

Spring 2015

illinois SCHOOL COUNSELOR

THE OFFICIAL PUBLICATION OF THE ILLINOIS SCHOOL COUNSELOR ASSOCIATION



ILLINOIS
SCHOOL
COUNSELOR
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The mission

of the Illinois School Counselor Association (ISCA) is to provide leadership, advocacy, and collaboration for Illinois school counselors, which results in systemic change to enhance the success of all students in their academic, career, and social/emotional development.

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by email
myisca@gmail.com

by mail
Illinois School
Counselor Association
P.O. Box 144
DeKalb, IL 60115

on the web
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ASCA School Counselor of the Year

SEMI-FINALIST FROM ISCA



Dustin Seemann had the opportunity to represent ISCA at the White House and ASCA gala on January 30th. This year, Dustin was a semi-finalist for School Counselor of the Year through ASCA.



Dustin serves currently as the Vice President of Secondary Schools for ISCA and works with counselors in 8 high school programs (Buffalo Grove, Elk Grove, The Academy at Forest View, John Hersey, Newcomer School, Prospect, Rolling Meadows, Vanguard School, and Wheeling) as the District Coordinator of Student Services in District 214. He was a high school counselor for six years and a teacher prior. During his trip to DC, he had the opportunity to meet and network with many counselors from across the US while also meeting the First Lady. This was the first year that the ASCA School Counselor of the Year was hosted at the White House.

President's Pen

By: Nancy Penk

Now that Governor Rauner has taken office, we all have high hopes for adequate funding for education. The Governor's transition team provided the Governor with a report, *Building a Better Illinois*, detailing the importance of the role of school counselors in the lives of students. The report specifically notes the importance of assisting students with developing post high school career plans that are not only appropriate, but realistic. We know the support and direction professional school counselors can extend in this role provides students with the tools and knowledge they will need to become productive citizens in an ever changing world.

In addition, the report also mentions "the state should expand counseling services, particularly in "at-risk areas". Simply put, there is a growing population of students struggling with socio-economic issues and other personal barriers directly affecting their academic performance and eventual access to higher education and post high school opportunities. ISCA knows professional school counselors across the state of Illinois are actively involved in supporting all students, creating post-secondary plans and advocating for equal access for all students to pursue career and college dreams.

ISCA is encouraged by the focus of the transition report. We are prepared to work with the Governor's office and other state agencies/departments to provide support and help design school counseling models that will help to ensure the success of Illinois students.

ISCA is encouraged by the focus of the transition report. We are prepared to work with the Governor's office and other state agencies/departments to provide support and help design school counseling models that will help to ensure the success of Illinois students. ISCA looks for the support of all of its members to assist with this effort. We are ready and willing to engage in a process that will assist the Governor and the Education Committee in order to benefit the students of Illinois.

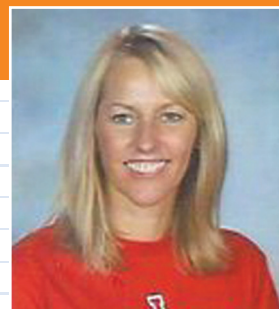
A letter of support has been sent to the Governor along with the Education Committee. Our leadership team continues to support all of your efforts and will continue to advocate for our profession. You use your knowledge, skills and experience every day to benefit your students as well as the students of our great state of Illinois. We thank you for all you do to improve the education, lives and futures of our youth.



THE USE OF VIDEO GAMES

in Therapy

By: Sherri McLaughlin



Technology has become such a vital part of our society in all aspects.

The use of the internet and computer software has changed the way that we approach our work as well as our play. While attending the Illinois Counseling Association convention during the month of November, I attended a session entitled “Virtual Community: The Use of Video Games in Therapy” by Leslie Contos and Nicole Zook from Northeastern Illinois University.

According to the research done by Contos and Zook, as of 2011, it has been reported that 91% of two to seventeen year olds in the United States are engaging in video games. In addition, the average age of the adult player is thirty-one years of age. In 2013, consumers spent 21 billion dollars on gaming. All of this leads to the mainstreaming of gaming in our society.

