Visit www.ncyionline.org/psscac for more information

PALMETTO STATE SCHOOL COUNSELOR ASSOCIATION

ANNUAL CONFERENCE

# AMPLIFY YOUR IMPACT




January 28-30, 2027 • Embassy Suites Resort & Convention Center • Myrtle Beach, SC

## SPONSORED BY

SOUTH CAROLINA ARMY NATIONAL GUARD

LEADERSHIP EXCELLENCE ARMY ROTC

ACT®

START COLLEGE HERE

THE COLLEGE FUNDING COACH®

MILTON HERSHEY SCHOOL FOUNDED 1909

SOUTH CAROLINA Student Loan

THE CITADEL

PIA School for Aviation Maintenance PIA.EDU

WINTHROP UNIVERSITY

Quaver Ready Helping Students Succeed in School

# KEYNOTE SPEAKER

PALMETTO STATE SCHOOL COUNSELOR ASSOCIATION

**Friday, January 29, 2027 | 12:00 p.m.**



## Beyond Burnout: 10 Leadership Strategies for Protecting Educator Mental Health

### Kat Pastor

School counseling leaders are deeply committed to supporting students, staff, and systems—but too often, that commitment comes at the expense of their own well-being. In an era of increasing demands, secondary trauma, and role overload, prioritizing mental health is no longer optional—it is a leadership imperative.

This session explores 10 practical, research-informed strategies school counseling leaders can use to protect their mental health while sustaining high-impact leadership. Participants will examine common stressors unique to counseling leadership roles and learn actionable approaches related to boundaries, mindset, workload management, relational support, and systemic self-advocacy. Designed to be immediately applicable, this session equips leaders with tools to model healthy practices for their teams while increasing personal resilience and long-term effectiveness.

**ABOUT THE SPEAKER**

Kat has passionately served as a student and educator advocate for over 20 years in the roles of coach, student council advisor, school counselor at the secondary level and financial aid counselor/coordinator of student employment and adjunct professor at the post-secondary level. Through Kat's leadership, her school counseling department received both state and national recognition, including the American School Counselors Association (ASCA) RAMP recognition in 2020. Kat has facilitated professional development with various state and national associations, along with individual schools and districts. Kat exudes a commitment to community, having served on numerous local, state and national associations, boards and committees. She holds a Bachelor of Science in Psychology, a Masters in Education in Student Affairs and School Counseling from Northern Arizona University. Kat was named the ASCA 2016 National School Counselor of the Year and Northern Arizona University's President's Alumni Awardee in 2021.

*Kat will also be presenting a breakout session.*

## Visit 40+ Exhibitors at the Conference!



# PRE-CONFERENCE LEARNING SESSIONS

PALMETTO STATE SCHOOL COUNSELOR ASSOCIATION

## Thursday, January 28, 2:00 p.m. - 5:00 p.m.

The Pre-Conference Learning Sessions include 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. Sessions are at a minimal 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. Relationships and Belonging: Why Students Struggle in Isolation, but Thrive in Connection

#### Amy Baltimore

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.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.

**ABOUT THE SPEAKER**

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.

*Amy will also be presenting two breakout sessions.*

## 2. Repair Over Punish: Rethinking Discipline Through a Trauma Lens



### Teshia Stovall Dula

*From Consequences to Connection*

Shift from punishment to partnership. This session challenges traditional discipline methods and introduces a trauma-informed approach that focuses on connection, restoration, and understanding unmet needs.

Objectives:

- Contrast punitive and trauma-informed approaches to student behavior.
- Practice reframing behavior through the lens of unmet needs and regulation.
- Create a response flowchart for behavior incidents that prioritizes relationship repair.

