



NATIONAL CENTER for
YOUTH ISSUES

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Speakers Bureau



Amy Baltimore

SCHOOL COUNSELING DISTRICT COORDINATOR, AUTHOR,
AND CERTIFIED TRAINER

Dr. Amy Baltimore is a former missionary kid who grew up experiencing first-hand what it is like to serve the needs of children with deep developmental trauma. She began her career by leaning into her passion for supporting the positive growth and development of students through school counseling. As time went on, she realized the adults need just as much support as the students. So, she stepped into the role of serving as a district leader for school counseling...currently with Metro Nashville Public Schools.

Her professional experiences also include serving on the Board of Directors for the Tennessee School Counselor Association, and on advisory councils for the Tennessee Department of Education. She has been an adjunct professor and frequent speaker at various higher ed events and state conferences. She is a Nationally Board Certified Counselor and a certified trainer for Restorative Practices, Building Strong Brains (ACEs/PCEs), The 6 Pillars of Trauma-Informed Schools, and Youth Mental Health First Aid.

Amy is happily married and has two amazing children who have grown and flown. She loves any activity involving sunshine and warm weather. On any given sunny day you can find her at the lake on her paddleboard, or on a bicycle riding the greenway, or hiking with her husband toward one of the many waterfalls found in Middle Tennessee.

A BRIEF LOOK AT AMY'S WORKSHOP SESSIONS

Relationships and Belonging: Why Students Struggle in Isolation, but Thrive in Connection

Students can often appear socially integrated, but instead they feel unseen or unsafe in the learning environment. In that mindset they struggle, and sometimes, refuse to engage in learning.

This workshop introduces practical ways educators can diagnose disconnection, distinguish healthy solitude from harmful isolation, and build school-wide systems of consistent relational experiences that foster a culture of belonging. Participants leave with simple, actionable strategies to help student brains thrive as they anticipate safety, engage in positive relational connections, and develop a readiness to learn.

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We're Not All Friends, and That's OK

Creating meaningful connections by understanding how our similarities and differences empower us, and realizing that setting healthy boundaries in relationships promotes mutual respect and understanding, reduces pressure and stress, and increases our confidence and ability to access personal growth.

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

Demystifying Advocacy for School Counselors

Your voice matters! As a school counselor you can lean into the ASCA National Model and additional resources to become a strong advocate for each and every student at your local school level, the district level, and even the state level.

Empowering the School Counselor and Administrator Relationship

What do school counselors need to get their programs off the ground – administrators! What do administrators need to fill the gaps for student support – school counselors! The two go hand in hand. Through the strategic use of data to close gaps in student outcomes, collaboration between the school counselor and school administrator yields improved results for student academic achievement, attendance, and social behavior.

The Crisis of Change: From Surviving to Thriving

If there is one constant in education today, it is “change.” Change is inevitable and we can’t seem to escape it; so how do we lean into it and do more than just survive the onslaught? Here we will lay it all out on the table and openly discuss the crises and conflicts we encounter when change occurs, then we will grapple with some ways to engage with the change and come out the other side thriving in our work as educators.

Motivational Interviewing in Schools: Helping Students Help Themselves

Half of our students don’t want us to tell them what to do, and the other half want us to tell them exactly what to do so they don’t have to come up with solutions themselves. Motivational Interviewing (MI) offers a practical middle path by empowering students to uncover their own motivations, strengths, and next steps.

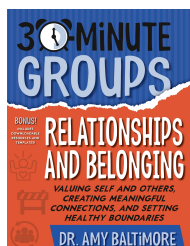
In this session, you will learn core MI techniques that foster student ownership, deepen critical thinking, and reduce resistance. Participants will leave with strategies they can immediately integrate into conversations to guide students toward meaningful, self-driven change.

Polish Your Practice: Enhance Solution-Focused Brief Therapy with Integrative Practices for Student Support

Refine and elevate student-support practices by enhancing *Solution-Focused Brief Therapy* with the integration of complementary therapeutic strategies such as Motivational Interviewing, Cognitive Behavioral Therapy techniques, Person-Centered counseling approaches, and Reality Therapy goal-oriented guidance.

Through interactive exercises and real-world scenarios, you will learn how to integrate these approaches in a seamless, flexible way and explore how each method uniquely empowers students to identify their own resources, envision goals, and take actionable steps toward success. By the end of the workshop, you will leave with a polished set of tools to inspire hope and encourage your students to take ownership of their personal growth.

BY AMY BALTIMORE



30-Minute Groups: Relationships and Belonging

Valuing Self and Others, Creating Meaningful Connections, and Setting Healthy Boundaries

Topics include social awareness, empathy, communication, and understanding different viewpoints. The lessons and activities in this thoughtfully crafted resource are designed to help students understand their own emotions and perspectives, recognize social cues, and develop the crucial interpersonal skills needed to build and maintain positive, healthy relationships.

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