

Monday, April 3rd

Registration 7:00 a.m. - 4:00 p.m. State of Maine Room

Breakfast 7:00 a.m. - 9:00 a.m. Rockland/Rockport Room

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

Owls Head Room

Reimagining Math Pathways in Maine

Beth Lambert, MEd

Here in Maine and across the country, colleges and universities are implementing math pathways to ensure courses are relevant and meaningful for students. In the post-secondary realm, math pathways can move math from its dreaded "barrier-role" to something that all students can find connections in. Together the Maine Department of Education and Maine Community College System will share what we have learned about this approach to math courses and how Maine students and schools can access opportunities now.

Target Group = Admissions, Career Counselors, Secondary School Counselors

Category 2 Presenter

Content Area 5. Career Development and Counseling

Spruce Head Room

The Political Act of Mental Health Counseling with People who Experience Intimate Partner Violence

Pamela Gagnon da Silva, MS

This presentation explores the politics of counseling people who are impacted by intimate partner violence. The practice of mental health counseling is a political act. Our actions change the course of people's lives when they are at their most vulnerable. As counselors, we have an ethical responsibility to contemplate our power and influence. How will you use your practice to create social change?

Target Group = Clinical/Mental Health Counselors

Category 1 Presenter

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

Pen Bay Room

Using a Strengths-based, Person-Centered Approach Effectively with Families of Underrepresented Groups

Rena Lolar, MEd

Many times, we are told to use approaches in our homes and within our communities without adequate information on how to apply those concepts, especially in families of underrepresented groups. This training will discuss evidence-based practices in the application of strengths-based methods of communication when working with multicultural, exceptional or neurodiverse families within our communities.

Target Group = All
Category 1 Presenter
Content Area 3. Social and Cultural Foundations

Schooner Room

Language as Connection or Oppression

**Charles Bernacchio, EdD
Dr. Daniel Wong, PhD
Lucy Wong, MS**

This session will introduce when language plays an important role in how to engage and empower persons from diverse cultural backgrounds seeking mental health care. The content will include various language and terms which are used to communicate with culturally diverse patients/clients that can assert control and oppression that reinforces biases towards these marginalized groups. There will also be alternative examples of language and terms which allow patients/clients from diverse cultural backgrounds to feel validated and safe without showing bias or judgment towards them.

Target Group = Clinical/Mental Health Counselors
Category 1 Presenter
Content Area 3. Social and Cultural Foundations

Camden Room

**Creating Stronger Connections to Enhance Outcomes:
BARR in Maine Schools**

Rachel Olinger-Steeves, PhD

Counselors provide invaluable support to schools, working hard to create an environment where students are healthy, and where both students and educators have equitable access to the resources required to maximize success. In our current reality, finding a systematic way to balance limited time, shifting needs of students and families, and the ever-evolving educational landscape is essential so that the wellbeing of students and educators also remains a priority. Building Assets, Reducing Risks (BARR) is a comprehensive approach to education, providing the systems and structures needed to allow schools to streamline their work, lean into their strengths, and to build stronger connections across the school community. Attendees of this presentation will learn about the BARR model and strategies that many Maine schools are using to address both SEL and academic needs, while also empowering educators to engage in more effective and

intentional collaboration.

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

Category 1 Presenter

Content Area 2 Human Growth and Development

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

Owls Head Room

Counseling in a Native Community – Ethics, Prevention & Self-care

Dale Lolar, BS

Counseling within your own tribal community involves many variables. Dale Lolar, LADC will be speaking on the various benefits and challenges of substance abuse counseling within one's community through study and experience. This presentation will cover the differences in practice using indigenous ways of knowledge, the strengths of working with people you know and the ethics and challenges of practicing in a small community.

Attendees will learn examples of indigenous models of practice, ethical considerations for working within small communities including dual-role relationships and strategies to prevent burnout.

Target Group = Clinical/Mental Health Counselors

Category 3 Presenter

Content Area 3. Social and Cultural Foundations

Spruce Head Room

Counseling considerations when working with children and families with disabilities

Owen (OJ) Logue, EdD

This session will sharpen your skills as a counselor in effectively working with children and families with disabilities. This fast paced presentation will address the following: appropriate use of language, avoiding the sensationalizing of disability, creation of opportunities not barriers, building self esteem among many other topics.

