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*Pre-conference sessions are not included in the conference registration fee. Additional fee applies, see registration section.*

**Wednesday, October 19 | 12:00 p.m. – 3:00 p.m.**

## 1. Russ Sabella

Dr. Russell Sabella is currently a Professor of Counseling in the College of Health Professions & Social Work, Florida Gulf Coast University and President of Sabella & Associates. He is well known for his Technology Boot Camp for Counselors workshops conducted throughout the country. Dr. Sabella is Past President (2003-2004) of the American School Counselor Association. He has trained and consulted with thousands of school counselors, educators, parents, and organizational leaders throughout the country.



Russ is the co-author of two books entitled *Confronting Sexual Harassment Learning Activities for Teens* and *Counseling in the 21st Century: Using Technology to Improve Practice*. He is also the author of the popular *SchoolCounselor.com, A Friendly and Practical Guide to the World Wide Web* as well as *GuardingKids.com, A Practical Guide to Keeping Kids Out of High Tech Trouble*.

### Pre-Conference Session – Part I

## Working with Anxious Children and Teens: Strategies and Best Practices

Anxiety is a normal part of living. It's a biological reaction—the body's way of telling us something isn't right. However, for some people, anxiety is persistent, irrational, and overwhelming. It may interfere with daily activities and get in the way of student achievement. Dr. Sabella will overview various contributing factors to anxiety among children and adolescents and several practical interventions. Participants will learn about approaches, resources, and tools that they can deliver as part of a comprehensive school counseling program to help kids calm themselves down and help them stay on track.

### Pre-Conference Session – Part II

## Solution Focused Brief Counseling and Teacher/Parent Consultation

This experiential workshop is designed for both beginning and experienced school counselors, educators, and other human service professionals who want to learn an innovative approach to empower their students and stake holders to better recognize and utilize their strengths. This model uses a systematic, five-step approach in which students/parents focus on solutions rather than problems. They are encouraged to think about times when their problems did not exist, and how these times contributed to the absence of the problem, and how to recreate such circumstances in their present situations. Focus is on the students/parents strengths and abilities rather than their weaknesses. Solutions are derived by the students/parents themselves and therefore not only are they more involved in their success, but the solutions fit their unique lifestyles. Finally, because they find their own solutions that work, often self-esteem is increased. With this emphasis of counseling on solutions rather than problems, counseling becomes brief.

**Wednesday, October 19 | 2:00 p.m. – 5:00 p.m.**

## 2. Carolyn Stone

Carolyn Stone, Ed.D., is a Professor of Counselor Education at the University of North Florida (UNF). Dr. Stone is a Past President of the American School Counselor Association (ASCA). Prior to coming to UNF, Dr. Stone spent 22 years with Jacksonville, Florida's Public Schools as an elementary and high school counselor, middle school teacher and Supervisor of Guidance Services. She supervised 225 school counselors. Dr. Stone currently serves as the Ethics Chair for ASCA and has done so for 15 years.



## Legal Literacy and Ethical Practice in the Complex World of School Counseling

School counselors must negotiate the competing interests of the overregulated school environment, student's need for confidentiality and the legal rights of parents to be the guiding voice in their children lives. Updates on these competing interests will be discussed through recent court developments. Legal rulings will be highlighted in areas such as sexually active students, bullying, academic advising, child abuse, educational records, and sexual harassment, first amendment rights, and transgender youth. The goal is to facilitate participants' legal literacy and provide guiding principles to support best ethical practice.

*Carolyn will also be presenting two breakout sessions.*

## Thursday, October 20

Keynote Speaker (During the 8:30 a.m.–10:00 a.m. Opening Sessions)



### The Hill We Climb: A Journey Toward Justice and Equity in Counseling

#### Dr. Cheryl Holcomb-McCoy

**ABOUT THIS SESSION:** Over the last couple of years, two enduring pandemics—COVID-19 and racial injustice—have impacted the education landscape and the emotional fabric of our country. From “Zoom fatigue” to racialized stress, the pandemics have required school counselors to address mounting numbers of traumatized students and longstanding issues of racial and educational injustice. Dr. Holcomb-McCoy will inspire counselors with a solid call to action. Climbing the hill of racial justice is steep; but school counselors can get to the top by acting with *courage, love, and determination*.

**SPEAKER BIO:** Dr. Cheryl Holcomb-McCoy is in her sixth year as Dean of the School of Education at American University. Previous to this role, she served as Vice Provost for Faculty Affairs (central administration) and Vice Dean of Academic Affairs (in the School of Education) at Johns Hopkins University. Also at Johns Hopkins, she was an associate professor at the University of Maryland College Park and Director of the School Counseling Program at Brooklyn College of the City University of New York.