In past years, I have attended sessions about the negative effects of children and adolescence being “plugged-in” and the need to get students “unplugged” and engaged in physical exercise. Going into this session with the attitude that we need to engage our students in healthy activities, I was pleased to discover that Contos and Zook had researched and presented the positive use of video games and how it can enhance therapy with gaming clients.

The research indicates that youth and adolescences explore their identities, gain peer acceptance, experience risk taking and coping skills, find autonomy, and use creativity while gaming. Adult gamers fulfill Maslow’s Hierarchy of Needs through: physiological, safety, social, esteem, and actualization. Using Glasser’s five needs are met through: survival, love and belonging, power of recognition, freedom, and fun.

The military has been incorporating the use of video gaming for training and mental health. They use video games as stress inoculation, virtual reality exposure therapy in treating PTSD, pre and post screening for vulnerability or resilience, and non-military collaboration in treatment.

Contos and Zook shared a number of video games and their therapeutic use. Some video games have been adapted from commercial games. These include: World of Warcraft dealing with identity; Sims working with family; and Minecraft developing social skills. The world of counseling is working with the commercial gaming

developers to improve and enhance video games for therapeutic purposes. These games include: Earthquake in Zipland dealing with divorce; gNat Island and Treasure Hunt in conjunction with cognitive behavioral therapy; and Sparz working with depression. Some of these games are also available through smartphone apps. Biofeedback software can be purchased to use with the video games in coordination with reducing stress and anxiety. Clients are connected to the game system by placing sensors on his or her fingertips. The game demonstrated was Wild Divine. It is a relaxing rhythms game. Balloons float across the screen and clients must control levels of anxiety or stress or the balloons will rise on the screen. Neurosky Mind Wave is similar to Wild Divine using inner tubes to cross over treacherous landscape. Success with students diagnosed with ADHD have been reported using these biofeedback games. Clients are challenged to control bodily impulses and coping skills. After engaging in video gaming, clients and counselors debrief about their experience, thoughts, and skills acquired. Counselors can play along to build relationships, engage in play therapy, conduct an informal assessment, develop new skills and develop identity with clients. The purpose of video gaming is complementary in therapy as opposed to supplementary.

It is important for counselors planning to use video gaming in therapy to learn the language used by video gamers. Counselors should research video game slang and learn the lingo before engaging in video gaming in therapy.

Technology can be a useful tool in therapy. However, technology can also become an addiction. The DSM-5 proposed certain criteria for an Internet Gaming Disorder. Contos and Zook provided a handout developed by Kimberly Young entitled the Internet Addiction Test (IAT). Twenty self-rated questions allows clients and counselors to get a strong idea of where he or she stands in terms of internet usage and addiction.

A growing percentage of the population play video games. This multi-billion dollar industry is partnering with the health industry to create video games that will assist counselors to engage with and motivate clients. Now is the time for counselors to gain knowledge and experience of video gaming to utilize in therapeutic settings with video gaming clients to enhance treatment.

There are more than 20,000
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THE ILLINOIS MODEL IS

Making its Way Around the State

By: Franciene Sabens

On January 15, Springfield areas' school counselors gathered on the Lincoln Land Community College Campus to learn about the newest edition of the Illinois Model.



