

**BUILDING  
CAPACITY.  
BUILDING  
COMMUNITY.**



# **15th Annual Professional School Counselor Conference**

**February 9-11, 2020**

**San Antonio, Texas**

**Updated 2/5/2020**



# DOWNLOAD THE APP!

## GET CONNECTED

Get the most up to date information by downloading our app to your mobile device or by accessing it from your web browser!



Go to [www.txca.org/psscapp](http://www.txca.org/psscapp)

- Build your own personal schedule
- Connect with other attendees
- Stay up to date with push notifications
- Play the app game!



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## ABOUT THIS Conference

The 15th Annual Professional School Counselor Conference is designed specifically for professional counselors providing services in educational settings for elementary and secondary students. This conference is hosted by the Texas School Counselor Association (TSCA) and the Texas Counseling Association (TCA).

All conference programs are eligible to receive SBEC, LPC, NBCC, LMFT, LCDC, SW, Licensed Specialist in School Psychology and Psychologist continuing education hours.

### CO-HOSTS

***Texas School Counselor Association***

[www.txca.org/tsca](http://www.txca.org/tsca)



***Texas Counseling Association***

[www.txca.org](http://www.txca.org)



**CONNECT WITH US ON SOCIAL!**

**#TSCA20**

# Welcome from the TSCA President

## #TSCA20 ATTENDEES,



Welcome to the 15th Annual Professional School Counselor Conference and three days of innovative learning and networking!

The Texas School Counselor Association (TSCA) Board of Directors is proud to once again co-host this conference. I encourage you to visit the TSCA booth in the Exhibit Hall to learn more about TSCA's work, advocacy, and the resources we offer just for you!

Our conference theme, Building Capacity, Building Community, reflects that professional school counselors always strive to build our capacity to serve our students and families with the foundation of a strong professional identity that unites us as a professional community. Each keynote speaker, Learning Institute, and program was selected to support you in Building YOUR Capacity and Building YOUR Community.

We are excited to offer a new feature this year – the Texas Education Agency's Plenary Session on Monday afternoon. This is a great opportunity to meet the people and learn about the programs across TEA that impact your work as Professional School Counselors. Be sure to attend and then enjoy free refreshments during the Networking Reception right next door in the Exhibit Hall.

For those brand new school counselors, several of the more than 100 programs will help you jump start your comprehensive school counseling program. And for administrators, we've identified programs specially designed to build your understanding of comprehensive school counseling programs and the resources school counselors bring to your campus.

Implementation strategies for the state-mandated Texas Model for Comprehensive School Counseling Programs are offered throughout the conference, along with in-depth training and best practices on each of its four components. Sneak preview the updated and soon to be released Texas Evaluation Model for Professional School Counselors designed to align with the Texas Model and the new evaluation protocols endorsed by TEA. The array of options is immense – and the meeting space designed to accommodate many!

More than 70 campuses are being recognized with the prestigious CREST (Counselors Reinforcing Excellence for Students in Texas) Award for their effective implementation of model comprehensive school counseling programs. Attend the CREST program on Monday afternoon to learn how YOUR campus can be recognized next year!

Remember to visit our exhibitors – all of whom have been vetted with your unique needs as a professional school counselor in mind. They are here to support you!

Thank you for all you do to support your students and promote the school counseling profession.

Sincerely,

A handwritten signature in black ink that reads "Kimberly Ridgely".

Kimberly Ridgely, TSCA President





# Conference Overview

All events are at the Henry B. González Convention Center. Schedule changes will be announced at each general session and broadcast through our conference app.

## Sunday, February 9, 2020

10:30 am - 5:30 pm	Learning Institutes (\$)	302B, 302C, 303C
2:00 pm - 3:30 pm	1.5 Hour Programs	Ballroom Level Meeting Room Levels 2 & 3
2:30 pm - 5:30 pm	3 Hour Programs	Ballroom Level Meeting Room Levels 2 & 3
4:00 pm - 5:30 pm	1.5 Hour Programs	Ballroom Level Meeting Room Levels 2 & 3

## Monday, February 10, 2020

8:00 am - 9:30 am	1.5 Hour Programs	Ballroom Level Meeting Room Levels 2 & 3
10:00 am - 11:30 am	General Session	Hemisfair Ballroom C1&C2
12:00 pm - 1:30 pm	1.5 Hour Programs	Ballroom Level Meeting Room Levels 2 & 3
12:30 pm - 3:30 pm	3 Hour Programs	Ballroom Level Meeting Room Levels 2 & 3
2:00 pm - 3:30 pm	1.5 Hour Programs	Ballroom Level Meeting Room Levels 2 & 3
4:00 pm - 5:30 pm	TEA Plenary Session	Hemisfair Ballroom C1&C2
5:30 pm - 6:30 pm	Networking Reception	Hemisfair Ballroom C3

## Tuesday, February 11, 2020

8:00 am - 9:30 am	1.5 Hour Programs	Ballroom Level Meeting Room Levels 2 & 3
10:00 am - 11:30 am	General Session	Hemisfair Ballroom C1&C2
12:00 pm - 1:30 pm	1.5 Hour Programs	Ballroom Level Meeting Room Levels 2 & 3
1:30 pm	Adjourn	Ballroom Level Meeting Room Levels 2 & 3

## Registration

Hemisfair Ballroom C3

<b>SUN</b> (Feb 9)	8:30 am - 10:30 am (LI ONLY 300 room foyer) 1:00 pm - 6:00 pm
<b>MON</b> (Feb 10)	6:45 am - 6:00 pm
<b>TUES</b> (Feb 11)	7:00 am - 10:30 am

## Exhibit Hall

Hemisfair Ballroom C3

<b>SUN</b> (Feb 9)	1:00 pm - 6:00 pm
<b>MON</b> (Feb 10)	6:45 am - 6:00 pm
<b>TUES</b> (Feb 11)	7:00 am - 12:00 pm

## DOWNLOAD THE APP

Download the app at  
[www.txca.org/psccapp](http://www.txca.org/psccapp).



## WELCOME TO THE 15TH ANNUAL PROFESSIONAL SCHOOL COUNSELOR CONFERENCE!

Here are some tips so you can make the most of your conference experience!

1. Enjoy San Antonio! Stroll down the Riverwalk, sip a beverage on the terrace of one of the local restaurants, visit the Alamo, and take in the local culture.
2. Volunteer to facilitate programs. Be a part of the conference! You can facilitate programs and earn your CE hours at the same time! Not to mention you earn points in the app game!
3. Connect with other counselors while at the conference. This networking will provide you with a wealth of information and friendships that will enrich your counseling and your life!
4. Visit with our exhibitors. This is a rare opportunity for you to have "hands-on" time with materials before you purchase them to be sure they fit your program.
5. Meet your TSCA officers and board members. These members are dedicated to serving you, the Texas School Counselor Association, and all professional school counselors in Texas. You can earn points in the app too! Just ask them for their game code.
6. Plan some "me" time. There will be wellness activities during the conference, as well as sessions on counselor self-care. Keep your cup full so that you can keep pouring out for the people you serve.
7. Bring your administrator. If not this time, then next time! Administrators attend for free, and they will leave with a fresh understanding and appreciation of what you do.
8. Organize! Plan the programs you want to attend in advance - the conference app is a great tool for this! Have a back-up for each in case programs are full.
9. When you get home, go over your materials immediately and begin using all of the information you gained right away. For handouts, check the app and TCA website ([www.txca.org/handouts](http://www.txca.org/handouts)).



**FREE EVENTS**

# Conference Networking Reception

Monday, February 10 | Exhibit Hall in Hemisfair C3 | 5:30 - 6:30 pm



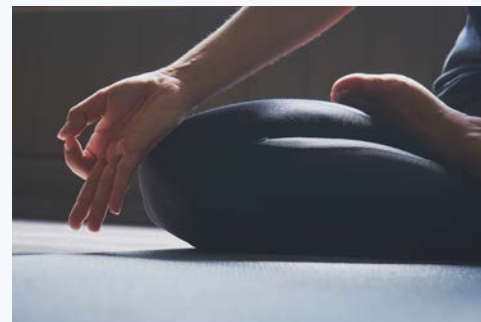
- » Meet up with friends
- » Visit our conference exhibitors
- » Network with your colleagues
- » Enjoy free refreshments

## Take a Breath. Take a Break.

All Conference Long | Room 222

Conferences can be a lot of fun, but the days are long! Take some time to check in with yourself and practice self-care. Visit our Wellness room (Room 222). Take a breather! Enjoy the view.

- » Color Mandalas
- » Check out sand trays
- » Practice Yoga
- » Meditate





# Venue & Transportation



## LOCATION

All programs and events will be held at:

### **Henry B. González Convention Center**

900 E Market St, San Antonio, TX 78205

(210) 207-8500

Visit [www.visitsanantonio.com](http://www.visitsanantonio.com) for more information on local attractions.

## TRANSPORTATION

### *Airport*

For more information on airports and airport transportation, visit [www.txca.org/pscc](http://www.txca.org/pscc) and select "Hotel/Travel" from the top menu.

### *Water Shuttle (Go Rio Cruises)*

A water shuttle with a circular loop on the Riverwalk that runs daily from 10 am - 5 pm at approximately 60-minute intervals. See the route, stops and more information at [www.goriocruises.com/Cruises/river-shuttle](http://www.goriocruises.com/Cruises/river-shuttle).

### *Ride Hailing Services*

Uber and Lyft offer transportation to/in San Antonio.

## PARKING

The Convention Center Parking garage at 850 E. Commerce (entrance on Bowie Street between Commerce and Market Streets) is the most centrally located between the Convention Center and hotels. Daily flat rate is \$10 on weekdays and \$15 on weekends (subject to change).

Limited parking is available on the south side of the convention center in Lots CSF 1 & 2. To access, follow Tower of the America's Way south alongside the convention center and turn right at the first light onto Montana St.

For a list of alternate parking options nearby with directions and parking rates, visit the link below.

[www.sahbgcc.com/Visit-Us/Location-Directions-Parking](http://www.sahbgcc.com/Visit-Us/Location-Directions-Parking)

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**ACA ACCOMMODATIONS** - TCA has made every effort to accommodate all persons with disabilities. TCA may not be able to accommodate requests that are not received in advance. If you need additional accommodations, please identify yourself to TCA staff upon arrival.



# Conference Details

## REGISTRATION

Registration hours are listed in the Conference Overview. Registration is required to attend all Learning Institutes, conference programs, and conference events. Learning Institute registration is not included in conference registration and can be purchased with or without conference registration.

## PROGRAM INFORMATION

### Conference Programs

Sunday, February 9, 2:00-5:30 pm

Monday, February 10, 8:00 am-5:30 pm

Tuesday, February 11, 8:00 am-1:30 pm

*Most conference programs provide 1.5 CE hours. Look for 3 hour programs as indicated in this program book.*

### Learning Institutes - \$130

Sunday, February 10, 10:30 am-5:30 pm

*There is an additional fee of \$130 to attend a Learning Institute. Conference registration is not required.*

## UPDATES AND CHANGES

Program and event changes and cancellations will be announced at each General Session and posted in the conference app.

## DOWNLOAD THE APP

Easily access programs, build your own schedule, and get updates with the PSCC20 app. Easily download the app at [www.txca.org/psscapp](http://www.txca.org/psscapp) or by searching "TCA Events" in your app store. Compatible with iOS and Android devices.



## NAME BADGES & CE HOURS

All badges must be visible to security and conference personnel for admission to all conference programs, ticketed events, and the exhibit hall. Your name badge will also include a QR code used to scan into programs for CE hours. For your safety, no one will be allowed to enter without a badge. If you purchased a single day registration, you will only receive CE hours for that day.

Attendance will be tracked through your conference name badge (QR code). **You must scan into each session within 15 minutes of the program start time and remain through the entirety of the program to receive full credit for the session. Partial credit will not be granted. After the conference, an email with a CE certificate for the programs you attended will be sent to the email on file with TCA.**

*All Learning Institutes and conference programs are eligible to receive LPC, LMFT, LCDC, NBCC, SBEC, Social Worker and Psychologist/LSSP continuing education hours. Ethics are offered on specific programs marked as "Ethics." Supervision hours are offered on specific programs marked as "Counselor Supervision."*

## PHOTOGRAPHY

Registration and participation in the conference, sessions, meetings, or other conference related activities constitutes an agreement by you for TCA to use and distribute (both now and in the future) your image or voice in photographs, video, electronic reproductions, and audio of such events and activities.

## Gotta Get Those Handouts!

**We know handouts are important to you!** That is why TCA asks each presenter to provide electronic program resources in advance of the conference. Handouts that were provided to TCA by presenters before the conference are available online at [www.txca.org/handouts](http://www.txca.org/handouts). Resources received after that date will be posted after the conference.

Speakers also have the option to upload their handouts to the app themselves. Handouts uploaded to the app will be located under the program page.

# Learning Institutes | \$130

SUNDAY, FEB 9, 2020 | 10:30 AM - 5:30 PM

#1

## Movies and Music and Play, Oh My!

**Room:** 302B

**Topic:** Play Therapy

**Presenter(s):** Lisa Remey

Ever notice the power of music and movie themes and wondered how to incorporate them into your play therapy sessions? This training is designed for counselors to discover how to bridge metaphors and symbols found in movies and songs into the play therapy process. The presenter will discuss how different theatrical frameworks can be utilized to process movies and music in addition to describing specific directive play therapy interventions. Common themes found in play therapy sessions will be explored such as loss, anger, rejection, self-concept, goal attainment and courage. Participants will explore how the foundations of cinema therapy and music therapy help clients discover their strength, gain new perspective and promote social-emotional intelligence that in turn builds connection, communication, self-awareness and increased understanding.

#2

## Divorced Families: Teaching Ways to Collaborate with Parents on Coping Mechanisms

**Room:** 302C

**Topic:** Child & Adolescent Counseling

**Presenter(s):** Raquel Diaz Rivas

When the parents are asked to analyze take-home messages such as what to do when the child gets upset at home or refuses to come to school, it is important to guide them toward careful consideration of body-language, tone of voice, word choice, and constructive response to resolving the issue. To achieve these goals, I use documents from 'The Center for Divorce Education' in Hidalgo County along with positive psychology to ensure a strong foundation for school counselors to use. I will discuss how to build communication with the parents, a road map for the teacher, and a guideline for the counselor. I address concerns behind the importance of being prepared for behavioral outbursts in the premature stages of the transition, and I share instructional strategies that challenge the parent to walk alongside the child during the transition.

#3

## Playing Around-Designing Counseling Games for Children and Youth

**Room:** 303C

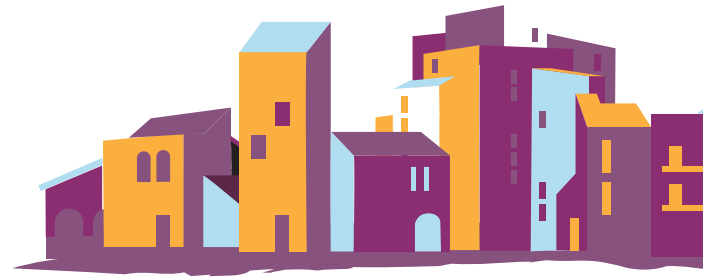
**Topic:** Comprehensive School Counseling Programs

**Presenter(s):** Betty White

School counselors are challenged by limited budgets, limited time, and a need to draw children in with activities that are interesting, engaging, and help students retain needed skills. Games provide a natural form of social interaction, help teach social skills, are entertaining, and are a natural fit for everything from whole class groups to small groups and individuals. Commercially designed counseling games can be prohibitively expensive and may not fit the exact needs of your setting. Join us as we transform everyday materials and commercial games into tools that fit your needs as a counselor. Participants will leave with at least 4 ready to use games, and will have the opportunity to tailor a game to the needs of their own clientele.

# Looking for a bite?

**MONDAY - TUESDAY**



## Market Cafe

*Main Lobby | 7:30 am - 5:30 pm*

Concession area located in the Main (East) Lobby. Items available include flat bread pizzas, assorted hot sandwiches, hamburgers, hot dogs, assorted deli sandwiches and wraps, salad boxes, specialty market salads, hot soups, baked potatoes, build-your-own salad bar, chips, muffins, yogurt, candy, fruit, sodas, juices, bottled water, Starbucks freshly brewed coffee and specialty drinks.

## Tower View Café

*Under escalators by Room 216 | 7:30 am - 5:30 pm*

Small coffee and snack kiosk located across from meeting room 216 on the Meeting Room Level. Items available include sandwiches, salads, Starbucks freshly brewed coffee, sodas, bottled water, muffins, candy, and fruit.

## The Broken Crust

*Street Level near the West Lobby | 11 am - 2 pm (weather permitting)*

Outdoor café and patio located off the hallway connecting the Main Lobby and West Lobby. If entering the Convention Center from Market St, head right from the Main Lobby. Items available will be made to order flatbread pizzas and beverages.



**SUN**  
**FEB 9**

# CONFERENCE PROGRAMS

**2:00 - 3:30 pm**

## **1. Building Healthy Relationships and Supportive Learning Communities Workshop with the Sanford Harmony CASEL SElect Program**

**Time:** 2:00-3:30pm

**Room:** 223

**Topic:** Social and Emotional Learning

**Presenter(s):** Sasha Breeden

Sanford Harmony is a CASEL-SElect program that builds healthy relationships and supportive learning communities where all students are valued. Join our hands-on workshop and learn social-emotional learning strategies to enhance connection, collaboration and communication in your learning environment tomorrow! We'll share lessons, stories, and activities that foster respect and empathy. Enhance family engagement through Home School Connections. You'll love Harmony as activities are flexible and easy to implement. Discover how Dallas ISD and the Sanford Harmony SEL Program have joined together to create conditions to empower children's voices and choices, and develop healthy relationships at NO COST to districts and organizations.

