



Friday Breakout Sessions Times TBD

Title: Soft Skills Help Students Reach Their Dreams

Presenter: Andrea Albrecht, MA, NCC, CSCDA and Megan Tatum, BS, CSCDA

Setting: School

Description: Soft skills are essential, like breathing, for everyone, no matter where life takes them. In this session, participants will learn the types of soft skills and their importance in both postsecondary education and workforce. Through engaging activities, participants will experience grab & go soft skill development lessons they may use in their school setting.

Title: 988 and Crisis Services

Presenter: Janet Kittams MA, LPC and Vanessa Barnes

Setting: Both

Description: Crisis Services are an integral component to address mental health across South Dakota. Crisis services are for everyone, everywhere, every time. This presentation will provide an overview of 988, the new phone number which replaced the 800 number previously used by the National Suicide Prevention Lifeline. 988 has evolved into a more broad-based service for any type of emotional crisis or substance use. Along with 988, participants will also learn about the crisis continuum of care in South Dakota, to include Mobile Crisis Response and Appropriate Regional Facilities.

Title: The Impacts of Human Trafficking and The Complex Trauma of Victims

Presenter: Paze Cook MSW, LCSW, LAC, QMHP

Setting: Both

Description: This is the opportunity to learn about the affects of human trafficking on its victims regarding mental health and developmental deficits. Having the chance to interact with presenters, while exploring real life case studies. Leaving with the ability to identify the red flags associated with identifying this vulnerable population.

Title: ASSET- A Trauma Informed Social Skills Group Counseling Curriculum for Adolescents with Special Needs

Presenter: Dr. Shalini Mathew, Ph.D, NCC & Megan Kingsritter, graduate student in CMH Counseling

Setting: School

Description: Social skills groups, like ASSET, can be a valuable tool for children who are developmentally delayed or struggle with social and communication skills. This presentation will provide the results of a research project that examined the effectiveness of ASSET- a trauma informed social skills group counseling curriculum for adolescents with special needs. Participants will gain understanding of how to run trauma informed group counseling sessions, both in clinical mental health and school counseling settings. Additionally, evidence based, innovative ways to run social skill groups, will be discussed.

Title: Update on the 2022 Standards of Care for Transgender Persons (SOCv8)

Presenter: Anne Dilenschneider, PhD, LPC-MH, Certified WPATH Gender Specialist

Setting: Clinical

Description: This workshop will review the new 2022 World Professional Association for Transgender Health's

(WPATH) Standards of Care - 8th Edition (SOC-8). The SOC-8 is based on 50 years of published research literature and international consensus-based expert opinion. Recommendations in the SOC-8 are based on the available evidence supporting interventions, a discussion of risks and harms, as well as feasibility and acceptability within different contexts and country settings.

Title: Your State Licensing Board: Updates from the South Dakota Board of Examiners for Counselors & Marriage and Family Therapists

Presenter: Jennifer Stalley, Executive Secretary

Setting: Clinical

Description: The South Dakota Board of Examiners for Counselors and Marriage and Family Therapists will present information regarding updates to the practice acts and administrative rules for licensed professional counselors, licensed professional counselor – mental health and marriage and family therapists in South Dakota and answer questions about the licensing process and requirements for maintaining licenses.

Title: HOPES & COPES: A coping skills class for Tweens & Teens

Presenter: Teresa Schulte-Hunt, M.S.

Setting: School

Description: HOPES & COPES: A coping skills class for Tweens & Teens was developed by counselor/educator Teresa Schulte-Hunt after seeing the mental health needs of students increase. Teresa has been a certified school counselor and educator since 1994. Because there has been a significant rise in suicide ideation and suicide attempts being reported to the school counselor in the last 10 years, a course was developed to help students cope with the many stressors of the 21st century. It is the belief of the presenter that all students deserve to learn mindful, mental health skills just as much as they need to learn reading, writing, and math skills.

Title: Breathe Life into Your Elementary Classroom Lessons

Presenter: Jeff Zeller, MS

Setting: School

Description: This session will be experiential and hands on. You will take part in various icebreaker relationship builders that you may choose to use in your classroom. We will also discuss and share lessons that have been effective in creating a positive behavior focus to help create a school that has a safe and fun environment that maximizes learning.

