



SCA *Insight*

The Newsletter of the Illinois School Counselor Association
a state chapter of the American School Counselor Association

June 2009 Issue

e-mail: ilschoolcounselor@yahoo.com • www.ilschoolcounselor.org

Legislation	1 & 4
President	2
President-Elect	3
Counseling Techniques	5
Internship Corner	6
Public Policy News	7
Past-President	8 & 9
ISCA Conference & Award Recipients	10 & 11
Calendar of Events	12

ISCA Insight is published by the Illinois School Counselor Association. All rights reserved. Copyright 2009 ISCA.

Statements of fact or opinion are the responsibility of the authors and do not necessarily imply an opinion of ISCA or its officers or supporters.

The ISCA Insight is published quarterly.

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.



a division of

School Counselor Confidentiality Legislation Passes Senate Bill 1508 Passes Illinois General Assembly Unanimously

Both the Illinois House and Senate have passed this important legislation. It will now be sent to the Governor for his signature. This process usually takes about 60 days. Once the legislation is signed by the Governor it will become law.

We owe a great deal of thanks to our legislative sponsors:

Senate Sponsors

Sen. David Koehler, Christine Radogno, Susan Garrett, and Toi W. Hutchinson

House Sponsors

Rep. Sandra M. Pihos, Robert W. Pritchard, and Monique D. Davis

In addition, we are very appreciative of the great cooperation that occurred on this legislation and the work of lobbyists, members and staff with the Illinois School Social Workers and Illinois School Psychologists.

A synopsis of Senate Bill 1508 is as follows: The underlined portions represent the new language that we added.

(f) Nothing contained in this Act shall be construed to impair or limit the confidentiality of:

(1) Communications otherwise protected by law as privileged or confidential, including but not limited to, information communicated in confidence to a physician, psychologist or other psychotherapist, school social worker, school counselor, school psychologist, or school social worker, school counselor, or school psychologist intern who works under the direct supervision of a school social worker, school counselor, or school psychologist; or

(g) No school employee shall be subjected to adverse employment action, the threat of adverse employment action, or any manner of discrimination because the employee is acting or has acted to protect communications as privileged or confidential pursuant to applicable provisions of State or federal law or rule or regulation.

Once this bill becomes law what will be different?

Hopefully, you already have a good relationship with your school administration and parents and very little will change. The intention of the law is to protect information a student shares in confidence with a school counselor from being divulged. A parent or administrator should not require a counselor to divulge confidential information.

Of course, there are exceptions. If a student is a victim of child abuse, you are a mandated reporter. If you believe a student is a danger to themselves or others, you are mandated by law to divulge that information.

It especially means that disciplinary action can not be taken against you for refusing to divulge information.

I expect that some school districts administrations and school attorneys will challenge this new law. We may see the need for further revisions of this law in the future. This law is a significant step in the right direction. It will encourage students to share information. We all know too many students who do not seek out help when they should. Hopefully, this will help to change that.

(Continued on page 4)

“Professional School Counselors Create Solutions”

by Christina K. Nolan, LCPC, NCC

President



Dear ISCA Members,

It is with heartfelt gratitude that I write my final column as President. The year has been full of intensity, action, and commitment by our leadership and members. We have focused on our mission, “to promote excellence in professional school

counseling as an integral component in the development of all students while fostering public awareness in the counseling profession statewide.” We have committed our time and resources to our mission and we have stayed true to putting students first. Please see the list that I have compiled to submit as part of our annual report to ASCA.

The Illinois Professional School Counselor is the heart of our organization. Keep your communication lines open and continue to expect excellence from ISCA. Let us know what’s happening in your schools, districts, and regions. We are here to serve you. And by serving you, we serve every student in our state.

Take care and I’ll keep in touch as your future ‘Past-President’.

Gratefully,

Christina K. Nolan, NCC, LCPC

Sample of Initiatives Completed and Ongoing

·ISCA’s Collaborative Legislative Lobbying Effort –

On March 25th, members of ISCA and IACAC joined forces to lobby our legislators focusing on three specific bills HB 326-as amended; Confidential Communication , HB 1143; Scholarship Assistance and SB 1391 Marriage & Family Therapists. Amy Thompson, our Public Policy Chair, was instrumental in bringing ISCA and IACAC together for this important day.

·ISCA has posted a job-link on their homepage to facilitate school counselors’ job searches. Vince Walsh-Rock spearheaded this effort and collaborated with the Directors of Counseling to begin this partnership.