## **2. How Smart are Your SMART Goals?**

**Time:** 2:00-3:30pm

**Room:** 224

**Topic:** Comprehensive School Counseling Programs

**Presenter(s):** Lesley Casarez, Michael O'Briant, Rachel Gandar, Tamra Kelly

This program will identify and analyze the foundational components of a comprehensive school guidance program as outlined in the *Texas Model for Comprehensive School Counseling Programs, 5th Ed.* Every comprehensive school counseling program (CSCP) has to start with a strong foundation. In order to build the foundation, specific target areas must be established to direct the time and efforts of the school counselor. Participants will then use this information to begin creating a comprehensive program by formulating data-driven SMART goals, which will serve as the foundation for the program. Discussion will occur on how to present the information to a school leadership team, relating these goals to school counselor duties/roles as outlined in the Texas Education Code. This presentation will also be beneficial for school counselors who are interested in applying for a CREST award through the Texas School Counselor Association, as SMART goals are one of the areas within the new scoring rubric, and an area that many educators struggle to write effectively.

## **3. Ethical Considerations When Working with Immigrant Students**

**Time:** 2:00-3:30pm

**Room:** 225C

**Topic:** Multicultural & Social Justice

**Presenter(s):** Valerie Martinez, Angela Taylor-Blackshear

This presentation provides a framework to help professional school counselors create a comprehensive program to assist immigrant students in the school educational setting. The presentation starts with a participant activity the presenters have used with faculty and students. Then, the words of students will be shared as a means to provide insight into an often hidden student population. Next, an overview provides statistics and relevant information.





## 4. 5 Good Ideas about Counseling Students from Underserved Populations: A Conversation about Access & Equity in Counseling

**Time:** 2:00-3:30pm

**Room:** 225D

**Topic:** Multicultural & Social Justice

**Presenter(s):** Ruby Bible

Students from underserved and at-risk populations experience unique challenges that impact every aspect of their lives and have negative effects on their school success. Historical, social, and institutional discrimination creates obstacles that many peers may never face. While multicultural counseling classes, books, and professional development have enlightened us and given us the ability to work with diverse students and parents, rarely do school counselors engage in meaningful conversation regarding these unique challenges, how they impact a student's worldview and the equity to and access of resources within their communities. Dive into a candid conversation about equity, access, and advocacy for underserved and at-risk students and leave with 5 Good Ideas that increase support and advocacy for culturally diverse, underserved and at-risk students.

## 5. A Trauma Informed Approach for Educators: Why It Matters

**Time:** 2:00-3:30pm

**Room:** 214A

**Topic:** Trauma & Grief

**Presenter(s):** Kemberly Edwards

Trauma Informed Care has become the gold standard across the nation in response to students presenting with concerns that are related to trauma at school. Using the ACES Model, learn how to identify behaviors associated with a traumatic experience and how this practice, which begins with connection, can be a conduit for building safe relationships with students. These meaningful connections are the beginning of healing and intervention which leads to improved academic and interpersonal outcomes.

## 6. Study Smarter, Not Longer

**Time:** 2:00-3:30pm

**Room:** 214C

**Topic:** Elementary School Counseling

**Presenter(s):** Jill Riethmayer

Students are often expected to 'just know how' to be successful students. These skills are never a specific part of their curriculum; however, it is assumed that those skills will be simply acquired while progressing through grades K - 12. While working for over 25 years with community college students, I taught a study skills class that turned academic probation/suspension students into successful students. They were assisted in 'digging out of an academic hole' that often quickly happens to incoming freshmen who are not equipped to handle the effective management of time in an environment where they are 'on their own' far more than when in high school. Topics of this workshop will include: learning styles; organization of time, information and materials; note taking; reading and marking textbooks, handouts and notes as well as studying strategies and test-taking strategies.

**DURING THIS CONFERENCE, I WILL CHALLENGE MYSELF TO...**

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## **7. Bullying: A Continuum of Behavior**

**Time:** 2:00-3:30pm

**Room:** 214D

**Topic:** Comprehensive School Counseling Programs

**Presenter(s):** Teri Hensley Marrow

The focus of this presentation is to examine the differences between rude, mean and bullying behaviors. This presentation will: (a) provide an overview of the differences between rude, mean and bullying behaviors; (b) provide a summary of strategies for school counselors when providing guidance counseling; (c) offer a conceptual model of individual interventions for addressing rude, mean and bullying behaviors; (d) Adapt information about rude, mean and bullying behaviors to include in parent and staff training.

## **8. Conquering the Diseases of Despair with Discoveries in Neuroscience, Mindfulness, and Positive Education**

**Time:** 2:00-3:30pm

**Room:** 216AB

**Topic:** Social and Emotional Learning

**Presenter(s):** Dennette Gardner, Lisa Grady

Between the years of 2007 - 2017, the rate of diseases of despair (anxiety, depression, suicidal ideation, substance abuse, violence) increased at an alarming rate and affected even younger age groups. The incidence of major depressive episodes among children ages 12 - 17 increased 52%. There were 1.2 million suicide-related emergency room visits by U.S. children ages 5-18 in 2015, almost double that from 2007. Nearly 45 percent were children ages 5-11. Safety is also a growing concern as school shootings are, sadly, a common occurrence in the U.S.A. School counselors see a sharp rise in bullying whether in person or on social media. This workshop will address the growing mental health crisis in the country and provide experiential knowledge with evidence-based tools that will support counselors in helping more students in less time. Learn about the growing, global Positive Education and Mindfulness movements with proven success in improving student's social emotional lives and academic achievement. With Inner Explorer, a Top 10 program for executive function and brain health, school counselors can multiply their effectiveness across the campus and into the community.

# 3 HOUR CONFERENCE PROGRAMS

SUN  
FEB 9

2:30 - 5:30 pm

## 9. Red Cross Disaster Mental Health Fundamentals

**Time:** 2:30-5:30pm (3-Hour)

**Room:** 214B

**Topic:** Crisis Response

**Presenter(s):** Julie Jones

**PRE-WORK REQUIRED!** Verify you have the credentials to volunteer as a disaster responder. Register with Red Cross and watch an introduction video prior to attending this program. Go to this link to get started: [www.tinyurl.com/RedcrossSA](http://www.tinyurl.com/RedcrossSA). Disaster Mental Health Fundamentals introduces the key concepts, knowledge and skills required of a Red Cross Disaster Mental Health (DMH) worker. It is a two-part course (1. Online pre-work and 2. Program attendance) that provides participants with the opportunity to apply their learning to real-world examples that reflect challenges experienced by Disaster Mental Health responders, from supporting a local Disaster Action Team (DAT) response to serving on a larger disaster relief operation.

## 10. Personality in Counseling and Classroom: Opening the Door to Connection and Change

**Time:** 2:30-5:30pm (3-Hour)

**Room:** 302A

**Topic:** Counselor Education

**Presenter(s):** Randy Guttenberger, Lydia Giordano

Connecting with students and staff in counseling and in the classroom is essential to learning, to trust, and to change. While we connect with some, it is difficult to connect with all. The key to making that connection is to speak in the personality style of the hearer! Come learn how we all hear through a personality filter, how to overcome it, and how to speak into the filter of those we are trying to reach, i.e. speaking their personality language. Your words will move them from their reactive system into their conscious mind, enabling clear thought and reason to prevail. Through case studies, group discussion, activities and instruction you will learn how personality language changes the message once filtered into the brain and how to change your language to better connect with your students and staff! Learn what to look for in assessments and how to use them.

## 11. Preparing Students With High Functioning Autism in Transition to College

**Time:** 2:30-5:30pm (3-Hour)

**Room:** 303A

**Topic:** Counselor Education

**Presenter(s):** Sandra Salazar

This program will prepare school counselors to address the needs of students with HFASD in transitioning from high school to college. Specific strategies and outcomes will be shared, and opportunities will be offered for interaction among participants. Participants will work together to develop a sample of a high school transitional plan to enhance their work with students who have HFASD.

## 12. A Path to Exemplary School Counseling Programs: A Side by Side Look at the Texas Model, the Newly Revised TEMPSC, and the CREST Award Program

**Time:** 2:30-5:30pm (3-Hour)

**Room:** 303B

**Topic:** Comprehensive School Counseling Programs

**Presenter(s):** Elias Zambrano, Ernest Cox, Jennifer Akins

Learn ideas and tools to help your school counseling program become an award-winning Exemplary School Counseling Program! *The Texas Model for Comprehensive School Counseling Programs, 5th Edition* - now codified in law, TCA's newly published Texas Evaluation Model for Professional School Counselors, 3rd Edition, and TSCA's Counselors Reinforcing Excellence for Students in Texas (CREST) awards program are completed and ready for your use! Learn how these tools align with each other to support and guide your school counseling program to reach new levels of excellence. Discover how these tools can collectively support your professional skills to deliver high quality, student-oriented services through a comprehensive school counseling program!



# CONFERENCE PROGRAMS

**4:00 - 5:30 pm**

## 13. Successful Online Learners

**Time:** 4:00-5:30pm

**Room:** 223

**Topic:** Comprehensive School Counseling Programs

**Presenter(s):** Cari Moye, Brenda Shupe, Jeff Oldham

In the ever-growing world of online education, it is imperative that we assist our students in gaining the necessary skills to be successful in their online environments. School counselors will need to be a primary resource for equipping these students to be confident online learners. Come hear how our TTU K-12 counselors and teachers help prepare our students to be successful, independent learners in the rapidly changing online landscape.

## 14. Counseling the Gifted: How Gifted Traits Can Effect Individual and/or Group Sessions

**Time:** 4:00-5:30pm

**Room:** 224

**Topic:** Child & Adolescent Counseling

**Presenter(s):** Michelle Vignon, Linda Vargas-Lew

Gifted individuals present their own sets of challenges due to their unique needs on both the academic and emotional levels. Qualities such as overexcitabilities, asynchronous development, and higher rates of anxiety can interfere with their lives and brilliance. The emotional needs and sensitivities present in the gifted can, in turn, create challenges when meeting with the individual and/or as a small group. When one realizes this, then counseling individuals who are gifted must incorporate this understanding into the counseling sessions.

## 15. Teacher Wellness: A Stepping Stone to Student Success

**Time:** 4:00-5:30pm

**Room:** 225C

**Topic:** Wellness & Self Care

**Presenter(s):** Jacquelyn (Garza) Schuster, Lauren Rocha, Jennifer Gerlach

Recent research indicates a decline in teacher wellness and mental health and an increase in burnout, anxiety, and poor physical health. Consequently, the wellbeing of teachers has a significant effect on student and colleague relationships, student and campus outcomes, and overall school climate. Mindfulness practices have shown improvement in wellbeing through strategies of nonjudgment, being openhearted, and being present in the present at the moment. We will discuss and practice implementing a wellness workshop for teachers with strategies based on mindfulness approaches. The workshop is divided into themes such as breathing, stress, anger, self-compassion. Each theme follows the format of an introduction, recognition, and application of mindfulness-based coping strategies. School counselors will be taken through the layout of the workshop while practicing mindfulness skills. The workshop can be converted into a full school program, incorporated into professional development, along with other formats. Furthermore, a discussion will demonstrate how increasing teacher well-being positively impacts student academic and social-emotional growth.

## 16. It Takes a Village: Effective Parent Presentations

**Time:** 4:00-5:30pm

**Room:** 225D

**Topic:** Child & Adolescent Counseling

**Presenter(s):** Jessica Casteel

Presenter will lead participants through several parent presentations. These presentations cover disciplining using conscious discipline, house bill 5 information, reducing stress during the holidays, and strategies to help a stressed and anxious child. Many of these presentations could be tailored to any age level though they are created for junior high and high school students.



## 17. A Call for School Counselor Mentors

**Time:** 4:00-5:30pm

**Room:** 214A

**Topic:** Career Development

**Presenter(s):** Gretchen Eckhardt McLain

School counselors face many challenges, and often experience role ambiguity and burnout. While school counselors in large school districts can work with a counseling team and are able to experience mentorship opportunities, counselors in smaller school districts may not have those resources available to them. This article examines the published literature regarding the preparation of school counselors, as well as mentorship opportunities available to teachers as administrators. A model plan is proposed to make resources available to novice school counselors to ensure their success in the profession.

## 18. Tech Savvy School Counseling

**Time:** 4:00-5:30pm

**Room:** 214C

**Topic:** Technology

**Presenter(s):** John Spodee, Karen Frederick

What technology should I use? What are the ethical implications? What are the apps that will best meet my needs as a school counselor? Participants with or without experience with appropriate technologies are encouraged to attend! This session facilitates discussion about integrating technology appropriately using the Texas Model for Comprehensive School Counseling. Ethical codes and Texas regulations will also be addressed. This session will introduce some technologies, and will also be interactive in nature with attendees being asked to share about their use of technology in school counseling. Your input is welcome!

## 19. Campus Alliance Telehealth Resources - An Integrated Approach

**Time:** 4:00-5:30pm

**Room:** 214D

**Topic:** Counselor Collaboration

**Presenter(s):** Judy Jarratt

The Campus Alliance Telehealth Resource (CATR) program is a promising school-based mental health initiative. CATR will provide a resource for identifying students at risk for committing school violence and intervening with those students before acts of violence might occur. This informational session will provide you with insight on how CATR works and how your school might benefit from this resource.

## 20. Wrap Around Counseling Services for Emotional Wellness in the 21st Century

**Time:** 4:00-5:30pm

**Room:** 216AB

**Topic:** Comprehensive School Counseling Programs

**Presenter(s):** Audrey Robinson, Kemberly Edwards, Alyssa Walker

In response to the proliferation of behavioral and mental health concerns in schools, Mesquite ISD counselors have pioneered a PK-12 emotional wellness/SEL roll-out for all students. This vertically aligned approach allows for proactive intervention through direct instruction, training of all staff, and responds to larger mental health concerns through tiered counseling services. The goal of these wrap around services is to improve school climate, instructional focus, and the overall wellness of students. This process was created in collaboration with CASEL and Momentous Institute, is data supported, and makes use of existing resources. Wrap-around services and SEL initiatives support Trauma Informed Care. A shareable model and resources will be provided, so counselors and directors of any level can create a plan tailored to fit individual district and campus needs.

**WHAT'S ONE THING YOU  
WANT TO LEARN AT THE  
CONFERENCE?**

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# CONFERENCE PROGRAMS

**8:00 - 9:30 am**

## **21. Change is Scary! What You Need to Know About Being a New Professional School Counselor**

**Time:** 8:00-9:30am

**Room:** 221A

**Topic:** Counselor Education

**Presenter(s):** Claudia Smith, Jill Adams

This interactive program is designed to support new professional school counselors as they navigate the transition from classroom teacher to professional school counselor. We will discuss and examine possible challenges, difficult scenarios, relationships with administration, compassion fatigue and much more in this session. Whether you are brand new to the profession or returning to the profession after some time, we welcome all to share and leave with some useful strategies and resources to guide you through this change.

## **22. TSCA Presents: SWAT: A Whole Child Approach to Student Safety**

**Time:** 8:00-9:30am

**Room:** 221BC

**Topic:** Trauma & Grief

**Presenter(s):** Lesa Pritchard, Ashley Stewart, Hector Hernandez

Boerne ISD is putting all the pieces of the puzzle of threat assessment teams together to support the Whole Child by creating Safety and Wellness Advisory Teams (SWAT). In this hands-on and scenario based workshop, Boerne ISD will share with participants how we use a Multi-tiered System of Support where administrators, school resource officers, counselors, nurses, teachers, and coaches work together to identify, assess, and intervene with students who are having behavioral health and academic issues. We use the same MTSS process for behavioral wellness as we do for academic wellness, making the process less stigmatizing for students and their families.

## **23. TSCA Presents: New Counselor Academy: Basics for Beginners**

**Time:** 8:00-9:30am

**Room:** 221D

**Topic:** Comprehensive School Counseling Programs

**Presenter(s):** Sara Schroeder, Michelle Wilson

The purpose of this session is to share the importance of creating a new counselor academy with the intent for consistency in expectations across the district for the alignment of the comprehensive program from K-12. While the resources will focus primarily on the secondary level, other resources will be provided for counseling at all levels. These resources include the importance of data, examples of how to collect data, initiating small groups, examples of small group sessions, guidance lessons, and pre/post assessments.



### **WHILE ATTENDING THIS CONFERENCE, I WILL...**

- ☐ Meet and share ideas with 3 new counselors
- ☐ Take some time for wellness (I work hard!)
- ☐ Organize my notes and materials so I can use what I learn as soon as I get back to work!

## 24. Academic, Career, Personal, Social, Emotional...Oh My!

**Time:** 8:00-9:30am

**Room:** 224

**Topic:** Secondary School Counseling

**Presenter(s):** Jennifer Akins

Professional School Counselors have been codified in Texas to serve all students through a program that fully develops each student's academic, career, personal, and social abilities. By leveraging your PSC appropriately and implementing a comprehensive school counseling program, empirical evidence demonstrates an overall positive impact on academic achievement, attendance and behavior, and overall school climate. Learn how to collaborate with your PSC to design and deliver a quality program.

## 25. Fighting Goliath: The Teenager's Struggle with Vaping

**Time:** 8:00-9:30am

**Room:** 225AB

**Topic:** Substance Abuse & Addictions

**Presenter(s):** Sneha Nayar-Bhalerao, Michelle Mower

Vaping, or e-cigarette use, is increasingly growing among middle and high school students. E-cigarettes contain nicotine and can impact the developing brain causing addiction. Presenters will highlight the varied issues related to teenage vaping using a case study. Attendees will have an opportunity to discuss their experiences related to this issue and learn about the potential harm caused by vaping. The presentation will conclude with many strategies that can be implemented by school counselors, clinicians, and educators as they help students and their families struggling with vaping.

## 26. Neurofeedback - A No Brainer for School Professionals!

**Time:** 8:00-9:30am

**Room:** 225C

**Topic:** Technology

**Presenter(s):** Dianne Kosto

Why Neurofeedback is a No Brainer- In this presentation, professionals in the academic, therapeutic and mental health realms will obtain valuable real world information on understanding brainwave behavior and how it manifests and affects students and adults every day. We then discuss the technology and how neurofeedback can quickly and easily impact their current programs. By providing insight to understand how implementing neurofeedback can be a simple, painless and seamless addition to traditional programs already in place and show that it can significantly improve quality, progress and results as well. Q & A and open discussion. Introductory level- Covers how stress, anxiety, technology & trauma can impact learning, behavior, and brain development and how we can guide the way toward lasting change and better solutions.