Title: Harnessing the Healing Power of Guided Imagery

Presenter: Holly Garrett, MS, LPC, QMHP, LPC-MH Supervisee

Setting: Clinical

Description: Come hone your guided imagery skills with case examples and a demonstration of new techniques, including the powerful "Healing Hallway." Guided imagery offers something that many traditional therapies often lack; it gives our clients the chance to actually witness their healing. Emily Coué once said "When the imagination and willpower are in conflict...it is always the imagination which wins, without any exception." Harness this powerful tool to help your clients heal and change!

Title: Traumatic Grief and its Relationship with Perceived Social Support Among High School Students- Strategies for Counselors

Presenter: Dr. Erin Kaszynski, Ph.D., LPC (Texas); Dr. Shalini Mathew, Ph.D, NCC & Ezekiel Wills, graduate student

Setting: School

Description: This presentation will provide the results of a research project that examined the association between traumatic grief and perceived social support, among High School Students. Evidence of traumatic grief among high school students could serve as the basis for practical interventions. Therefore, this presentation will help participants to gain a better understanding of traumatic grief among high school students, and learn activities and interventions to support recovery using TF-CBT principles.

Title: Impact of the Counseling Compact

Presenter: Kelly Duncan, Ph.D., NCC, LPC

Setting: Clinical

Description: Counselors have worked toward a method of licensure portability for decades. As the Counseling Compact is adopted in many states, counselors are trying to understand how the Compact will be implemented and the impact of the Compact upon counseling practice, counselor education, and the regulation of counseling. This presentation will help counselors understand key elements of the Counseling Compact; the impact of the Counseling Compact upon counseling practice, training and supervision; and the importance protecting professional counselor identity as the Compact is enacted. The presentation will focus on the need for counselor advocacy to protect the public and to promote a strong Counselor Professional Identity while simultaneously supporting the privilege to practice.

Title: Student Suicide Prevention: Hope Squad Implementation for 4th-12th Grades

Presenter: Chelsea Greenfield, M.S. & Kari Lena-Helling, M.S.

Setting: School

Description: 1. Are you looking for ideas to incorporate suicide prevention that are student friendly? 2. Can suicide prevention initiatives be ongoing and improve school climate? If you answered yes to question 1, you should attend our session to learn more about our yes to question 2! The Flandreau Public School District is the first district in South Dakota to implement the Hope Squad program.

Hope Squad is a peer-to-peer suicide prevention program for 4th-12th grade. Hope Squad members are peer-nominated and staff-selected as being caring and trustworthy students. The diverse group of students chosen to be on Hope Squad are taught lessons each month about how to be responsible friends. They learn skills to help them notice when their peers need mental health assistance and then take them to a trusted adult or resource. In this presentation, attendees will learn about the Hope Squad program. We will cover what implantation looks like at the elementary, middle, and high school levels. This includes age-appropriate education about suicide prevention, boundary setting, and self-care techniques for the Hope Squad members. To show how user-friendly the program is, we will incorporate an activity from one of the lessons. While our presentation highlights the Hope Squad program, we are confident that all attendees will leave with increased knowledge of student suicide prevention and ideas for their own schools!

Title: How Addiction Impacts Mental Health

Presenter: Pam Vanmeeteren CNP, Randee Peterson BA CAC

Setting: Clinical

Description: This session will provide attendees a broad overview of how addiction impacts mental health, signs and symptoms of substance use, various substances (methamphetamine, alcohol, cannabis, and mostly focused on opioids) impact, best practices surrounding MOUD services, specifically discussing the State Opioid Response Grant in South Dakota and efforts to destigmatize MOUD so it can be recognized as an effective treatment option. The presentation will include discussion on clinical approaches to medication management and the recovery process. The importance of early identification and access to treatment by medical and mental health service providers will be emphasized. Participants will learn how to implement MOUD services directly and through incorporation of virtual service options in rural communities.