·Illinois Children’s Mental Health Partnership-

Maria McCabe has put forth a survey that was in collaboration with ISCA to determine school service personnel thoughts on the state of the profession. We thank Dr. Michael Kelly (Loyola) for his work on developing this survey and look forward hearing about the data collected.

·ISCA created an opportunity for ICA, ISCA, and ICES presidents and president-elects to meet with ASCA president, Jim Bierma, at the ACA conference this past March. We prepared a position packet to encourage ASCA to sign on to the 20/20 ACA Vision and shared our collaborative governing model with our state association and their divisions.

·Nominations –

ISCA’s Past-President, Kris Wheatley, is working diligently to have a successful election process this spring. Four positions are available: President-elect, V.P. for Counseling Supervisors, V.P. for Middle School Counselors, and V.P. for Counselor Educators.

·Toni Tollerud has updated and defined our Professional Recognition Awards.

·Erin Mason’s (DePaul University) name has been submitted for the 1st ICA Leadership Development Academy scheduled for the fall.

·Leadership has attended and is scheduled to attend the following professional annual conferences: ICA, IMCHA, ACA, ISCA, and ASCA.

Three delegates will attend the ASCA conference in June of 2009 on behalf of ISCA: Christina K. Nolan, President; Venisa Beasley-Green, President-elect; and Amy Thompson, Public Policy Chair.

·ASCA’s Leadership Development in July of 2009 will be attended by: Ray Piagentini, President-elect, and Dan Stasi, Executive Director.

Another School Year Comes to a Close

by Ray Piagentini, President-Elect



I want to thank all the people who made the recent ISCA conferences a huge success. There are many people behind the scenes who are dedicated to the success of OUR organization. First and foremost, Nan Giblin and the staff at Northeastern Illinois University were gracious hosts. Additionally, the people at the University of Illinois-Springfield were tremendous and their hospitality was appreciated by all. My hope is to network to our southern

Illinois colleagues and increase the enrollment numbers for next year's conference. We were also blessed with a beautiful day (at both sites!) and the collegiality was evident everywhere there were ISCA professionals. A second thank you goes out to Dan Stasi, who was a critical part of the overall success of both conferences. Dan is a tireless dedicated professional whom we are honored to have as our executive director. His direction and advice makes the coordinators job smoother, as he handles everything and took some of the pressure off my position. An additional thank you goes out to the speakers and exhibitors as their presentations are critical to improving our profession and allow us to have more knowledge to assist our students.

I have reviewed all of the conference evaluations and have a short list of items to consider for next year. We received an inordinate amount of evaluations that were very positive and appreciative of the work we do. So, one of our challenges for next year will be to improve. Remember, "You don't have to be sick to get better!" I would encourage all of the professional school counselors to examine their work and share those time-tested items that greatly assist our students, at all levels.

Our governing council transition meeting will be in July and all of us are anxious to pass on the torch. I would like to thank Christina Nolan for her time, efforts, and leadership. I congratulate all those on the executive committee for their input and dedication. The business before us for the next year is always critical because our decisions

impact the most important resources of the state of Illinois, our children, and students. We must work diligently and tirelessly to make a positive impact on these sacred spirits. They are our future and we have the responsibility to protect, serve, and ensure proper care, especially in the social emotional areas that fall under our jurisdiction.

There are some important issues that will need to be addressed by the ISCA Governing Board. We are always looking for input, advise, and assistance. Make your voice heard and bring your ideas to the attention of those on our board. Every voice is important. Plus, on a personal note,

I am looking to expand the Suicide Prevention plan/model/template to two distinct areas: 1) implement it as part of our ISCA strategic plan and 2) expand it with the ISBE and legislature, so please contact me with your ideas.

"...remember that we all make a difference as professional school counselors."

Our work can be exhausting and emotionally draining at times. But St. Paul said, "weary not in doing well," so enjoy the summer break, recharge your batteries, and remember that we all make a difference as professional school counselors. Always keep the focus on what is best for the children of Illinois. Wishing you and yours all the best.

I am Sincerely Yours,
Ray Piagentini

P.S. A special thanks to Marie Bracki for her vision.

Ray Piagentini
Barrington High School
Counselor
847-842-3238 (phone)
847-713-2942 (fax)

SB 1391 Passed: Legislation to Allow MFTs a Distinct Type 78 Certification Passes Senate and House Despite Strong Opposition.

Senate Bill 1391 was developed by Illinois MFTs to allow them to become certified in the schools the same as school counselors, school social workers, and school psychologists. This bill was strongly opposed by several groups including ISCA. We appreciate all the letters and calls school counselors made on behalf of this bill to urge their legislators to vote no.