## 27. House Bill 3 for School Counselors and New Counselor Supports from TEA

**Time:** 8:00-9:30am

**Room:** 225D

**Topic:** Secondary School Counseling

**Presenter(s):** Alexis Bauserman

Want to stay up to date with all college, career, and military components within House Bill 3? No need to worry because the new Counseling, Advising, and Student Supports Team at TEA is here to break it all down for you! While House Bill 3 (passed during the 86th Texas Legislature) creates historic opportunities for Texas schools around funding and equity, it also brings with it some questions about how to advise students and when certain requirements go into effect. Please join us for a deeper dive into the HB 3 components that are relevant to the work of school counselors and college readiness advisors. We are also excited to debut a new team at TEA devoted to supporting the work of school counselors, college readiness advisors, and others who directly support students. Join us to learn more about this growing team, weigh in on the future supports that you would like for us to provide, and get plugged into the work that is happening now.



## 28. Seasons of a Military Connected Student

**Time:** 8:00-9:30am

**Room:** 214A

**Topic:** Child & Adolescent Counseling

**Presenter(s):** Lisa Remey

As a school counselor, understanding the unique challenges of the military connected student is crucial in supporting them during their season at your school. This session will help you in identifying the potential gaps and struggles, understand cycles of the military lifestyle, and build on student strengths to help them integrate within your school community.

## 29. Texas Education for Homeless Children and Youth Program: How Counselors Can Support Students Experiencing Homelessness

**Time:** 8:00-9:30am

**Room:** 214B

**Topic:** Counselor Education

**Presenter(s):** Cal Lopez

Thousands of students enrolled in Texas schools' experience homelessness every year. The purpose of the McKinney-Vento Homeless Assistance Act is to identify and remove barriers for children and youth experiencing homelessness and ensure that students in these circumstances have equitable access to all available supports and resources to meet the same challenging state academic standards established for all students.

During this session we will discuss key requirements and components of the McKinney -Vento Homeless Assistance Act. Participants will learn more about risk factors, indicators, and strategies to identify students experiencing homelessness. Participants will receive valuable information and resources to help them make the necessary links within their local education agency (LEA) and community to serve homeless students, and ultimately ensure that students experiencing homelessness have equitable access to school and community support services and resources. TEA Texas Education for Homeless Children and Youth (TEHCY) priority projects, program, and grant updates will be discussed. During this session participants will have the opportunity to provide input and feedback to assist with the development of TEHCY program resources, trainings, and tools needed to strengthen the capacity of school personnel and community stakeholders to support homeless students.

## 30. Music in Every Classroom: Using Music to Support & Enhance SEL in the Classroom

**Time:** 8:00-9:30am

**Room:** 214C

**Topic:** Social and Emotional Learning

**Presenter(s):** Michele Hobizal

Borrow simple tools from this music educator's toolbox that can help guide students on the journey to all 5 core SEL competencies.

## 31. Help! I Want a Growth Mindset Using Origami, Makerspace, and Expressive Arts!

**Time:** 8:00-9:30am

**Room:** 214D

**Topic:** Elementary School Counseling

**Presenter(s):** Daniel Alvarez, Courtney Taylor

A growth mindset! Do you want to learn different ideas for helping your students develop a growth mindset and assist them when in crisis? We will be discussing how using simple origami structures, makerspace activities, and expressive arts can empower students to help them develop grit, perseverance, and a positive growth mindset. These interactive and hands-on structures can be used in many different counseling formats, such as guidance lessons, small group lessons, or individual sessions and can help show students how valuable a growth mindset can be.

## 32. Texas Education Code and the Texas Model for Comprehensive School Counseling Programs: What To Know and Do!

**Time:** 8:00-9:30am

**Room:** 216AB

**Topic:** Comprehensive School Counseling Programs

**Presenter(s):** Elias Zambrano, Ernest Cox

The Texas Education Code now specifies that Texas school counselors institute a school counseling program that "conforms to the most recent edition of the *Texas Model for Comprehensive School Counseling Programs*" (Texas Education Code, §33.005, 2019). This session will provide an overview of the model's content. Information and ideas will be presented to support the implementation of the Texas Model in school districts. Group discussion will be facilitated to assist participants with establishing and strengthen the Texas Model's program structure, its curriculum, and school counselor roles in their school districts



### 33. 'Why?' The Benefits of Foreign Transcript Evaluation

**Time:** 8:00-9:30am

**Room:** 301A

**Topic:** Secondary School Counseling

**Presenter(s):** Elizabeth Llongueras, Gretchen Holtsinger

Recent immigrants transferring to our educational system often arrive with high level of coursework that school districts cannot validate or interpret. Giving students credit for the courses they've taken not only gives them a powerful academic and emotional boost, it also saves school districts a significant amount of money. Courses (most often Algebra I & Biology) completed outside of the state of Texas are exempt from EOC exams. ValidateME! offers this service and this presentation explains the multiple benefits to school districts as well as to recent immigrant students. When we validate the education these students bring from their native countries, we communicate respect and provide English Learners the opportunity to transition into Texas schools without losing instructional time repeating credits while learning English. ValidateME! is a critical tool to help school districts meet the goal of increasing the graduation rate for English Learners.

### 34. Data, Data, Data! Using Toggl to Track Use of Time

**Time:** 8:00-9:30am

**Room:** 301B

**Topic:** Technology

**Presenter(s):** Kaitlyn Lowen

School counselors wear many hats and spend time doing a variety of campus duties. Learn how to use Toggl, a simple time tracking app that can help counselors easily determine their use of time daily, weekly, monthly, and even yearly! This app allows counselors to assess their use of time in: direct and indirect student services, program management, school support, and more. Learn how to sync your calendars to the app and create visible bar and pie charts to impress administrators and stakeholders. This app allows counselors to better advocate for their position by providing concrete data on how much time is being spent in each school counseling program component.

### 35. Aspirational Advocacy: Helping Our Cause

**Time:** 8:00-9:30am

**Room:** 301C

**Topic:** Advocacy

**Presenter(s):** Lamar Muro, Lindsay Webster

Teaching and learning about oppression inspires and motivates our commitment to social justice. In school counselor training, an unintended consequence can result when we equip professionals with knowledge, passion, and enthusiasm, but leave them early in their development of discernment. Ironically, some attempt to affect change through methods that can resemble those used by oppressors.

With the introduction of school counselor advocacy competencies in the most recent edition of the Texas Model for Comprehensive School Counseling (Texas Education Agency [TEA], 2018), a discussion of responsible approaches to social justice has become critical for the effective application of advocacy in school counseling programs. In this program, we will make a case for aspirational advocacy. We examine a need for tools to promote social justice through aspirational, influential, and unifying ways. We compare some dynamics of bullying to the re-purposing of social justice, when used to dehumanize others, including those that are unaware, apathetic, or opposed to our cause. We propose that there is wisdom in the values and practices of counseling that can guide us in navigating social justice issues in our schools and communities.

### 36. How Counselors Can Support Their School After a Major Race or Bias Incident

**Time:** 8:00-9:30am

**Room:** 302A

**Topic:** Multicultural & Social Justice

**Presenter(s):** Derek Francis, James Bierma

Each year, schools across the US are faced with handling major race/bias incidents in their schools. These types of incidents can cause disruptions in schools and cause students and staff to feel discomfort. In this session, counselors will learn ways to support student with proactive classroom lessons, small groups, and individual counseling activities. Derek Francis has supported several schools in the Twin Cities through major racial incidents.

## 37. Preparing for the Unexpected

**Time:** 8:00-9:30am

**Room:** 302BC

**Topic:** Crisis Response

**Presenter(s):** Kristen Ascencao

How can you prepare for the unexpected when you don't know what to expect? Crisis management planning is a critical component that must be considered in every school system. While we can't predict the unexpected, we can plan for various crisis situations through thoughtful and systematic planning. Having a framework and district process helps provide stability during an unexpected crisis and a direction for assisting those in need while attempting to reduce further trauma. Join us as we prepare for the unexpected!

## 38. Thinking about Using your LPC? Details on What to Expect Outside of the Safety of the School System

**Time:** 8:00-9:30am

**Room:** 303A

**Topic:** Private Practice

**Presenter(s):** Jeanette Lira

As a former School Counselor thinking about leaving for Private Practice is scary. In this program you will learn what to expect if you decide to venture outside the safety of the school system. We will discuss resignation, insurance, credentialing, clients, note taking, private practice (large and small) vs. community counseling vs. school counseling. Difference in responding to ethical dilemmas. Be prepared and don't get caught off guard. Learn how to re-create a private practice professional identity for full time or part time.

## 39. School Counselors in the Court Room: An Overview of Ethical Consideration in the Legal System

**Time:** 8:00-9:30am

**Room:** 303BC

**Topic:** Ethics

**Presenter(s):** John Spoeede, Angela Spoeede

In this presentation participants will learn how certified school counselors can successfully navigate the court system. This will include topics such as subpoenas, witness (character versus expert), testimony, open and closed records, and confidentiality/privileged communication. Additionally, careful consideration will be given to ethical codes, Texas rules and regulations related to counselors in the court room, and application of the ethical decision making model.

## 40. Taking the Bully by Both Horns: The Usual Suspects and TALK-WALK-TELL

**Time:** 8:00-9:30am

**Room:** 304AB

**Topic:** Behavioral Interventions

**Presenter(s):** David Dye

Bullying has been well defined for decades, yet it is still misunderstood and misdiagnosed. This session will provide (free of charge) the following researched based concepts: The Five Rules of Bullying, The Usual Suspects and the powerful conflict resolution strategy TALK-WALK-TELL. Attendees will leave the session with the knowledge and resources to identify, intervene and integrate all students involved in Negative Social Interactions.

## 41. How Do We Get Adults to Change?

**Time:** 8:00-9:30am

**Room:** 304C

**Topic:** Social and Emotional Learning

**Presenter(s):** Houston Kraft

Last years conference keynote speaker, Houston Kraft, is back to share his insights into student AND staff behavior change to impact classroom and campus culture. CharacterStrong is working with over 1,500 schools globally to put a practical focus on effective behavior change through the thoughtful teaching of social and emotional learning (SEL), character development, and relationship-building. How do we integrate and teach these skills in an engaging and relevant way? How do we get the adults in the building on board and bought in?

## 42. The Roots of Violence: Bullying, Gangs, Violence, Hate Crimes and Kids Killing Kids

**Time:** 8:00-9:30am

**Room:** 305

**Topic:** Elementary School Counseling

**Presenter(s):** Jill Riethmayer

One cannot deny that violence is escalating in our country - in our homes, schools, communities as well as across our states and our nation. This violence occurs on a continuum ranging all the way from mild bullying behaviors to gang violence to hate crimes to kids killing kids (both inside and outside the classroom). In our response to Columbine and subsequent school shootings, both schools and communities have primarily treated only the symptoms of violence not the actual roots of violence. This workshop explores the roots of violence and identifies significant social toxins that contribute greatly to violence - including kids killing kids.



# Validate My Education

Transcript Evaluation Services

➤ PROVIDES TRANSCRIPT EVALUATION SERVICES FOR STUDENTS ENTERING HIGH SCHOOL IN THE UNITED STATES FROM THE FOLLOWING COUNTRIES:

✓ Afghanistan	✓ Czech Republic	✓ Jordan	✓ Philippines
✓ Albania	✓ Denmark	✓ Kazakhstan	✓ Puerto Rico
✓ Angola	✓ Dominican Republic	✓ Kenya	✓ Qatar
✓ Argentina	✓ Ecuador	✓ Korea	✓ Romania
✓ Australia	✓ Egypt	✓ Latvia	✓ Russia
✓ Azerbaijan	✓ El Salvador	✓ Lebanon	✓ South Africa
✓ Bangladesh	✓ Finland	✓ Libya	✓ Saudi Arabia
✓ Belgium	✓ France	✓ Macedonia	✓ Singapore
✓ Belize	✓ Germany	✓ Mexico	✓ Spain
✓ Bolivia	✓ Ghana	✓ Morocco	✓ Sweden
✓ Brazil	✓ Greece	✓ Nepal	✓ Switzerland
✓ Brunei	✓ Guatemala	✓ Netherlands	✓ Syria
✓ Canada	✓ Honduras	✓ New Zealand	✓ Taiwan
✓ Chad	✓ Hong Kong	✓ Nicaragua	✓ Tanzania
✓ Chile	✓ India	✓ Nigeria	✓ Thailand
✓ China	✓ Indonesia	✓ Norway	✓ Trinidad
✓ Colombia	✓ Iran	✓ Pakistan	✓ Turkey
✓ Congo	✓ Iraq	✓ Palestine	✓ United Arab Emirates
✓ Costa Rica	✓ Italy	✓ Panama	✓ United Kingdom
✓ Cuba	✓ Japan	✓ Peru	✓ Venezuela
			✓ Vietnam

➤ PROCURE AND ANALYZE TRANSCRIPTS FROM MEXICO IF NECESSARY

➤ SCHOOLS RECEIVE NOTARIZED CREDIT EQUIVALENCY FORM FOR APPROPRIATE GRADE LEVEL AND ACADEMIC PLACEMENT

HELP YOUR RECENT IMMIGRANTS ACHIEVE THEIR DREAM OF HIGH SCHOOL GRADUATION BY VALIDATING THEIR PRIOR EDUCATION

# MONDAY'S GENERAL SESSION

Monday, February 10, 2020 | 10:00 am - 11:30 am

*Hemisfair Ballrooms C1/C2*



## Debbie Silver

### *Fall Down 7 Times, Get Up 8*

Debbie Silver is a brilliantly funny, beautifully insightful, and boldly authentic speaker, author, and educator. She has dedicated her life to understanding learning and growth behavior and has become a world-renowned and empowering speaker.

Through her research, her outreach, and her humor, Debbie seeks to help teachers find the joy in the daily job of teaching, so that children can embrace the satisfaction and pride of knowledge, growth, and self-worth.

With 30 years spent as a teacher, staff development instructor, and university professor, Dr. Silver doesn't just know her way around the classroom – she is deeply familiar with the challenges educators face at every level, from kindergarten through college.

## GENERAL SESSION PROGRAM

Prelude: Jay High School Mariachi

Welcome: Kimberly Ridgley

Greetings: Representative Mary González

Opening Remarks: Kimberly Ridgley

TSCA Professional Awards Recognition: Levi McClendon & Jessica Wade

CREST Awards Recognition: Jill Adams & Jennifer Akins

Keynote Presentation: Debbie Silver

Closing: Kimberly Ridgley



# CONFERENCE PROGRAMS

**MON**  
**FEB 10**

**12:00 - 1:30 pm**

## **43. Comprehensive Counseling Program Ideas for a New Year**

**Time:** 12:00-1:30pm

**Room:** 221A

**Topic:** Comprehensive School Counseling Programs

**Presenter(s):** Ashley Wright

Come and be refreshed as we discover more innovative ways to help enrich your campus comprehensive counseling program. Using the current Texas Comprehensive Model and technology tools, we will look at each delivery component and create activities that will effectively guide you throughout the year to meet not only the needs of the students but also help to maintain continuous school improvement through both formal and informal data assessments.

## **44. Rising to the Challenge: Trauma-Informed School Counseling Supports**

**Time:** 12:00-1:30pm

**Room:** 221BC

**Topic:** Trauma & Grief

**Presenter(s):** Stephanie Lerner

Trauma-informed counseling supports create invaluable opportunities to support children through the difficult times in their lives. Participants in this program will first learn about trauma-informed practices and how to include them in their counseling program. Second, counselors will practice various strategies and activities that they can use in their own counseling sessions. Participants will leave the session with a blueprint for effective trauma-informed counseling that they can use on their own campuses.

## **45. Group Work for Middle and High School**

**Time:** 12:00-1:30pm

**Room:** 221D

**Topic:** Group Work

**Presenter(s):** Jessica Casteel

During this presentation, presenters will gather enough information and materials to go straight back to campus and begin running groups. Activities to begin groups and set norms to activities to terminate the group and provide resources will be given as well as everything in the middle. We will go through a self-esteem group, a group on grief and loss, and a trauma group. For each group type, we will discuss how participants were chosen, individual intake, and the beginning to end of each group. Participants will all be given the materials and resources to run these groups from start to finish.

## **46. Counselors Working Within School to Community Systems of Mental Health Care for At-Risk Students**

**Time:** 12:00-1:30pm

**Room:** 225AB

**Topic:** Comprehensive School Counseling Programs

**Presenter(s):** Seth Sampson, Angela Cano Sampson

Are you a counselor who finds him or herself questioning their role in school to community systems of mental health care for students struggling with mental health issues? Have you encountered students with mental health illness facing learning barriers that stifle their growth and find yourself ill equipped or struggling for mental health counseling support? Do you find yourself alone in trying to advocate for mental health systems of care in schools to better serve students with mental health illness? The presenter(s) will offer insight on ways to give emphasis to the need for improved school to community systems of mental health care for at-risk students. Counselors will be equipped with added knowledge and perspective on how to advocate for comprehensive mental health systems of care in schools. The presenter(s) aims to (a) to expand the understanding counselors have with mental health systems of care in schools, role confusion and mental health service coordination in the context of present school operations and policy; and (b) to support new advocacy strategies that school counselors can use when advocating for mental health systems of care reform in schools for at-risk students.



## 47. ROPES Experiential Activities that Build Connection and Promote Growth

**Time:** 12:00-1:30pm

**Room:** 225C

**Topic:** Elementary School Counseling

**Presenter(s):** Matt Smith

Come and join the fun as we build trust, communication, and problem solving skills through ROPES experiential activities! These hands on activities can be adapted for both elementary and secondary students and staff, and we'll emphasize the important role of the diverse student voice throughout this session. Let's laugh and learn together as we grow our tools for supporting groups back on campus!

