

Session I, 8:00 - 9:00 a.m.

Spruce Head Room

**Cultural Competency in Counseling - Identifying
& Working Through Blind Spots & Barriers in Treatment**

Rena Lolar, M.Ed, LCPC

Helping underserved, underrepresented populations in counseling is a privilege, in that, we are both helpers and learners in that seat. Becoming an active learner, as well as, helper can create a lasting, powerful change in relationships between counselor and client. Research has shown that cultural competency and using a client-centered approach can help us best serve all of our clients and grow into more effective helpers in the counseling field.

Target Group = Clinical/Mental Health Counselors

Category 1 Presenter

Content Area 3. Social and Cultural Foundations

Owls Head Room

When Grief Calls

Mary Gagnon, LMFT, M.A.

All humans experience grief in their lives, yet grief is often considered taboo or, at the very least, uncomfortable to talk about. In this presentation, we'll explore what it means to grieve, how grieving impacts us and our interactions with our world, and how we can integrate grieving as a part of our story without becoming overwhelmed by it.

Target Group = All

Category 1 Presenter

Content Area 1. Counseling Theory/Practice and the Counseling Relationship

Schooner Room

"If Administrators Just Knew at All What Our Job Was, That Would Be Great":

Role Definition and Advocacy for School Counselors

Maria Frankland, Ph.D

School counselors identify role definition as a barrier to success and cite advocacy as an essential skill. In this session, we will review recent research around the role of the school counselor in the response to COVID-19 then collaborate to identify strategies for advocacy with building- and district-level administrators.

Target Group = Elementary School Counselors, Middle School Counselors, Secondary School Counselors

Category 1 Presenter

Content Area 8. Counselor Professional Identity and Practice Issues

Camden Room

**When Virtual Becomes the Reality -
Creating Meaningful Connections Despite a Pandemic**

Nathan Parenteau, M.A.

In this session, members of the UMA Admissions team will discuss how they have been able to pivot admission communications and create meaningful connections with students, parents, and counselors through a challenging pandemic and a shift in student populations. During this time, the admissions team was able to enhance virtual engagement and diversify their communication strategy to meet all UMA students where they were - regardless of location or demographic.

Target Group = All

Category 2 Presenter

Content Area 5. Career Development and Counseling

Pen Bay Room

**The Impact of Physical Activity, Screen-Based Behaviors, and Wellness Among
Counselors-in-Training and Professional Counselors**

Logan McCarthy, Ph.D, LCPC

Dr. Jeffrey McCarthy, Ph.D

The counselor education field emphasizes the importance of wellness among counselors-in-training and professional counselors. Among the many facets of wellness is one's physical health. Due to the high engagement of screen-based behaviors and limited physical activity in the American population, it is vital counselor educators, supervisors, counseling programs, and professional counselors recognize the impact of these factors. This presentation will highlight current literature and data examining the relationship among physical activity, screen-based behaviors and wellness in counselors-in-training and relate it to current practices for professional counselors.

Target Group = Clinical/Mental Health Counselors, Career Counselors, Elementary School Counselors, Middle School Counselors, Secondary School Counselors

Category 1 Presenter

Content Area 1. Counseling Theory/Practice and the Counseling Relationship

Session II, 9:10 - 10:10 a.m.

Spruce Head Room

Cultivating Creativity in the Classroom

Deb Thibodeau, M.Ed, CAS

Jill Davis,

In unusual times, we must think outside the box as Counselors to create unique ways to develop Social and Emotional Skills. Our presentation will demonstrate how two different counselors create avenues to develop SEL in garden and green spaces. This program will be a hands-on

experience so you, too, can start a little garden at your school. Presenters will be Deb Thibodeau, So. Bristol School and Jill Davis, Great Salt Bay School.

Target Group = Elementary School Counselors, Middle School Counselors

Category 1 Presenter

Content Area 1. Counseling Theory/Practice and the Counseling Relationship

Owls Head Room

Conditions That Influence Home-Based Counselors in the Rural Setting

Jonathan Bowen, Ph.D, LCPC

Research has found that home-based counselors who quit their jobs usually did so within approximately 6 months. My presentation will explore the determining factors that cause some home-based counselors to leave their position within a few months of entering it and others to stay. Related issues that will be examined include having the "right" attitude, abundant paperwork, connection with professional supports, and gender differences.