Professional colleagues have recognized her with many awards for outstanding multicultural/diversity research, excellence in teaching, and exemplar service. She served as a Faculty Lilly Fellow at the University of Maryland and in 2016, she was selected as an American Counseling Association (ACA) Fellow for her significant contributions in scientific achievement and teaching. While at Johns Hopkins she developed and implemented the \$25M Faculty Diversity Initiative and is the founder of three signature initiatives: *AU’s Summer Institute on Education, Equity and Justice (SIEEJ)*, *the Center for Postsecondary Readiness and Success*, and *the AU Teacher Pipeline Project*, a partnership with the District of Columbia Public Schools and Friendship Charter Schools. The second edition to her book, *School Counseling to Close the Achievement Gap: A Social Justice Framework for Success* will be available this fall.

Because of her expertise in college advising and counseling, Dr. Holcomb-McCoy was selected to participate as a consultant to the Obama Administration’s Reach Higher Initiative. In July 2014, she was one of the plenary speakers at the White House’s Summit on Higher Education held at Harvard University.

*Cheryl will also be presenting a breakout sessions.*

## Friday, October 21

Keynote Speaker (12:00 p.m.–1:50 p.m. Luncheon Speaker)



### School Counseling is Not the Junk Drawer of the School

#### Olivia Carter

**ABOUT THIS SESSION:** School counselors are the leaders our schools need, but all too often we end up doing more “share” than is “fair.” With our unique brand of school counseling magic, we have the opportunity to build comprehensive school counseling programs and lead trauma-informed, equity-centered change in our schools. In *School Counseling is Not the Junk Drawer of the School*, Olivia Carter, ASCA 2021 School Counselor of the Year, shares creative ways to build your school counseling program, center your students’ lived experiences, and foster your own wellness.

**SPEAKER BIO:** Olivia Carter is the School Counselor Support Specialist for the Cape Girardeau School District in Cape Girardeau, Missouri. She has a Bachelor of Science degree in Psychology and a Master of Arts in School Counseling from Southeast Missouri State University. Prior to her current role, she was the elementary school counselor at Jefferson Elementary in Cape Girardeau, Missouri, where she developed a counseling program that promoted positive, trauma-informed changes throughout the school. Olivia has served as Vice President – Elementary, President-Elect, and is currently serving as President of the Southeast Missouri School Counselor Association. She has participated in the Missouri School Counselor Association Emerging Leader Program, and currently serves on the Program Committee for MSCA. In 2019 she was recognized as the Missouri School Counselor of the Year. In her ten years of working in public education, she has written for Forbes, collaborated with Education Week, and served on panels for the Office for Civil Rights and the U.S. Department of Education. Being a mother to two young children has ignited Olivia’s passion for equity-centered, trauma-informed comprehensive school counseling programs. She is honored to be recognized as the 2021 School Counselor of the Year by the American School Counselor Association.

*Olivia will also be presenting a breakout sessions.*

## Pursuing Cultural Competence

### Paul Harris

**ABOUT THIS SESSION:** This session focuses on the internal work school counselors and other educators must do in order to implement equitable practices and policies with fidelity. In addition to defining cultural competence, this session curates a strength-based space within which we will explore the many factors that shape our respective worldviews and their implications. Through interactive exercises, participants will leave empowered to see themselves as the best strategy for promoting equity in their schools and districts.



## Promote SEL in Black Male Student-Athletes

**ABOUT THIS SESSION:** The increased pressure on student athletes at younger ages is a national phenomenon. College recruiting in some sports begins as early as middle school. This pressure is exacerbated for Black males in America, given the disproportionate draw to and historic exploitation through sport. What level of social-emotional intelligence will be necessary for them to navigate that process well? How do we collaborate with coaches and other stakeholders to promote their social-emotional learning? Come learn about how to take a strengths-based approach to such collaborative and advocacy efforts on behalf of Black male student athletes.

**SPEAKER BIO:** Dr. Paul C. Harris has served as a high school counselor in Virginia and as a counselor educator at the University of Virginia and Penn State University. His practice and research are designed to increase equity, access, and justice in schools. He is passionate about promoting the college and career readiness process of historically marginalized students, with an emphasis on Black male student-athletes. He currently serves on the Senior Advisory Board for The Professional Counselor journal. He is also the former president of the Virginia School Counselor Association and former member of the Board of Directors for the American School Counselor Association.