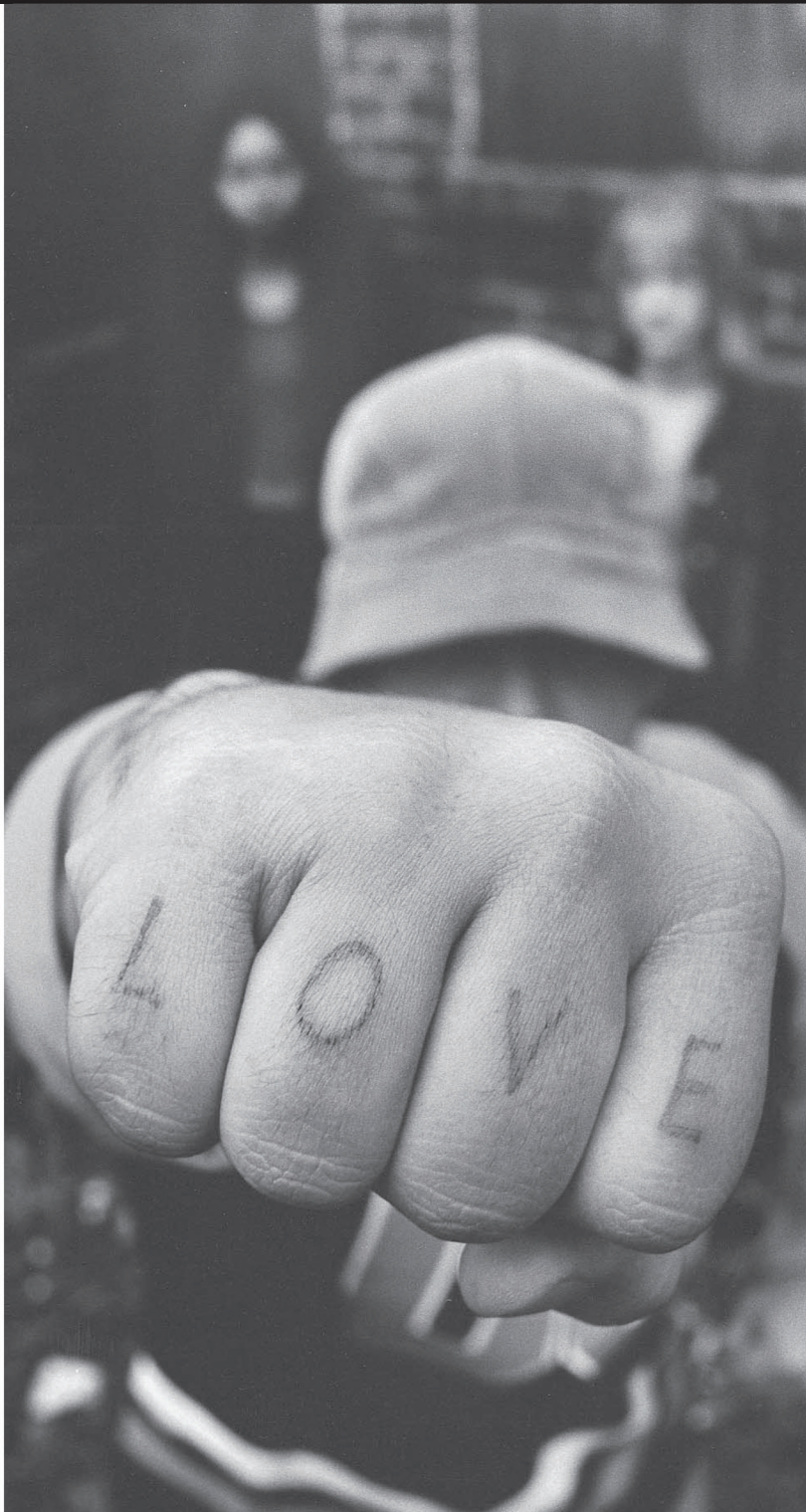
Eighteen counselors and one principal attended an all day workshop presented by IL Model team member, Franciene Sabens, to learn more about the Illinois Model, advocacy efforts and data driven school counseling practices. The workshop was hosted by the Regional Office of Career and Technical Education. Please contact ISCA if you are interested in bringing an Illinois Model workshop to your area (myisca@gmail.com).

ISCA CONGRATULATES OUR LEGISLATORS

on Inauguration Day



THIS YEAR, HIS CHARM WILL LURE TEN KIDS INTO PROSTITUTION. AND HIS FISTS WILL KEEP THEM THERE.



A pimp's seduction of a child starts with promises of love, excitement and money, and ends with the reality of prostitution. Unfortunately, the average pimp uses these tactics to systematically target and coerce numerous children into lives of misery every year – some of whom are as young as ten years old. These children are forced to have sex with a constant stream of abusers. If they attempt to resist, they are beaten so viciously by their pimps that they live in fear of their lives. The pain, humiliation and degradation that these children endure is unconscionable. That's why we really need your help.