## 48. Brainstorming for Student Success (Or 'You did whaaaaaat?! How did that work out for you?')

**Time:** 12:00-1:30pm

**Room:** 225D

**Topic:** Behavioral Interventions

**Presenter(s):** Jeff Grote

Student problems can be exasperating, worrisome, keep us awake at night, and ruin a perfectly good day. What if the solution was only a phone call away, or a question in a presentation away? Helping each other is a must if we are to effectively serve our students in the ever-changing cultural environment, BUT asking for help is often difficult. This presentation provides the format for you to gain insight from a room full of gifted and talented folks who love to help others. Audience inspired scenarios will be discussed. Bring your real world issues to be problem solved by the group! You are also encouraged to email these in advance to [jefflgrote@aol.com](mailto:jefflgrote@aol.com) to increase the chance of getting help in the presentation. You will leave inspired and ready to help, as well as have contact information of others for future reference.

## 49. Expanding Character Education Beyond Classroom Guidance: Our School's Journey to State and National School of Character

**Time:** 12:00-1:30pm

**Room:** 214B

**Topic:** Social and Emotional Learning

**Presenter(s):** Diana Cashion-Dodson, Lauren Boyher

As school counselors do you feel as if you are the only character education champions on your campus? Are your guidance lessons the only opportunity your students have to practice their character development and social/emotional learning? This session is a must see for you! As two school counselors who felt just this way five years ago, we would love to share our school's journey. Cambridge Elementary in Alamo Heights ISD was just named 2019 State and National School of Character by [character.org](http://character.org). We will share our 5 year roadmap of how our campus changed its character education focus to include all stakeholders and how this process permeated through our school's climate, culture, teaching, and learning. There were many roadblocks along the way, but the journey itself has helped to change the lives of our staff, students, and parents! In direct response to HB 1026, we can give you some tools to help further your character education efforts! Come learn how to intentionally cultivate character development on your campus using the Eleven Principles of Effective Character Education Framework.

## 50. Understanding and Interpreting Ethical & Legal Standards for School Counselors: A review of ACA, ASCA, & the Texas Education Code

**Time:** 12:00-1:30pm

**Room:** 216AB

**Topic:** Ethics

**Presenter(s):** Michael Moyer

This highly interactive program will challenge school counselors to evaluate how they understand and interpret ethical and legal standards related to professional school counseling. The presenter uses multiple case studies and thought provoking ethical dilemmas to encourage counselors in understanding morals, values, beliefs and motivations that affect interpretation of ethical and legal standards. Participants will come away with a better understanding of ACA and ASCA ethical standards as well as current Texas laws affecting school counselors.



## 51. Using Texas OnCourse for Successful Middle to High School Transition: Tools for Understanding Endorsements and Careers

**Time:** 12:00-1:30pm

**Room:** 301A

**Topic:** College Readiness

**Presenter(s):** Lara Gueguen, Kathy Zarate, Brandi Williams, Megan Guidry

Our session will focus on supporting middle and high school teachers and counselors in their efforts to create an effective, informative student transition experience from the middle school grades into high school. Presenters from the Texas OnCourse staff and our statewide Leader Fellows program will highlight Texas OnCourse resources and curriculum that support this transition. These include content and best practices using our professional development in the Academy, our Middle School Curriculum Guide, and many teaching and counseling tools related to endorsements, career pathways, and course registration. As a group, we will identify challenges that exists for counselors, students, and parents in the transition from middle to high school and share resources, tools, and best practices used in districts to create effective transition programs.

## 52. US Service Academies and the US Naval Academy: Application, Academics and Student Life

**Time:** 12:00-1:30pm

**Room:** 301B

**Topic:** Secondary School Counseling

**Presenter(s):** Leigh McNeil, Lashaundra Collins

The application process to a service academy can be quite daunting. Come learn more about the Academies, and delve deeper into the application to the US Naval Academy as a case in point. Learn about the application process from the perspective of the student as well as the counselor, including the nomination process. Learn about the academic opportunities at the Academy, as well as student life.



## 53. Promoting Modern Allyship: Helping Counselors to be Better LGBTQ+ Allies

**Time:** 12:00-1:30pm

**Room:** 301C

**Topic:** Multicultural & Social Justice

**Presenter(s):** Elizabeth Owens

This presentation will focus on how to be better allies to the LGBTQ+ community in our schools as counselors and as people. We will cover current best practices and standards of care as set forth by ACA, ALGBTIC, WPATH, and APA. We will cover the differences between gender identity, sexual orientation, and romantic/affectional orientations. We will also discuss recognizing and acknowledging privilege and bias, current terminology and why language is important, and how to create and promote safe spaces and how to be safe people.



**“Change is the  
end result of all  
true learning.”**

**- LEO BUSCAGLIA**

## 54. Taking the Next Step in Your Career as a School Counselor

**Time:** 12:00-1:30pm

**Room:** 302A

**Topic:** Counselor Education

**Presenter(s):** Carla Smith

Do you ever look at your diploma and think, 'now what?' Whether you are looking for additional income from your full time job or wondering if the LPC or Ph.D. track is right for you, come and learn about what steps to take in order to make your thoughts a reality.

## 55. Preparing for Crisis – Are you Ready?

**Time:** 12:00-1:30pm

**Room:** 302BC

**Topic:** Crisis Response

**Presenter(s):** Emberly Hill, Jennifer Lemke, Maria Martinez

Learn how to assemble your crisis team, pull your resources together, and respond to multiple types of crisis. Through experiences and shared learning, we have developed processes that you can use to fit multiple types of crisis response and we want to share this information with you.

## 56. Seeking a Sense of Belonging: Race and Equity and the Role of School Counselors as Builders of Cultural Proficiency

**Time:** 12:00-1:30pm

**Room:** 303A

**Topic:** Multicultural & Social Justice

**Presenter(s):** Valerie Martinez, Angela Taylor-Blackshear

Immigrant students require the help of the entire school community so that they can make a positive transition. There are several approaches that the school counselors may use to include invested parties and to promote cultural understanding within the school environment. This program will describe how school counselors can develop staff training workshops that focus on using cross-cultural simulations and other activities, strategies, and techniques that lead school personnel in understanding of how culture shock, past/current trauma, and other migration-related stressors affect students and thus the entire school environment. In addition, these trainings will help build faculty and staff support in facilitating positive cross-cultural understanding and appreciation of immigrant students

## 57. Building a Toolkit to Support Mental & Behavioral Health Needs of Students

**Time:** 12:00-1:30pm

**Room:** 303BC

**Topic:** Behavioral Interventions

**Presenter(s):** Natalie Fikac, Julie Wayman

Professional School Counselors wear many hats on their campuses in supporting the academic, post-secondary and mental health needs of their students. Texas Education Agency has created a toolkit that includes evidence-based and evidence-informed resources that can assist PSCs in the development of a comprehensive MTSS framework to support the mental and behavioral health needs of their students and families.

## 58. Bully Prevention on the Elementary Campus [Part 1]

**Time:** 12:00-1:30pm

**Room:** 304AB

**Topic:** Comprehensive School Counseling Programs

**Presenter(s):** Kimberley Gaskill, Jennifer Morante, DeeAnn Montanez, Stephanie Garcia

During this session, the presenters will provide foundation knowledge of the different roles within a bully incident. The presentation will begin with the research based definition of bullying, bystander and victim. There will be discussion on the different types of bullies and how they interact with the other individuals involved in the incident. Presenters will also provide information on laws, resources and information that can be used with the campus communities.



## **59. It's a Matter of Motivation: Strategies for Supporting Students and Staff**

**Time:** 12:00-1:30pm

**Room:** 304C

**Topic:** Social and Emotional Learning

**Presenter(s):** Lesley Casarez, Audrey Heron, Ashley Atwood, Tamra Kelly

Motivation is a common challenge in all levels of education. School counselors are often asked to assist with students who seem to have no motivation to participate in learning activities and/or appropriate school behavior. Furthermore, teachers frequently seek out counselors for guidance on how to work with these students. In addition, some school personnel have lost their passion for education and their motivation for continually improving their practice. Self-determination theory of motivation (SDT, Ryan & Deci, 2000), postulates that competence, autonomy, and relatedness are the three psychological needs that underlie human behavior. Ideally, all students and educators are motivated to put forth their best efforts to achieve success and formulate their own goals for personal performance. Attendees will be provided with a 'toolkit' of strategies that school counselors can utilize to foster student and faculty/staff motivation in the school setting. Attendees will gain knowledge of motivation theory, and will leave the session with goals and strategies for improving their professional practice.

## **60. How to Reach Kids who are Stuck: EMDR and Other Interventions for Students who Don't Know Which way is Up**

**Time:** 12:00-1:30pm

**Room:** 305

**Topic:** Behavioral Interventions

**Presenter(s):** Mike Hays

This training will focus on answering common concerns of teachers and parents with students who have lost their motivation and/or don't know where to start with academic success. Drawing methods from EMDR and DBT, the presenter will discuss methods for helping kids get unstuck, and will present a systematic approach for working with students who have significant trauma, loss, or lack of support that affects them in both overt and covert ways.

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**12:30 - 3:30 pm**

**61. Not Being Heard? The use of Sandtray to Build Strong and Supportive Relationships With Students and School Stakeholders**

**Time:** 12:30-3:30pm (3-Hour)

**Room:** 214A

**Topic:** Play Therapy

**Presenter(s):** Levi McClendon, Lesa Pritchard

Many students come to counseling with a desire for change, but may lack the commitment needed. Similarly, school counselors advocate for change with school stakeholders who may be interested, but not committed. School counselors are expected to solve student problems quickly, yet without a solid therapeutic alliance, a brief intervention is unlikely to inspire greater student commitment or stakeholder commitment. Similarly, school counselors advocating for the Texas Model alignment and CREST designation may find their school stakeholders desire the change, but lack the commitment to move towards it. Client centered sandtray creates an environment of connection which allows movement from interested but not committed, to interested, committed, fully-engaged, and connected.

**62. When Students Struggle: Suicide Assessment and Treatment for the School Counselor**

**Time:** 12:30-3:30pm (3-Hour)

**Room:** 214C

**Topic:** Suicide Prevention, Intervention, Postvention

**Presenter(s):** Rebecca Mathews, Donna Hickman, Michael Schmit

Suicide is one of the leading causes of death for children and adolescents. School counselors are on the front lines of identifying and supporting children with suicidal ideation and behaviors. The goal of this presentation is to present an evaluative overview of several different suicide assessments that can be used in school settings (KSADS, C-SSRS, SAFE-T, PHQ-9). How to apply them to younger-aged children will be discussed. Lethal means restriction and safety planning in the school setting will also be reviewed.

**63. TEMPSC-III: Enhancing School Counselor Practice Through Job-related Performance Evaluation**

**Time:** 12:30-3:30pm (3-Hour)

**Room:** 214D

**Topic:** Comprehensive School Counseling Programs

**Presenter(s):** Elias Zambrano, Ernest Cox

TCA's newly revised Texas Evaluation Model for Professional School Counselors (TEMPSC-III) is completed and ready for your use! Learn how the TEMPSC-III's new structure aligns with and supports your work within the Texas Model for Comprehensive School Counseling Programs. Discover how it can assist you in your use of professional skills to deliver high quality, student-oriented services through a comprehensive school counseling program!





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# CONFERENCE PROGRAMS

**2:00 - 3:30 pm**

## **64. Easy as 1-2-3, Counseling Strategies for New and Experienced Counselors**

**Time:** 2:00-3:30pm

**Room:** 221A

**Topic:** Comprehensive School Counseling Programs

**Presenter(s):** LaTrenda Watson, Anthonia Osborne

Are you having a difficult time fully implementing a comprehensive school counseling program at your school? Do you want new ways to reach students? If so, this session is for you. Whether this is your first year as a school counselor or your 10th year as a school counselor, this session will assist you in bringing new strategies to your counselor tool-kit to energize your counseling program. This presentation is a collaborative effort from a seasoned counselor and a fairly new counselor.

## **65. Prevention and Awareness of School-Aged Child Human Trafficking**

**Time:** 2:00-3:30pm

**Room:** 221BC

**Topic:** Counselor Education

**Presenter(s):** Abby Rodriguez

Human trafficking is not only a global problem, but a Texas problem. In some instances, law enforcement has confirmed cases of trafficking occurring on school grounds and even during school events carried out by classmates. Your role, whether it be a teacher, administrator, school counselor, or other school staff member places you in a position to assist in identifying and reporting human trafficking. TEA is working closely with a multiple state partners, including the Office of the Governor and the Office of the Attorney General to address human trafficking of school-aged children. This session will increase your awareness on identification, prevention, and mandatory reporting as it relates to school-aged human trafficking and provide an overview of key activities for educators, and new resources available.

## **66. Conquering the Diseases of Despair with Discoveries in Neuroscience, Mindfulness, and Positive Education**

**Time:** 2:00-3:30pm

**Room:** 221D

**Topic:** Social and Emotional Learning

**Presenter(s):** Dennette Gardner, Lisa Grady

Between the years of 2007 - 2017, the rate of diseases of despair (anxiety, depression, suicidal ideation, substance abuse, violence) increased at an alarming rate and affected even younger age groups. The incidence of major depressive episodes among children ages 12 - 17 increased 52%. There were 1.2 million suicide-related emergency room visits by U.S. children ages 5-18 in 2015, almost double that from 2007. Nearly 45 percent were children ages 5-11. Safety is also a growing concern as school shootings are, sadly, a common occurrence in the U.S.A. School counselors see a sharp rise in bullying whether in person or on social media. This workshop will address the growing mental health crisis in the country and provide experiential knowledge with evidence-based tools that will support counselors in helping more students in less time. Learn about the growing, global Positive Education and Mindfulness movements with proven success in improving student's social emotional lives and academic achievement. With Inner Explorer, a Top 10 program for executive function and brain health, school counselors can multiply their effectiveness across the campus and into the community.





## 67. Welcome to Southwest Airlines! Please Prepare Your Program for Take Off

**Time:** 2:00-3:30pm

**Room:** 225AB

**Topic:** Career Development

**Presenter(s):** Megan Guidry, Randy Turner, Brandi DeWaters

Programming standards for School Counselors are rich with college and career readiness requirements. The recent legislature has furthered outlined those requirements. Here from one school that has built a relationship with Southwest Airlines in making those standards go beyond programming. This is a co-presentation between 2 Southwest Airlines employees and a School Counselor on how this relationship was formed, maintained and changing student futures in real and meaningful ways.

## 68. Mind Design: Equipping Kids with an Ancient Brain for Modern Life

**Time:** 2:00-3:30pm

**Room:** 225C

**Topic:** Social and Emotional Learning

**Presenter(s):** Mary Thompson Foster

It is the best of times, where the innate human drive for survival has evolved into an urgent quest to lead a meaningful and fulfilling life. It is the worst of times, where studies of neuroscience, behavior, and emotions allude to evidence of diminishing happiness in the human experience. This interactive learning session focuses on the experience of a school counseling program to combat the increasing burden of students with emotional literacy struggles and needs. This session unites brain research with modern mental health awareness to educate counselors, educators, district leaders, and parents on one approach to building a culture of collective responsibility on improving current emotional intelligence conversations in the education setting in a comprehensive, heart-centered way. Come find out how to teach children the structures involved in thinking, learning, and feeling, and how to harness the powers of their brain to create emotional intelligence and design their own minds for mental well-being.

## 69. Renew, Energize, Recreate, and Invigorate - Stressless Integration of Techniques Into Your Environment

**Time:** 2:00-3:30pm

**Room:** 225D

**Topic:** Wellness & Self Care

**Presenter(s):** Victoria Merrill-Washington

Negative stress can be overwhelming, cause health problems, and lead to burnout. The professional counselor, who manages stress, can be more effective in the school, her practice, and her life. The goal is to provide tools to engender a calm demeanor and less stressful work atmosphere, which can also have an effect on the total school climate. Participants will receive information regarding incorporation of stress management techniques in their lessons, sessions, and their daily routine via a fun and interactive session.

## 70. You Can Earn A CREST!

**Time:** 2:00-3:30pm

**Room:** 214B

**Topic:** Secondary School Counseling

**Presenter(s):** Jennifer Akins, Jill Adams

In this session we will walk participants through the newly designed CREST award. The CREST honors comprehensive school counseling programs that serve student needs and make a difference in student outcomes! The newly redesigned CREST is fully aligned with the Texas Model and will help you advocate for your program. It's also a great way to show off all the wonderful things you've accomplished! Come join us to get started!



## 71. The Bottom of the Bowl-Alphabet Soup Lessons U-Z

**Time:** 2:00-3:30pm

**Room:** 216AB

**Topic:** Elementary School Counseling

**Presenter(s):** Betty White

As school counselors, we know that we are supposed to deliver services through classroom lessons, but.... Low budget, lack of materials, and a shortage of time to plan interferes with most counselors' efforts to get classroom lessons done. We started creating Alphabet Soup 5 years ago for that very reason, and we have finally gotten to the bottom of the bowl. This session introduces 29 classroom lessons that incorporate the letters U-Z and allow counselors to utilize inexpensive, readily available materials to produce lessons that work. These lessons are engaging, memorable for students, and easy to prepare. Good to the last spoonful!

## 72. Benefits of Laughter and More

**Time:** 2:00-3:30pm

**Room:** 301A

**Topic:** Wellness & Self Care

**Presenter(s):** Rosa Cruz

The Benefits of Laughter emphasizes the positive effects on incorporating joy in our lives. The history, research and techniques are shared with participants to implement on a daily basis. The interactive laughter exercises allow everyone to directly engage in the beneficial aspects of this program along with other self-care activities. These skills implement a wellness approach in personal, social, educational and professional settings that can be used for all ages.

## 73. How Can We, as Professional School Counselors, Grow our Students and Teachers With Social and Emotional Supports?

**Time:** 2:00-3:30pm

**Room:** 301B

**Topic:** Secondary School Counseling

**Presenter(s):** Mattie Mackey

In the busy life of education, as a Professional Counselor, it often feels impossible to support our students and teachers in ways that have meaningful and lasting benefits. Come look at ways to evaluate your current counseling programs Social and Emotional Supports of students and teachers. Go back to your campus with fresh ideas and ways to tweak what you already do. Leave this session with insight on how to plan ways to support your staff and students using Social and Emotional Supports. Finally, feel confident that you can take something back you can implement NOW!