Target Group = Clinical/Mental Health Counselors

Category 1 Presenter

Content Area 8. Counselor Professional Identity and Practice Issues

Schooner Room

Student-Athletes Coping with Transitions

Rebecca Edelman, Ph.D, NCC

Josh Mangin, M.S

Through participating in this presentation, attendees will have an interactive opportunity to explore the experiences and specific mental health needs of student-athletes. They will be introduced to The NCAA Mental Health Best Practices as a framework to aid student-athletes in phase of life transitions. Additionally, the main focus of this session will be on how individual counselors can support their clients who identify as athletes and their mental health needs during times of transition.

Target Group = Secondary School Counselors, Admissions Counselors

Category 1 Presenters

Content Area 9. Wellness and Prevention

Camden Room

Update From FAME and the World of Financial Aid

Mila Tappan, B.A.

I get it! Financial aid might not be the most exciting topic you have to choose from during this time block. But, I promise to make the session as beneficial as possible, as well as relaxed and fun. Join Mila Tappan to learn the current status of all things financial aid related, as well as what to expect in the coming year or two. Tools and resources will be shared to make spreading

the word about financial aid and supporting your students and families as easy as possible. I hope to see you there!

Target Group = Admissions, Secondary School Counselors
Category 3 Presenter
Content Area 5. Career Development and Counseling

Pen Bay Room

**Strategies to Provide Quality Mental Health Services to
LGBTQ Youth and Families**

Susan Campbell, BA-BS

Are you seeing increased mental health challenges with the LGBTQ+ youth you support? Do you have youth who identify as transgender, gender-expansive, or are questioning their gender identity? If so, this workshop is for you! Join us as we explore the additional layers of mental health challenges when working with this at-risk population including the often-challenging family dynamics and the need for informed strategies to provide quality mental health services and support to these youth.

Target Group = All
Category 3 Presenter
Content Areas 2. Human Growth and Development and 3 Wellness and Prevention

Vendor Reception 10:20 - 11:00 a.m. State of Maine Hall

Keynote, 11:00 a.m. - 12:00 p.m.

Julie Colpitts, MSW
**Building Personal and Professional Resiliency:
Trauma Responsive Self Care**

Vicarious stress, absorbed from our students' or clients' painful experiences, has always been a part of our workplaces. That stress is now coupled with our shared experience of pandemic traumatic reality, creating a new intensity absorbed in our bodies, held in our feelings and reflected in our personal and professional lives. Traditional self-care is helpful, but it's not enough.

Sometimes we can feel very much alone in this new reality. Together, today, we explore our shared, brave resolve to help others through this difficult time and the impact on us. We also consider positive, proactive strategies for resiliency drawn from emerging research on successful responses to traumatic stress. Self-Care is not just what we do after work, but how we do the work itself.

Category 1 Presenter
Content Areas 8. Counselor Professional Identity and Practice Issues
9. Wellness and Prevention

Lunch 12:00 - 1:00 p.m. Grand Ballroom

Session III, 1:10 p.m. - 2:10 p.m.

Spruce Head Room

**Building Personal and Professional Resiliency:
Trauma Responsive Self Care**

Julie Colpitts, MSW

In this workshop, we build on concepts introduced in the Keynote address, recognizing our ethical commitment to care; the impact of multiple current stressors on our personal and professional lives; and our wish for a resilient pathway forward. We will sample evidence-based strategies that address trauma's unique impact on our body and mind, including somatic and compassion-based techniques. Our goal is for practitioners to enjoy themselves and each other and leave with a personal menu of resiliency strategies specifically related to traumatic stress that they can actually implement in their busy lives.

Target Group = All

Category 1 Presenter

Content Areas 8. Counselor Professional Identity and Practice Issues

9. Wellness and Prevention

Owls Head Room

Credits with a Purpose: Early College in Maine

Mercedes Pour, Ed.D

The early college opportunities offered at Maine's public colleges and universities are a critical resource for our high school and CTE students. To maximize the impact of this opportunity we need to ensure student are taking credits with purpose and that we are serving those students who will benefit the most. In this short session we will cover recent changes and equity initiatives in the publicly-funded, Aspirations program. MCCS and UMS together will also outline some of the common areas where students run into trouble with excess, unusable credit in college: transferability, financial aid, and college standing. Participants are encouraged to offer solutions and perspectives from their own schools.

Target = Career Counselors, Secondary School Counselors

Category 2 Presenter

Content Area 5. Career Development and Counseling

Schooner Room

Tourette Syndrome: How to Support the Client and Family

Jeannine Reece, M.Ed

Tourette Syndrome is much more than swearing! Participants will learn general information about TS and Tic Disorders and their impact on the family and the education of a child. The

session will include tips and strategies to use at home, at school, and in counseling sessions.

