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Bulletin of the Jefferson-Lewis Association of Counseling & Development

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JLACD Has Highest Association Participation Rate at Annual NYSSCA Conference !

The JLACD sent twelve of its members to the New York State School Counselors Association Annual Conference (11-2015) at the Sagamore Resort in Bolton's Landing on Lake George. That gave us the highest participation rate (10%) of any of the NYS regional School Counselor associations! We sent out thank-you letters and certificates of recognition to eleven different school administrators who our members said were instrumental in helping them attend.

School Violence Prevention Strategies

There are usually signs and indicators of developing factors that can lead to violence. There are also proactive steps that can be taken to minimize the chances for violent behaviors. Here is a list of prevention strategies:

- 1) Support and maintain anti-bullying programs. (<http://www.stopbullying.gov/prevention/at-school/>)
- 2) Support and maintain relationship violence education programs (<https://www.childwelfare.gov/topics/systemwide/domviolence/prevention/children-youth/>)
- 3) Establish dispute resolution procedures (see pg. 2) that empower all (students, parents, teachers, staff and administrators) to settle grievances.
- 4) Report or confront peers who appear to be mistreating students or one another.
- 5) Conduct special outreach to those students who school staff LEAST want to work with. These are the students who fall through the cracks and can become the most dangerous.
- 6) Mental health assessment and follow-up for students in need. If you're not sure about the mental health needs of a student, turn it over to trusted community mental health professionals.
- 7) Provide direct services to students that include crisis counseling, and short-term individual and group counseling.
- 8) Build strong relationships with parents. They are your best ally to follow through on monitoring interventions beyond the school setting.
- 9) Seek additional training on mental health resources and referrals.

JCC Admissions Open House on Friday, March 18

Students, parents and family members are welcome and encouraged to attend this Open House where you can take tours or get your questions answered about admissions, financial aid, on-campus living, athletics, academic programs, support services or student clubs.

Higher Education Day Scheduled for Monday, October 3, 2016 @ JCC

The Jefferson-Lewis Association of Counseling & Development and the JCC Admissions Office will again sponsor the Higher Education Day event that attracts over ninety (90+) colleges and universities. Their representatives will be available to meet with students, parents and School Counselors. It is a great opportunity to connect with lots of colleges while saving lots of gas and time. Ryan Tastor of Sackets Harbor CS coordinates the event.

Upcoming Events:

- 3-18-16, JCC ADMISSIONS OPEN HOUSE
- 4-1-16, JLACD EARLY SPRING MEETING, JEFFERSON CC, HAT CENTER
- 6-3-16, JLACD EARLY SUMMER MEETING, LOCATION TBD
- 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:

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

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Conflict Mediation Techniques for Use in Schools

The following techniques used in community dispute resolution have proven to be effective in school settings. By having a clearly identified process and techniques for solving student disputes, we reduce the chances for violent incidents.

Acronym: P-R-O-B-L-E-M-S R-E-S-O-L-V-E-D

Personalizing forbidden: Focus on the dispute, not the disputants.

Detach the personalities from the problem.

Rules for engagement: No cursing, name-calling, accusing, pointing, threatening, yelling, etc.

Emphasize the future, minimize the past.

Opportunities for compromise: Often times one must give, to get!

Brainstorm solutions: The more possible solutions the better.

Parts of many possible solutions often find their way into the final solution.

Limit participants: Minimize the chaos and mob psychology!

Evaluate & adjust agreements: By adjusting an agreement that isn't working, we can prevent new conflicts.

Manage disputes with facilitator: Often times the reason there is a conflict, is the current participants in the dispute are limited in resolution skills. Get help!

Seek consensus: Without equal buy-in, agreements are at risk.

Respect the process: Students may not respect one another, but have confidence in the process. It works!

Empower with the process: Make sure students can utilize the process for resolving future disputes.

Specificity for agreements: Less wiggling room, more success!

Outline the process: Students need to know how it works

Level the playing field: Forced/manipulated agreements often don't last.

Validate perspectives: Let students know you understand their perspective.

Early Intervention: The longer a dispute goes, the more bitter it can become.

Document agreements: Over time, students forget or modify the facts.

Counselor Inspiration

"Be what you is, not what you ain't, cuz if you ain't what you is, you is what you ain't."

Unknown Author— Traditional Folk (Alternative interpretation: Keep it REAL!)

NYSSCA Annual Conference in November at Bolton's Landing, Lake George.





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: Collaborative Mental Health Services for Students
Program Topic: Support Services for Children of Military Families
- 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: Scholarship Opportunities (NCGG)
- 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