Bill Summary:

Amends the School Code. Requires the State Board of Education to adopt rules to provide standards for the certification of marital and family therapists employed by school boards. Provides that these rules shall include certification requirements to be met by (i) licensure as a marital and family therapist under the Marriage and Family Therapy Licensing Act and (ii) such other experience as the State Board deems appropriate for the position of marital and family therapist in a school system. Effective immediately.

The vote in the Senate was 43 yes - 14 no. (Thirty votes were needed to pass.)

In the House 71 yes - 44 no. (Sixty votes were needed to pass.)

Our efforts definitely had an impact.

MFTs could already become Type 73 certified. With their counseling degree and the same additional training required of a school counselor and a school internship they were qualified for the Type 73 certificate. Some MFTs have followed this route. We believe, based upon discussions with the sponsors, that their goal is to not have to meet equivalent requirements. This is why they pushed for this legislation. There is a national movement being promoted by MFTs for this type of legislation.

The law leaves the responsibility for whatever rules will be required to the discretion of the State Board of Education.

ISCA as a member of the Coalition of Illinois Counselor Organizations (CICO), is fortunate to have a lobbyist to represent our interests in Springfield. Dan Stasi is the Executive Director of CICO and a registered lobbyist. Dan testified in opposition of this bill on several occasions in Springfield. CICO's website features CAPWIZ. This system allowed hundreds of counselors to directly send messages to the legislators urging them to vote NO!

Next Steps

We will continue to utilize CAPWIZ to encourage the Governor to veto the legislation.

If that is not successful, we will work to encourage ISBE to develop rules that are equivalent to those for school counselors. We do not believe that the best interests of students will be served by hiring MFTs in schools who have not received training in special education or who have not served a school internship.

State Budget

Illinois finances are in a shamble. There have been many dire announcements and predictions that services will be drastically reduced. The reality is that no one knows for sure what will happen. Although the Senate and House passed a temporary budget May 31, it has been held back from being sent to the Governor. So there is still no definite plan in place. Legislative leaders are continuing to meet in hopes of finding a resolution that the General Assembly will agree to. Keep tuned in to your local news source for updates.

Did You Know ?

Medical bills are involved in more than 60 percent of U.S. personal bankruptcies, an increase of 50 percent in just six years, U.S. researchers reported.
The fifth leading medical problem was mental illnesses.

Counseling Techniques

by Jack Royhl-Region 1 Representative

WHAT DOES IT MEAN TO BE SMART?

Many students struggle with self-confidence because they don't think they are smart and compare themselves to others to determine their level of intelligence. When they decide that they are not smart, they find ways to avoid doing homework, or give up easily on an assignment, or use an excuse (I lost it, can't find it, left it at home) as to why they don't have it. Helping students believe in themselves is a challenge for all school counselors and is a rewarding experience when they develop confidence in their abilities.

In the book, "You're Smarter Than You Think", Thomas Armstrong discusses Dr. Howard Gardner's Theory of Multiple Intelligences, but describes them in simpler terms. The following is a brief summary of Armstrong's ideas:

"Word Smart (Linguistic Intelligence): love to read, write stories, good vocabulary, play word games, write letters or e-mail, etc."

"Music Smart (Musical Intelligence): enjoy singing, listening to music, play an instrument, write songs or rap, remember songs, etc."

"Logic Smart (Logical-Mathematical Intelligence): like science, solve mysteries, do math in your head, do brainteasers or logic puzzles, etc."

"Picture Smart (Spatial Intelligence): remember faces, enjoy building things, draw or doodle, play lots of video games, think in pictures, etc."

"Body Smart (Bodily-Kinesthetic Intelligence): learn physical skills quickly, enjoy acting, move while you think, be active, dance gracefully, etc"

"People Smart (Interpersonal Intelligence): like to watch people, make friends easily, help other people, like to organize activities, guess how people are feeling by looking at them, concerned about fairness, etc."

"Self Smart (Intrapersonal Intelligence): prefer to work on your own, like to set & meet goals, know how you're feeling, have a good sense of who you are, stand up for your beliefs, etc."

"Nature Smart (Naturalist Intelligence): like animals, have a green thumb, enjoy camping or hiking, like going to zoos or parks, adapt to different places and events, etc."