So to report child prostitution, contact the Violent Crimes Against Children Task Force at 312-421-6700. Together we can help children stop looking for love in all the wrong places.



WE'RE HERE BECAUSE THEY'RE OUT THERE.

Executive Director Notes

By: Daniel Stasi

This year's annual conferences are expected to be the best ever. The lineup of presenters and topics offers a wide variety and makes a great program. Our keynote will provide great inspiration to counselors. Registration numbers are at an all-time high.

Our board is working on providing offering the Evidence Based School Counseling Programs again both in the Chicago area and downstate. Stay tuned for the dates and locations. This program had a great response last December and was sold out. The 150 attendees gave a very positive response.

I am encouraged that Gov. Rauner's advisors are suggesting more school counseling services. See the CICO report. But I am very concerned about the proposed budget from the Governor. The proposed changes and cuts will continue to cause hardships for those most in need in Illinois. We encourage legislators to reach a compromise in the budget that continues to support school counseling and supports community mental health services.

CICO Report **We are encouraged by a recent report prepared for Gov. Rauner.**

Building a Better Illinois Report of the Transitions CO-Chairs to the Governor Elect Rauner.

January 2015

Every part of the education system is inherently connected: effective early-childhood programs support excellence in the K–12 system and lead to success in higher education and career readiness. The transition points between stages of the system are crucial, and the educational bureaucracy must enable teachers and administrators to help students navigate these transitions, rather than trip over them.

One of the most difficult transitions is that from school to career. With shifting workforce demands—Illinois is projected to have approximately 1.2 million STEM-related jobs by 2018—students must gain the relevant skills and content knowledge that will allow them to earn sustained employment. To ensure that students leave school ready for a career, Illinois should expand educational programming centered on employment. Data-driven programs such as Illinois Pathways and Diploma Plus should be replicated and used as models for future innovation. The state must also explore the expansion of employment programming for diverse learners and individuals with disabilities in an effort to ensure a positive future for all residents of Illinois.

To build a deep pool of qualified workers, Illinois must improve graduation rates at both two- and four-year institutions. Effective college and career counseling make a substantial difference in the trajectory of students' academic and professional careers. Counselors represent the first line of support, helping students to identify the most appropriate career paths. To give all secondary and postsecondary students the greatest chances at success, the state should expand counseling services, particularly in at-risk areas. As a way to increase business involvement, the administration should adopt counseling models that require career professionals to supplement traditional counseling methods.

Our board has written to the Governor encouraging him to expand school counseling services.



Dan Stasi (center) CICO/ISCA Executive Director, Lobbyist with Illinois Senators Durbin & Kirk

ILLINOIS SUPPORTS THE FIRST LADY'S

Reach Higher Initiative with SPAN IL

By: Franciene Sabens, M.S. Ed., LPC, NCC

Since January 2014, school counselors have been a topic of conversation in the White House.

If you had a chance to go to ASCA's 2014 conference in Orlando, FL you have an idea of how the First Lady of the United States has not only taken notice of the critical role school counselors play in getting student to pursue post-secondary education, but really brought the profession to the forefront to be lauded as one of the, "hardest, most stressful, most important and most unappreciated jobs of anyone in the country."

Since speaking at the ASCA conference over the summer, the First Lady, now also known as our "School Counselor in Chief," has continued to support our profession and identify ways we can support her Reach Higher initiative.

"The Reach Higher initiative is the First Lady's effort to inspire every student in America to take charge of their future by completing

their education past high school, whether at a professional training program, a community college, or a four-year college or university."

According to WhiteHouse.gov, The Reach Higher Initiative is all about Expanding opportunity make sure all students understand what they need to complete their education, including:

Over the course of the two day event in San Diego, the Illinois team recognized that many school counselors receive little training on college and career access as a part of their degree program and have few opportunities for professional development once they are in the field; SPAN IL aims to change this reality.

