

MMSCA
 Mid-Missouri School Counselor Association

Co-Editors
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IN THIS ISSUE

RESPONSIVE SERVICES

The When and Where...

by Jeanine Mielke, President Elect, Mill Creek Professional School Counselor

I hope you had a wonderful summer and are refreshed for another great year. I'm looking forward to meeting new members and catching up with colleagues.

Let me introduce myself, I'm Jeanine Mielke and will be serving as your President-Elect this school year. I am the counselor for Mill Creek Elementary in Columbia, Missouri. Another part of the counseling team is Pepper, a therapy dog. She is loved at home but is really loved by 750 kids and the highlight of their day.

MMSCA will again meet three times this year (October, December and March) to offer opportunities for professional development, provide resources and network with fellow school counselors. Please mark your calendars and be sure to join us. The fall meeting, **October 15, 2015**, will be hosted by Westminster College. We will be meeting in the Mueller Activity Center. Directions can be found on their website www.westminster-mo.edu We have the great opportunity to partner with DESE and GSOS (Guidance Systems of Support). The evening will focus on responsive services and provide numerous take home resources. MMSCA governing board will meet at **3:30pm**. GSOS will begin

at 4:30 and continue to our evening meal around 6:15. MMSCA level sharing will take place as we dine. During that time governing board members have brought along resources to share. The evening will conclude with our MMSCA meeting. RSVP to Janet Bagby <https://www.surveymonkey.com/r/GSOSFall2015>. Please do it as soon as possible so we have a correct count.

December 3rd will be our Administrators Appreciation

Social held at Stephens College in Senior Hall. This is a new format and would be thrilled if you and your administrator could join us. Please invite them to this event. Governing board will begin at **3:30**. The social event, program with guest speakers from DESE Rene Yoesel and Tom Schlimpert, along with our MMSCA meeting will follow, 4:30-6:30. The presentation topic will cover counselor-principal relationships when implementing a Comprehensive Guidance program.

Please RSVP to Jeanine Mielke at jmielke@cpsk12.org with those who will be attending the social. I'm looking forward to a wonderful year.

Responsive Services Template

Responsive services in formation can be found in numerous locations. What is your favorite?

Kidshealth.org

This website has information for parents, teens and kids. Resources shared by Gay Bear, Multi-Level VP Regional and State!

Welcome All

By Julie Day, President, Wellsville-Middle R-1 Professional School Counselor

The beginning is here!! We all are getting ready to start our new school year! The Governing Board for Mid-Missouri Counselor's Association met in June. We planned an exciting year of professional development opportunities and networking with other professional counselor's in the region. We hope you choose to join us for any or all of the MMSCA meetings.

I hope you plan to attend the MSCA (Missouri School Counselor's Association) Fall Conference November 8-10th! The 67th Annual Conference's theme is "Game Changers". We are excited to have Tim Elmore and Dr. Huff as our keynote speakers during the conference. There will also be a tribute dinner for Dr. Norm Gysbers.

- ➔ For more information to register for this conference or **join MSCA**, please visit www.moschoolcounselor.org



- ➔ **Our fall meeting on Thursday, October 15th** is completely planned. It will be at Westminster College in Fulton, MO. The Governing Board will meet at 3:30 followed by GSOS at 4:30-7:30, this time includes a meal and level sharing.
- ➔ **Winter meeting** will be Thursday, Dec. 3rd at Stephens College, Columbia, MO.
- ➔ **Spring meeting** will be March 3rd or 8th. TBA.

I am excited to see where this year will take us and hope to provide professional growth and networking to all school counselor.

JOIN MMSCA

One of the goals of MMSCA (Mid-Missouri's Counselor's Association) is to recruit more members! Please join MMSCA at our website: www.mmsca.us **FACEBOOK** at Mid Missouri School Counselor Association **Twitter @MidMSCA**

GOVERNING BOARD UNIT

Another goal we hope to achieve this year as a governing board unit, is to become more supportive of each other. We will strive to help all our members!

Roles that Responsive Services has within the Secondary Program at MCHS

by Dave Teeter, Secondary Vice President, Montgomery Co R-II High School Professional School Counselor

The Responsive Services portion of the Counseling program at Montgomery County R-2 HS is multifaceted and also ever changing depending on the individual's circumstances. You cannot anticipate, but have to help any individuals in our school systems that have a presenting issue that has the opportunity to disrupt or affect the person's current education or their plan for their future. This can be the result of many things and it seems that many times it is something that they may or may not be able to control when they are a high school student.

It seems that in the case with many older females that an ever growing issue is that they may have moved out of their home and into a residence with a boyfriend. This seems to then manifest itself into an attendance

and also an academic success issue that a counselor then has to spend time with these individuals in trying to find a way to work around relationship, attendance, academic, and in some cases disciplinary issues. In some cases, it could also involve the individual working several hours per week in order to support their new living arrangements. The young lady may then have to return home in some cases and working through lots of issues with parents in the original leaving plan that has to be mended. The emotional problems to deal with after a failed relationship in many of these cases also lend themselves to trips to our offices and also in some cases lead to other destructive behaviors. There is no cookie cutter plan to work with in many of these cases, but many have similar problems with school, financial and also career plans

that present themselves when this occurs. In cases when success can still be achieved is having a relationship partner that still wants the student to do well in school and not alienate their parents in the change of living arrangements if possible. These two factors seem to have a large impact on the attitude of the young lady and also can be the main reason they still seem to stay on track. Again I mention that so many factors play into what a student deals with in these circumstances but with open channels of communication and the desire to still finish their education many finish high school here at MCHS and have gone on to training programs that lead to success later in life.