Target Group = All

Category 1 Presenter

Content Areas 3.Social and Cultural Foundations; 4. Counselor Professional Identity and Practice Issues

Pen Bay Room

Horticulture Therapy Around the World

Deb Thibodeau, MEd

Are you wondering how to incorporate gardening into your counseling program? Become familiar with the basics of Green Care, all the while also supporting the diversity of the students in our classrooms. Learn about gardening practices of different cultures, the ELA resources to include in your lessons, as well as several financial resources to support your creative spin on how to promote Social Emotional Learning and our responsibility to our planet!

Target Group = Elementary School Counselors, Middle School Counselors
Category 1 Presenter
Content Area 9 Wellness and Prevention

Schooner Room

Get Ready - FAFSA Simplification is Coming!

Mila Tappan, BA

FAFSA simplification is almost here! There are significant changes coming to the 2024-2025 FAFSA, available on October 1, 2023. In this session we'll discuss the new ways in which Federal Pell Grant eligibility will be determined, the revised definition of the parent on the FAFSA, the changes to the types of income and assets that are required on the form, and much, much more! Resources will be provided to share with your students and families so they can be prepared and plan for these changes.

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

Camden Room

The Water Famine, an Oral History of the Creation of the Penobscot River

James Francis, BA

You are invited to hear the telling of an Oral History of the Creation of the Penobscot River, as retold by James Eric Francis Sr.

Target Group = All
Category 3 Presenter
Content Area 3. Social and Cultural Foundations

Vendor Reception 10:15 - 10:45 a.m. State of Maine Hall

Session III Keynote, 10:45 a.m. - 12:30 p.m.

RAW *Realism * Authenticity * Wisdom: Leading DEIB Efforts with Purpose & Passion!
Dr. S Kent Butler, Jr., PhD

Target Group = All
Category 1 Presenter
Content Area 3. Social and Cultural Foundations

Lunch 12:30 - 1:30 p.m. Grand Ballroom

Session IV, 1:45 p.m. - 2:45 p.m.

Owls Head Room

Having Difficult Dialogues: Counselors Filling in the Gaps!

Dr. S Kent Butler, Jr, PhD

“Difficult Dialogues” empowers attendees to learn strategies that will help them facilitate courageous conversations, including how to create safe and brave spaces for students engaging in these powerful discussions. Matching counseling pedagogies to the needs and backgrounds of our students and clients and developing sensitivity to institutional barriers and prejudices that impinge upon different cultures. An open and honest guided discussion will provide attendees with an opportunity to share and process through their own personal narratives in relation to ethnicity and culture.

Target Group = All
Category 1 Presenter
Content Area 3. Social and Cultural Foundations

Spruce Head Room

**Two thousand years of Jewish diaspora; Creating a HAVURAH
in the unorganized territories of Maine**

**Paul Hausman,
Pamela Chodosh**

What it’s been like to be a minority in a majority culture, how we have been able to maintain our cultural and religious identities, and how we have helped others do the same.

A homesteader in Albany Township for the last 50 years, **Paul Hausman** spent twelve years working with schizophrenics and bi-polars for Tri-County Mental Health in Lewiston and Norway and has a BS in Psychology and an LSW, LADC. He has provided life stage and traditional holiday services along with Rabbinical counseling to the extremely loose knit community that has found themselves living in the woods of western Maine. Affiliated with the Etz Chaim Synagogue in Portland, he has tutored numerous Bar and Bas Mitzvah students to perform the traditional rite of passage that transitions them into Jewish adulthood. Though this is a place that is close to his heart, his faith and his homestead on a small mountain where he

raised his family and now lives with his wife have remained a constant source of joy.

Pamela Chodosh has also lived in Maine for almost 50 years. Having come to Maine to run a beef farm after earning a BA in Studio Art, Chodosh has had a variety of occupations. A clothing designer for 17 years, she became a writer in 1996, publishing articles and personal essays in the Maine Times, the Sun Journal, Down East Magazine, and most recently the Oxford Hills Chamber Magazine. Propelled by a keen interest in people and their stories, she spent ten years teaching English, Journalism and Creative Writing at Oxford Hills Comprehensive High School and published over 250 weekly personal profiles for Norway's Advertiser Democrat. Though she lived in Norway for 23 years with her son, she has called Albany Township home since 1996. Besides her family, she takes great pleasure in marking the Jewish Holidays she and Hausman host each year for their community.

