



NATIONAL CENTER for
YOUTH ISSUES

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Speakers Bureau



Heather Bushelman

MTSS COORDINATOR, SCHOOL COUNSELOR, AND SPEAKER

Heather has been in education for 22 years, with sixteen of that time spent as a school counselor. Her current role is serving as the District MTSS Coordinator for the third largest district in Kentucky, Boone County Schools. She has previously served as the Kentucky Department of Education’s Coordinator for Comprehensive School Counseling also. As the 2024 Past-President of the Kentucky School Counselor Association, she advocates for school counseling around the state and nation. She was also honored to have been named the 2022 Kentucky School Counselor of the Year. Heather has presented nationally for conferences in Georgia, Nevada, Florida, California, Tennessee, Missouri, and Texas on topics including building MTSS at the school and district level, SEL Implementation within MTSS, Trauma-informed practices, building a comprehensive school counseling program, and college and career readiness.

A BRIEF LOOK AT HEATHER’S WORKSHOP / BREAKOUT SESSIONS

The Greatest Show on Earth: Counseling All Three Domains within MTSS

Comprehensive school counseling is a true show every day for school counselors. How do we balance all three domains (SEL, academic, and CCR) while also ensuring students receive MTSS for tiers 1, 2 and 3? This session will show how to become the ringmaster of your counseling program by interweaving and balancing all three domains for direct services including large and small group, and individual counseling. Indirect service options will also be modeled on how school counselors can advocate for their students within each domain. The ASCA documents will be referenced to help school counselors at all levels (K-12) to proactively plan and be data-driven for their MTSS for tiers 1, 2 and 3 as part of their larger school and districtwide plan. All evidence-based strategies and tools will be easy to implement as school counselors return to their settings, so bring your popcorn to enjoy how to effectively implement the greatest show on earth!

Where Do I Fit Within MTSS?

For school-based mental health providers including school counselors, school psychologists, and school social workers.

This session will provide attendees with how to proactively plan their direct and indirect services within each tier of MTSS. A model will be shown of how to use a variety of data along with the ASCA comprehensive school counseling best practices to ensure MTSS is being built for tiered services, family engagement, teaming structures, and data-driven problem solving. Involving all stakeholders will also be modeled of how to wraparound students and staff using each school-based mental health provider and their role within MTSS.

Use Data-Informed Protocols Within MTSS

Data is all around us and it can be confusing how to plan services for students without being overwhelmed. This session will help attendees walk through a data-informed protocol that includes, picking a data point to focus on, supplemental data to consider, stakeholder engagement, develop a SMART goal, determine which tiered service to provide, and next steps as implementation takes place. This protocol combines the ASCA Student Outcome Goal with MTSS to ensure school counselors are truly providing data-informed problem solving to build their comprehensive programs.

Decrease Unexpected Behaviors Through Systemic Change

Students are filling classrooms daily with an increase in unexpected behaviors as educators struggle to manage and intervene effectively. School counselors can create systemic change by becoming experts in proactively intervening with unexpected behaviors. Learn to create an easy-to-implement, individualized behavior toolbox aligned with the ASCA Student Standards, which includes functions of behavior, SEL skills and evidence-based interventions for student success at all MTSS tiers. Samples of data-tracking tools will also be shown for progress monitoring.

See Next Page for More Sessions

Contact Robert Rabon at rrabon@ncyi.org or 423-309-4300 to engage Heather for your event

Equip Students with Tools to Thrive: Practical Coping Strategies for Mental Health

Students are struggling now more than ever to cope with different types of problems and situations that arise. Effective coping skills are vital to ensure students can thrive. Examine ways to help students become aware of their own emotions. Learn about research-based and student-driven strategies for emotional regulation for Tiers 1 and 2, including data-informed practices to identify and track progress of student success. Specific strategies will also be shown to counsel students with Anxiety and Depression.

Innovative Systemic Change Through SEL/Behavior

Let's break down the silos of behavior, SEL, attendance, and mental health to build a cohesive MTSS Social-Emotional/Behavior implementation! Attendees will learn how to interconnect each of these initiatives to work smarter, not harder ensuring student needs are at the forefront of proactive problem solving. Supporting staff and families throughout this process will also be shown to ensure stakeholders have meaningful collaboration. Samples of data will be shown as well as role playing a sample meeting so attendees have all the tools needed to implement these initiatives at the school or district-level.

Enhance Your Tier 2 and 3 MTSS Social-Emotional/Behavior Implementation

How do you determine which interventions to implement within your setting? This session will show school leaders how to build a SEB system for MTSS using proactive tier 1 strategies that will proactively help problem-solve for tiers 2 and 3. We will analyze fidelity and effectiveness including data-driven decision making, intervention matching, progress monitoring, delivering services, creating individual behavior plans, etc. Evidence-based practices and implementation will be modeled, including time for collaborative problem-solving.

Evidence-based SEL and Behavior Interventions

Students' unexpected behaviors are increasing as educators struggle to manage and intervene effectively. School counselors can create systemic change by becoming experts in proactively intervening with unexpected behaviors to consult and collaborate with teachers, administrators, and families. Learn to create an easy-to-implement, individualized behavior approach aligned with ASCA Student Mindsets & Behaviors that include functions of behavior, SEL skills and evidence-based interventions for student success, at all MTSS tiers. Using case studies, practice matching evidence-based interventions to student needs and behaviors, engaging all stakeholders. Also view samples of data-tracking tools for progress monitoring.

It's Never Too Early to Start SEL-Driven College and Career Readiness!

Elementary school counselors often struggle to implement college and career readiness effectively within a comprehensive school counseling program. Create a spark with students by implementing engaging, evidence-based activities aligned with the ASCA Student Standards. Use the classroom and groups Mindsets & Behaviors action plan to developmentally implement activities using a variety of resources, such as books, videos, role playing and project-based learning. Discover ways to collaborate with community and business partners.

Empower the Learner: Motivational Interviewing for Real Student Growth

Change can be hard for anyone, especially students. Attendees will learn how to implement Motivational Interviewing within their MTSS for Academics and Social-emotional/Behavior. Data-driven considerations of how to determine students who will be interviewed and creating groups will be modeled. The process of motivational interviewing will be modeled, including interactive collaboration between attendees to practice interviewing using sample questions for elementary, middle, and high school levels. Minute meetings will also be modeled to make the most of the short time providers may have with students. Family and staff engagement strategies will also be discussed to ensure wraparound support for students who will participate in this intervention

Make Every Minute Count! Using Solution-focused Brief Counseling

School counselors often struggle to meet the needs of their students for individual counseling. Using Solution-Focused Brief Counseling ensures they are working smarter, not harder to make every minute count with their students. Attendees will learn and collaboratively practice the different techniques within SFBC including scaling, goal setting, miracle question, strengths-based self-awareness, and future-focused solutions. Examples for grades K-12 will be modeled. Attendees will be able to implement SFBC immediately upon their return to their setting.

TESTIMONIAL

Mrs. Bushelman's training on the CSCP proved to be a cornerstone in empowering district counselors across all school levels! Heather's approach, knowledge, and captivating delivery, genuinely prepared counselors to walk away with specific strategies and tools to implement the CSCP effectively.

Beyond mere preparation, the training served as a source of encouragement, reigniting their passion for student well-being. The positive impact of this training continues to resonate, strengthening our counseling services and ultimately benefiting the students we serve at all stages of their educational journey. I can't wait to have her back!

Antonio Melton

Guidance and School Counseling Coordinator, Fayette County Public Schools

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