## 74. Post-secondary Educational Resources for Students Who Have Experienced Foster Care

**Time:** 2:00-3:30pm

**Room:** 301C

**Topic:** College Readiness

**Presenter(s):** Brandi Purswell, Drew Melton

This workshop will help attendees understand the unique challenges that face youth who age out of foster care as they traverse through the post-secondary education process. The presentation will underscore the importance of aftercare service providers and post-secondary institutions creating partnerships to assist youth aging out of foster care realize their educational goals. In addition, the presentation will highlight the resources available to current and former foster youth as they pursue post-secondary education. Participants will have an opportunity to discuss the potential barriers that prevent current and former foster youth from pursuing post-secondary education and the available resources, and, in turn, participants will also explore the possible solutions.



## 75. Guidance Lessons With A Techy Twist

**Time:** 2:00-3:30pm

**Room:** 302A

**Topic:** Technology

**Presenter(s):** Dyann Wilson, Amy Storer

Come join us for a hands-on presentation about how you can integrate technology into your counseling program. We will be highlighting a few of our favorite tools-Flipgrid, Buncee, and Flocabulary, and sharing with you how we use these to support our learners. These tools can easily be integrated to support social emotional learning, self-compassion, internet safety, self-awareness, conflict resolution, and more!

## 76. Teens, Sex and Choices

**Time:** 2:00-3:30pm

**Room:** 302BC

**Topic:** Social and Emotional Learning

**Presenter(s):** Lori Kuykendall

How can schools and parents help young people navigate today's sex-saturated society to make healthy choices with sex and relationships? Based on the latest medical information, this session gives relevant information and practical ways to communicate with young people on these sensitive subjects. Topics include teen pregnancy, sexually transmitted diseases, emotional impacts, and also refusal skills, resisting peer pressure and healthy relationships. A balanced approach to addressing sexuality education based on health perspectives is given for diverse communities.

## 77. Be YOU! Addressing Minority Stress with LGBTQ+ Students

**Time:** 2:00-3:30pm

**Room:** 303A

**Topic:** Multicultural & Social Justice

**Presenter(s):** Sarah Kapostasy

Be YOU: Young, Outspoken, Unbreakable is a school-based curriculum developed by a community-based organization to support the well-being of students who are vulnerable to minority stress. Attendees will learn how Be YOU improved student emotional regulation skills and decreased rumination based on data from the recent program pilot. We will discuss the challenges and benefits of providing a psychoeducational support groups to LGBTQIA+ youth in school settings, and how collaboration is essential in providing support to youth who often need it most, queer and trans youth of color attending Title I Schools.

## 78. How can the Texas Education Agency Support the Role of a Professional School Counselor?

**Time:** 2:00-3:30pm

**Room:** 303BC

**Topic:** Behavioral Interventions

**Presenter(s):** Natalie Fikac, Julie Wayman

The Texas Education Agency will provide Professional School Counselors with an overview of safe and supportive schools, mental and behavioral health related statutes, state education agency activities to support implementation and highlights of statutory best practice resources. Educational content will include information on school mental health components, grief and trauma informed practices, suicide prevention-intervention-postvention, Project AWARE Texas and a discussion of leadership strategies for school counselors to support wellbeing in a school community.





## 79. Bully Prevention on the Elementary Campus [Part 2]

**Time:** 2:00-3:30pm

**Room:** 304AB

**Topic:** Child & Adolescent Counseling

**Presenter(s):** Erika Vidalez, Amber Till, Marisol Rodriguez, Marivel Tijerina

During this session, the presenters will provide with lessons and hands on activities that can be used during guidance lessons in grades Pre-Kindergarten to twelfth grade. The presentation will research activities that are grade appropriate and target health relationships and prevention of bullying. Presenters will also introduce small group lessons and activities that can impact the social skills of students. These small group sessions will include but not limited to book studies, I-messages, conflict resolution and healthy relationships. The presentation will end with a review of information that can be used during individual counseling and consulting with parents.

## 80. Generation Wellness

**Time:** 2:00-3:30pm

**Room:** 304C

**Topic:** Wellness & Self Care

**Presenter(s):** Lyndsay Morris

Learn simple self-care practices for K-12 school counselors.

## 81. 'I'm Grieving as Fast as I Can' - About Life and Loss

**Time:** 2:00-3:30pm

**Room:** 305

**Topic:** Secondary School Counseling

**Presenter(s):** Jill Riethmayer

In a world saturated with loss, individuals rarely get to truly grieve their losses. Come explore why talking about grief and loss is taboo in our modern society. Identify ways to assist giving others, as well as yourself, 'permission' to grieve. Discover the critical questions that need to be asked by those exploring a loss as well as the answers that can begin to point them toward answers to their questions./ Learn both how and why 'ungrieved' losses of the past impact both the present, and if not resolved, the future. Ungrieved past losses magnify new losses and rob us of fully being able to live in the present with all of its richness. Essentially, someone with ungrieved losses is 'held hostage' to the past. Come learn how to work through grief - not go around it. Learn the phases of bereavement as well as take a new look at the Stages of Grief. David Kessler who worked/wrote with Kubler Ross has added a sixth stage of grief. A list of Grief Resources will also be provided.





Monday, February 10, 2020 | 4:00 pm - 5:30 pm

*Hemisfair Ballrooms C1/C2*

# PLENARY SESSION WITH THE TEXAS EDUCATION AGENCY

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**8:00 - 9:30 am**

## 82. Brain Love

**Time:** 8:00-9:30am

**Room:** 221A

**Topic:** Trauma and the Brain

**Presenter(s):** Lyndsay Morris

Learn simple strategies and interventions based on neuroscience and the latest research on trauma.

## 83. Understanding and Interpreting Ethical & Legal Standards for School Counselors: A review of ACA, ASCA, & the Texas Education Code

**Time:** 8:00-9:30am

**Room:** 221BC

**Topic:** Ethics

**Presenter(s):** Michael Moyer

This highly interactive program will challenge school counselors to evaluate how they understand and interpret ethical and legal standards related to professional school counseling. The presenter uses multiple case studies and thought provoking ethical dilemmas to encourage counselors in understanding morals, values, beliefs and motivations that affect interpretation of ethical and legal standards. Participants will come away with a better understanding of ACA and ASCA ethical standards as well as current Texas laws affecting school counselors.

## 84. Guidance 101

**Time:** 8:00-9:30am

**Room:** 221D

**Topic:** Elementary School Counseling

**Presenter(s):** Janet Graczyk, Denise Toro, Radha Patel

Guidance curriculum can be intimidating to plan and implement. As one of the four components of a Comprehensive School Counseling Program, it is essential for school counselors to systematically provide lessons in order to promote student growth and development in all domains. In this session, you will learn techniques to plan and conduct engaging guidance lessons from start to finish for all grade levels.

## 85. Suicidal Ideation and Intervention in Elementary Schools

**Time:** 8:00-9:30am

**Room:** 225AB

**Topic:** Suicide Prevention, Intervention, Postvention

**Presenter(s):** Charles Crews, Renetta Harris

This program will engage participants in the identification, assessment, and prevention of suicide in elementary aged students. Come learn how to infuse suicide prevention education in your counseling program. Prevention and Intervention implementation, educational resources for parents, self-harm, safety planning, and the diversity implications of attempted suicide and suicidal ideation in children.

## 86. How to Make Them say, 'Oh, I get it.' Using Non-traditional Techniques to Reach Non-traditional Clients

**Time:** 8:00-9:30am

**Room:** 225C

**Topic:** Child & Adolescent Counseling

**Presenter(s):** Ashley Doyle

Traditional talk-therapy is beneficial for many clients, but what do you do when that doesn't work? I have learned that quick thinking and thinking out of the box have helped me to find ways that allow clients to develop a deeper understanding of their problems and empower them to solve problems without developing a dependency on the counselor. I use a multisensory approach to counseling when clients need more than talk-therapy. In this session I'll share many 'go to' items that can be used to help clients understand and visualize the big picture of their situation. This enables them to come to solutions and problem solve with little guidance on the counselor's part.





## 87. Teaching Character in Middle and High Schools, A Direct Response to Texas House Bill 1026

**Time:** 8:00-9:30am

**Room:** 225D

**Topic:** Social and Emotional Learning

**Presenter(s):** Joseph Hoedel

In 2018, the Texas Legislature passed House Bill 1026, mandating that all public schools must teach positive character traits in the 2019-2020 school year. Often this responsibility falls on the school counselor. This session will help you understand the research, effective ways of implementation and various approaches nationwide. This session will also highlight one particular program, Character Development and Leadership, which is currently used in 2,700 schools nationwide and 58 secondary schools in Texas. Dr. Hoedel, author of this program, will discuss implementation methods, how learning styles are met and best practices.

## 88. Child-Centered Play Therapy in the School Setting: Implementation and Beyond

**Time:** 8:00-9:30am

**Room:** 214A

**Topic:** Play Therapy

**Presenter(s):** Audrey Robinson

Child-Centered Play Therapy (CCPT) is the most researched form of play therapy. The school setting presents unique challenges for implementing play therapy. This presentation will help the attendee create a plan for implementing CCPT in a school setting and monitoring progress. Innovative tips and tricks for incorporating CCPT into classroom lessons, staff development, and for behavior support will be provided.

I HAVE EXPANDED MY  
TOOLKIT BY...

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## 89. Overcoming Overwhelm: The Power of Resilience!

**Time:** 8:00-9:30am

**Room:** 214B

**Topic:** Social and Emotional Learning

**Presenter(s):** Ana Amos

Guide your students through stress, anxiety and apathy to FIND THEIR GREATNESS through the power of RESILIENCE. In this age of helicopter parents, lawnmower grandparents, blended families, and so many other well-meaning care-giver scenarios, teaching kids to BECOME THEIR OWN HEROES is crucial! The pressures and struggles our youth are experiencing today are tougher than ever, but fewer and fewer seem to have the coping mechanisms to enable them to bounce back. How can we create a counseling program that will introduce, encourage and nurture this quality in our students? This session will showcase practical, effective strategies and information to help create a culture of 'BOUNCING BACK' in our schools and in life!

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**VISIT OUR BOOTH #31**

## 90. Addressing the Unique Needs of Military Connected Students

**Time:** 8:00-9:30am

**Room:** 214C

**Topic:** Counselor Education

**Presenter(s):** Abby Rodriguez

Did you know there are over 89,000 identified military connected student attending public schools across the state of Texas? Over the past two years, the Texas Education Agency (TEA) has increased statewide capacity, resources and support for educators and stakeholders in addressing the unique needs of military connected students. This session will provide updates on 86th Legislative Session, an overview of TEA priority projects, a deeper understanding of the Interstate Compact on Educational Opportunity for Military Children (MIC3) and additional resources available.

## 91. I'm Fine, We're Fine, It's Fine - Secondary Trauma for Educators

**Time:** 8:00-9:30am

**Room:** 214D

**Topic:** Wellness & Self Care

**Presenter(s):** Anne Lehw

As educators we often minimize the effects of secondary trauma. This can have lasting effects on our professional and personal lives. Participants will learn how to recognize secondary trauma and coping skills for dealing with secondary trauma.

## 92. School Counselors and Comprehensive SEL Integration

**Time:** 8:00-9:30am

**Room:** 216AB

**Topic:** Social and Emotional Learning

**Presenter(s):** Cheryl Loving, Michele Fesenbek, Heather Quast

School Districts are committing to integrating social and emotional learning into school culture with the aim of creating systemic changes in education. Through this workshop style presentation, Allen ISD will share experiences and help counselors prepare for the challenges and discover the solutions to formulating and aligning SEL objectives and creating a school climate that welcomes implementation of comprehensive multi-tiered EC-12 Social and Emotional Learning Frameworks.

## 93. Expanding Your Repertoire of Effective Guidance Lessons

**Time:** 8:00-9:30am

**Room:** 301A

**Topic:** Elementary School Counseling

**Presenter(s):** Richard Zabransky

This workshop will demonstrate creative ideas that may be used for classroom or small group settings. Lessons will integrate free online resources and original reproducible handouts. The activities have all been classroom tested, and the presentation will include samples of student work as well as suggestions for display and setting up a guidance classroom. Topics will include Social-Emotional Learning: Feelings and Manners, Character Building: How truth will set you free, and Drug Prevention: How saying no to smoking will lead to a healthy, drug free life.

## 94. Duke University Talent Identification Program

**Time:** 8:00-9:30am

**Room:** 301B

**Topic:** Behavioral Interventions

**Presenter(s):** Traci Guidry

Duke TIP is a nonprofit organization that, since its founding in 1980, has served nearly 3 million academically talented students in grades four through twelve. Collaborating with educators and parents, TIP helps gifted students assess the extent of their academic abilities with above-grade-level testing, recognizes them for their achievements, and provides them with a variety of enrichment benefits as well as accelerated face-to-face and online educational programs. In addition, TIP conducts research into the educational, emotional, and social factors impacting the lives of gifted children, then shares this research and related advice with our program staff, educators, parents, and the greater gifted community.





## 95. Supporting Students Experiencing Early Psychosis in Middle School and High School

**Time:** 8:00-9:30am

**Room:** 301C

**Topic:** Behavioral Interventions

**Presenter(s):** Christie Taylor, Jessica Hissam

Representatives of the Texas Mental Health Services department will help conference participants recognize students suffering from the serious mental condition of psychosis. They will educate conference participants about the well-researched and recommended mental health treatment model called, 'Continuity of Care.' Workshop attendees will be able to identify psychosis early, reduce the barriers to treatment, and help link students and their parents to community treatment resources located in their Community Mental Health Centers throughout Texas. Conference attendees will explore important school interventions and supports such as disclosing a diagnosis, reducing bullying, setting goals, engaging support and accommodations. Specific common educational interventions for psychosis that are based on individual needs will be shared. The importance of school support team meetings will be explored. Reducing Stigma in schools and instilling hope in recovery for youth and young adults who are experiencing psychosis will be shared. Early intervention to stop the social emotional deterioration that may accompany psychosis can be arrested and disability can be avoided or significantly reduced.

## 96. From Chaos to Calm: Why People Behave the Way They Do; What Can I Do About It

**Time:** 8:00-9:30am

**Room:** 302A

**Topic:** Social and Emotional Learning

**Presenter(s):** Tracy Skripka, Shari Harris

Understanding why people behave the way they do is the first step toward knowing how to handle misbehavior. This session will teach you about the brain, how it works, what three brain states dictate behavior, and how to shift people into a higher brain state so they can problem solve conflicts that arise and can respond more positively to everyday upsets rather than react impulsively and negatively when life doesn't go their way.

## 97. Creating Career Day Events Your Students Will Never Forget!

**Time:** 8:00-9:30am

**Room:** 302BC

**Topic:** Career Development

**Presenter(s):** Karen Powell

This session will equip you with the knowledge of procedures, skills, and tools to create a memorable career day. Learn about career day styles; determining student interest; finding ideal presenters; preparing a hospitality room for presenters; minimizing cancellations and no-shows; creating a timeline for specific implementation steps; using technology to create schedules; and evaluating the career day. Participants will have access to editable documents that can be used in organizing and implementing a career day. This session is valuable for directors, school counselor educators, and K-12 counselors who wish to implement or improve a career day.

## 98. Holistic Approach to Continuity and Self-care Among Educators: Combining Education and Counseling Theories

**Time:** 8:00-9:30am

**Room:** 303A

**Topic:** Wellness & Self Care

**Presenter(s):** Patrick McDaniel, Melissa Jozwiak, Casandra Jones

Burn-out prevention and self-care among helping professionals has continued to be a weighty challenge, and counseling professionals are in a particularly unique position to assist educators in strengthening their resiliency. The presentation will review an on-going project combining educational Continuity of Care principals with Choice Theory to produce a bespoke approach to self-care among early childhood educators. The relational requirement for early learning necessitates that we do more than provide continuity of care for children. Teacher self-care is equally as important and can't be left as an afterthought. This session will also explore why some helping professionals and educators may oppose the concepts of continuity of care and its relation to self-care. It shares emerging research on brain architecture and functioning to establish the link between human relationships and learning. It will then explain how Choice Theory is included in the process of establishing continuity of care, stronger relationships and greater learning outcomes. By understanding how they prioritize their basic needs, the educator can create a balance that enables them to be more responsive in their relationship with children, and thereby enabling learning to flourish.

# YOUR **TCA** MEMBERSHIP IS A VALUABLE ASSET TO YOUR PROFESSIONAL GROWTH!

Visit [www.txca.org](http://www.txca.org) to learn more about your member benefits.

## CONTINUING EDUCATION:

Face-to-face at TCA or Division-sponsored conferences or online through TCA's Online Learning portal.

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Keep informed on important legislative and public policy issues affecting your profession.

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Access TCA's online job bank and speaker's bureau.

### MAKE THE MOST OF YOUR **TCA** MEMBERSHIP!



## 99. SCHOLAR: Online Resources and Supports for Texas School Counselors

**Time:** 8:00-9:30am

**Room:** 303BC

**Topic:** Comprehensive School Counseling Programs

**Presenter(s):** John Bullion

The School Counselor Handbook for Online Learning and Resources (SCHOLAR) is a FREE tool that houses multiple links and resources in a streamlined and organized format for school counselors in Texas. Initially, a project designed for school counselors to find support and clarification for the multiple roles of the school counselor, SCHOLAR offers a web of tools in a 'one-stop shop' for Texas school counselors and provides access to multiple entities for support. Education Service Center Regional Counselors collaborated on this website and resource-sharing opportunity.

## 100. Grief Groups in Schools

**Time:** 8:00-9:30am

**Room:** 304AB

**Topic:** Trauma & Grief

**Presenter(s):** Jessica Leinen

Children often feel isolated in their grief. Their friends don't understand grief and their parents are in too much pain to help them process the loss. They're left alone in their struggles, which is why a grief group is so beneficial for students. It lets them know that they're not alone in their struggles/feelings and that someone truly understands them. In this session we'll review the grief model, benefits of a grief group, the steps in setting up your own group, and activities for each session. By the end of this session, you'll be able to start your own grief group at your campus.

