



# THE BRIDGE



## NYS School Counselors Annual Fall Conference

Our JLACD sent five Counselors to the NYSSCA Annual Conference! They were able to attend a wide variety of professional development seminars that will help JLACD members better serve our students. The listing of workshops attended is included as an attachment to this BRIDGE edition. In addition, Jake Carbone made a nice presentation and distributed “take-away” information and resources at our holiday luncheon meeting. The conference attendees are listed on the attachment, and any of us would be happy to share!

## Fall Counselor Survey Results

At this Fall’s Holiday Meeting Luncheon we administered a Counselor Feedback Survey to get input from membership on developing the JLACD vision and goals.

- 1) Would you like us to continue with the two-meetings a semester format? **Yes- 23, No- 0**
- 2) Do you support the JLACD’s efforts to include other counseling professionals (CASAC’s, LMHC, etc.) who work with school children, in our membership? **Yes- 22, No- 1**
- 3) Is the JLACD BRIDGE Bulletin helpful and would you like to continue receiving it? **Yes- 22, No- 1**
- 4) Would you support our association developing a special recognition for two or three school-based programs/initiatives each year, that support guidance/counseling efforts for students. **Yes-20, No-0, NR-3**
- 5) Would you support the JLACD sponsoring a one-day conference with 3-4 seminar sessions for our region? **Yes- 22, No- 0, NR- 1**
- 6) Our association currently possesses close to \$30,000 in a JCC Foundation account which has accumulated over the years. The interest from that account helps us defray annual expenses. Do you think we should maintain that amount? (vs. spend it down on programs, scholarship support, etc.) **Yes- 8, No- 11, NR- 4**
- 7) Would you support the JLACD recognizing students nominated by their Guidance Counselors with a special “JLACD Student of Distinction” certificate, which would enhance their credentials upon graduation? **Yes- 20, No- 1, NR- 2**

## The Action Plan

- 1) Each school can submit up to four students for JLACD special recognition certificates.
- 2) The JLACD will recognize up to four members for initiating effective programs.
- 3) Officers will develop a final scholarship allocation plan and present to membership at March meeting.

Note: Program descriptions and criteria are included in attachments with the JLACD BRIDGE Bulletin.

### Upcoming Events:

- FRIDAY, MARCH 20, 12:15-2 PM; **JLACD LUNCHEON MEETING EAST HALL, JCC, WATERTOWN**
- SATURDAY, FEBRUARY 28, **SUNY FINANCIAL AID DAY AT JCC, 9-NOON**
- FRIDAY, JUNE 5, **JLACD SPRING LUNCHEON MEETING, 1000 ISLANDS HARBOR HOTEL, CLAYTON , NY**

### HELPFUL LINKS:

- [WWW.NYSSCA.ORG/](http://WWW.NYSSCA.ORG/) (NYS)
- [WWW.SCHOOLCOUNSELOR.ORG/](http://WWW.SCHOOLCOUNSELOR.ORG/) (AMERICAN SCHOOL COUNSELORS ASSOCIATION)
- [WWW.COUNSELING.ORG](http://WWW.COUNSELING.ORG) (ACA)

### JLACD OFFICERS, 2012-14:

- MATT LAMBERT, PRESIDENT/ BRIDGE EDITOR**
- CHRISTINA PETERSON, VP**
- ANDRIANA CRAWFORD, VP**
- KATIE KORMAN, SECRETARY**
- DAVE YOUNG, TREASURER**

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*We had thirty-five members and guests attend the JLACD Holiday Luncheon Meeting at the Commons at Dillenbeck Corners at Fort Drum. In addition to informative presentations by Child Psychologist Dr. Samuel Rubenzahl and Jefferson County Drug Court Coordinator Jennifer Hudson-Mosher, we were able to recognize past JLACD Presidents; Matt Olmstead, Steve Robinson, Dave Young (pictured above) and Jennifer Ulrich-Bryant and Ryan Tastor. Kudos to the Winners Circle staff for their excellent hospitality!*

## **Effective Strategies for School Counselors Who Manage Large Caseloads**

*The Journal of Counseling in Illinois, Volume 1:3*

1. Get help from other departments during peak periods of the school year.
2. Use interns to help with special projects.
3. Enlist the help of local agencies.
4. Use community volunteers to provide targeted services.
5. Avoid duplicating efforts.
6. Review the data carefully and then do the research.
7. Simplify. Counselors need to continue to search for efficiencies that will streamline their tasks.
8. Establish an advisory council for support, assistance and suggestions.
9. Define priorities.
10. Educate and ask for help.

### **Conclusion**

Many school counselors face a larger caseload than is recommended by the American School Counselor Association. While as a profession we must continue to advocate for a more favorable student to counselor ratio, it is wise for counselors to take a fresh look at assigned tasks in order to see if there are creative ways to reduce the discrepancy between student need and counselor time.

### **Adages for the Seasoned Counselor**

**The trick is growing up, without growing old. (Casey Stengel)**

**You don't stop laughing because you grow older,  
you grow older because you stop laughing. (Maurice Chevalier)**

**It is not how old you are, but how you are old! (Jules Renard)**

**Youth is wasted on the young! (George Bernard Shaw)**

**We end up as we deserve. In old age we must put up with the face, the friends,  
the health, and the children we have earned. (Judith Viorst)**





## Summary of JLACD Professional Development Activity (2013-2015)

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.

- 6-5-15 **JLACD Spring Luncheon Meeting**, 1000 Islands Harbor Hotel, Clayton, NY  
Program Topic: **Parent Empowerment and Involvement**  
Program Topic: **Community Pupil Support Services (NIRCL, Fort Drum Family Support Services)**
- 3-20-15 **JLACD Mid-Winter Luncheon Meeting**, East Hall, Jefferson Community College  
Program Topic: **Counselor Wellness: Strategies & Resources to Stay Energized**  
Program Topic: **Professional Development Opportunities for Growth & Leadership**
- 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
- 9-29-14 **JLACD Higher Education Day**, Jefferson Community College, Watertown, NY  
Program: Over 90 colleges, universities, and organizations were represented for the benefit of area students searching for educational options.
- 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 **Year-end JLACD 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 **Early Spring JLACD 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**
- 3-25-14 **Thousand Islands Career Day (JLACD sponsored)**, Thousand Islands Central School, Clayton, NY  
Participating Schools: Alexandria Bay CS, Bellville-Henderson CS, LaFargeville CS, Lyme CS, Sackets Harbor CS, Thousands Island CS
- 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

*If anyone has feedback or suggestions for content for the next newsletter (May 1), contact Matt Lambert at [mlambert@sunyjefferson.edu](mailto:mlambert@sunyjefferson.edu). Have a great Holiday!*

Jefferson-Lewis Association of  
Counseling & Development



*Building Bridges for Success*