Target = All

Category 1 Presenter

Content Area 1. Counseling Theory/Practice and the Counseling Relationship

Camden Room

**The Work-Life Balance Assessment: A New Card Sort Tool for
Helping Clients Prioritize Career & Personal Values**

Anush Hansen, M.A, M.S.

In this interactive session, career and mental health counselor Anush Hansen will discuss why and how she developed the Work-Life Balance Assessment card sort, and will offer a demo and strategies for how you can use this tool with your clients to help them prioritize self-care and better work-life balance in these very uncertain times. She will also review some of the benefits of using card-sorts with clients to help them clarify, visualize and vocalize their needs and values.

Target = Clinical/Mental Health Counselors, Career Counselors

Category 1 Presenter

Content Area 5. Career Development and Counseling

Pen Bay Room

**Telemental health in 2022: Ethical Considerations
for Meeting with Clients Virtually**

Sarah Fucillo, Ph.D, NCC

Rebecca Edelman, Ph.D, NCC

A. Marisa Whitsett, M.A., LPC

In this presentation participants will discuss how our professional ethics intersect with telemental health as a tool to serve clients. There will be interactive opportunities to apply ethical decision making models to navigate ethical challenges of telemental health. The 2014 ACA Code of Ethics will be reviewed and applied to case studies related to the telemental health shift in our profession.

Ethics

Target Group = All

Category 1 Presenter

Content Areas 1. Counseling Theory/Practice and the Counseling Relationship,
8. Counselor Professional Identity and Practice Issues

Session IV, 2:20 - 3:20 p.m.

Spruce Head Room

Yoga, the 12 Steps, and the Practice Bhakti in Recovery

John Yasenchak, Ed.D

All of us, no matter where we practice counseling, know folks who identify as recovering from addiction and other significant challenges. This may include ourselves. So in this workshop, we will look at the relationship between the Twelve Steps and the practice of Bhakti Yoga in counseling. We'll refer to the literature from both movements, discuss application, and together enjoy a simple meditative movement practice that can be used for both yourself and the folks you serve.

Target Group = All

Category 1 Presenter

Content Area 9. Wellness and Prevention

Owls Head Room

Maine Academy of Sciences Threshold Program: Reconnecting Young Adults to Their Education

**Rebecca Dennison, LMSW
Emmanuel Pariser, Ph.D**

Participants will learn about our home based education model Threshold, which functions as part of the Maine Academy of Natural Sciences (MeANS). Based on our intention to build strong relationships between teachers and students, Threshold works to address barriers to education, career exploration, family resources, and basic needs by bringing school to students' homes. Our students have been chronically absent, dropped out, or never participated in schooling. Threshold is a resource for schools in Kennebec, Somerset, Waldo and Franklin Counties, and is also interested in helping Districts adopt or adapt the model to meet their needs. Our program director and designer will be joined by current students and a teacher to discuss the program in depth.

Target Group = Admissions, Clinical/Mental Health Counselors, Career Counselors, Middle School Counselors, Secondary School Counselors

Category 1 Presenter

Content Area 5 Career Development and Counseling

Schooner Room

Ethical Practice in Challenging Times: Is the Pandemic and Social climate Affecting Your Ethical Practice?

Deborah Drew, Ed.D

During this session participants will explore ways in which the effects of the COVID-19 pandemic and the current social and political climate may challenge the ethical practice of counseling. Bring your experiences for discussion and examination using the Code of Ethics.

Target Group = All

Category 1 Presenter

Content Area 9. Counselor Professional Identity and Practice Issues

Camden Room

Nonsuicidal Self-Injury and its Complex Relationship to Suicide

Greg Marley, MSW

Those who engage in a pattern of nonsuicidal self-injury (NSSI) do so in response to increasing levels of distress and as a tool to help manage overwhelming emotionality. Though an incident of NSSI is distinct from a suicide attempt, there is a complex relationship between the two. This session will explore the connection between NSSI and suicide risk and offer some guidance to address self-injury in a school or clinical setting.

Target Group = Clinical/Mental Health Counselors, Elementary School Counselors, Middle School Counselors, Secondary School Counselors

Category 1 Presenter

Content Area **1. Counseling Theory/Practice and the Counseling Relationship; 9. Wellness and Prevention**

Session VIII, 3:30 pm - 4:30 pm.

Business Meeting