## 101. Tough Conversations: A Paradigm for Counselors in Understanding, Leading, and Participating in Complicated Conversations

**Time:** 8:00-9:30am

**Room:** 304C

**Topic:** Crisis Response

**Presenter(s):** Cullen Grinnan, Elizabeth Holbrook, Elizabeth Hennington, Christopher Hennington

Counselors are faced with tough conversations on almost a daily basis. From gun-control, to gender issues, to white privilege, to the cost of obtaining a degree for students. It's complicated and it's often very emotionally charged. We're living in a litigious, sharply divided world often driven at a frantic pace by social media. Come and share our paradigm in which we attempt to keep agendas objective, opinions and hearts open, critical thinking active and dialogue respectful. Bring your issue and let's try it out in a relaxed, considerate, and supportive environment. All are welcomed!

## 102. Standing Back Up: Working Through A Traumatic Event (such as Hurricane Harvey)

**Time:** 8:00-9:30am

**Room:** 305

**Topic:** Secondary School Counseling

**Presenter(s):** Jill Riethmayer

In our current world, trauma has invaded the lives of all ages everywhere. The United States is no more immune from trauma (natural or man-made) than any other country. One only has to turn on the news to see the invasion of both natural trauma and man-made trauma into our modern, 'civilized' country. It seems as though we only begin to absorb and begin working through a new traumatic event before another traumatic event is reported on the news. The cumulative impact of trauma can be overwhelming - especially unresolved trauma. The only way to get 'past' trauma and its impact is by walking through (and working through the emotions) the traumatic event and its lasting effects upon an individual, family, community, state or nation. Inside of the trauma work is significant grief work.



# TUESDAY'S GENERAL SESSION

Tuesday, February 11, 2020 | 10:00 am - 11:30 am

*Hemisfair Ballrooms C1/C2*



## Daniel and Jennifer Williamson

### *Recognizing the Transformational Power of Purpose*

Daniel and Jennifer (Nivin) Williamson are Founders of PAX Consulting and Counseling, PLLC and Core Faculty with Capella University in the Department of Counseling. They have been in the fields of higher education and counseling for over 20 years. They specialize in Adlerian Counseling and study how people find purpose and meaning in their lives.

There is tremendous conversation today about compassion fatigue and vicarious trauma for helping professionals. While this is a significant conversation, it is equally important to discuss the merit of living a life of connection and service. Recognizing the value of finding purpose and meaning in one's life enhances well-being by providing restorative and protective factors. This journey has the potential to be integrated into our work with students and in schools where we can help to foster the Adlerian concept of *gemeinschaftsgefühl* which translates into community feeling or social interest. This session seeks to help us to reflect upon the idea that we are part of something much larger than ourselves and that what we do has lasting ripples that can change lives and communities.

## GENERAL SESSION PROGRAM

Prelude: Clark High School Vocal Jazz Ensemble

Welcome: Kimberly Ridgley

Opening Remarks & Recognition: Kimberly Ridgley

Keynote Presentation: Daniel and Jennifer Williamson

Closing: Kimberly Ridgley



# CONFERENCE PROGRAMS

**TUES**  
**FEB 11**

**12:00 - 1:30 pm**

## **103. Resilience Can Be Taught: 10 Strategies Proven to Motivate Any Student**

**Time:** 12:00-1:30pm

**Room:** 221A

**Topic:** Social and Emotional Learning

**Presenter(s):** Jason Johnson

Emphasizing the importance of multiple intelligence approaches, this presentation will highlight the significance of teaching youth social and emotional life skills in ways youth can relate to and remember. The multiple intelligence approaches emphasized in this presentation will include videos, music, hands-on activities, journaling, discussion, and ten visual metaphors. The ten strategies addressed in this session center around these easy-to-understand ten visual metaphors. The audience will walk through each of these metaphors while explaining what each teaches youth. The presentation will give special focus to one metaphor in particular, entitled 'The Reality Ride,' to demonstrate teaching an entire lesson using multiple intelligence approaches. This lesson teaches youth that choices have consequences, and shows them how to get on a path that leads them to opportunity, freedom, and self-respect.

## **104. Close the Tap! Regaining Your Health and Strength Through Thoughtful Self-care**

**Time:** 12:00-1:30pm

**Room:** 221BC

**Topic:** Wellness & Self Care

**Presenter(s):** Cullen Grinnan, Debbie Healy, Elizabeth Holbrook

Feeling fatigued, frustrated, stressed or overwhelmed? How about low stamina, little patience, and a diminished desire to participate in activities that once were so joyful? Join us in a relaxed, non-judgmental, respectful session as we discuss the critical importance of counselor self-care and how small changes in your life can produce dramatically positive effects. Come in, sit down, relax, and let's talk!

## **105. Plugged In - the Impact of Technology, Sexting, and Pornography on Today's Teens**

**Time:** 12:00-1:30pm

**Room:** 221D

**Topic:** Social and Emotional Learning

**Presenter(s):** Lori Kuykendall

Today's technology brings a whole new set of challenges to young people. The average age of first exposure to pornography is 8 years old! 60% of teens and young adults have received nude images. Pornography is being called 'the new sex education of our children.' This interactive session will present the impact of today's technology, sexting and pornography on the physical, emotional and social health of our youth and families. Historical and cultural trends that have shaped society's values about sexuality will be presented as an introduction. The wide-spread involvement with sexting and how it is impacting teens emotionally and relationally will be explored. The session will present the physical and emotional risks of pornography use, as well as the addiction cycle and its impact on the developing adolescent brain and body. Participants will learn strategies for engaging teens with prevention messages on these important topics. The importance of and ways to engage parents in these areas will be shared. And lastly, ways to promote a greater context of healthy relationships and communication will be explored.



### 106. The Missing Piece to Employer Engagement and Career Advising

**Time:** 12:00-1:30pm

**Room:** 225AB

**Topic:** Career Development

**Presenter(s):** Lorena Knight

Looking for employer engagement on your campuses? Searching for strategies to bring awareness to in-demand careers in your student career advising model? Your local workforce development board may be 'the missing piece' you are searching for, and I can help you connect with them. The Texas Workforce Commission is paving the way through the Workforce Career & Education Outreach Pilot Program, where trained Specialists are working in partner school districts throughout the state to provide labor market information to students, parents, teachers, and other stakeholders to build awareness around high growth, high demand careers, career exploration and research tools, and to promote a career-focused culture across campuses.

### 107. The College Admissions Scandal and You: Going to College in the Era of Operation Varsity Blues

**Time:** 12:00-1:30pm

**Room:** 225C

**Topic:** College Readiness

**Presenter(s):** Jennifer Ledwith

William Singer arranged for parents to pay bribes to SAT and ACT administrators in Texas and California and coaches at Yale University, University of Texas, University of Southern California, and other competitive universities for their children to walk through a 'side door.' How can other students -- those who actually play sports and take their own SAT and ACT exams -- find a place in this 'meritocracy' of higher education? Learn from a millennial Certified Financial Planner (who graduated with only \$1,000 in student loan debt) about how to use the financial planning process to plan financially and academically for college.

### 108. Mental Wellness Matters

**Time:** 12:00-1:30pm

**Room:** 225D

**Topic:** Wellness & Self Care

**Presenter(s):** Shannon Lumar

This session will detail the broad spectrum of mental health awareness in schools addressed in the 86th legislature. The contents of the session will address 'the ties that bind together'; implementation of social emotional learning, practical strategies of trauma informed care, and mental health awareness from school staff throughout the community to meet the needs of the 'whole child' and enhance academic success.

### 109. How to Survive Middle School: Fostering Positive Relationships

**Time:** 12:00-1:30pm

**Room:** 303A

**Topic:** Social and Emotional Learning

**Presenter(s):** Brittany Torres

How can you survive being a middle school counselor when working with teenagers can be a challenge? Their ever changing bodies, emotions and thoughts can pose a challenge when striving to meet their social and emotional needs. The key to your success lies in your ability to create and sustain positive relationships with your students, staff, families and community. During this session you will learn strategies to positively connect with your students. From minute meetings to conflict resolution groups, you can meet the various needs of your students. Building relationships takes time and energy but the reward is phenomenal.

### 110. I Teach Behavior, What's Your Superpower?

**Time:** 12:00-1:30pm

**Room:** 303BC

**Topic:** Comprehensive School Counseling Programs

**Presenter(s):** Marcie Warner, Sharon Wotipka, Lesa Pritchard

School counselors are campus experts for changing behaviors. Come see how you can help students learn the behavioral skills they need by teaching the Great 8 Super Powers for Daily Life. These skills are from the CASEL 5 SEL skills and fit perfectly in the Texas Model for Counseling. You will get tons of ideas for lessons and experiential activities for your students and clients. It's not that magic wand we are always looking for, but it's the next best thing!



## 111. Building Bridges, Not Barriers: School Counselors and Restorative Justice in Schools

**Time:** 12:00-1:30pm

**Room:** 304AB

**Topic:** Behavioral Interventions

**Presenter(s):** Jennifer Gerlach, Abran Rodriguez, Lauren Rocha, Jacquelyn (Garza) Schuster

Extant literature posits that traditional, punitive discipline practices (e.g., suspension, detention) are not effective deterrents to problematic student behaviors. In fact, it may exacerbate problematic behaviors, impede academic achievement, and promote disengagement. Further, evidence supports that students with disabilities and students of color are often target and ultimately overrepresented in discipline statistics. As an alternative to traditional discipline, restorative justice (RJ) is a growing trend in schools that focuses on repairing harm and healing. Though our profession advocates for school counselors to be uninvolved in discipline practices, RJ may be an appropriate method where school counselors can utilize their counseling skills to help promote prosocial behaviors in the school community and rebuild relationships after harm has occurred. Join us for an informative session on RJ and hear our firsthand experiences including successes and challenges with using RJ in schools.

## 112. Addressing the Epidemic of Youth Homelessness

**Time:** 12:00-1:30pm

**Room:** 304C

**Topic:** Multicultural & Social Justice

**Presenter(s):** Tom Edwards

In 2014, Mesquite ISD began casting light on the growing problem of unaccompanied minors (homeless teens) and the multitude of deficits facing these students. As this problem has reached epidemic proportions, especially in large, urban school districts, school personnel have been tasked with identifying these students. The emphasis of this session is to gain an understanding of the scope of this problem, and the learning curve to developing resources that address both the needs of the students, and the implicit bias that sometimes surrounds homelessness and poverty.

## 113. Nature, Green Space and Adventure: Counseling, Small Group and Large Group Activities that You Can Use

**Time:** 12:00-1:30pm

**Room:** 305

**Topic:** Child & Adolescent Counseling

**Presenter(s):** Bonnie King, Carlos Rios

There are many benefits to applying nature-based and adventure-based counseling practices into school counseling programs for students such as increased self-esteem, improved behavior, the opportunity to cooperate and overcome challenges, to help decrease ADHD symptoms, and improve creativity (Amoly, 2014; Kou & Taylor, 2004; Berger, 2006, Itin, 2001). The purpose of this presentation is to: 1.) Provide an overview of the research related to counseling in green space, and the use of nature-based and adventure-based counseling approaches for child development in academic and social-emotional realms; 2.) provide practical activities for use with children at school for individual counseling, small group and large groups; 3.) connect the ASCA Mindsets and Behavior Competencies to nature and adventure-based activities that school counselors can use to enhance student growth on campus.

**ONE THING I WILL NEVER FORGET ABOUT MY #TSCA20 EXPERIENCE IS...**

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## WELCOME ADMINISTRATORS!

Thank you for taking time to attend with your school counselors! We've identified programs that we hope will give you strategies and resources to address the array of issues you may face on your campus. Several programs will help you not only meet the new requirement for continuing education on the Texas Model for Comprehensive School Counseling Programs, but also maximize the resources and leadership your school counselor brings to your campus. While you are invited to attend any program, you may find these to be most beneficial.

**FEB  
9**
**SUNDAY**
**2:00 - 3:30 pm**

### 3. Ethical Considerations When Working with Immigrant Students

Room: 225C

Topic: Multicultural & Social Justice

Presenter(s): Valerie Martinez, Angela Taylor-Blackshear

*Description on page 10.*

### 5. A Trauma Informed Approach for Educators: Why It Matters

Room: 214A

Topic: Trauma & Grief

Presenter(s): Kemberly Edwards

*Description on page 11.*

### 7. Bullying: A Continuum of Behavior

Room: 214D

Topic: Comprehensive School Counseling Programs

Presenter(s): Teri Hensley Marrow

*Description on page 12.*

### 8. Conquering the Diseases of Despair with Discoveries in Neuroscience, Mindfulness, and Positive Education

Time: 2:00-3:30pm

Room: 216AB

Topic: Social and Emotional Learning

Presenter(s): Dennette Gardner, Lisa Grady

*Description on page 12.*

**4:00 - 5:30 pm**

### 15. Teacher Wellness: A Stepping Stone to Student Success

Room: 225C

Topic: Wellness & Self Care

Presenter(s): Jacquelyn (Garza) Schuster, Lauren Rocha, Jennifer Gerlach

*Description on page 14.*

### 16. It Takes a Village: Effective Parent Presentations

Room: 225D

Topic: Child & Adolescent Counseling

Presenter(s): Jessica Casteel

*Description on page 14.*

### 20. Wrap Around Counseling Services for Emotional Wellness in the 21st Century

Room: 216AB

Topic: Comprehensive School Counseling Programs

Presenter(s): Audrey Robinson, Kemberly Edwards, Alyssa Walker

*Description on page 15.*

**FEB  
10**
**MONDAY**
**8:00 - 9:30 am**

### 22. TSCA Presents: SWAT: A Whole Child Approach to Student Safety

Room: 221BC

Topic: Trauma & Grief

Presenter(s): Lesa Pritchard, Ashley Stewart, Hector Hernandez

*Description on page 16.*



## 24. Academic, Career, Personal, Social, Emotional...Oh My!

Time: 8:00-9:30am

Room: 224

Topic: Secondary School Counseling

Presenter(s): Jennifer Akins

*Description on page 17.*

## 25. Fighting Goliath: The Teenager's Struggle with Vaping

Room: 225AB

Topic: Substance Abuse & Addictions

Presenter(s): Sneha Nayar-Bhalerao, Michelle Mower

*Description on page 17.*

## 30. Music in Every Classroom: Using Music to Support & Enhance SEL in the Classroom

Room: 214C

Topic: Social and Emotional Learning

Presenter(s): Michele Hobizal

*Description on page 18.*

## 32. Texas Education Code and the Texas Model for Comprehensive School Counseling Programs: What To Know and Do!

Room: 216AB

Topic: Comprehensive School Counseling Programs

Presenter(s): Elias Zambrano, Ernest Cox

*Description on page 18.*

**12:00 - 1:30 pm**

## 48. Brainstorming for Student Success (Or 'You did whaaaaaat?! How did that work out for you?')

Room: 225D

Topic: Behavioral Interventions

Presenter(s): Jeff Grote

*Description on page 24.*

## 55. Preparing for Crisis – Are you Ready?

Room: 302BC

Topic: Crisis Response

Presenter(s): Emberly Hill, Jennifer Lemke, Maria Martinez

*Description on page 26.*

## 59. It's a Matter of Motivation: Strategies for Supporting Students and Staff

Room: 304C

Topic: Social and Emotional Learning

Presenter(s): Lesley Casarez, Audrey Heron, Ashley Atwood, Tamra Kelly

*Description on page 27.*

**12:30 - 3:30 pm**

## 63. TEMPSC-III: Enhancing School Counselor Practice Through Job-related Performance Evaluation [3 HOUR PROGRAM]

Room: 214D

Topic: Comprehensive School Counseling Programs

Presenter(s): Elias Zambrano, Ernest Cox

*Description on page 28.*

**2:00 - 3:30 pm**

## 65. Prevention and Awareness of School-Aged Child Human Trafficking

Room: 221BC

Topic: Counselor Education

Presenter(s): Abby Rodriguez

*Description on page 30.*

## 66. Conquering the Diseases of Despair with Discoveries in Neuroscience, Mindfulness, and Positive Education

Room: 221D

Topic: Social and Emotional Learning

Presenter(s): Dennette Gardner, Lisa Grady

*Description on page 30.*

## 72. Benefits of Laughter and More

Room: 301A

Topic: Wellness & Self Care

Presenter(s): Rosa Cruz

*Description on page 31.*

FEB  
11

TUESDAY

8:00 - 9:30 am

**82. Brain Love**

Room: 221A  
 Topic: Trauma & Grief  
 Presenter(s): Lyndsay Morris

*Description on page 36.*

**89. Overcoming Overwhelm: The Power of Resilience!**

Room: 214B  
 Topic: Social and Emotional Learning  
 Presenter(s): Ana Amos

*Description on page 37.*

**96. From Chaos to Calm: Why People Behave the Way They Do; What Can I Do About It**

Room: 302A  
 Topic: Social and Emotional Learning  
 Presenter(s): Tracy Skripka, Shari Harris

*Description on page 39.*

12:00 - 1:30 pm

**103. Resilience Can Be Taught: 10 Strategies Proven to Motivate Any Student**

Room: 221A  
 Topic: Social and Emotional Learning  
 Presenter(s): Jason Johnson

*Description on page 43.*

**108. Mental Wellness Matters**

Room: 225D  
 Topic: Wellness & Self Care  
 Presenter(s): Shannon Lumar

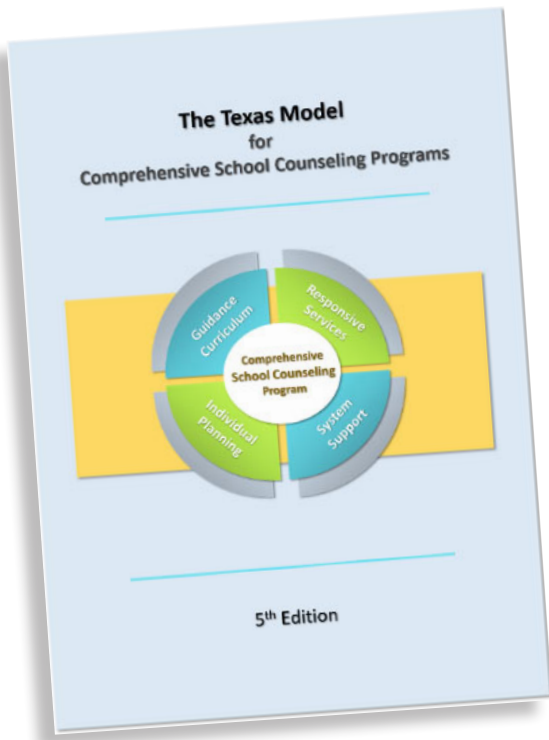
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**112. Addressing the Epidemic of Youth Homelessness**

Room: 304C  
 Topic: Multicultural & Social Justice  
 Presenter(s): Tom Edwards

*Description on page 45.*





# DOES YOUR SCHOOL COUNSELING PROGRAM **ALIGN WITH TEXAS LAW?**

## **The Texas Model for Comprehensive School Counseling Programs, 5th Edition**

The Texas Education Code now requires all Texas school counselors to use the Texas Model as the framework for their comprehensive school counseling programs.

