



ANNUAL FALL CONFERENCE

# shine

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INSPIRING • NETWORKING • EMPOWERING

NOVEMBER 6-8, 2024 EMBASSY SUITES • CONCORD/CHARLOTTE, NC

Visit [www.ncyionline.org/ncscac](http://www.ncyionline.org/ncscac) for more information

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## ARMY ROTC





Wednesday, November 6, 2024 | 3:30 p.m.

PRE-CONFERENCE KEYNOTE SESSION

This session is open to  
all conference attendees



## Navigating the Future: Exploring AI in School Counseling

### Dr. Russ Sabella

**ABOUT THIS SESSION:** Join us for an insightful keynote presentation that delves into the realm of Artificial Intelligence (AI) in the context of school counseling. This engaging session is designed for school counselors seeking to comprehend the fundamentals of AI and its application in their profession. Dr. Sabella will equip school counselors with the knowledge and insights needed to leverage AI effectively, fostering a future-ready approach to school counseling. Don't miss this opportunity to explore the transformative potential of AI in shaping the future of your work.

**SPEAKER BIO:** 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*.

*Russ will also be presenting two breakout sessions on Thursday.*

Thursday, November 7, 2024 | 8:30 a.m.

OPENING KEYNOTE SESSION

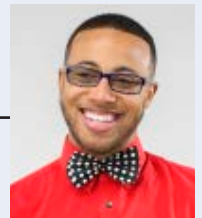
## Building Community that Creates Connection to Increase Your IMPACT

### Michael McGill, Jr.

**ABOUT THIS SESSION:** It's time to re-imagine how you see yourself and how you see those whom you serve. In this riveting, thought-provoking, and inspiring keynote, Michael will take you on a journey exploring what it means to positively plant seeds that produce a fruitful harvest. Transforming the culture of our organizations can begin with us and how we show up every day. What if we really do have the power to change the world by changing one life? What if a student's future is tied to how we see them, support them, and nurture them? What if we can make radical transformation by the ways in which we show up? Every seed that we plant will produce a harvest, so let's enhance our gardening tools together and shine as school counselors!

**SPEAKER BIO:** Michael McGill, Jr. is a keynote speaker, award-winning and nationally board-certified psychotherapist, life teacher, T.V personality, and writer. As a wellness advocate with a background in education, social psychology, and a post-graduate background in clinical mental health counseling (with honors) from Johns Hopkins University where he was both educated and trained, McGill works with leaders, businesses, schools, and community organizations on topics of wellness, self-improvement, human relationships, and ways to develop powerful human connections. Michael's talks are filled with principles of self-awareness and self-growth. He also works with organizations on ways to enhance their climate & culture through fruitful relationship building; as a result, they are able to build community, create connection, and increase their impact on those whom they serve. Michael regularly appears on TV morning shows across the country where he discusses how we can live, love, and lead well! As a lifelong student of healthy relationships & human development, as well as an overcomer of deep tragedy and sorrow, Michael is an unrelenting optimist who believes that we can be great individually, but we can be unshakably extraordinary when we commune in healthy relationships with others. He's ready to support you with tapping into the power within!

*Michael will also be presenting a breakout session (A Fireside Chat) after his keynote.*





### TENTATIVE SCHEDULE

#### **WEDNESDAY, NOVEMBER 6, 2024**

- 7:30 a.m. – 6:30 p.m. On-Site Conference Registration and Information Desk Open
- 8:00 a.m. – 11:00 a.m. NCSCA Delegate Assembly
- 10:00 a.m. – 1:30 p.m. Exhibitors Setup
- 11:30 a.m. – 2:00 p.m. Leadership Day Meeting
- 12:00 p.m. – 3:15 p.m. Pre-Conference Sessions
- 1:30 p.m. – 2:00 p.m. Snack Break with Exhibitors
- 1:30 p.m. – 6:00 p.m. Exhibits Open
- 3:30 p.m. – 5:00 p.m. Pre-Conference General Session with Keynote Speaker – Dr. Russ Sabella  
(Open to all conference attendees)

