



Focus

on **NDCA**

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Staying Positive in Uncertain Times

Recently, someone came to me asking for guidance in a troubling situation. How do you continue with life as usual when the world is such a mess? At first, I thought the person was just posing a rhetorical question, but I soon realized that this person was truly serious. When faced with pending doom from rogue countries with nuclear weapons, vehicle attacks upon crowds on city streets, an opioid crisis and concern over the safety of the flu shot, it's easy to look at the fearful side of life. That's when it's important to remind ourselves that there are always two sides to every story.

I'm sure that all of you could give me a more complete list, but here's what I shared.

- Focus on the positive. Looking at the glass

as half full is not just something that people say...it's a mindset!

- Associate with people who are positive.... that includes social media! If your "friends" on FaceBook are creating drama, delete your account, as my gym manager shared his experience with me this week.
- Speaking of social media, pick up a positive Twitter feed! You have the choice of being abreast of the general newsfeed, a "Negative Nellie" or being encouraged from a positive "tweeter!"
- Get enough sleep!
- Get enough exercise!
- Eat more whole foods and avoid processed foods!
- And don't forget your spirit with

Jean Baird, NDCA President

mindfulness, meditation or prayer!

A life coach once shared with me that to be your best, you should associate with people better than yourself. So, if you're looking for continuing education with other great people, be sure you join us for the 2018 Midwinter Conference in February in Bismarck to "Smile & Move!" President-Elect Kelly Pierce has been "moving" many hours so you can "smile" at our conference! It will be a wonderful way to pick up some continuing education, fill up that "tool box" (and the "energy tank" with some fun) and associate with positive people! Looking forward to seeing you in Bismarck!

The Great Kindness Challenge

A global initiative, The Great Kindness Challenge is a proactive and positive bullying prevention program that improves school climate and increases student engagement. The challenge is one week devoted to performing as many acts of kindness as possible on campus and in the community. Using the provided checklist of 50 kind acts, students and families accept the challenge and show the world that kindness matters.

Created in 2012, The Great Kindness Challenge officially launched in Carlsbad, CA with 3 schools and 1,614 students. The annual program has since increased enrollment each year, tripling its impact to 10,493,866 students in 15,057 schools, reaching across all 50 states and 91 countries this past January.

Building upon that momentum, the upcoming Great Kindness Challenge, scheduled for January 22-26, 2018, is preparing to double its outreach, mobilizing over 20 million students in 25,000 schools in over 100 countries. With this magnitude and reach, Kids for Peace has welcomed

a new component to The Great Kindness Challenge: the Family Edition, which is taking this powerful kindness initiative beyond the classroom walls and extending to families and entire communities. With the Family Edition checklist in hand, families and community members are encouraged to cultivate a world of kindness, compassion and love.

Why participate? Studies show that kindness matters and it's scientifically proven! Not only does kindness improve our climate and communities but this simple concept and virtue can enhance our minds and bodies, too. According to Random Acts of Kindness and a study conducted by Dartmouth College, kindness improves peer relations, lowers anxiety and enhances concentration. Still not convinced? Check out a recent blog post, composed by Sarah Ebersole from McGraw-Hill Education about the benefits of kindness and The Great Kindness Challenge on campus and in our communities: [https://medium.com/inspired-ideas-prek-12/4-reasons-to-take-the-great-kindness-challenge-](https://medium.com/inspired-ideas-prek-12/4-reasons-to-take-the-great-kindness-challenge-b9476e6bb12c)

[b9476e6bb12c](https://medium.com/inspired-ideas-prek-12/4-reasons-to-take-the-great-kindness-challenge-b9476e6bb12c).

Beyond the one-week challenge, students and families can participate in a unifying campaign, supporting a community in need: Kind Coins for Hurricane Relief. This year in response to the historic hurricane season on US Territory, Kids for Peace, home to The Great Kindness Challenge is raising funds to build as many playgrounds at hurricane affected schools in Florida, Louisiana, Texas and Puerto Rico. Check out Jet Stream Jax, an eight-year-old meteorologist sharing about the devastation in his hometown, Houston and why play heals: <https://www.youtube.com/watch?v=Pwcw3y5pKKw>.

The Great Kindness Challenge has the power to increase empathy, tolerance and compassion for all families and students from kindergarten through high school. Schools and families may get involved by registering at no cost by visiting The Great Kindness Challenge website: <http://greatkindnesschallenge.org>. Here's to creating a culture of kindness!

Chrissy Califf, Program Director

Pre-Conference/Conference Registrations

Forms are now available online!

www.ndcounseling.org

Pay online or print off form and mail in
FORMS ARE NOT BEING MAILED OUT

Please share with your colleagues at work.
We always encourage new participation!