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Knowledge of the Texas Model for Comprehensive School Counseling Programs is also one of the school counselor competency standards adopted by the State Board for Education Certification.

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Recently enacted legislation mandates training for school counselors and principals on the Texas Model.

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With new organization, competencies, domains, strategies and tools, the 5th Edition of the Texas Model for Comprehensive School Counseling Programs will take your program to the next level. It reflects best practices as well as statutory requirements for school counseling programs in Texas. Strategies for designing comprehensive school counseling programs that meet the unique needs of your campus and district are included.

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Whether you are a new or seasoned school counselor, a director of guidance, a campus administrator, or a counselor educator, this publication is for you! Implement the new domains and competencies for students' success across all grade levels and identify ways to engage parents, administrators, teachers, and your local community to support your school counseling program.

**Order at [www.txca.org/texasmodel](http://www.txca.org/texasmodel)**

## ARE YOU A NEW SCHOOL COUNSELOR (1-3 YEARS)?

We recognize that the first few years as a school counselor can be challenging! While you are certainly welcome to attend any program at the conference, the following programs have been identified to help new school counselors expand their toolkits, implement comprehensive school counseling programs, develop your leadership potential, effectively engage with campus and district administrators, and take care of yourself!

**FEB  
9**

**SUNDAY**

**2:00 - 3:30 pm**

### **2. How Smart are Your SMART Goals?**

Room: 224

Topic: Comprehensive School Counseling Programs

Presenter(s): Lesley Casarez, Michael O'Briant, Rachel Gandar, Tamra Kelly

*Description on page 10.*

**4:00 - 5:30 pm**

### **18. Tech Savvy School Counseling**

Room: 214C

Topic: Technology

Presenter(s): John Spoede, Karen Frederick

*Description on page 15.*

**FEB  
10**

**MONDAY**

**8:00 - 9:30 am**

### **21. Change is Scary! What You Need to Know About Being a New Professional School Counselor**

Room: 221A

Topic: Counselor Education

Presenter(s): Claudia Smith, Jill Adams

*Description on page 16.*

### **32. Texas Education Code and the Texas Model for Comprehensive School Counseling Programs: What To Know and Do!**

Room: 216AB

Topic: Comprehensive School Counseling Programs

Presenter(s): Elias Zambrano, Ernest Cox

*Description on page 18.*

### **39. School Counselors in the Court Room: An Overview of Ethical Consideration in the Legal System**

Room: 303BC

Topic: Ethics

Presenter(s): John Spoede, Angela Spoede

*Description on page 20.*





12:00 - 1:30 pm

**43. Comprehensive Counseling Program Ideas for a New Year**

Room: 221A

Topic: Comprehensive School Counseling Programs

Presenter(s): Ashley Wright

*Description on page 23.***57. Building a Toolkit to Support Mental & Behavioral Health Needs of Students**

Room: 303BC

Topic: Behavioral Interventions

Presenter(s): Natalie Fikac, Julie Wayman

*Description on page 26.*

12:30 - 3:30 pm

**63. TEMPSC-III: Enhancing School Counselor Practice Through Job-related Performance Evaluation [3 HOUR PROGRAM]**

Room: 214D

Topic: Comprehensive School Counseling Programs

Presenter(s): Elias Zambrano, Ernest Cox

*Description on page 28.*

2:00 - 3:30 pm

**64. Easy as 1-2-3, Counseling Strategies for New and Experienced Counselors**

Room: 221A

Topic: Comprehensive School Counseling Programs

Presenter(s): LaTrenda Watson, Anthonia Osborne

*Description on page 30.***75. Guidance Lessons With A Techy Twist**

Room: 302A

Topic: Technology

Presenter(s): Dyann Wilson, Amy Storer

*Description on page 33.*FEB  
11

TUESDAY

8:00 - 9:30 am

**82. Brain Love**

Room: 221A

Topic: Trauma &amp; Grief

Presenter(s): Lyndsay Morris

*Description on page 36.***84. Guidance 101**

Room: 221D

Topic: Elementary School Counseling

Presenter(s): Janet Graczyk, Denise Toro, Radha Patel

*Description on page 36.*

12:00 - 1:30 pm

**110. I Teach Behavior, What's Your Superpower?**

Room: 303BC

Topic: Comprehensive School Counseling Programs

Presenter(s): Marcie Warner, Sharon Wotipka, Lesa Pritchard

*Description on page 44.***CONFERENCE TIP:****Stop by the TSCA Booth (Booth #13) in the exhibit hall to expand and deepen your support network!**

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64th Annual TCA Professional Growth Conference

# POWER UP

*Taking Professional Counselors to the Next Level*

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TEXAS**

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**&**

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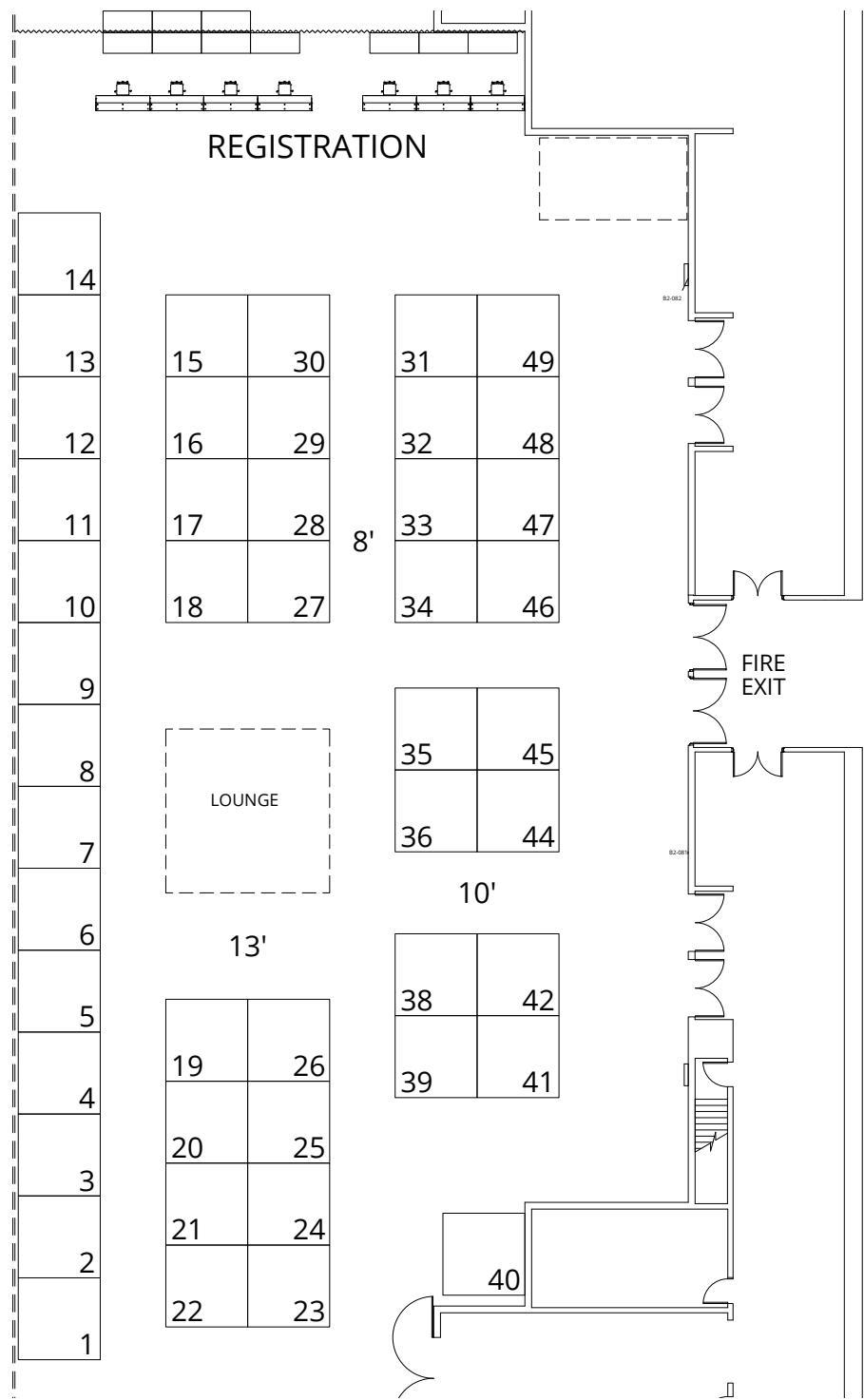
**[WWW.TXCA.ORG/PGC20](http://WWW.TXCA.ORG/PGC20)**

# Exhibitor Map

(Subject to change)

## VISIT OUR EXHIBIT HALL!

Please take time to visit our exhibitors! Each exhibitor is carefully vetted to ensure that their products and services are valuable to you! Their participation is vital to the success of this conference. Let them know how much we appreciate their support. Exhibit Hall Hours are posted in the conference overview on page 3.





# Conference Sponsors

## Inner Explorer

**BOOTH: 18**

**SPONSOR**

Inner Explorer is a research-proven resource for school counselors that will directly address the extreme mental health crisis that we witness every day at every level in schools with no prep or planning. We are one of the Top 10 programs for executive function and brain health! As new advances in brain research bring fresh opportunities to the field of counseling, the neuroscience of a daily mindfulness practice points to hope.

[innerexplorer.org](http://innerexplorer.org)

## Just Say YES- Youth Equipped to Succeed

**BOOTH: 31**

**SPONSOR**

At Just Say YES- Youth Equipped to Succeed we are growing value and vision in youth by combating isolation and imparting hope. We do this through three offerings: High Impact Student Assemblies and Classroom Programming, Peer-to-Peer Mentoring, Staff and Parent Programs.

[justsayyes.org/](http://justsayyes.org/)

## TTU K-12

**BOOTH: 01**

**SPONSOR**

TTU K-12 offers a fully online TEA and NCAA approved K-12 curriculum, including full-time and supplemental courses as well as bulk testing options.

[k12.ttu.edu](http://k12.ttu.edu)

## Texas School Counselor Association (TSCA)

**BOOTH: 13**

**SPONSOR**

At TSCA, our mission is to serve professional school counselors by advocating for and advancing the role of the professional school counselor and the comprehensive school guidance and counseling program throughout Texas.

[txca.org/tsca](http://txca.org/tsca)

# Conference Exhibitors

## Aperture Education

**BOOTH: 15**

Aperture Education provides educators with a rigorous strengths based CASEL aligned assessment and intervention. The DESSA-mini provides universal screening which identifies students most at risk. The DESSA comprehensive assessment is used to pinpoint specific strengths and needs with aligned instructional strategies. The program also provides progress monitoring and outcome measurement. Educator SEL is enhanced through the EdSERT (Educator Social Emotional Reflection Training) offerings, providing professional development to support the adult SEL component of your programs.

[apertureed.com](http://apertureed.com)

## Association for Family and Community Integrity (AFCI)

**BOOTH: 26**

Association for Family and Community Integrity (AFCI) works to reduce rejection of LGBTQ youth by educating families, educators, and counselors. AFCI's resources are free and available at [www.understandinggay.org](http://www.understandinggay.org).

[understandinggay.org](http://understandinggay.org)

## Brandy's Bag of Air

**BOOTH: 36**

Brandy's BOA sells therapeutic professional grade punching bags for use in a variety of modalities including play therapy, occupational therapy, activity therapy, and psychodrama. Their small and large bags each come with a two year therapeutic use warranty.

[bagofair.com](http://bagofair.com)

# Conference Exhibitors

## Breath for Change

**BOOTH: 06**

Yoga, mindfulness and SEL professional development for counselors and educators.

[breatheforchange.com](http://breatheforchange.com)

## Celtic Art Store

**BOOTH: 45**

Celtic Mandalynth & Finger Labyrinth Mindfulness Art for student and classroom management.

[celticartstore.net](http://celticartstore.net)

## Claire Lynn Designs

**BOOTH: 33, 34**

Fun, quality Counselor T-shirts and accessories!

[clairelynn.com](http://clairelynn.com)

## Discover Student Loans

**BOOTH: 49**

CollegeCovered.com was created to provide students, parents and high school counselors with the know-how to plan and pay for college. The site features compelling multimedia editorial content, insider tips and interactive tools to inform the college planning process and empower smart financial decision making. School counselors can access the Resources for Counselors section of the site for stories of success and tips from peers. College Covered is powered by Discover Student Loans.

[collegecovered.com](http://collegecovered.com)

## Dove Self-Esteem Project

**BOOTH: 24**

Confident Me! is a 1 & 5 lesson self-esteem program. Using skills-based health education and focuses on challenging unrealistic sociocultural ideals of appearance, media literacy with respect to these ideals, reducing appearance comparisons and appearance conversations, while encouraging body activism and positive behavior change.

[dove.com/us/en/dove-self-esteem-project.html](http://dove.com/us/en/dove-self-esteem-project.html)

## Duke University Summer Session

**BOOTH: 16**

Share the benefits of attending an academic summer program with your high school students. Check out our 2019 Duke Summer Session for High School Students website ([summersession@duke.edu](mailto:summersession@duke.edu)) for more information and get a glimpse at what the summer session programs offer. Duke University Summer Session offers three different programs that include Summer College (4-week academic credit program for students grades 10 - 12) Summer Academy (3-week academic enrichment program for students grades 9 - 12) Accelerated STEM Academy (1-week academic enrichment program for students grades 9 - 12)

[summersession@duke.edu](mailto:summersession@duke.edu)

## EPIC Entertainment

**BOOTH: 02**

High-energy, interactive, educational assemblies for K-12 throughout Texas! Featuring toilet paper launchers, bumper ball battles, hilarious mascot skits, and more! We inspire your students about Bullying Prevention/Kindness, STAAR Testing Pep Rallies, Red Ribbon Week/Anti-drugs, Character Development, Stress & Anxiety, Self Esteem, or Goal Setting. Fun, educational, and engaging! Unlike anything your students have experienced before!

[epicschoolshows.com](http://epicschoolshows.com)

## Grace and Grit

**BOOTH: 10**

Grace and Grit is a curriculum company that gives girls the tools needed to develop self-esteem and the inspiration to achieve their dreams. Our mission is to show her the power and potential she already has inside.

[graceandgritbox.com](http://graceandgritbox.com)



# Conference Exhibitors

## Health and Human Services - YES Waiver

**BOOTH: 03**

The Youth Empowerment Services waiver is a 1915(c) Medicaid program that helps children and youth with serious mental, emotional and behavioral difficulties. The YES waiver provides intensive services delivered within a strengths-based team planning process called wraparound.

[hhs.texas.gov/services/mental-health-substance-use/c](https://hhs.texas.gov/services/mental-health-substance-use/c)

## Healthcare Providers Service Organization (HPSO)

**BOOTH: 35**

For over 25 years, Healthcare Providers Service Organization (HPSO) has been helping to safeguard counselors from medical malpractice lawsuits and regulatory board complaints. HPSO is endorsed by the American Counseling Association as well as 50 additional professional healthcare associations.

[hpso.com](https://hpso.com)

## Innovations and Mesa Springs

**BOOTH: 21**

Mental and behavioral health hospital for children, adolescents, and adults.

[mesasprings.com](https://mesasprings.com)

## It's a Hoot!

**BOOTH: 42**

It's a hoot features a wonderful selection of high quality fashion jewelry and leather, hide, and canvas Myra bags!

[bellahoottx.com](https://bellahoottx.com)

## Jill Riethmayer Resources

**BOOTH: 44**

Ready-to-go counseling materials developed by a school counselor with a student ratio of 1 to 1000, who needed materials that required no prep time. I have 14 guides that each have an entire curriculum divided into 10-12 weeks. Each guide can be used by individuals, in groups or in the classroom. Topics include: life & loss, sexual abuse, step families, bibliotherapy, divorce, and many more!

[jillriethmayer.com](https://jillriethmayer.com)

## KIS Jewelry And Accessories

**BOOTH: 23**

Christian, motivational, inspirational, family and fashion jewelry; Chala key fobs, X-body cell phone holders, wristlet wallets, X-body mini purses, half moon X-body purses and jackets.



# Conference Exhibitors

## Managing Your Crazy SELf!

**BOOTH: 41**

Managing Your SELf! is a complete SEL program for today's school environment. It is solution focused, trauma-informed, and simple to implement. MYS combines techniques from counseling, coaching, management and neuroscience to teach children social-emotional skills AND teach them WHY their brain causes them to feel "crazy". Adorable characters aid in quick grasp of concepts and spiral teaching builds on skills each year. Contact us for more info at [rick@myscounseling.com](mailto:rick@myscounseling.com)!