#### **THURSDAY, NOVEMBER 7, 2024**

- 7:00 a.m. – 5:00 p.m. On-Site Conference Registration and Information Desk Open
- 7:30 a.m. – 8:30 a.m. Continental Breakfast
- 7:30 a.m. – 5:00 p.m. Exhibits Open
- 7:30 a.m. – 7:00 p.m. Silent Auction
- 8:30 a.m. – 10:00 a.m. Opening Session Kick Off: Welcome, Introduction, Regional Roll Call, Updates & Awards with Keynote Speaker – Michael McGill, Jr.
- 10:00 a.m. – 10:30 a.m. Break with Exhibitors
- 10:30 a.m. – 11:30 a.m. Program Session 1
- 11:30 a.m. – 12:30 p.m. Boxed Lunches (Name Badge Required)
- 11:30 a.m. – 12:30 p.m. Past Presidents Luncheon
- 11:30 a.m. – 1:00 p.m. Graduate Student Luncheon and Panel
- 12:30 p.m. – 1:30 p.m. Program Session 2
- 1:30 p.m. – 2:00 p.m. Break with Exhibitors
- 1:30 p.m. – 3:30 p.m. Graduate Student Poster Sessions
- 2:00 p.m. – 3:00 p.m. Program Session 3
- 3:00 p.m. – 3:30 p.m. Break with Exhibitors
- 3:30 p.m. – 4:30 p.m. Program Session 4
- 4:40 p.m. – 5:10 p.m. Regional Meetings
- 5:10 p.m. – 6:30 p.m. Celebration Reception & Silent Auction

#### **FRIDAY, NOVEMBER 8, 2024**

- 6:30 a.m. – 7:30 a.m. Fun Run/Walk
- 7:00 a.m. – 8:00 a.m. Self-Care Zumba Session
- 7:30 a.m. – 9:00 a.m. On-Site Conference Registration and Information Desk Open
- 8:30 a.m. – 9:00 a.m. Coffee Service Only
- 8:30 a.m. – 11:30 a.m. Exhibits Open
- 9:00 a.m. – 10:30 a.m. Core Skills Building Workshops
- 10:30 a.m. – 11:00 a.m. Snack Break with Exhibitors
- 11:00 a.m. – 12:30 p.m. Core Skills Building Workshops

# Visit 50+ Exhibitors at the Conference!



## PRE-CONFERENCE LEARNING INSTITUTE



Fall Conference

**Wednesday, November 6, 2024 | 12:00 p.m. – 3:15 p.m. (Lunch not included)**

The Pre-Conference Learning Institute includes additional opportunities for more professional development and CEU contact hours. The sessions generally cover more in-depth information and allow more opportunity for discussion. **These sessions are not included in the conference registration fee.** Space is limited for all sessions. Interested participants are encouraged to register early.

*All Pre-Conference sessions are being held at the same time, so you may only choose one session to attend.*



### 1. School Counselor Connect and Collab

**Andrea Burston**

**ABOUT THIS SESSION:** Whether you're in your 1st or 21st year of school counseling things are constantly changing. Learn tips and best practices in creating and implementing a comprehensive school counseling program. Tips include creative ways to connect with stakeholders, getting organized and securing funding for counselor programs. Join this helpful and interactive session with tools you will be able to implement immediately!

**SPEAKER BIO:** Andrea Burston is a former high school computer/technology teacher turned elementary school counselor. She is the school counselor for Wake County Public Schools working at JY Joyner IB Magnet Elementary School in Raleigh, NC. Andrea is also the writer of the [jjycounselor](#) blog where she shares her enjoyment of her career as well as many counselor ideas with school counselors from all over the world. She loves using technology and is always looking for new and innovative ways to integrate technology into her school counseling program. Andrea has presented at various conferences and workshops on using technology in counseling programs.





## 2. Trauma, Resilience, and De-escalation

### Shawna Griffin

**ABOUT THIS SESSION:** This session will explore the impact of trauma, ACES, and discuss ways to implement trauma-informed practices. Also, the importance of resilience, a brief look at the brain science of escalation and de-escalation and specific de-escalation & resilience focused strategies.