Convincing students that they fit into one or more of these categories can show them that they have skills to be successful. Showing them that they are already successful using these skills can give them confidence and help them transfer that confidence to other areas. As Armstrong points out, being smart isn't only about good grades or high IQ tests. It is understanding where you are smart, building on those intelligences, and recognizing other areas of intelligence that you have.

ASCA Announces 2009 RAMP Schools

Eight Chicago schools will be among 72 schools nationwide to receive the Recognized ASCA Model Program (RAMP) designation during a special ceremony on June 29 at the American School Counselor Association's annual conference in Dallas, Texas. The schools will be honored for making an exemplary commitment to comprehensive school counseling programs, ASCA officials announced.

The RAMP designation, awarded to schools that align with the criteria set in the ASCA National Model, recognize schools that are committed to delivering a comprehensive, data-driven school counseling program and an exemplary educational environment. More than

250 schools have been designated as RAMP since the program's inception.

Illinois Schools

Chicago Academy High School – Chicago
 Foreman High School – Chicago
 Harlan Community Academy High School – Chicago
 Jones College Prep – Chicago
 Lindblom Math and Science Academy – Chicago
 Simeon Career Academy – Chicago
 Wendell Phillips Academy High School – Chicago
 William Howard Taft High School – Chicago

The Internship Corner by Stephanie Andrews



This year's Annual Conference was amazing! If you did not get a chance to make it, be sure to mark your calendar for next year. As a graduate student, these events are an important part of networking. I had the opportunity to have several conversations with other graduate students in the profession, as well as school counselors across the state. It is at these conferences that you not only get your name out there and meet great people, but

also continue to learn about various areas of the profession. This year we had some amazing speakers. As quick as the day goes by, you do not always get to make it to every session and speaker. My colleague and I devised a system to split up and ask for two copies of anything being handed out. At the end of the day we swapped handouts, and covered more ground. At lunch we caught up and chatted about what workshops we went to, as well as met new people at our table. Another option for those who couldn't attend or did and missed a session is to visit ISCA's website, www.ilschoolcounselor.org, and download the handouts from each presenter.

Summer is quickly approaching and soon enough, another year will be here again! As a graduate student who may be approaching practicum or internship I cannot stress enough how important it is to secure your site location and be sure to keep in touch over the summer. Constant communication is imperative with our supervisors. One suggestion I found helpful to me as I ap-

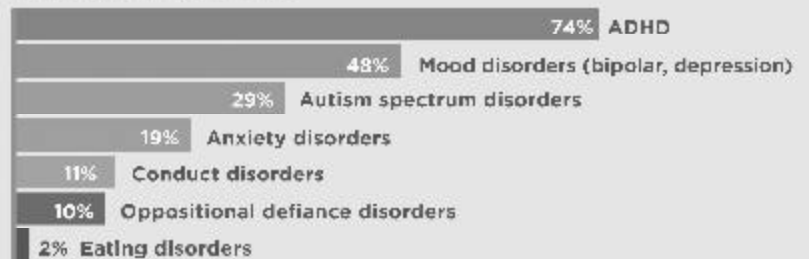
proached the summer was to take advantage of any additional coursework that may be an elective to your degree but crucial to your role as a school counselor. While Crisis Intervention and Family Dynamics may not be a requirement to graduate, educating yourself about these key topics will benefit your career in the long run. Maybe you are short on time or have already maxed out your course load for the summer, other ways to keep up-to-date is to attend workshops on various topics. I have taken the time to attend many workshops that have broadened my knowledge in many areas I will need to be aware of as a school counselor.

Last, summer is also a time for relaxation and recharging the batteries before another school year. Be sure to take time for yourself. I remember as a graduate student with life in the fast lane, my leisure time was almost obsolete. I was constantly go, go, go. Be sure to catch up on your leisure reading, take a vacation, or just spend the day relaxing doing whatever it is that makes you happy. So often during the school year we do not always get the rest and relaxation that we need, especially when coaching or sponsoring a school organization. This can lead to a quick burnout and be detrimental to our career. Our professors always emphasized self-care and I cannot tell you how important that truly is, looking back on my years as a graduate student!

Make it a great end of the school year, enjoy the summer, and good luck with all you do!



Which mental health disorders are most prevalent in your school?



(Numbers add up to more than 100 percent as respondents were asked to select top two disorders.)

Has there been an increase in the number of students at your school diagnosed with mental health disorders over the past five years?



Does your school have official training or policies in place for educating students and staff on identifying warning signs for students with serious mental health issues?