Title: Ask an Indian or Ally – Everything You Always Wanted to Ask a Native American, But Were Afraid to Ask

Presenter: Pat Poitra, MS, NCC, LPC, QMHP (Turtle Mountain Chippewa), Alli Oxner, MS Ed., LPC, QMHP (Current president of SDNACA), & Lola Blue Earth: MS, (Cheyenne River Sioux)

Setting: Both

Description: This program is meant to break down barriers to communication between Native and non-Native peoples/providers. The entire premise of the meeting will be open question and answer format to discuss/answer any and all questions any provider might have regarding Native Americans regarding culture/beliefs, rez life, and ways to break down barriers when working with this population. Panelists have 70 (+) years of experience living with and providing services to Native American populations

Title: Play—As Vital as Breathing Pt. 1 & Pt. 2 (there will be two one-hour sessions provided, with Pt.2 being a continuation of Pt.1)

Presenter: Deb Butman-Perkins, M.S, LPC-MH, QMHP, Registered Play Therapist-Supervisor; Clark Perkins LPC, LPC-Supervisor., Registered Play Therapist-Supervisor & Deb Langrehr LPC, LPC-Supervisor, NCSC Registered Play Therapist-Supervisor

Setting: Both

Description: Play is an important part of life—no matter what age we are. It helps us connect with others and explore our capabilities. Come and review some basics regarding Adlerian play therapy theory and how to utilize it in your life—both personally and professionally. Learn to engage individuals and groups in the powerful language of playing and learning. We will present many activities that are easy to adapt and inexpensive to present! Be Prepared to Breathe, Be Active and HAVE FUN!!!

Title: The Experience of Atheists of Counseling

Presenter: Travis McKie-Voerste, PhD, LPC, NCC, ACS

Setting: Clinical

Description: Clients come from various backgrounds and belief traditions, though non-religious folks are often assumed to be religious. The assumption that others have a religious belief, or religionormativity, is prevalent in the United States in general, but can be especially prevalent in communities with higher religious adherence. This presentation will highlight the experience of non-religious people in a variety of settings, from personal relationships to professional settings, with emphasis on how this ultimately impacts the counseling relationship. The presenter will share results from qualitative research on the subject and provide suggestions for practice. Time for discussion and questions will be reserved.

Title: Sad Isn't Bad: A Grief Group for Students and Families

Presenter: Annie Walker, MS & Kathy Tofflemire, MS

Setting: School

Description: If you have ever wanted practical, hands-on ideas for walking with people through the grieving process, this session is for you. Join us as we share about the Sad Isn't Bad, a program offered in the Sioux Falls area that supports people from elementary school through adulthood as they grieve the loss of a loved one. You will leave with an increased understanding of the grieving process as well as practical activities you can adapt for your own use.

Title: What Do They Do Afterschool?

Presenter: John Hegg, MA, NCC, LPC along with guest Dawn Marie Johnson, MSW

Setting: Both

Description: The South Dakota Afterschool Network works to better our state and its communities by connecting providers, parents and policymakers with proven tools and resources to increase the quality of and access to out-of-school time programming for K-12 children and youth along with an emphasis on their mental health.

Title: Using Mindfulness-Based Photo Journaling to Support Resiliency in Native American college students

Presenter: Erin Kaszynski, PhD, LPC (Tx), Connor Doran – Graduate student, Tonya Holter – Graduate student, & Breanna Insani – Graduate student

Setting: Both

Description: Youth transitioning to college face stress-related symptoms and homesickness that often leads to depression-related symptoms (Dvorakova et al., 2017). Native American students often experience a sense of disconnection from their tribal communities and difficulty adjusting to their new environment. The literature shows evidence that mindfulness activities are supportive in reducing anxiety and mood symptoms related to the transition to college (Dvorakova et al., 2017) as well as being effective in improving the mood of Native American individuals (Proulx et al., 2017). In this presentation, the researchers will discuss their research with Native students at Northern State University to determine how mindfulness-based photo-journaling activities supported their resiliency from mental health-related symptoms. In sharing our results, participants may learn how mindfulness photo journaling can support the students and emerging adults they serve in improving their mental health.

Title: Epilepsy and Mental Health

Presenter: Kathryn Sims, LPC

Setting: Both

Description: Over 8,000 people in South Dakota are diagnosed with epilepsy and about 1 in 26 people will develop epilepsy at some point in life. The stigma of epilepsy in the general population can create fear and of rejection or judgment for epileptics. This program is designed to help counselors understand how epilepsy impacts mental health and vice versa. While mental health is as important as breathing, your epilepsy mental health awareness could be what gives your client the hope to continue to breathe.