My Favorite Responsive Services

by Carey Hughes, Middle School Vice President,
Lanqe Middle School Professional School Counselor

According to the ASCA National Model, "Responsive services are activities designed to meet students' immediate needs and concerns. Responsive services may include counseling in individual or small-group settings or crisis response."

Responding to student needs can be a little daunting, as we cannot accurately predict the issues and concerns they will bring us. Thankfully, we can actually be proactive in responding by educating ourselves and collaborating with other professional school counselors.

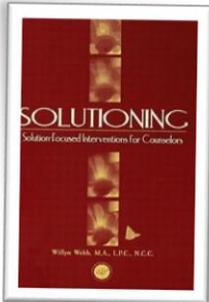
I would like to share two resources that help me tremendously in responding to students. The first is a book and the second is an Internet resource. (A non-techie and a techie resource)

While attending the ASCA conference this past summer, I attended an amazing session led by two gentlemen Keith Fulthorp and Around Schonberg.

They used the time in the session to share how they incorporate Solution-Focused Brief Therapy into their school counseling programs. One of the books they recommend is *Solutioning* by Willyn Webb. I was so excited about their session that I ordered the book as soon as I returned home from the conference! I am in the middle of reading the book.

Here is what I like about *Solutioning*:

1. It is easy to read. Not full of a bunch of theoretical jargon.
2. This book is full of examples. I love being able to see how someone else handled an issue I might face.
3. This book features real language I can practice and use at school with **my** students.
4. Each chapter ends with practice exercises to put me in the mindset to focus on solutions rather than problems.



5. This may seem trivial, but I really like the size of this book. It has over 300 pages, yet still fits in my purse. This means I can take it with me and read whenever I have a few minutes.

My other favorite responsive service resource is a Facebook group called, "Caught in the Middle School Counselors" or CITM for short. I found this group my first year as a school counselor and it has proven to be a constant support and resource for me as a professional. Keeping up with this group is like getting a little bit of PD every time I check it. If you are familiar with Facebook, you understand that people will post questions, comments, and pictures while group members have a chance to respond by offering support, opinions, or ideas. It is virtual collaboration. ☺

Here is what I like about "Caught in the Middle School Counselors":

1. This is a closed group consisting only of school counselors, mental health providers (such as social workers, psychiatrists, and therapists) and students studying to become school counselors and/or mental health practitioners.
2. The members are at all different experience levels! Ideas based on years of experience as well as fresh ideas from those new in the field.
3. This is a super active group! Every time I check it, there is a new post. So much information at my fingertips!! ☺
4. This group is full of real people in the trenches...just like me! People who have faced some of the same challenges I have like the death of a student. Not something any of us want to face, but definitely something that happens. It is so nice to have others respond so quickly with tried and true information.
5. This group has a Google Drive with files! Just this week I used a peer conflict contract I found in this group. So many resources already typed up and used by those with more experience than I have. What's not to love?



As school counselors, we want to be more proactive than reactive, but the truth is we need to be flexible with our time as a great portion of our program includes responding to student needs. The two resources mentioned above are great ways of educating ourselves so that we can respond to student needs effectively and efficiently.



Responsive Services 101

by Sarah Sadewhite, Elementary Vice President, Paxton Keely Elementary Professional School Counselor

Hello and welcome back to a brand new school year! I hope everyone has had a fantastic start to their year so far! The topic for this newsletter is responsive services

Responsive Services:

In my school I use a variety of activities for responsive services. I love to allow students to have as much choice as possible when I am working with them.

For individuals, I have a variety of games, puzzles, sensory materials (such as playdoh, floam and stress balls), etc. that I use with students. I am planning to incorporate even more drawing and coloring with students after our counselor group did a book study this summer that led us to the understanding of how truly useful that can be.

We read the book *Working with Grieving and Traumatized Children and Adolescents* by William Steele & Caelan Kuban. They really focused a lot on the importance of drawing activities with children who are grieving or who have been through or are living with trauma. There are two examples from the book below that show how you can discuss a child's worry with them.

For groups, I also have a variety of games and materials that I use with students. One of my favorites for having group members get to know each other in a group is using the thumb ball.



There are also some good programs for small groups out there like the *Stop and Think Social Skills Program* but this is an area where I hear a lot of folks are trying to find more resources. If you have any good ones that you can share please do so!