NDCA Graduate Scholarship

The NDCA Graduate Scholarship Application was sent to counseling program advisors at NDSU, UND, MSU-M, University of Mary and NSU-Aberdeen to make available to students. The deadline for application submission was November 8, 2017. Each student who submits an application will be notified by phone or mail by the end of December in regard to the Scholarship Committee's decision on the awarding of the scholarship. On behalf of NDCA, best wishes to all of our graduate students in their educational pursuits.

Melissa Mickelson

NDMHCA Quarterly Report

I am excited to tell everyone we have been working hard on putting together a Preconference training on Supervision during the Midwinter Conference. We will be accepting registration for this opportunity, for a low cost and provide creditable training, for anyone interested in being a supervisor, needing supervision or those just wanting to know more about supervision in our counseling profession. All professions and degrees will be welcome!

We have approximately 6 – 10 new members to our division this quarter and we look forward to seeing the new energy and information we can gain from these mental health counselors. One of these new members is Angela Wolff, our new Treasurer position, as she has been a wonderful asset to our board and to our team. Thank you, Angela, for jumping in and making a difference.

In August of this year, new officers' and

previous board members met face to face in Bismarck on "The day of the Eclipse" and made huge progress in pushing our state division in a stronger and more focused direction than ever before. We are also having phone conference sessions monthly to keep everyone on the same page and to keep the momentum going. We have an amazing board with top notch experience. *If you have interest in being part of the state leadership, please contact one of the board members for more information... we would love to have you join us!*

NDMHCA also had a new experience of selling NFL tickets as a raffle, which gave us a unique way of telling others about our organization and build our training funds. The winner of the 2 Denver Bronco vs New York Jets Tickets will be drawn live on our Facebook page on November 20th.

I was privileged to be invited and attend

the first "Midwest Regional Meeting" for our Midwest state Presidents and President Elects in Des Moines, Iowa, this past weekend. This meeting was formulated to assist the American Mental Health Association, as well as each state division, move forward in getting our profession recognized and standardized nationally, whereas we can build trust, equalized hiring and reimbursement for all mental health professionals. It was also great learning how other state divisions operate, share our ideas and make goals for the future of our local, state and national association. Thank you, Iowa, once again for being a great mentor and asset to our state!!

Many more exciting things for our division in the future, so follow us on the web at ndmhca.org or our Facebook page, to keep up on our latest happenings.

Happy Fall and upcoming Holidays!!

Jada Hofland, MS-LPCC, NDMHCA President

NDCA Membership

Membership forms, whether to new or renewals, will not be mailed out (except to a few members who do not have email). Through our listserves, these forms will be emailed out to everyone. All necessary forms are also available on the ND Counseling webpage www.ndcounseling.org. Memberships can be paid online, or the form printed off and mailed in with a check.

Graduate Students – if you plan to attend the NDCA Conference in February at the Graduate Student Membership Rate, then you must have paid your graduate student membership dues. The dues and conference registration can be processed at the same time.

Our membership year runs from January 1 to December 31st. Talk to your colleagues about also joining NDCA and a division if they are not currently members.

NDSCA Midwinter Pre-conference 2018

Title: Technology Time: Productivity Tips, Tricks, and Shortcuts and Helping Kids with Cyberbullying

Presenter: Dr. Russell A. Sabella, Ph.D. Dr. Russell A. Sabella is currently a Professor in the Department of Counseling in the College of Health Professions & Social Work, Florida Gulf Coast University and President of Sabella & Associates. His concentration of research, training, consultation and publication includes:

- Individual and group counseling
- Counseling technology & tech-literacy
- Comprehensive school counseling programs
- Peer helper programs and training
- Solution focused brief counseling and parent/teacher consultation
- Cyberbullying
- Developing, maintaining, and repairing your digital reputation

Russ is author of numerous articles published in journals, magazines, and newsletters. He is co-author of two books entitled *Confronting Sexual Harassment: Learning Activities for Teens* (Educational Media; 1995) and *Counseling in the 21st Century: Using Technology to Improve Practice* (American Counseling Association; 2004). He is also author of the popular *SchoolCounselor.com: A Friendly and Practical Guide to the World*

Wide Web (2nd edition; Educational Media; 2003), *GuardingKids.com A Practical Guide to Keeping Kids Out of High-Tech Trouble* (2008, Educational Media Corporation) and well-known for his *Technology Boot Camp* for Counselor workshops conducted throughout the country. Dr. Sabella is past President of the of the American School Counselor Association (2003-2004) and the Florida School Counselor Association (2013-2014).