## Tentative Schedule

### Wednesday, October 19, 2022

- 11:30 a.m. - 6:00 p.m. Registration/Information Center Open
- 12:00 - 5:00 p.m. Pre-Conference Sessions
- 3:00 - 6:00 p.m. Exhibits Open
- 5:30 - 7:00 p.m. “Meet and Greet” Welcome Reception  
*Embassy Suites Manager’s Reception*

### Thursday, October 20, 2022

- 7:30 a.m. - 5:00 p.m. Registration/Information Center Open
- 7:30 a.m. - 5:00 p.m. Exhibits Open
- 7:30 a.m. - 8:30 a.m. Continental Breakfast *available in Exhibit Area*
- 8:30 a.m. - 10:00 a.m. Opening Session  
Featured Speaker and Keynote Speaker – Cheryl Holcomb-McCoy
- 10:00 a.m. - 10:15 a.m. Transition Break
- 10:15 a.m. - 11:05 a.m. Breakout Session #1
- 11:05 a.m. - 11:35 a.m. Break with Exhibitors
- 11:35 a.m. - 12:25 p.m. Breakout Session #2
- 12:25 p.m. - 1:25 p.m. Box Lunch *available in Exhibit Area*
- 1:25 p.m. - 2:15 p.m. Breakout Session #3
- 1:30 p.m. - 3:30 p.m. Graduate Student “Career Cafe”
- 2:15 p.m. - 2:45 p.m. Break with Exhibitors
- 2:45 p.m. - 3:35 p.m. Breakout Session #4
- 3:35 p.m. - 3:50 p.m. Transition Break
- 3:50 p.m. - 4:40 p.m. Breakout Session #5
- 5:30 p.m. - 7:00 p.m. Network Social  
*Embassy Suites Manager’s Reception*
- 8:30 p.m. - 10:00 p.m. Evening Activity

### Friday, October 21, 2022

- 7:30 a.m. - 12:00 p.m. Registration/Information Center Open
- 7:30 a.m. - 12:00 p.m. Exhibits Open
- 7:30 - 8:30 a.m. Continental Breakfast *available in Exhibit Area*
- 8:30 - 9:20 a.m. Breakout Session #6
- 9:20 - 9:35 a.m. Transition Break
- 9:35 - 10:25 a.m. Breakout Session #7
- 10:25 - 11:00 a.m. Morning Break & Exhibit Area - Last Chance!
- 11:00 - 11:50 p.m. Breakout Session #8
- 11:50 a.m. - 12:00 p.m. Transition Break
- 12:00 - 1:50 p.m. Awards Luncheon  
Closing Keynote Speaker– Olivia Carter

# REGISTRATION



**Current VSCA member?** Yes  No  Member # \_\_\_\_\_

NAME (as it should appear on name badge) \_\_\_\_\_

JOB TITLE - (REQUIRED PLEASE) \_\_\_\_\_

ORGANIZATION/SCHOOL DISTRICT \_\_\_\_\_

ATTENDEE EMAIL (REQUIRED FOR CONFIRMATION) \_\_\_\_\_

WORK ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

WORK PHONE ( \_\_\_\_\_ ) \_\_\_\_\_

VEGETARIAN/GLUTEN FREE MEALS? Yes  No  ATTENDING THE AWARDS LUNCHEON ON FRIDAY? Yes  No

**Become a VSCA member and save!**

Before registering for the conference, visit [www.vsca.org](http://www.vsca.org) and click "Join Us" to become or renew your annual membership.

Or you can bundle your membership with your conference registration. See those rates below.

PLEASE **CIRCLE** ALL RATES THAT ARE APPLICABLE AND PLACE THE TOTAL IN THE GRAY BOX.

Pre-Conference Learning Session (Oct 19) <i>*circle only one</i>		Professional/ Regular Member*	Graduate Student/ Retired/Emeritus Members*	Non-Member	
1. Russ Sabella Part I and Part II		\$50	\$40	\$75	
2. Carolyn Stone Legal Literacy and Ethical Practice		\$50	\$40	\$75	
Full Conference (Oct 20-21)	Professional/ Regular Member*	Professional/ Regular Member* plus Membership	Graduate Student/ Retired/Emeritus Members*	Graduate Student/ Retired/Emeritus Members* plus Membership	Non-Member
Early Registration** (by 9/15)	\$150	\$190	\$100	\$120	\$210
Regular Registration (9/16 - 10/16)	\$170	\$210	\$120	\$140	\$230
Onsite Registration (after 10/16)	\$190	\$230	\$140	\$160	\$250
One-Day Attendance (Oct 20 OR Oct 21)		THURSDAY Only	THURSDAY Only plus Membership	FRIDAY Only	FRIDAY Only plus Membership
Early Registration** (by 9/15)		\$110	\$150	\$110	\$150
Regular Registration (9/16 - 10/16)		\$130	\$170	\$130	\$170
Onsite Registration (after 10/16)		\$150	\$190	\$150	\$190
					<b>TOTAL DUE:</b>

\*Must be a VSCA Member where noted. Membership must be good through October 21, 2022.  
 \*\* To qualify for the Early or Regular Registration Rates, your registration form AND payment (copy of your purchase order, check, or credit card) must be received or postmarked by the Early or Regular Registration cutoff dates.