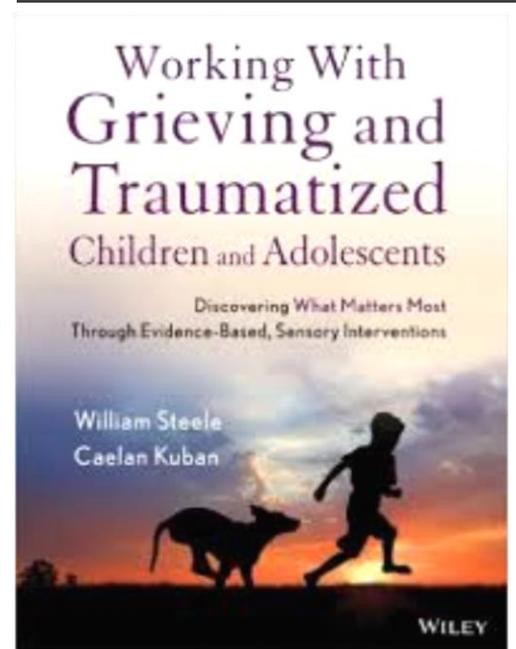
I use a variety of data with my individuals and groups. I have used pre and post assessments, teacher surveys and Friday folder data. If I am working with a student who has attendance concerns or behavior issues then we track their attendance/tardies or their discipline referrals. We often use positive behavior plans to help these students as well.

One of my favorite groups are the new student groups at the beginning of the school year when everyone is excited to be back. I do new student groups in grades 1-5, one per grade level. I enjoy doing new student groups because you see immediate results. You are helping a child learn about their new school as well as make new friends. It is fun to see the transformation in just a few short weeks!

Another great resource for responsive services is Cheri Lovre with the Crisis Management Institute.

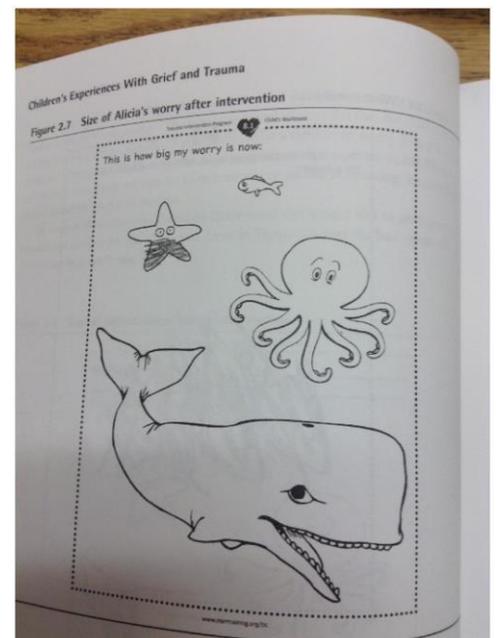
<http://www.cmionline.com/about/meet-cmi-director-cheri-lovre/>

CHECK OUT THE BOOK BELOW



Working with Grieving...

This book provides a structured, sequential, and evidence-based approach for treating children and adolescents who are experiencing trauma or grief.



How big is your worry?

Activity to complete with elementary aged children.

Critical Incident Response Team

By Sarah Sadawhite

Hello and welcome back to a brand new school year! The Critical Incident Response Team has traditionally always been a list of volunteers who would be willing to go and help in other neighboring schools in the case of a crisis situation. Examples include: death of a student, teacher, or parent/guardian or a natural disaster, etc. We would send counselors to those schools if necessary and we would try to contact different counselors each time since we know it is difficult to leave your building. Here is an example situation; if there were a death at an elementary school in Columbia then I would contact counselors at other Columbia elementary schools first to see if they could assist. Then if necessary we could also contact counselors at the elementary schools

in Fulton, Hallsville or Jefferson City. We will continue to have those names on hand should we need them however I think most counselors are ready and willing to help when needed! If you have traditionally had your name on the list of volunteers and want to update your contact information please feel free to send it to me.

If you or your school ever have a need for this resource or know someone that does please contact me at ssadewhite@cpsk12.org or (573) 214-3570.

For other resources in crisis situations take a look at the manuals located on the MSCA website http://moschoolcounselor.org/files/2014/07/MSCA_Crisis_Manual_2012.pdf and/or our MMSCA website <http://www.mmsca.us/critical-incident-response.html>. Our manual is in need of an update so please let me know if you are willing to serve on the revision committee this year.

Thank you all for being willing to volunteer your time to help others!

Treasurer Report

By Kristin Kennedy, Midway Heights Professional School Counselor

Greetings to all of our wonderful MMSCA members or future members! I thought I would take this time to introduce myself as your new treasurer! My name is Kristen Kennedy and I have been an active member of MMSCA for the past six years, first as a student and now into my fifth year as a Professional School Counselor with the Columbia Public School District at Midway Heights Elementary. I love collaborating with other PSCs and feel honored to be a part of MMSCA and serve on the governing board.

I would highly encourage you to get involved and join MMSCA. It is a worthwhile organization to join as a professional. MMSCA will help you meet other knowledgeable counselors and provide opportunities for professional growth. Again, I look forward to serving you as your MMSCA treasurer for the 2015-16 school year. I hope it is off to a great start!



BE ON THE LOOKOUT FOR

- MMSCA Shirt Ideas
- Attached documents from GSOS and Secretary report
- Social events for MMSCA
- Other school counseling FACEBOOK groups
- Updates on our awesome new website!