Target = All
Category 3 Presenters
Content Area 3. Social and Cultural Foundations

Pen Bay Room

Recalibrating in the Face of Today's Realities

Heather Washburn, MSW

The world, our communities, our workplaces, our families and each of us as individuals has changed throughout the pandemic. This workshop focuses on recalibration, offering strategies for growing through the adversity of the pandemic. Participants are given tools to intentionally move toward the next normal by caring for themselves and their relationships, and by focusing on that which is within their control.

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

Schooner Room

Youth Community Education

Libby Wright, BS

The Youth Community Education program offers evidence based mental health programming to schools and communities around Maine. We will take this opportunity to explain the resources our agency offers and how they can be brought to specific areas.

Target = Admissions, Clinical/Mental Health Counselors, Career Counselors, Middle School Counselors, Secondary School Counselors
Category 3 Presenter
Content Area 9. Wellness and Prevention

Camden Room

**Maine Boys to Men Intro Workshop: Turning the Tides of
Male Violence in Maine (Hour 1)**

Danny Mejia, BA

Build your understanding of the root causes of male violence and self-harm in this two-hour workshop. Learn how to identify and interrupt the beliefs and behaviors that can lead to violence, and better understand how Maine Boys to Men is working with young people and youth-serving adults to build safer communities.

This workshop is for anyone who wants to learn more about the programs we facilitate across Maine, and how they help to create environments that promote safety, gender equity, and respect. Together we will consider our own understandings of gender stereotypes; learn how stereotypes can lead to violence; and acquire skills to help prevent violence.

Target Group = All

Category 3 Presenter

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

Session V, 3:00 - 4:00 p.m.

Owls Head Room

Going Home

John Yasenchak, EdD

Where is home? How do we get there? Research has shown that in order to truly appreciate diversity and have some level of cultural competency, a counselor should be comfortable in one's own cultural skin. This participatory workshop will be an exploration of "cultural archeology" based on the assumption that the more we know and accept where we come from, the better we are able to accept and appreciate others who may appear (at first glance) different from us. After all, "Home is Where We Start From" (D.W. Winnicott).

Target Group = All

Category 1 Presenter

Content Area 1 Counseling Theory and Practice

Spruce Head Room

Brown Teacher, White State

Ajay Zutshi, BA, JD

Ajay is in his fifth year of teaching in western Maine, having previously lived and taught in the Boston area. We will discuss culture shock, microaggressions, and the sad fact that insidious forms of racism still exist in 2023.

Target Group = All
Category 3 Presenter
Content Area 3. Social and Cultural Foundations

Pen Bay Room

Sustaining Compassion

Heather Washburn, MSW

Compassion is a critical part of delivering high quality care. Compassion satisfaction is the feeling of pride and well-being we get from caring for others. It is also normal, however, for frontline workers to experience compassion fatigue, burnout, and secondary trauma. This workshop explains the causes and consequences of these phenomena and discusses coping strategies.

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

Schooner Room

The Rights of Youth with Disabilities

Ben Jones, JD

Disability Rights Maine will present on the rights of youth with disabilities. Specifically covering the Rights of Recipients of Mental Health Services who are Children in Need of Treatment and Educational Rights of Students with Disabilities.

Target Group = All
Category 2 Presenter
Content Areas 3.Social and Cultural Foundations; 4. Counselor Professional Identity and Practice Issues

Camden Room

Maine Boys to Men Intro Workshop: Turning the Tides of Male Violence in Maine (Hour 2)

Danny Mejia, BA

Build your understanding of the root causes of male violence and self-harm in this two-hour workshop. Learn how to identify and interrupt the beliefs and behaviors that can lead to violence, and better understand how Maine Boys to Men is working with young people and youth-serving adults to build safer communities.

This workshop is for anyone who wants to learn more about the programs we facilitate across Maine, and how they help to create environments that promote safety, gender equity, and respect. Together we will consider our own understandings of gender stereotypes; learn how stereotypes can lead to violence; and acquire skills to help prevent violence.

Target Group = All
Category 3 Presenter
Content Areas 3. Social and Cultural Foundations; 9. Wellness and Prevention

Free Time, 4:00 p.m. - 5:45 p.m.

Fireside Chat with Graduate Students and Dr. Butler 4:15 - 4:45 p.m., Schooner Room

President's Reception 5:45 p.m. - 6:15 p.m.

Dinner - Rockland/Rockport/Camden 6:15 p.m. - 7:15 p.m.

Entertainment - 7:30 p.m. - 10:00 p.m.