**REGISTRATIONS CANNOT BE PROCESSED WITHOUT PAYMENT. PLEASE SEND PAYMENT AND REGISTRATION FORM(S) TOGETHER.**

## How and Where Do I Pay?

	WEBSITE	EMAIL	FAX	PHONE	MAIL
CREDIT CARD	✓	✓	✓	✓	✓
PURCHASE ORDER		✓	✓		✓
CHECK					✓

**WEBSITE:** [www.ncyonline.org/vscac](http://www.ncyonline.org/vscac)

**EMAIL:** [registrations@ncyi.org](mailto:registrations@ncyi.org)

**FAX:** 423-899-4547

**PHONE:** 866-318-6294

**MAIL:** National Center for Youth Issues  
 P.O. Box 22185  
 Chattanooga, TN 37422-2185

Please make your check or purchase order payable to: **National Center for Youth Issues.**

A W-9 is available on the website.

PLEASE NOTE: The attendee will receive a confirmation to the email address provided when their registration is processed (make sure to check Junk/Spam folders). Please allow ample time for processing.

## PAYMENT METHOD

- PURCHASE ORDER** A COPY OF THE PURCHASE ORDER IS REQUIRED.  
 (PAYABLE TO NATIONAL CENTER FOR YOUTH ISSUES, P.O. BOX 22185, CHATTANOOGA, TN 37422-2185)
- CHECK ENCLOSED** (MADE PAYABLE TO NATIONAL CENTER FOR YOUTH ISSUES)
- CREDIT CARD**  PERSONAL  CORPORATE

CARD NO. \_\_\_\_\_ EXP. DATE \_\_\_\_\_ CID# \_\_\_\_\_

NAME ON CARD (PLEASE PRINT) \_\_\_\_\_

CREDIT CARD BILLING ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AUTHORIZED SIGNATURE \_\_\_\_\_ EMAIL \_\_\_\_\_

**CANCELLATION POLICY:** If we are forced to cancel the VSCA Conference because of a "force majeure" event, such as a government restriction on large gatherings that cover the intended size of the conference, then we will issue full refunds of the registrations. Otherwise, our normal cancellation policy will be upheld: There will be no refunds after September 19, 2022. All cancellations before September 19, 2022 will be refunded less a \$25 handling fee. The conference is not responsible for and cannot give refunds due to problems beyond its control such as weather or school closings. There will be no refunds if you register as a NonMember and then later become a member. Please become a Member or renew your membership before registering for the conference. The sponsors of the conference receive registrant contact information.

On social distancing and other health and safety measures, the regulations/guidelines that apply to hotels and conference centers may change. The VSCA Conference will conform to all necessary regulations/guidelines that are in place as of the date of the conference.

## The 2022 Virginia School Counselors Conference will take place at the **Embassy Suites & Hampton Road Convention Center** 1700 Coliseum Drive Hampton, VA 23666



The Embassy Suites has a **conference rate of \$136\* plus tax. Deadline is September 25, 2022.** This rate is valid as long as rooms are available in the block.

\* Add tax for single or double occupancy.

### **To make hotel reservations:**

**CALL:** 800-362-2779, or 757-827-8200. Please be sure to tell the hotel the group code “SCA”.

**REGISTER ONLINE:** Go to [www.ncyionline.org/vscac](http://www.ncyionline.org/vscac) and scroll to the “Accommodations” section to book a room.

**The Embassy Suites conference rate includes a full,  
cook-to-order breakfast and an evening Manager’s Reception!**



# Come Learn and Play!

In the evening, make sure you take time to relax and enjoy the surrounding area. Go to [www.ncyionline.org/vscac](http://www.ncyionline.org/vscac) to see the things to do around the beautiful Embassy Suites.

***Visit the Peninsula Town Center, less than a mile from the Embassy Suites!***

- You can sit back and relax at the many restaurants at the Town Center, such as Abuelo's, Avenue Blue, Outback and My Pi, along with others.
- The Peninsula Town Center has a premium movie theater with leather recliners and gourmet food, so you can finally watch that movie you have been wanting to see.



At the Town Center, enjoy shopping at the Loft, Yankee Candle, Sephora, Forever 21, Barnes & Noble, and many more!

**We hope this conference will educate and equip you to do your job well, and we also hope you will take advantage of the wonderful ways you can relax and be refreshed!**