years on the Bowdoin College admissions staff - 2000-2012.

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

### **Monday, Session V**

*Owls Head*  
**Seniors**

### **Finding the Financial Fit for College-Going**

Elyse Pratt-Ranco, Ph.D

Unfortunately, in today's college counseling work, financial fit is becoming increasingly more important than academic or social fit. This presentation will show you how Upward Bound collects and uses financial aid package data to inform decision making as a program, and also to help students make the best decisions possible. A discussion of practical application to your own educational setting will also take place.

Target Group = Admissions, Career Counselors, Secondary School Counselors

*Spruce Head*  
**Fundamentals**

### **Disaster Mental Health**

Jan Frost  
Rani Belanger, M.S.

Disaster Mental Health Foundations is an official American Red Cross class. This recently updated curriculum provides an overview to the key concepts, knowledge, and skills required of Disaster Mental Health responders. Participants will be introduced to how mental health providers deliver services in the immediate aftermath of a disaster or community emergency. Completion of this class meets one of the requirements for becoming a registered mental health responder.

Target Group = All

*Pen Bay*  
**Injustice**

### **Ethics Hour 4: A Plan For Ethically Confronting Social**

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

Participants will develop a plan for ethical practice when advocating or confronting social injustice

Target Group = All

*Schooner*  
**Roundtable**

### **Admissions**

Carlana Bean, M.S.  
Ben Milster, M.S

The focus of this discussion will center on issues common to guidance counselors and admissions personnel. What do colleges want to know; what do guidance counselors need to know from colleges; and what common challenges do we face?

Target Group = Admissions, Secondary School Counselors

*Ebb Tide*  
**Policy**

**Maine's Bullying Law and Model**

Sarah Ricker, M.S.

An Act to Prohibit Bullying and Cyberbullying in Schools was signed into law in May 2012 and impacted policy implementation in Maine's school districts beginning in the 2012-2013 school year, with the Commissioner of Education sharing a model policy by January 2013. Over the past three years, both schools and parents/guardians have navigated the law and followed policy inconsistently while still recognizing a need to assure a safe, secure and peaceful learning environment. In this interactive workshop, you will hear from the bullying "specialist" at the Maine Department of Education the highlights of the law in order to ensure familiarity with the law and the model policy and procedures so your school can strive toward bullying prevention implementations that follow the structure of the law and model policy. You will leave with a clearer understanding of what the law is asking of our schools in order to address and counter the negative impact of bullying.

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

*Camden*  
**Biases**

**Body Weight, Shape & Size: Managing**

Christine Selby, Ph.D

This presentation will focus on the prevalence of anti-fat bias in the current culture and the degree to which healthcare professionals also hold this bias. Attendees will learn what anti-fat bias is, how it can be measured in one's self, and how this and other countertransference reactions can be identified and managed. Learning to regulate cognitive and emotional reactions to various body shapes and sizes will allow attendees to work more effectively with their clients/students.

Target Group = All

**Tuesday, Session VI**

*Owls Head*  
**Conversations**

**Courageous**

Tracy Corbin, M.Ed

The Maine Counseling Association released a Post Election statement in response to the deep divide our country and state is experiencing following the presidential election. Our state has experienced the fallout in families, friendships, communities, schools, and even within our counseling offices. MeCA has pledged to continue work on this front through answering the question "what now?" and is offering this session to facilitate courageous conversations. In this session, we will identify and explore the underlying hurt and beliefs from opposing sides, and identify commonalities and best practices in moving forward. We will explore privilege and oppression and identify solutions for helping our clients

and advocating for minority groups and those who are disadvantaged and underserved. Resources and practical applications will be provided to aid counselors in this work. Courageous conversations and respectful dialogue are necessary in order for us all to move forward and work towards healing the deep divide.

Target Group = All

*Spruce Head*  
**Melt**

**Summer**

Mila Tappan, B.A.

Last summer, a pilot project was conducted at two high schools to try and combat the program of summer melt. Nationally, about 20% of students who plan to attend college at the time of high school graduation “melt” away over the summer and end up not enrolling in any post-secondary institution. Join us to hear about the results of this pilot project (they were great) and discuss strategies that can be used to reduce summer melt.

Target Group = Admissions, Secondary School Counselors, Career Counselors

*Pen Bay* **Helping Students Achieve Through the SAT Suite of Assessments and Khan Academy**

Patricia Doyle, M.S.

Learn how to use the SAT Suite of Assessments to inform students of their skill strengths and weaknesses. Increase your understanding of Question Analysis and how students can use this component to improve their own learning. Learn how to connect students to Khan Academy for a personalized learning plan. Explore Roadtrip Nation a new partnership with College Board to help students with career planning.