[managingyourcrazy.com](http://managingyourcrazy.com)

## Marco Products, Inc.

**BOOTH: 46, 47**

Marco Products, founded by counselors, publishes and supplies practical, affordable, ready-to-use resources on topics requested by today's counselors. Many Marco books include ASCA Mindsets and Standards, reproducible materials, and ready-to-use lesson plans. Stop by our booth and see counselor-written activity, small-group counseling, and classroom guidance books plus storybooks, DVDs, and games.

[marcoproducts.com](http://marcoproducts.com)

## Mesa

**BOOTH: 11**

Mesa's academic opportunity management platform is a highly configurable software solution that automatically recognizes the most accurate and optimal pathway and schedule for each student. Let Mesa ensure your records are accurate so counselors can spend their time counseling.

[mesacloud.com](http://mesacloud.com)

## QuaverSEL

**BOOTH: 38**

The QuaverSEL Curriculum is designed to support the development of the whole child through music. Learning is enhanced through interactive techniques involving music, movement, and technology. Quaver uses this Music-Based Learning approach to provide a unique social and emotional learning experience for students. It's Seriously Fun!

[quaversel.com](http://quaversel.com)

## Rockin Feet- Unique 4 U LLC

**BOOTH: 39**

Patent-pending glycerin insoles. Gives cushion, massage and arch support. Specialty foot cushions.

[rockinfeet.com](http://rockinfeet.com)

## SCUTA

**BOOTH: 09**

SCUTA is used by school counselors and school districts to develop a data-driven, evidence based school counseling program. It follows the ASCA National Model® recommendations and offers confidential, comprehensive documentation and use of time analysis system. It is an invaluable tool for School Counselors who want to do best practice, keep accurate records and develop a data driven school counseling program. School Counselors using SCUTA, have the ability to clearly illustrate the nature of their work and school needs with supervisors and stakeholders.

[myscuta.com](http://myscuta.com)

## Second Step brought to you by Committee for Children

**BOOTH: 22**

Second Step is a program rooted in social-emotional learning (SEL) that helps transform schools into supportive, successful learning environments uniquely equipped to encourage children to thrive. More than just a classroom curriculum, Second Step's holistic approach helps create a more empathetic society by providing education professionals, families, and the larger community with tools to enable them to take an active role in the social-emotional growth and safety of today's children.

[cfchildren.org](http://cfchildren.org)





# Conference Exhibitors

## Starlite Recovery Center

**BOOTH: 32**

For over 60 years, Starlite Recovery Center has helped men, women and adolescents reclaim their lives from addiction to alcohol and other drugs and find life-long recovery. Starlite is proud to offer addiction treatment services to female adolescents ages 13-17 in a premier 13-bed individualized setting. We offer an educational program that provides schooling for all adolescents for four hours each day. Part of this programming includes credit recovery so that youth are able to remain up-to-date with their classmates at their home schools.

[starliterecovery.com](http://starliterecovery.com)

## Super Awesome Fun Show!

**BOOTH: 29**

Super Awesome Fun show is a funny, exciting, Super Hero themed show with acrobatics, and magic tricks that challenges your students to have confidence in their gifts and abilities and use those gifts or super powers to help others! We have TEST PREP, ANTI-BULLY, AND DRUG FREE themed shows to choose from! "Selfy-culture" and self absorbed messages are in our world today and the statistics of anxiety and bullying are growing rapidly. At Super Awesome Fun Show, we think it is more important than ever to challenge students to care for others and have confidence in their own gifts and abilities. We are passionate about encouraging your kids!

[superawesomefunshow.com](http://superawesomefunshow.com)

## Texas Challenge Academy

**BOOTH: 12**

Texas ChalleNGe Academy offers a second chance for 16-18 year old students who have become disengaged from school. The 22-week, voluntary, residential program is funded by the National Guard and the State of Texas; as such, it is free for participants and their families. TCA uses a quasi-military training model to offer the opportunity for success across each of our eight core components: Academic Excellence, Job Skills, Responsible Citizenship, Service to the Community, Leadership/Followership, Physical Training, Health & Hygiene, and Life Coping Skills.

[texaschallengeacademy.com](http://texaschallengeacademy.com)

## Texas Eating Disorders Association, formerly The Elisa Project

**BOOTH: 17**

More than 20 years ago Leslie and Rick McCall founded this Texas nonprofit to fight against eating disorders through awareness education, support and advocacy. Today, we reach more than 100,000 individuals annually through our direct resources and services. If you or someone you know is living with an eating disorder illness, please receive the help you deserve by calling 866.837.1999.

[texaseatingdisordersassociation.org](http://texaseatingdisordersassociation.org)

## Texas OnCourse

**BOOTH: 04**

Texas OnCourse offers free professional development and curriculum for counselors across the state.

[texasonsource.org](http://texasonsource.org)

## Texas Society of Professional Surveyors

**BOOTH: 48**

The Texas Society of Professional Surveyors is a non-profit state association advancing the careers for the surveying profession. Our goal is to educate and inform school counselors of the surveying profession as a career choice for their students.

[tsps.org](http://tsps.org)

## The Gift Solution

**BOOTH: 19, 20**

Unique women's clothing and accessories. We carry sizes petite to 3X.

[giftsolutionboutique.com](http://giftsolutionboutique.com)

## The Texas Higher Education Coordinating Board

**BOOTH: 07**

THECB's ADVi is a chatbot, accessible by text and online chat that provides on-demand support to Texans interested in higher education.

[theqb.state.tx.us](http://theqb.state.tx.us)

# Conference Exhibitors

## The University of Texas at Austin High School

**BOOTH: 25**

The University of Texas at Austin High School provides K-12 resources and services for school districts and students. Services include: online teacher professional development courses, Credit by Exams for credit recovery or acceleration, and online high school courses including Advanced Placement options.

[highschool.utexas.edu](https://highschool.utexas.edu)

## US Army Recruiting Battalion San Antonio

**BOOTH: 30**

Features Army and Army Reserve Recruiting in addition to educational resources designed to enhance college, career, and military readiness.

[recruiting.army.mil/5thbde/4kbn](https://recruiting.army.mil/5thbde/4kbn)

## UTSA - College of Education and Human Development

**BOOTH: 05**

The College of Education and Human Development (COEHD) at the University of Texas at San Antonio offers numerous professional degrees and certifications. In particular, the COEHD offers CACREP accredited programs in: Master of Education in School Counseling, Master of Science in Clinical Mental Health Counseling, and a Doctor of Philosophy in Counselor Education and Supervision.

[education.utsa.edu](https://education.utsa.edu)

## ValidateME!

**BOOTH: 14**

Foreign Transcript Evaluation Services from over 100 countries.

[validate-me.org](https://validate-me.org)

## WATCH D.O.G.S. (Dads Of Great Students)

**BOOTH: 08**

Building Family and Community Engagement through the fathers and father-figures of your students. Currently there are 1,596 Texas schools utilizing the WATCH D.O.G.S. program. Find out why!

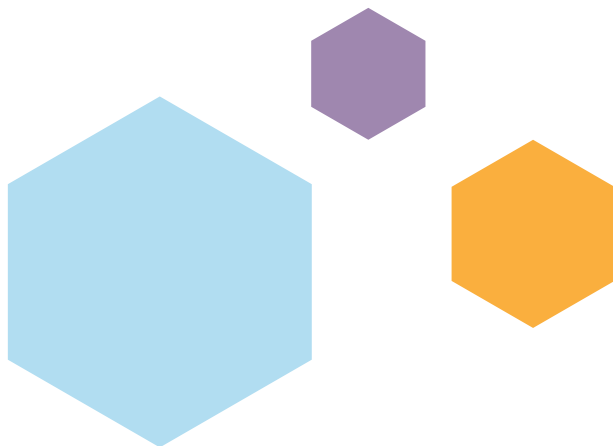
[dadsofgreatstudents.com](https://dadsofgreatstudents.com)

## YouthLight Inc.

**BOOTH: 27, 28**

YouthLight is an educational publishing company dedicated to providing counselors, educators and other professionals with useful materials to help maximize their effectiveness with youth. YouthLight provides exciting books, interactive lessons, games and other products relating to topics such as Relational Aggression, Self-Regulation, Social Skills, Biblio-Guidance and other Developmental Counseling Tools.

[youthlight.com](https://youthlight.com)





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Lesley Casarez

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### TCA Senator

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Angie Molinari

### Middle/Junior High Vice President

Sara Schroeder

### High School Vice President

Michelle Wilson

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Ernest Cox

### Supervisory Vice President

LaTrenda Watson

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## GET INVOLVED!

Learn more at

[www.txca.org/tsca](http://www.txca.org/tsca)

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Sharon Bey & Jill Jernigan

### Professional Recognition & Scholarships

Levi McClendon & Jessica Wade



2019-2020

# Counselors Reinforcing Excellence for Students in Texas

Counselors Reinforcing Excellence for Students in Texas (CREST) Awards recognize Texas schools that demonstrate continuous commitments to building campus teams and programs based on the four components of the *Texas Model for Comprehensive School Counseling Programs*.

These campuses use their Professional School Counselors to design and implement comprehensive school counseling programs that enhance students' educational, career, personal and social development while preparing them for success.

CREST Award winners were recognized at the TSCA Awards Banquet on February 9, 2020.

## **Alief ISD**

Budewig Intermediate School  
Miller Intermediate School  
O'Donnell Middle School

## **Aransas County ISD**

Rockport-Fulton Middle School

## **Austin ISD**

Casey Elementary School  
Baldwin Elementary School  
Hill Elementary School  
Kocurek Elementary School  
Mills Elementary School  
Odom Elementary School  
Russell Lee Elementary School  
Summitt Elementary School

## **Del Valle ISD**

Baty Elementary School  
Del Valle Opportunity Center  
Del Valle Middle School

## **Denton ISD**

Denton High School  
McMath Middle School

## **Dripping Springs ISD**

Sycamore Springs Elementary School

## **Fort Bend ISD**

William B. Travis High School  
Cornerstone Elementary School  
Mission West Elementary School

## **Fort Worth ISD**

McClung Middle School

## **Garland ISD**

Naaman Forest High School

## **George I. Sanchez Charter School**

George I. Sanchez Charter School

## **Humble ISD**

West Lake Middle School

## **Lewisville ISD**

Killian Middle School  
Lamar Middle School  
Coyote Ridge Elementary School  
LHS Killough  
Tom Hicks Elementary School  
Degan Elementary School  
Donald STEM Academy  
Downing Middle School  
Flower Mound High School  
Garden Ridge Elementary School  
Hebron High School  
Hebron Valley Elementary School  
Highland Village Elementary School  
JL Huffines Middle School  
Lewisville Elementary School  
Lewisville High School  
Lewisville High School Harmon  
Marcus High School  
McAuliffe Elementary School  
Morningside Elementary School  
Prairie Trail Elementary School  
The Colony High School  
Wellington Elementary School  
Indian Creek Elementary School  
Hebron 9th  
Griffin Middle School

## **McKinney ISD**

McGowen Elementary School  
Lawson Early Childhood School  
Press Elementary School

## **Mesquite ISD**

Dr. Ralph H. Poteet High School

## **North East ISD**

Theodore Roosevelt High School

## **Northside ISD**

John B. Connally Middle School  
Katherine Stinson Middle School  
Sandra Day O'Connor High School  
Brandeis High School  
Dr. Hector P. Garcia Middle School  
E.M. Pease Middle School  
Earl Warren High School & Construction  
Careers Academy  
John M. Harlan High School

## **Pasadena ISD**

Freeman Elementary School  
Burnett Elementary School  
Fred Roberts Middle School  
Keller Middle School  
Meador Elementary School  
Rick Schneider Middle School

## **Richardson ISD**

JJ Pearce High School  
Lake Highlands High School  
Lloyd V. Berkner High School STEM Academy

## **Rockwall ISD**

Maurine Cain Middle School  
Rockwall High School

## **Spring Branch ISD**

Northbrook Middle School



2019-2020

# Rhosine Fleming Professional Recognition Awards



The Rhosine Fleming Award was established in memory of Rhosine DuBose Fleming, who was a counselor for Richardson ISD when she died in 1971. Rhosine was instrumental in the organization of TSCA in 1966 and served as TSCA Secretary. This award is given each year to an outstanding school counselor at each level and stands as a living memorial to Rhosine's dedication, professional involvement, and growth.

**Elementary School Counselor of the Year**

**Emily Mennsfield**

**Middle School Counselor of the Year**

**Michael O'Briant**

**Middle School Counselor of the Year**

**Jennifer Martinez**

**Multilevel School Counselor of the Year**

**Geneva Garza**

**Counselor Supervisor of the Year**

**Monya Crow**

**Counselor Advocate of the Year**

**Lee Worden**

**Counselor Educator of the Year**

**Ernest Cox**

**Campus Administrator of the Year**

**Will Falker**

**Legislator of the Year**

**Representative Mary González  
(House District 75)**

**Do you know an award-winning  
Professional Counselor?**

Find out more about the annual TSCA Professional Awards at [www.txca.org/tscaawards](http://www.txca.org/tscaawards).

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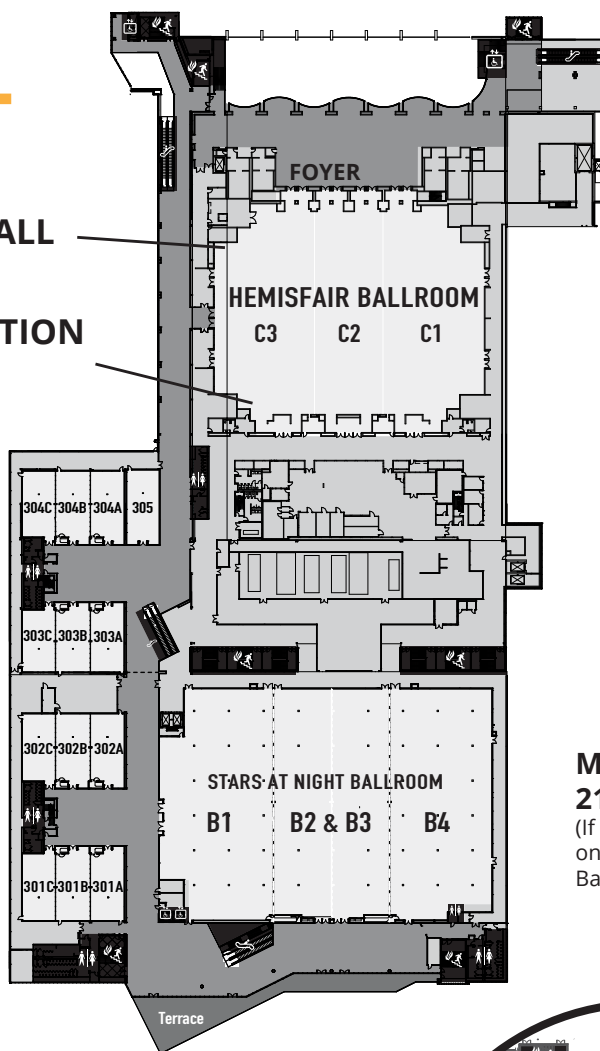
# BALLROOM LEVEL

(Level 3, 2 floors above Street Level)

300 MEETING ROOMS

EXHIBIT HALL

REGISTRATION



MEETING ROOMS

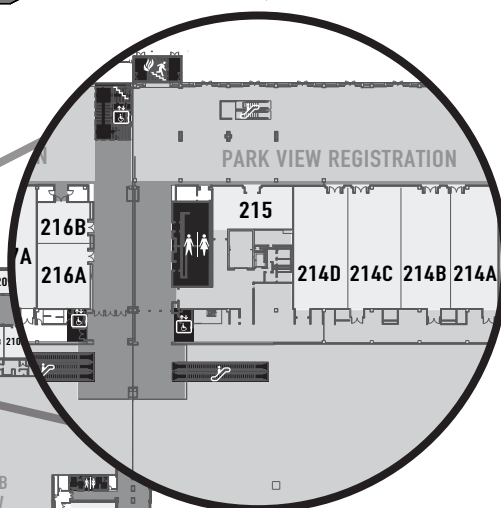
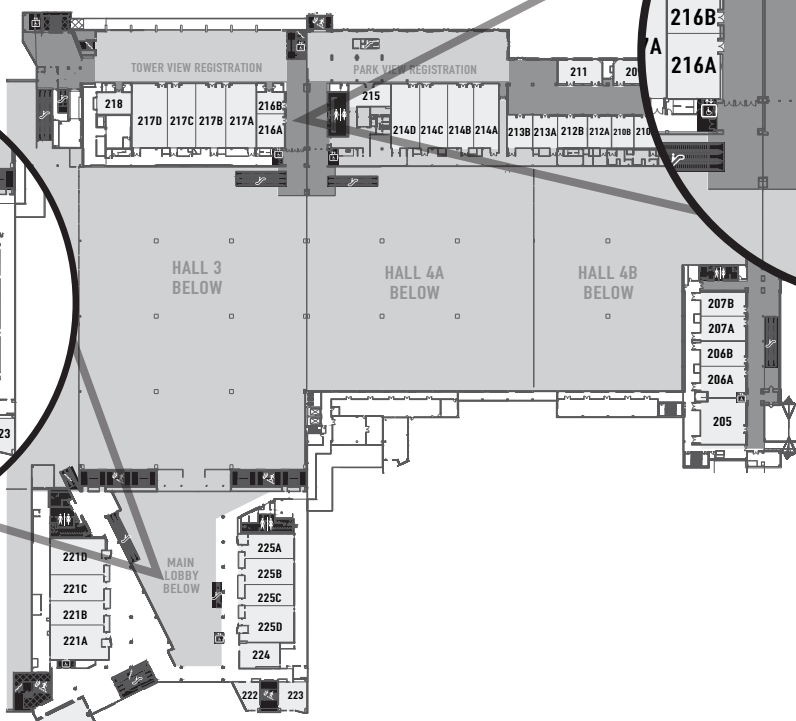
214-216

(If entering from Market St,  
only accessible from  
Ballroom Level/3rd Level)

# MEETING ROOM LEVEL

(Level 2, 1 floor above Street Level)

MEETING ROOMS  
221-225



MARKET ST.



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## **Texas Counseling Association**

a branch of the American Counseling Association

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