**ABOUT THE SPEAKER**

Teshia Stovall Dula, Ed.D., began her career in school counseling in 1998 and is currently serving as a school counselor for Gwinnett County Public School System (GCPS) in Georgia. Dula also works as an adjunct professor for Grand Canyon University. She has written two books, her first published book, STEAM for The School Counselor, has won two awards! Dula is a proud two-time graduate of Hampton University, where Dula received her Bachelor's and Master's Degree. In 2014, she received her Specialist from Liberty University, and in 2024, conferred her doctorate. Her career awards include the 2011 Recognized ASCA Model Program Award; 2018 GCPS Writer of the Year; 2018 GSCA Writer of the Year; 2020 GCPS Middle School Counselor of the Year; 2020 GSCA School Counselor of the Year; 2022 Finalist American School Counselor of the Year. She enjoys Jazzercise, reading, writing, and playing! She is married to Michael, a fun Physical Therapist, and she is the proud Mom to Michael "Harrison," Nathaniel, and Alyssa.

Teshia specializes in numerous topics, including Student-Focused Trauma & Behavior and Staff Wellness. The Student-Focused Trauma & Behavior sessions focus on understanding and supporting students' emotional and behavioral needs using trauma-informed practices. The Staff Wellness sessions focus on the well-being of educators as a foundational aspect of student success.

*Teshia will also be presenting two breakout sessions.*

# CONFERENCE SCHEDULE

PALMETTO STATE SCHOOL COUNSELOR ASSOCIATION

***~ TENTATIVE SCHEDULE ~***

## THURSDAY, JANUARY 28, 2027

| | |
|---|---|
| 1:00 p.m. to 5:30 p.m. | Registration Open |
| 1:00 p.m. to 4:00 p.m. | Exhibits Open |
| 2:00 p.m. to 5:00 p.m. | Pre-Conference Learning Sessions |
| 5:00 p.m. to 6:00 p.m. | PSSCA Board Meeting |

## FRIDAY, JANUARY 29, 2027

| | |
|---|---|
| 7:30 a.m. to 8:30 a.m. | Registration Open |
| 7:30 a.m. to 4:30 p.m. | Exhibits Open |
| 8:00 a.m to 9:00 a.m. | Opening Kickoff Session |
| 9:00 a.m. to 9:15 a.m. | Break – Visit Exhibitors |
| 9:15 a.m. to 10:15 a.m. | Breakout (Program) Session One |
| 10:15 a.m. to 10:45 a.m. | Break – Visit Exhibitors |
| 10:45 a.m. to 11:45 a.m. | Breakout (Program) Session Two |
| 11:45 a.m. to 12:00 p.m. | Break – Visit Exhibitors |
| 12:00 p.m. to 1:30 p.m. | Lunch and Keynote Speaker – Kat Pastor |
| 1:30 p.m. to 1:45 p.m. | Break – Visit Exhibitors |
| 1:45 p.m. to 2:45 p.m. | Breakout (Program) Session Three |
| 2:45 p.m. to 3:15 p.m. | Break – Visit Exhibitors |
| 3:15 p.m. to 4:15 p.m. | Breakout (Program) Session Four |
| 4:15 p.m. to 4:30 p.m. | Break – Visit Exhibitors |
| 4:30 p.m. to 5:30 p.m. | Breakout (Program) Session Five |

## SATURDAY, JANUARY 30, 2027

| | |
|---|---|
| 8:00 a.m. to 11:15 a.m. | Exhibits Open |
| 8:15 a.m. to 9:15 a.m. | Breakout (Program) Session Six |
| 9:15 a.m. to 9:45 a.m. | Break – Visit Exhibitors |
| 9:45 a.m. to 10:45 a.m. | Breakout (Program) Session Seven |
| 10:45 a.m. to 11:15 a.m. | Break – Final Chance to Visit Exhibitors |
| 11:15 a.m. to 12:15 p.m. | Final Closing Celebration – Awards Ceremony, Annual Meeting, Closing PowerPoint Show & Door Prizes! |

# REGISTRATION

PALMETTO STATE SCHOOL COUNSELOR ASSOCIATION

**You can save on your conference registration by becoming a member of the PSSCA!**
***Before registering for the conference,*** please visit the PSSCA web page and become a member or renew your annual membership to save.
Go to www.psschoolcounselor.org and click the "JOIN NOW" link.