Title: Asexuality: Myths Explored

Presenter: Dr. Kristine Ramsay-Seaner

Setting: Clinical

Description: Pending

Title: Coaching and Counseling: Navigating the Ethical Waters

Presenter: Susan Meyerle, Ph.D., LIMHP, CEAP

Setting: Both

Description: If you have ever thought about adding coaching services to your repertoire, this session is for you. If you have adding coaching services but are not sure you're doing it well and want to avoid unethical actions, this session is for you.

We will explore the world of coaching, what makes great coaching. We'll address how to become trained as a coach and how coaching fits with many counselors' experiences. We will review ethical codes and how to set up an ethical coaching practice, including avoiding potential pitfalls.

Title: Working with Sexuality Issues in Counseling

Presenter: Adam Hardy, PhD, LPC-MH, LAC, QMHP, NCC

Setting: Both

Description: Many counselors report low levels of self-efficacy to counsel clients with sexuality issues. It is critical these individuals feel welcomed and respected while seeking mental health services. In this program, participants will identify and discuss common issues in counseling clients who present with sexual dysfunction, sexual paraphilia, and criminal sex offenses. The aim of the program is to increase participant self-efficacy to provide effective counseling services to these complex cases.

Title: Lost & Found Student Programming Impacts

Presenter: Melissa Renes, BA, MSW

Setting: School-College Counselors

Description: Lost&Found will inform participants of how student programming and data impact students through campus chapters and Advocates Program. The presentation will outline how student programming is aimed at increasing protective factors and resilience for students while provide a safe place for learning and discussion. It will describe the programming models and its impact on students and campuses while using data to inform practices.

Title: Meeting the Crisis and Mental Health Needs of Your School

Presenter: Andrea Heronimus, BS Mental Health Services Program Manager & Amber Kilburn, BA Assistant Coordinator-SAMHSA Disaster Relief Grant

Setting: Both

Description: This session will explain the publicly funded behavioral health system and the role it plays in the multi-tiered framework to provide access to school-based mental health services, including the Systems of Care program that utilizes a wraparound approach for students and their families. Another important piece of this framework is PREPaRE training to establish and sustain school safety efforts, both physical and psychological. An expert PREPaRE trainer will talk about this model and the role that schools play to meet the needs of both students and the community. Finally, this session will show the importance of collaboration between systems.

Title: Centered: A Comprehensive Approach to Teaching Self Care in High Schools

Presenter: Morgan Robey, M.S and Kelly Jones, M.A.

Setting: School

Description: In working with high school students and staff, we recognize that not all self-care practices translate well to the classroom. When students feel stuck and emotions feel big, it's hard to know how to help themselves regulate. Thus, O'Gorman High School has implemented three mindfulness rooms, a Centered Club, Self-Care Week, and many other classroom and staff supports. Participants will be provided practical lessons and tools for implementing these spaces and strategies in the school setting.

Title: The Circle of Courage and Ethical Decision Making

Presenter: Dr. Celeste Uthe-Burow LPC., LMFT., Ed.D.

Setting: Both

Description: Counselors and their roles in the lives of individuals and families requires a commitment to others that can be challenging and complex. Therefore, it is necessary for counselors to maintain their own wellness in order to prepare them for ethical dilemmas and challenges that they will face when working with clients. This presentation will provide counselors with an understanding of the values of the Circle of Courage and a model for how to incorporate these values with maintaining one's personal wellness and incorporating as part of one's ethical decision making process.

Title: Pet Your Pet: How Animals Help with our Self-Care

Presenter: Christopher Puglisi, PhD, New York State Certified School Counselor

Setting: Both

Description: Mental health includes an individual's emotional, psychological, and social well-being and is essential to our overall health and quality of life. Mental health is important at every stage of life and is impacted by our self-care. This presentation will focus on the impact animals have on our overall mental health, well-being, and self-care. Dr. Puglisi will give a brief history of the importance of the Human-Animal Interaction/Bond and how we interact with animals today. Additionally, how the animal stimulates our health and how this process can be accomplished will be discussed.