- Exposing students to college and career opportunities
- Understanding financial aid eligibility that can make college affordability a reality
- Encouraging academic planning and summer learning opportunities
- Supporting high school counselors who can help more kids get into college

Last year, the First Lady's office hosted two Reach Higher Events, one in conjunction with Harvard and one at San Diego State University; ISCA was represented at both events.

During the November White House Convening in San Diego, the Illinois team, lead by 2012-2013 ISCA president, Dr. Erin Mason, made a formal commitment to the White House in support of the Reach Higher Initiative and subsequently created SPAN IL, which stands for Student Post-Secondary Advocacy Network.

Over the course of the two day event in San Diego, the Illinois team recognized that many school counselors receive little training on college and career access as a part of their degree program and have few opportunities for professional development once they are in the field; SPAN IL aims to change this reality.

SPAN IL will focus on improving school counselor prep programs, policies and legislation regarding post-secondary success for all students throughout the state, and strengthening partnerships with organizations that have a genuine and sustained interest in some aspect of the postsecondary success of students (<http://spanillinois.weebly.com/>).

ISCA is proud to have so many representatives working closely with the First Lady's office to support the Reach Higher Initiative and look forward to the important and impactful work that will result from this new endeavor.

Learn more about the Reach Higher Initiative at <http://m.whitehouse.gov/reach-higher> and stay tuned for more information on professional development opportunities, opportunities to support policy changes throughout the state and collaborative efforts from SPAN IL.



Dr. Erin Mason at the San Diego White House Convening



Franciene Sabens, ISCA Region VI Representative and Executive Director of First Lady Michelle Obama's Reach Higher Initiative at the San Diego White House Convening



SPAN IL founders pose with their commitment at the San Diego White House Convening. Pictured left to right. Front row: Franciene Sabens (ISCA Region VI Representative/Chester High School counselor) and Dr. Erin Mason (ISCA 2012-2013 President/DePaul University). Second row: Jackie Moreno (ISAC), Eric Williams (Chicago Public Schools), Dr. Alexandra Novakovoc (DePaul University), Barbara Karpouzian (ISCA President Elect-Elect/Chicago Public Schools), Dr. Melissa Ockerman (ISCA Counselor Educator Vice President/DePaul University), and Eddie Brambila (ISAC).

COUNSELOR ACADEMY RETURNS TO THE SOUTHWEST REGION THROUGH

Collaboration Between ROE's and Area School Counselors

By: Sherry Thomas

SouthWestern Illinois School Counselor Association (SWISCA) in conjunction with the St. Clair County and Madison County ROE's hosted a Counselor Academy on December 12, 2014 in Belleville, IL. Dr. Erin Mason, past ISCA President and Associate Professor in the Counseling program at DePaul University, brought her Tech Tools for Counselors, to about 40 Counselors in the southern region. Her website, SCOPE, School Counselors' Online Professional Exchange, was presented as a site for highlighting practical tech tools for school counselors along with concrete examples of how they are being used in the field.

Counselors spent their morning being exposed to a variety of options for documentation, communication and efficacy.

Nancy Frey, Mascoutah High School Counselor, and SWISCA President, welcomed everyone early and after the SWISCA membership meeting, turned the Academy over to Dr. Mason. Erin spent additional time allowing counselors to create products and share methods currently used in schools. Simple ideas of using eCards to thank the regional Asst. Superintendents for their efforts or creating cool newsletters on www.smores.com were shared.

Mary S. Jackson, Highland High School Counselor and prospective National Board candidate shared, "I love, love, love the SMORE tool. It is so easy to use. I can spend just a few minutes to create something that looks very professional and polished. We have used this tool to inform parents about upcoming college fairs, state testing and registration. I also made 2 SMORES for our 8th grade parents to help with transition into high school. I love that they are stylish and have preloaded choices for font, color and background design. With



one click, I can change the look of my SMORE without losing content information I've entered. The SMORE link can easily be sent out using email, Facebook or Twitter. The fact that I've created 4 of these since December speaks for the ease and functionality of this tool!"

Interested counselors can check out the following examples from the Counselor Academy.