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

*Schooner*  
**Students**

**From Bullies to Bathrooms: Making Our Schools Safe For All**

Jeanna Dooley, M.SW

As the debate rages over lesbian, gay, bisexual, and transgender students and their rights to self-expression and safe school environments, those of us at the local level are struggling to do the right thing. Join us for this informative and lively discussion of the federal and state requirements, and how to effectively bridge them into real action plans to create safe schools and reduce bullying for all students.

Target Group = All

*Ebb Tide*  
**Advisors**

**Advising the**

Hillary Bush, M.Ed

Advisory, or Roundtable as we call it, has always been part of the culture at Poland Regional High School. We will share what we have learned over these 17 years and where our program is at today. It is unquestionably at the heart of our school, connecting with curriculum, RTI, schedules, and leadership; it is our fall back for crisis, where we celebrate students, and a daily reminder to connect with each other. It continues to be our priority and what other schools often ask us about.

Target Group = Middle School Counselors, Secondary School Counselors

*Camden*  
**Cape**

**Take Off the**

Mary Gagnon, M.A.

Are we helping our clients, or are we rescuing them? The line can be blurry and difficult to discern. In this workshop, participants will explore the differences between helpers and rescuers, reasons therapists may be in a rescuing dynamic, and alternatives to rescuing that are healthier for clients and clinicians.

Target Group = Clinical/Mental Health Counselors, Middle School Counselors, Secondary School Counselors

***Tuesday, Session VII***

*Owls Head*  
**Band**

**An Open Roundtable About Suicide Prevention - Communities that  
Together to Support Our Youth**

Deb Thibodeau, M.Ed

Suicide Prevention is a topic that many want to engage in. Brainstorming ideas, sharing resources, and creating new initiatives to reach out to youth at all ages - Let's get together and share our resources on a statewide and local level!

Target Group = Secondary School Counselors, Middle School Counselors, Elementary School Counselors, Clinical/Mental Health Counselors

*Spruce Head*  
**Enrollment**

**Navigating the Opportunities and Challenges of Dual**

Mercedes Pour, M.A.

Maine students have access to more dual enrollment opportunities than ever before. Colleges are scrambling to provide concurrent, online, and in-person courses that will allow more students access to higher education. While the benefits of early credit are wonderful, we also must acknowledge and be ready for the challenges these students may face before and after they leave high school. Since often, it is the school counselor who must solicit, evaluate, fill, and administer these programs, in this session we will look at recent trends in dual enrollment both nationally and in Maine, identify key aspects of quality experiences for our students, and discuss ways to make dual enrollment choices that match your school culture.

Target Group = Secondary School Counselors

*Pen Bay*  
**Burnout**

**Don't Worry I'm Not Laughing with You: Using Humor to Manage  
and Motivate Students**

Teresa Smith, M.Ed

In 1994, my student teaching supervisor wrote, "Teresa's humor allows her to develop a rapport with even the most turned off students." Those words inspired me, over the course of my career, to always look for the fun (and funny) in life. Sometimes in our work with students we get so focused on the

content that we forget to think about the process of how we do things. I hope to make you laugh, and think about how to put more fun in your work. I recommended a visit to the loo before coming to the workshop.

Target Group = All

*Schooner*  
**Therapy**

### **Introduction to Acceptance and Commitment**

Sarah Alexander, B.A.

Acceptance and Commitment Therapy (ACT) is a CBT and behaviorally based theoretical approach, with a twist. Though it is relatively new to the field, some ACT concepts are well known, (think mindfulness). ACT can be an exceptional intervention for clients battling anxiety and depression, with a focus on learning to tolerate distress, while identifying values that fuel their progression towards reaching their therapeutic goals. Come check it out, we'll go over some interventions and practice some useful techniques.

Target Group = All

*Ebb Tide*  
**Orientation**

### **Intimate Partner Violence: Counseling from a Feminist Theoretical**

Pamela Gagnon da Silva, M.S.

From a historical perspective domestic violence has been noted as primarily a "women's issue". We now recognize the misuse of power and control as a complex and prevalent social issue that profoundly impacts our society as a whole. To address the complexity of domestic violence we must strive toward changing the belief systems that allow this problem to exist. Together we will explore these belief systems and the aspects of culture that shape and support domestic violence on individual, community, institutional, and global levels as applied through a feminist theoretical approach to counseling.

Target Group = Clinical/Mental Health Counselors

*Camden*  
**Counseling**

### **The Bhagavadgita and the Spirituality of**

John Yasenachak, Ed.D

Western counselors have learned much from a focus on yoga practices , breathing techniques and meditation practices. This knowledge can be enhanced by a study of classical yoga as presented in India's sacred literature. The purpose of this workshop will be to explore the "therapeutic" relationship between Sri Krishna and Arjuna as described in the Bhagavad-Gita and as discussed by mental health practitioners in India. Literature will be reviewed. Practice will be explored.

Target Group = All