Synopsis:

Cyberbullying

Cyberbullying involves the use of information and communication technologies to support deliberate, repeated, and hostile behavior by an individual or group, with the intention of harming others. The technology used includes e-mail, message boards, blogs, instant messaging, cell phone, text messaging, defamatory personal Web sites and/or online personal polling Web sites. This workshop takes a comprehensive approach and will help you understand the nature of cyberbullying while providing helpful tips for risk reduction and intervention among bullies, victims, and bystanders. All participants will receive a DVD including over 4 gigabytes of materials to use with kids and parents.

Digital Reputation Information technology in general, and social networking in

particular, affords us tremendous power for communicating and collaborating seemingly at the speed of thought. In a matter of moments, the boundaries between our personal and professional lives can become blurred and the consequences grave. This workshop will help the participant help kids to be more intentional about the development and management of his or her online reputation. Technology Tips, Tricks, and Shortcuts Learn about the most powerful features of various applications including word processing, spreadsheet, web browsing, and social networking. Dr. Sabella will share his most coveted tips, tricks, and shortcuts to help you become more effective, efficient, and have more fun in your work! Lots of handouts and time for questions and answers.

Location: BSC Career Academy

Date: Saturday, February 10th

Time: 8:00 a.m. – 3:30 p.m.

Cost: NDSCA Member (before 1/15/17) \$50.00 NDSCA Member (after 1/15/17) \$60.00 Non Member (before 1/15/17) \$70.00 Non Member (after 1/15/17) \$80.00

2018 NDCA Conference Keynoters

Katie Dilse, Scranton, ND

"The Fire Within" - - Do you remember what it takes to make you glow? Do you feel a spark deep inside of you that wants to grow? Are you ready to fan the flame and see how bright it can become? Katie will shine her light to remind you that part of being alive is listening to the fire within, and sharing that light everywhere you go! YOU hold the matches to your life and when we give ourselves permission to shine, we will light up the dark.

Michael Geierman, Bismarck, ND

A practicing attorney – he will speak on protecting counselors from abusive clients. He is a 1984 graduate of the University of ND School of Law.

2018 NDCA Conference Schedule

Sunday, February 11, 2018

9:00 – 11:00 a.m.	NDSCA Board Meeting
10:00 – 4:00 p.m.	Registration
11:00 a.m.	First Timers/New Member Orientation NDSCA Advisory Board Luncheon
12:00 – 5:00 p.m.	Exhibits Open
12:00 – 5:00 p.m.	Silent Auction (Executive Conference Room)
12:00	Opening General Session
2:00 – 2:30 p.m.	Break
2:30 – 4:20 p.m.	Concurrent Sessions
4:30 p.m.	NDSCA Division Meeting
5:30 p.m.	NDACES Division Meeting

Monday, February 12, 2018

6:00 a.m.	Boot Camp with Air National Guard
8:00 a.m.	Breakfast served (sponsored by ND Army National Guard)
9:30 – 11:30 a.m.	Concurrent Sessions
11:30 a.m.	Awards Luncheon
1:00 p.m.	Keynote – Mike Geiermann
2:30 – 4:30 p.m.	Concurrent Sessions
4:30 p.m.	NDCDA, NDMHCA Division Meetings
6:00 p.m.	BUNCO Social, Sponsored by NDSCA

Tuesday, February 13, 2018

6:00 a.m.	Moving with Anytime?
7:30 – 8:45 a.m.	NDCA General Meeting/Continental Breakfast
9:00 – 11:00 a.m.	Concurrent Sessions
11:00 a.m.	Closing Keynote – Katie Dilse

2018 NDCA Conference Concurrent Sessions (to date)

Laughter Alone

Best Counseling Techniques, Working with International Students

Q & A with NDBCE

Building a K-12 CD Program

Stress vs Anxiety

LIVEmpowered, meant to Be Curriculum

Ethics and Technology in the Helping Profession

Positive CBT: The Infusion of Positive Psychology. . .

Beat the Odds: Social & Emotional Skill Building. . .

Behavioral Health & Indigenous People

New Use for an Old Drug: Ketamine Use in Mental Health Care

Animal Assisted Therapies

Incorporating Fun in Supervision

Addiction Stigma & Recovery Prevention

Laugh: It looks Good on you

Creativity Rocks: Using Play Based Activities. .

Enhance & Simplify your School Counseling Program

Wellness: Are you Walking your Talk

Counseling with Human Trafficking Survivors

Technology's Influence on Mental Wellness

A Little Less Talk . . .

How to Move Through Crisis Response in Schools

Round Table with College Admissions

School Counselors and the SRO Partnerships

Planned Happenstance: How to Make the Most out of Unplanned Life

RAMP-Up Your School Counseling Program

Understanding ACEs: Adverse Childhood Experiences

The Power of Play

Brain Booster for Stress Management

Move Your School Counseling Program Forward with the ASCA National Model . . .