<https://www.smore.com/gwxz5>
<https://www.smore.com/0su10>
<https://www.smore.com/0y6fs>
<https://www.smore.com/ebcq8>

Very special thanks to Dr. Mason for sharing her expertise and providing great professional development. <http://www.scope4scs.org/>



THOSE WHO EXCEL ILLINOIS TEACHER OF THE YEAR

About The Program

The Illinois State Board of Education annually sponsors Those Who Excel to honor individuals who have made significant contributions to our state's public and nonpublic elementary and secondary schools. Excellence, Meritorious Service and Special Recognition awards are presented in seven categories: classroom teacher, school administrator/principal, student support personnel (licensed), educational service personnel (unlicensed), school board member/community volunteer; team, and early career educator. Nomination materials are evaluated by a selection committee comprised of individuals who represent a variety of educational organizations. Awards of Excellence winners in the classroom teacher category are finalists for the Illinois Teacher of the Year. Local school district leaders and members of school communities nominate candidates.

What's New?

The Those Who Excel 2015-16 application form www.isbe.net/those-who-excel/pdfs/those-who-excel-app.pdf with instructions on how to nominate candidates is now available online. Nominations must be postmarked by Monday, June 8, 2015. Please contact ISBE's Public Information Division at (217) 782-4648 if you have questions.



Conference Keynote

By: **Vince Walsh-Rock, LCPC**

Finding Opportunities for School Counselors to be Change Agents.

Vince Walsh-Rock, LCPC, Assistant Principal for Counseling and Student Support Services at Downers Grove South High School

Vince has challenged students to take positive risks for over 10 years and is excited to share with his counseling colleagues. His multi-media presentation brings together a message of reflection, connection, and action. During the presentation, Vince will explore counselor roles in mandates that often can overwhelm and exhaust counselor's energy to support their students. Are you feeling as if one more initiative or mandate was just placed on your counseling plate? Come here Vince's message to assist and empower counselors to take charge of their counseling identity and to rediscover their counseling voice.



The ISCA App

ISCA is offering an app you can use before and during the conferences to check on workshop descriptions and the conference schedule.

The Springfield conference app is ready! Please download it today

Springfield Conference app link: <http://my.yapp.us/MBCGB7>

Scan the QR Code
with your smartphone



REP. MIKE BOST RECEIVED THE 2014 MCGINN/CLARK ICA Outstanding Illinois Legislator Award

This award was established in 1996 to recognize the Illinois Legislator who contributes the most to advocacy, public policy, and legislative recognition for professional counselors and clients in Illinois.

The award is named for two women who have been consistently active in local, state, and national levels for professional counselors in public policy and legislation. Pat McGinn has been the Executive Director of IMHCA and CICO, and Joyce Clark has been an IAMC President and a Chair of the ICA Public Policy and Legislation Committee. The nomination is open to any current or former legislator in Illinois, regardless of political party affiliation.

Criteria:

1. Advocacy for professional counselors and clients.
2. Legislation sponsored to benefit professional counselors and clients.
3. Public policy leadership for professional counselors and clients.
4. Knowledge of and support for professional counselors and clients.

Biography: Rep. Bost (now retired) was a full-time state legislator and business owner; born Dec. 30, 1960, in Murphysboro; graduated, Murphysboro High School; attended University of Illinois Certified Firefighter II Academy; served in U.S. Marine Corps (1979-82); married (wife, Tracy), has three children.

Mike Bost (born December 30, 1960) is a Republican member of the Illinois House of Representatives, representing the 115th district where he has served since 1995.



Bost was a firefighter before entering politics and becoming a full-time state legislator and business owner. He graduated from Murphysboro High School, attended the University of Illinois Certified Firefighter II Academy, and served in the United States Marine Corps (1979–82). He and his wife Tracy have three children and nine grandchildren.

Representative Bost was the sole sponsor of legislation to allow experience as a school counselor to count towards the required experience

for the administrative certificate (principal endorsement.) This certificate is required to be the Director of a school Guidance/Counseling Department.



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ISCA Annual Conferences

April 10, 2015

Springfield Northfield Inn

April 24, 2015

North Shore Holiday Inn



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