## REGISTRATION FORM (PLEASE PRINT CLEARLY)

NAME (as it should appear on name badge) _____

ATTENDEE EMAIL (REQUIRED FOR CONFIRMATION) _____

JOB TITLE - (REQUIRED PLEASE) _____

ORGANIZATION/SCHOOL DISTRICT _____

WORK ADDRESS _____ COUNTY _____

CITY _____ STATE _____ ZIP _____

CELL PHONE ( ) _____ WORK PHONE ( ) _____

DO YOU WANT A FREE CONFERENCE T-SHIRT? ❑ NO ❑ YES T-SHIRT SIZE: ❑ S ❑ M ❑ L ❑ XL ❑ XXL ❑ XXXL

| | Professional/Affiliate Member* | Student/ Retiree Member* | Non-Member |
|---|---|---|---|
| **A. MAIN Conference – Attend both days (Jan. 29-30)** | | | |
| ❑ **Early Register**** (by Nov. 30, 2026) | $164 | $94 | $214 |
| ❑ **Regular Registration** (after Nov. 30, 2026) | $184 | $114 | $234 |
| **B. Pre-Conference Learning Sessions (Jan. 28)** | | | |
| **Early Register**** (by Nov. 30, 2026) | $59 | $59 | $99 |
| **Regular Registration** (after Nov. 30, 2026) | $74 | $74 | $109 |

**MAIN Conference Attendance Total (A)** $ _____

**Pre-Conference Total (B)** $ _____

**Total Due**

( A + B ) $ _____

**Please check the box for the ONE session you plan to attend.**

❑ **1. Relationships and Belonging** – Amy Baltimore
❑ **2. Repair Over Punish** – Teshia Stovall Dula

* Your membership must be good through Jan. 30, 2027 to be eligible for Member rates.

** To qualify for the Early Registration Rate, your registration form AND payment (copy of your purchase order, check, or credit card) must be received or postmarked by the Early Registration cutoff date.

**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/psscac
**EMAIL:** 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 PSSCA 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 December 28, 2026. All cancellations before December 28, 2026 will be refunded less a $25 handling fee. The association is not responsible for and cannot give refunds due to problems beyond its control, such as weather and school closings. 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 PSSCA Conference will conform to all necessary regulations/guidelines that are in place as of the date of the conference.

# ACCOMMODATIONS



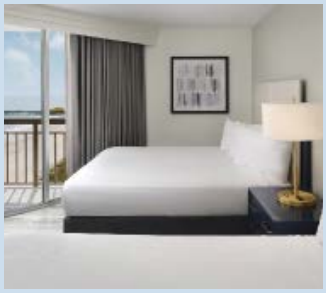
## Embassy Suites Resort & Convention Center | Myrtle Beach, SC

9800 John Queensway Blvd
Myrtle Beach, SC 29572

Join us at the conference venue, with comfortable onsite lodging designed to make your conference experience seamless!

**Hotel Features:**

- Complimentary cook-to-order breakfast
- Evening Manager's Reception
- Indoor pool & fitness center
- Conference sessions on site









**Conference Rate:** $168 per night, Resort Fee $20, Self-Parking $10 (plus, applicable taxes and fees). The price includes a full, cook-to-order breakfast. Rooms are limited and offered on a first-come, first-served basis. We recommend making reservations early.

**Room Block Cutoff:** December 28, 2026 After this date, rooms and rates are subject to availability.

**Register online:** Go to **www.ncyionline.org/psscac** and scroll to the "Accommodations" section. Click on "Book Online."

**Register by phone:** Call 800.876.0010 and press Option 2 for Embassy Suites and reference the Palmetto State School Counselors or Group Code: PSS

## Relax and Recharge

After full conference days, it's nice to have easy options nearby to relax or enjoy a change of pace — and just two miles from the hotel, **Tanger Outlets (Hwy 17)** offer dining, shopping, and entertainment all in one convenient location.



### Dining & Coffee

- Casual and sit-down dining options
- Coffee shops and dessert spots
  *Examples include: Five Guys, Ben & Jerry's, and local favorites*



### Shopping

- Clothing, books, and gift shops
- National retailers and specialty stores
- Located throughout Myrtle Beach – Hwy 17



### Self-Care & Services

- Salons, nail services, and massage options
- Convenient services located nearby