**SPEAKER BIO:** Shawna Griffin began her career in education in 2003. Since her start as a classroom teacher, she has held positions as a PBIS District Director and District Behavior Interventionist. Shawna believes that a team approach is vital in creating the best educational environment for all learners. School staff, students, and caregivers who work together to create and routinely monitor plans they've created help students succeed. Shawna blends her teaching experiences with the latest research to share practical tools and strategies with educators and administrators to meet the needs of all students. Her credentials include Ed.S. in Special Education Leadership, Licensed Restorative Practices Trainer through the International Institute of Restorative Practices and Certified Trauma & Resilience Practitioner for Education through STARR Commonwealth.



## 3. Emotional Regulation and Co-Regulation for the Classroom

### Ginger Healy

**ABOUT THIS SESSION:** Ginger brings hope into classrooms by teaching the importance of educator regulation and co-regulation strategies. Ginger makes neuroscience accessible and shares the three steps of the regulation cycle that can bring calm and healing into the classroom. She demonstrates how regulation of the educator's nervous system is crucial in managing the behaviors and big feelings in the classroom while sharing easy-to-implement strategies that can work for any child. This session will empower educators to lower the stress levels of both

students and themselves.

**SPEAKER BIO:** Ginger Healy MSW, LCSW is a clinical social worker with almost 30 years of experience in the field of social work. Ginger has worked as a child abuse investigator, hospital social worker, and school therapist. She spent 15 years as the social service supervisor at an international adoption agency and was able to travel to provide support for orphanages all over the world. This job taught her so much about attachment and trauma needs in children. She currently works as the program director for the Attachment and Trauma Network where she co-anchors the podcast "Regulated & Relational" and speaks across the nation on trauma-informed schools, therapeutic parenting, and community engagement. She is also the author of 15-Minute Focus: *Regulation and Co-Regulation* and accompanying workbook. She is married with four children who have been her greatest teachers about developmental trauma and special needs. She loves to travel and read.



Friday, November 8, 2024 | 9:00 a.m. – 10:30 p.m. & 11:00 a.m. – 12:30 p.m.

The Core Skills Building Workshops are included in the conference registration fee and are being held at the same time. Each session will be presented twice, once from 9:00 a.m.–10:30 a.m. and again from 11:00 a.m. to 12:30 p.m.



## 1. It Never Fails

### Matthew Berry

**ABOUT THIS SESSION:** A planned lunch. An organized small group. A Friday afternoon. What do these things have in common? It's that sometimes It Never Fails that our best-laid plans lead to an unexpected next crisis. It's just part of being a school counselor. But what about all those things you do that “never fail” to lead to success? Listen as Matt shares how collaborative relationships, advocacy and well articulated goals lead to purpose and program success.

After attending this session, you will be able to:

- Identify and utilize the Five Never Fails in school counseling.
- Learn how to accept challenges by considering them learning opportunities.
- Identify your boundaries and embed your own self-care strategies.

**SPEAKER BIO:** Matthew Berry is the Coordinator of K-12 Counseling for the second largest school district in Missouri. He is dedicated to ensuring that all students have access to learning that enhances their academic and social emotional needs. He is often sought to speak to students, educators, and leaders on a variety of topics.



## 2. Lean Into The Discomfort: Seeing Students Through a Trauma-Informed Lens

### Loren Dittmar

**ABOUT THIS SESSION:** School Mental Health has become a high priority in society, and the opportunity for School Counselors to lead the way has emerged! Our students need increasing support from a lens that is deeply attuned to the emotional challenges they face. This Trauma-Informed lens can be taught, strengthened, and shared. Join this session to learn how you can train all staff to go beyond the surface and truly see each child from a magnified empathic lens.

**SPEAKER BIO:** Dr. Loren Dittmar is a Professional School Counselor with 22 years of experience, including 17 years in schools and 5 years in clinical settings. He is the Director of School Counseling at a Title 1 high school in Charleston, SC. Loren is also an adjunct professor with 8 years of teaching experience. He is the current Director of the Emerging Leaders Program for the Palmetto State School Counselors Association and Co-Director of the PSSCA annual conference. Dr. Dittmar previously served on the Board of Directors of the California Association of School Counselors, and with his PhD in Psychology, he served as their lead expert in the development of the mental health section of the covid19k12counseling.org website.

