



THE BRIDGE



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Got RAMP?? (Recognized ASCA Model Program)

This summer over fifty NYSSCA members attended a RAMP Camp at the Shenendehowa School District near Albany. The purpose of the training was to prepare School Counselors and administrators on applying for the "Recognized ASCA Model Program" status. If you're interested in sending one of your School Counselors to this type of training opportunity, contact Dr. Barbara Donnell at: president@nyssca.org.

As you develop or revise your Comprehensive School Counseling Plans, the following American School Counselor Association (ASCA) link is a helpful resource: <http://www.ascanationalmodel.org/>. It provides excellent content on the four fundamental dimensions addressed in an effective school counseling plan.

Mental Health Alliance Strategies

14-20% of school-aged children are diagnosed with a mental health condition, yet over 75% of these children never receive the necessary mental health services. Link with community resources to be more effective! The following strategies can help develop your mental health, school-community alliances:

- 1) Review school records of students to understand their mental health needs.
- 2) Become knowledgeable of school-based and community mental health resources that are available.
- 3) Provide direct services to students that include crisis counseling, and short-term individual and group counseling.
- 4) Build strong relationships with parents. They are your best ally to follow through on interventions beyond the school setting.
- 5) Seek additional training for mental health training and referrals.
- 6) Develop intra-school alliances with teachers and staff members.
- 7) Build alliances with administrators regarding needs for mental health services.
- 8) Build alliances with community mental health resources.
- 9) Build alliances with other community agencies that can help leverage access to mental health resources.
- 10) Stay updated on the latest research and current issues on mental health.

Higher Education Day a Big Success!

Once again, the JLACD and the JCC Admissions Office co-sponsored this year's Higher Education Day on Monday, October 5 in the McVean Center at Jefferson Community College. The JLACD's Ryan Tastor and the JCC Admissions staff hit it out of the ballpark again by doing a fantastic job of coordinating the event. As always, this was an exceptional opportunity for hundreds of our area's students and their parents to connect with college admissions representatives from over ninety (90) colleges and universities, and save on the expense of hundreds of miles of travel.

Upcoming Events:

- 11/20-21, NYSSCA CONFERENCE, SAGAMORE RESORT, BOLTON LANDING, NY
- 12-4-15, JLACD HOLIDAY LUNCHEON MEETING, WATERTOWN HILTON GARDEN INN
- July 9-12, 2016
ASCA Annual Conference
New Orleans, LA

HELPFUL COUNSELING LINKS:

- WWW.NYSSCA.ORG/ (NYS)
- WWW.SCHOOLCOUNSELOR.ORG/
(AMERICAN SCHOOL COUNSELORS ASSOCIATION)
- WWW.COUNSELING.ORG
(AMERICAN COUNSELING ASSOC.)

JLACD OFFICERS, 2014-16:

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BRIDGE EDITOR
CHRISTINA PETERSEN, VP
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New JLACD Library Resources for Member Use!

The following books have been purchased by the JLACD, for the use by its members. These books will be brought to our luncheon meetings and can be checked out by members for a month at-a-time. These selections should be helpful to School Counselors wishing to work toward being recognized as model school counseling programs as well as those striving for continuous improvement.

The ASCA National Model: A Framework for School Counseling Programs (3rd edition)

The ASCA National Model reflects a comprehensive approach to the design, implementation and evaluation of a school counseling program that improves student success.

Brief Counseling that Works (3rd Edition)

With caseloads often exceeding 500 students, school counselors cannot afford to spend countless hours on traditional approaches to individual problems. Solution-focused brief Counseling (SFBC) offers school counselors an effective approach that leads to rapid, observable change in students.

Counseling Toward Solutions: A Practical, Solution-Focused Program for Working With Students, Teachers and Parents, Written for school counselors and teachers at all levels, this publication, by Linda Metcalf, Ph.D., presents a positive program for changing individual behavior that empowers students of all ages to deal with their own problems and gain self-esteem in the process.

Developing & Managing Your School Guidance & Counseling Program (5th Edition)

This new edition includes increased attention to diversity and the range of issues students present, school counselor accountability and the roles and responsibilities of district- and building-level guidance and counseling leaders in an increasingly complex education environment.

Making DATA Work (3rd Edition)

The third edition of "Making DATA Work" aligns with the third edition of "The ASCA National Model: A Framework for School Counseling Programs," which emphasizes the importance of using data to drive school counseling program development, implementation and evaluation.

