

Tuesday, April 4th, 2023

Registration 7:00 a.m. - 10:00 a.m. State of Maine

Breakfast 7:00 - 8:30 a.m. Rockland/Rockport

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

Owls Head Room

Project Login

Angela Oechsle, MA

School counselors are invited to learn more about a school leadership program that offers a holistic approach to supporting both administrators and school counselors prior to and during their first school's year offering AP CS Principles. All school leadership program participants receive stipends at the completion of their training. Thanks to generous support from the US Department of Education's Education Innovation and Research Grant Program, in partnership with Code.org, there is no cost for eligible educators to participate in this program. For more information and a link to the Equity in AP CS Principles Program application please visit: www.projectlogin.com/education/computerscienceeducation

Target Group = Middle School Counselors, Secondary School Counselors

Category 2 Presenter

Content Area 5. Career Development and Counseling

Spruce Head Room

The Student Career Values and Student Wellness Card Sorts: Simple tools for helping students explore and communicate their career and wellness values

Anush Hansen, MA

In this session, attendees will learn how to administer the Student Career Values Card Sort and the Student Wellness Card Sort. These simple, engaging tools encourage students ages 12 and up, to think about and communicate their career, work-life balance and wellness priorities, and gets them in the habit of making choices based upon their values. Grounded in a holistic, wellness-based framework, these tools consider the whole student as they explore what matters most to them.

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

Pen Bay Room

Surviving School Today

Michele Gurtler, MSW

Do you struggle with getting up and going to work? Do you feel overwhelmed with the needs of students and staff? Are you in need of some ways to "fill your mental health bucket?" This is the session for you! It will involve group participation, laughter and some ways to bring joy back to your life.

Target Group = All
Category 1 Presenter
Content Area 9. Wellness and Prevention

Schooner Room

Counseling Ethically for Equity and Inclusion in Maine

Deborah Drew, EdD

In Maine we often hear that there is not much diversity. But, in fact, we are very diverse. "Multicultural counseling competency is required across all counseling specialties". (ACA, 2014). ASCA and AMHCA ethical standards are updated to include more guidance toward multicultural practice. In this workshop we will explore how ethics guide us toward inclusive counseling practices.

Target Group = All
Category 1 Presenter
Content Area 8. Counselor Professional Identity and Practice Issues

Camden Room

Today's High Potency Marijuana and Its Impact on Teens and Young Adults

Dave Packham, MBA

Today's marijuana plant has been cultivated to increase the THC dosage dramatically. In addition, chemists have isolated and distilled the THC molecule to produce powerful by-products that pose a dangerous risk to our teens and young adults.

Target Group = All
Category 3 Presenter
Content Area 9. Wellness and Prevention

Session VII, 9:15 a.m. - 10:15 a.m.

Owls Head Room

Magistrate Judge & Clerk of Courts

**Rhonda Decontie, BS
Eric Mehnert, JD**

The Penobscot Nation Judicial System (PNJS) utilizes Native American customs and traditions to explore alternative responses to criminal justice. Thus, the PNJS has explored the delivery of justice by systemic, multi-disciplinary problem solving; rather than punishment based intervention. This discussion will focus on: the structure of a Healing to Wellness Court, incorporating tradition and culture, and the braided services approach in your team setting.

Target Group = Clinical/Mental Health Counselors

Category 3 Presenter

Content Areas 9. Wellness and Prevention and 3 Social and Cultural Foundations

Spruce Head Room

Strategies for Clinical Equity

Julie Colpitts, MSW

Our work relies on therapeutic relationships and a good understanding of traumatic stress. However, our dominant ideas about trauma and attachment are culturally based, as are the treatment models that build on those concepts, leaving some people feeling isolated within a set of therapeutic assumptions that distort their sense of self and community. We will explore straightforward, trauma-sensitive strategies that embrace clinical equity.

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

Pen Bay Room

Strategies to Provide Quality Mental Health Services to LGBTQ+ Youth

Maura Oakes, MS

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 1 Presenter

Content Areas 2 Human Growth and Development; 3. Social and Cultural Foundations

Schooner Room

DIY Meets DE&I: Building your Theory House Blueprint

Sarah Fucillo, PhD

Jennie Kuhn

Micah Raymond

Beth Sharp

Regan Vancil

Dakota Wing

Welcome to an interactive session led by Husson University Graduate Counseling students exploring the relationship between Diversity, Equity, and Inclusion and building your “Theory House”. Experienced and beginning counselors are invited to build an innovative understanding of the practices we use every day to create more diverse, inclusive, and equitable services. Participants will walk away with a personalized Theory House including their foundational framework (i.e. ethics, trauma sensitive approach, and DE&I) and techniques/interventions. The Theory House will provide the counselor with a new resource to benefit the communities we serve.

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

Category 1 Presenter

Content Areas 1. Counseling Theory/Practice and the Counseling Relationship; 3. Social and Cultural Foundations

Camden Room

If Not College, Then What?

Erin Benson, BFA

Kelly Flagg, BS

Lisa Hartnett, BS

Joan Dolan, BS

Grant Provost

Not every high school graduate wants or is ready for a post-secondary experience. With a diploma in hand, where does their journey begin to find meaningful employment and a career path? Maine’s workforce system has some great options, among them WIOA and Apprenticeship. Learn from a panel of workforce and business representatives about the funding and support services that will help youth and adults figure out their next steps to feeling valued, becoming self-sufficient, and finding their place in the world. It is one more tool for your toolbox of solutions!

Target Group = Middle School, Secondary School Counselors

Category 3 Presenter

Content Area 5. Career Development and Counseling

10:15 a.m. - 10:30 a.m. Coffee Break - State of Maine

Session VIII, 10:30 a.m. - 11:30 a.m. Division Meetings

Owls Head Room - NMeCA

Spruce Head Room - Admissions

Pen Bay Room - SMeCA

Schooner Room - CMeCA

Camden Room - EMeCA

Checkout 11:30 a.m. - 12:00 p.m.

Lunch/Business Meeting 12:00 - 1:15 p.m.- Rockland/Rockport/Camden