Dr. Dittmar is a sought-after conference presenter on the topics of school mental health and suicide prevention. With his personal and professional experiences of loss due to suicide, his audiences not only have an incredibly moving experience, but walk away with practical tools and resources.

Loren has been married for 13 years to his wife, Cami, and they have 4 children, ages 9 through 20. Together they have fostered several children and their journey of raising an ‘expanded version’ of a family has brought a unique and real-world perspective to Loren’s presentations on various educational topics.



### 3. Together We Thrive: The School Counselor/Principal Connection for Empowering Students

#### Meredith Draughn

**ABOUT THIS SESSION:** Join 2023 ASCA School Counselor of the Year Meredith Draughn as she shares her journey of designing a successful school counselor/principal partnership for empowering students. Learn practical strategies for building a collaborative and supportive relationship between principals and school counselors. By establishing a strong partnership, schoolwide involvement and ownership in the success of the school counseling program can be achieved, leading to a blueprint for empowering students to thrive academically and socially/emotionally.

**SPEAKER BIO:** Meredith Draughn is the 2023 American School Counseling Association's School Counselor of the Year. She was previously selected as North Carolina's 2021-2022 School Counselor of the Year. She has 9 years of experience at both the elementary, middle and high school levels. She received her bachelor's degree from Wake Forest University in Health and Exercise Science and her master's degree from Appalachian State University in Professional School Counseling. Meredith is a National Board Certified School Counselor and is an ASCA School Counseling Leadership Specialist; Mental Health Specialist; Anxiety & Stress Management Specialist; Cultural Competency Specialist; and Diversity, Equity & Inclusion Specialist. She is currently the sole school counselor at B. Everett Jordan Elementary School, which earned RAMP (Recognized ASCA Model Program) recognition in 2021.



### 4. East Meets West: The Power of Being Mindful

#### Sejal Parikh Foxx

**ABOUT THIS SESSION:** School counselors are so committed to their students, that self-care can often take a back seat. Ignoring one's wellness can lead to stress, and even worse, burnout. Come and learn about the physiological impacts of stress and burnout. Learn about and experience mindfulness techniques that you can use daily and incorporate with your students. This session is interactive so come with an open mind and get ready to de-stress!

**SPEAKER BIO:** Dr. Sejal Parikh Foxx is a Professor and Department Chair at the University of North Carolina at Charlotte. She is also the Founder and Director of the Urban School Counseling Collaborative. She is co-author of *School Counseling in the 21st Century*. In 2015, she received the Counselor Educator of the Year Award from the North Carolina School Counselor Association. Dr. Foxx has presented over 160 conference presentations, invited workshops, and district trainings.

Prior to becoming a faculty member, Dr. Foxx was a high school and elementary school counselor in Florida. She worked in Title 1 settings and developed a passion for student advocacy, data-driven school counseling, and post-secondary readiness services.

# REGISTRATION



## Fall Conference

Save on your conference registration by becoming a member of the NCSCA!

Visit [www.ncschoolcounselor.org](http://www.ncschoolcounselor.org) BEFORE registering to get your member number.

### REGISTRATION FORM (PLEASE PRINT CLEARLY)

I am a current NCSCA member. Yes  No  #: \_\_\_\_\_ (required for member rates)

I would like to volunteer at the conference. Yes  No  I am a first time attendee. Yes  No

NAME (as it should appear on name badge) \_\_\_\_\_ JOB TITLE - (REQUIRED PLEASE) \_\_\_\_\_

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

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

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

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

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

SPECIAL NEEDS \_\_\_\_\_

PLEASE ANSWER: IF YOU WERE TO PURCHASE A NCSCA T-SHIRT AT THE CONFERENCE, WHICH STYLE WOULD YOU PREFER?  Short-sleeve  Long-sleeve

#### A. MAIN Conference (Nov. 6-8)

- Early Registration (by Sept. 30)
- Regular Registration (Oct. 1 - Nov. 3)
- Onsite Registration (after Nov. 3)

NCSCA Member*	Non-Member	Grad Student*/Retiree*
\$135 per person	\$225 per person	\$105 per person
\$145 per person	\$235 per person	\$110 per person
\$155 per person	\$245 per person	\$120 per person

\* NCSCA membership must be good through November 8, 2024.