Shall We Talk about it

A Road Map to Nursing Education in ND

What's So Great about Sandplay Therapy?

An Overview of the Revised 2016 ASCA Ethical Stands for School Counselors

The #1 Premarital and Marriage Assessment for over 35 Years

A Solution Focused Approach to Identifying & Working with Students who Experience Suicide Ideation

The Power of Play

Job Shadow/Mock Job Interviews

Intro. To Motivational Interviewing

The ACT Holistic Framework

Smile Again – Recovery After Gambling

Healing Power of Pets

Everyone Needs a Bag of Tricks

Moving into Leadership Roles

Celebrate Recovery

Sources of Strength: Creating a School Climate of Hope, Health & Strength

ELMO and Big Bird: Always There with You

Fifty Steps Closer: Improving Classroom Mental Health

Impact of a C- on Eligibility for North Dakota Academic and CTE Scholarships

North Dakota Century Code 15.1-21-2.4 (CTE Scholarship) and 15.1-21-2.5 (Academic Scholarship) state that students must earn a grade of at least a C in any course used to determine eligibility for the Academic and Career and Technical Education (CTE) Scholarships. In eTranscript, a C is defined as 2.0 on a 4-point scale. When determining

scholarship eligibility, students that have earned at least two GPA points in that class are considered to have met the "C or better" requirement. It is a local school district decision to decide whether all C's (C-, C, and C+) are worth exactly 2 points, or if they want to differentiate (C-=1.7, C=2.0, C+=2.3).

In short, if your school is set up in eTranscripts to have a C- count as anything under 2.0, students with a C- would not qualify for the scholarship. If your school is set up to have a C- count as 2.0, they would qualify. Please contact Jim Uppgren with the North Dakota Department of Public Instruction at 701-328-2244 with questions regarding this.

ACT WorkKeys Assessment Changes

There are a couple of recent changes made to the ACT WorkKeys assessment. The first change is in regard to name changes for the tests. The current list of tests that students will take are listed below:

- [*WorkKeys Applied Math*](#)
- [*WorkKeys Graphic Literacy*](#)
- [*WorkKeys Workplace Documents*](#)

The second change is regarding the tests themselves. The old tests were scheduled to be retired on October 1, 2017. However, to

use the enhanced version of WorkKeys, each school district will need to update their contracts. To do this, please call ACT at (800) 553-6244 ext. 2800. The state code is 35. For additional information, please visit the NDDPI website.

If you have questions regarding the website or the testing, feel free to contact Bonnie Weisz at 701-328-1838. If you have questions about WorkKeys related to the Academic or Career and Technical Education Scholarship, please contact Jim Uppgren with the North Dakota Department of Public Instruction at 701-328-2244.

Hotel Reservations for NDCA Conference

Radisson Hotel, Bismarck, ND
701-255-6000

Block of rooms under ND Counseling Association – these rooms will only be held at this rate until January 10, 2018

Single Room - \$83.70

Double Room - \$95.10

CALL AND RESERVE YOUR ROOM NOW!!

Silent Auction

Be a part of the silent auction at the NDCA Conference! Help us raise money for our NDCA Graduate Student Scholarships. Please bring an item to donate:

[*Art Work, Themed Gift Basket, School Specific Clothing Item, Wine, Hand Crafted Item*](#)

Donated item should be new, homeade or bought. Bring item to registration desk at the conference. Visit the Executive Conference Room, 2nd floor of hotel to Bid and BID and BID!

The Nomination Deadline is Rapidly Approaching!

Is there someone you admire for their capabilities, techniques, ideas, practices, or approaches? Please show them by nominating them for an NDCA award! We love presenting awards to those who excel in their field.

Hurry! The deadline to submit nominations is November 30th!

The criteria and guidelines for each award and the submission forms listed below are located on our web page – www.ndcounseling.org under Awards.

Glenn Dolan Award - An individual who has demonstrated able leadership, excellent rapport and service to the community, outstanding contributions to their organization.

Innovations Award – An individual who has made innovative contributions in research or published articles in the field of counseling.

Friend of Counseling Award - An individual who has demonstrated support for counseling in the state of North Dakota through his/her profession.

Outstanding New Professional Award - An individual who has developed an outstanding program and demonstrates exceptional interpersonal skills.

Member Emeritus Award – for NDCA members who have retired.

Please submit award nominations by November 30, 2017 to: Rebecca Ringham, Minot State University, Registrar's Office, 500 University Ave. W., Minot, ND 58707 or Fax: 701-858-3386 or email, Rebecca.ringham@minotstateu.edu.

If you are interested in helping select winners from the nominees submitted, please let us know! We are building the Awards Committee and would be delighted to include you as a member. If interested, email Rebecca Ringham – Awards Chair.

Rebecca Ringham