Counselor Inspiration



**Dennis & VP Andrianna at our
Fall meeting, Ridgeview Inn**

- ◇ *There are great people who make everyone feel small. The greater person is the person who makes everyone feel great. (G.K. Chesterton)*
- ◇ *Keep away from small people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you too, can become great. (Mark Twain)*
- ◇ *The measure of a great person is the courtesy with which she/he treats lesser persons. (Anonymous)*
- ◇ *If your ship doesn't come in, swim out to it. (Anonymous)*

Be that Great Counselor!



**VP Christina & Jake
at our Fall meeting**



Summary of JLACD Professional Development Activity (2013-2016)

This section is designed to document the programs that the JLACD sponsors, which enhance professional development. We welcome your feedback on topics that you feel will allow us to better serve our students.

- 4-1-16 **JLACD Mid-Winter Luncheon Meeting**, HAT Dining Room, Jefferson Community College
Program Topic: Relationship Violence & Abuse and Sexual Assault
Program Topic: Focus Group Roundtable Discussions

- 12-4-15 **JLACD Holiday Luncheon Meeting**, Hilton Garden Inn, Ballroom, 1290 Arsenal Street, Watertown, NY
Program Topic: Raising Awareness of the Needs of Our LGBTQ Students
Program Topic: Focus Group Roundtable Discussions

- 9-25-15 **JLACD Fall Luncheon Meeting**, Ridgeview Inn, 6912 Bardo Road, Lowville, NY
Program Topic: The Aftermath of Substance Use, Abuse, and Addiction, Matt Lambert, College Counselor

- 6-5-15 **JLACD Spring Luncheon Meeting**, 1000 Islands Harbor Hotel, Clayton, NY
Program Topic: NIRCIL Pupil Support Services, Kathy Connor, Program Coordinator
Program Topic: Juvenile Diversion, Mental health, and PINS Diversion
Program Topic: JCC Summer Bridge Program (Free remedial coursework for college readiness)
Program Topic: Fort Drum Reg. Health Planning Org. Camps/Internships, Aaron Naklick, Recruiting Program Manager

- 3-20-15 **JLACD Mid-Winter Luncheon Meeting**, East Hall, Jefferson Community College
Program Topic: Counselor Wellness: Yoga for Improved Flexibility, Relaxation, and Energy, Nadia Garib
Program Topic: Professional Development Opportunities for Growth & Leadership, Dr. Terrance Harris,

- 12-5-14 **JLACD Holiday Luncheon Meeting**, The Commons at Dillenbeck Corners, Fort Drum, NY
Program Topic: Emotional Development & Attachment in Youth, Dr. Sam Rubenzahl, Psychologist
Program Topic: Jefferson County Drug Court Program Update, Jennifer Hudson-Mosher, JCDC Coordinator

- 9-26-14 **JLACD Fall Luncheon Meeting**, Maggie's on the River, Watertown, NY
Program Topic: Children's Home of Jefferson County Respite Program Update, Jane Bumgarner & Michele Monnat
Program Topic: Credo Community Centers Mental Health Clinic Update, Caryn White
Program Topic: JCC Nursing Program Admissions Requirement Update, Lisa Cooley

- 6-6-14 **JLACD Year-end Luncheon Meeting**, Tug Hill Vineyards, Lowville, NY
Program Topic: Play Therapy Applications
Program Topic: JCC Summer Bridge Program (Free remedial coursework for college readiness)
Program Topic: JCC Agri-Business Program Update

- 3-28-14 **JLACD Early Spring Luncheon Meeting**, HAT Dining Room, JCC Campus, Watertown, NY
Program Topic: JCC Residence Hall Tour
Program Topic: JCC Academic Programs, Athletic Programs & Campus Safety Update

- 12-5-13 **JLACD Holiday Luncheon Meeting**, Hilton Garden Inn, Ballroom, 1290 Arsenal Street, Watertown, NY
Program Topic: Managing Conflict; Jennifer Hutterman-Kall, Executive Director, Resolution Center
Program Topic: Youth Court: Empowering Youth to Resolve Conflict; Kelly Sova, Youth Court Director
Program Topic: JCC Residence Hall Update; Ron Shidemantle, Dean of Students

**Jefferson-Lewis Association of
Counseling & Development**



Building Bridges for Success