The Main Conference includes access to the Pre-conference Keynote General Session on Wed. Nov. 6, 2024.

(A) Main Conference \$ \_\_\_\_\_

#### B. Thursday ONLY (Nov. 7)

- Early Registration (by Sept. 30)
- Regular Registration (Oct. 1 - Nov. 3)
- Onsite Registration after Nov. 3)

NCSCA Member*	Non-Member	Grad Student*/Retiree*
\$105 per person	\$200 per person	\$80 per person
\$115 per person	\$210 per person	\$90 per person
\$125 per person	\$220 per person	\$100 per person

(B) Thursday Only \$ \_\_\_\_\_

#### C. Pre-Conference Learning Institute (Nov. 6)

(Additional fees required. Choose only ONE.)

- 1. School Counselor Connect and Collaboration – Andrea Burson
- 2. Trauma, Resilience, and De-escalation – Shawna Griffin
- 3. Emotional Regulation and Co-Regulation – Ginger Healy

NCSCA Member*	Non-Member
\$35 per person	\$90 per person
\$35 per person	\$90 per person
\$35 per person	\$90 per person

(C) Pre-Conference \$ \_\_\_\_\_

**Total Due**  
(A + B + C) \$ \_\_\_\_\_

**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.ncyionline.org/ncscac](http://www.ncyionline.org/ncscac)

**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.

**WAIVER OF LIABILITY:** The signed, in consideration of his/her registration of the 2024 NCSCA Fall Conference, releases, holds harmless and discharges the association, management staff and their agents, from any and all actions, claims and demands which may arise out of an accident, casualty or occurrence during said convention. Your signature above acknowledges acceptance of these provisions of registration for all those listed on this form.

### 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 \_\_\_\_\_

**PROCESSING FEE:** There will be a \$35 service charge for all returned checks and declined credit cards.

**CANCELLATION POLICY:** If we are forced to cancel the NCSCA 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: Requests for refunds must be received in writing. No refund requests will be granted after October 6, 2024. There is a 20% processing fee for refunds requested prior to August 31, 2024 and a 50% processing fee for all refunds requested September 1 – October 6, 2024. Send cancellation requests to the NCSCA Treasurer at [treasurer@ncschoolcounselor.org](mailto:treasurer@ncschoolcounselor.org). The association is not responsible for and cannot give refunds due to problems beyond its control, such as weather and school closings.

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

**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). The sponsors of the conference receive registrant contact information.





### Make hotel reservations early! Limited Availability!

#### Embassy Suites Resort and Convention Center

5400 John Q. Hammons Dr NW • Concord, NC 28027

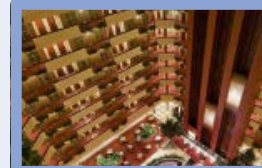
The Embassy Suites, the Conference’s host hotel, has a **conference rate of \$169 per night, plus tax**, which remains valid for reservations made **by October 21, 2024**, while rooms are available. The price includes full, cook-to-order breakfast and evening Manager’s Reception.

#### TO MAKE HOTEL RESERVATIONS

**CALL: (704) 455-8200.**

Please be sure to mention the “92V” group and the dates of the conference.

**REGISTER ONLINE:** Visit [www.ncyionline.org/ncscac](http://www.ncyionline.org/ncscac) and scroll down to the “Accommodations” section. Click on the link to visit the hotel’s on-line reservation system.



### Come Learn and Play!

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

*Visit Concord Mills, just minutes away and in walking distance from the Embassy Suites!*

- You can sit back and relax at the many restaurants at Concord Mills, such as Bonefish Grill, Dave and Busters, and Outback Steakhouse, along with others.
- Concord Mills also has an 24-screen AMC movie theater, so you can finally watch that movie you have been wanting to see.



At Concord Mills enjoy shopping at the Saks Fifth Avenue OFF 5TH, Nike Factory Store, Banana Republic Factory Store, Ann Taylor Factory Store, Tommy Bahama Outlet, 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!