Taken from an online survey of ASCA members, April 2009

Public Policy News

by Amy Thompson, Public Policy Chairperson

This year, ISCA partnered with the Illinois Association for College Admission Counseling (IACAC) for our Springfield Legislative Visit Day. Nearly 20 ISCA and IACAC members spoke with Illinois legislators about the importance of high school counseling and maintaining the Monetary Assistance Program (MAP) funding. Specifically, ISCA and IACAC members asked legislators to not support legislation that would allow for Marriage and Family Therapists to earn a Type 73 certificate with less training than school counselors unless the language was altered to require equivalent training. In addition, our delegates asked legislators to support legislation that would add language to the school code protecting the confidential relationship school counselors have with students. Prior to speaking with legislators, ISCA and IACAC members met for a private lunch where government affairs specialists from the Illinois Federation of Teachers, the Illinois

Education Association, and the Illinois Student Assistance Commission spoke to the group regarding initiatives important to their respective organizations. The day was capped off by a legislative reception at Floyd's Thirst Parlor. Participants all reported that they found the experience enriching! A special thanks to representatives from the University of Illinois at Springfield and DePaul University School Counseling programs for taking the day to connect future school counselors to this important advocacy work!

We hope to make this an annual spring event and encourage all ISCA members to become involved in public policy issues and advocating for legislation that supports our work!

Day on Hill



Day on Hill Participants

Sponsored by the Illinois School Counselor Association and the Illinois Association for College Admission Counseling

Counseling With Collaboration

by Kris Sandra Wheatley, ISCA Nominations and Elections Chair
Leadership and Organizational Consultant



Our school counseling profession and organization needs to further develop a unified school counselor voice. Sustaining our profession, in the reality of our economy, requires deliberate, data-driven, research-based programs. We must step out of our school counseling/professor/director role, with confidence, a vision, and a plan for the future. We must objectively look at our current school counselor roles as defined by policy, protocol, and habits. Dialogue with the entities that promote and maximize our school counseling work: serving our students, teachers, families, and communities. We must make extraordinary efforts to reach out to the groups that do not understand our professional role. They will listen and respond! We will find tremendous avenues of support when we lead with and for others. Together, we can lead our profession to a healthy future. It begins with the importance of valuing healthy relationships. Max Dupree, a legend in authoring leadership books, specifically 'emphasizes that the importance of healthy relationships, effective influencing and understanding spring largely from healthy relationships among the members of the group' in *'Leadership is an Art.'*

In several *INSIGHT* articles from 2006-2008, and *CONTACT* articles from 2001- 2005, I embraced the philosophy of "Counseling with Collaboration." I wholeheartedly believe that the collective worth of the assets that people bring to an organization stimulate organizational growth. I further entrust that giving each person the potential to lead further defines healthy collegial relationships. When Max Dupree defines the "the right to be

involved," he identifies the minimum elements of structure and the privileges of problem ownership and risk. It is easy to say all input is valued, but more complex to develop a system of leadership response that makes that involvement genuine. It is the genuineness that draws people to organizations and commitment of those people to lead the organization. Our school counseling profession needs the diversity and creativity of your leadership. Together, as a unified voice, we will develop our school counseling profession!



Leadership Qualities

Kris Sandra Wheatley, LCPC, NCC
ISCA Past President 2008- 2009

- Listens to all stakeholders.
- Engages necessary resources.
- Knows self and intentionally learns about organizational members.
- Achieves a common purpose.
- Determines priorities- leaders "get out of themselves."
- Established and follows procedures that allow for and promote organizational growth.
- Regularly reflects on one's own leadership.
- Has a heart.
- Inclusive as it values members' contributions of money, time, loyalty, and work.
- Produces results.

(Continued on page 9)

Developmental Framework Considerations for Professional School Counselors

(Continued from page 8)

Kris Sandra Wheatley, LCPC, NCC, ISCA Past-President

As you develop, refine, and implement a developmental counseling program...

- ⇒ Take a leadership role in your school and community.
- ⇒ Dialogue about the values of the school and district, informally and formally.
- ⇒ Build relationships with your administrators, teachers, and other key stakeholders.
- ⇒ Listen to and dialogue about the developmental needs of the school and district.
- ⇒ Assess the readiness level of the teachers, school, and school district.
- ⇒ Timing is everything.
- ⇒ Find support and resources for developmental counseling programs.
- ⇒ Research and locate additional research-based programs and resources.
- ⇒ Compile developmental resources for the school and district.
- ⇒ Provide a brief letter and developmental lessons for each teacher.
- ⇒ Ask the team of teachers to select developmental lessons.
- ⇒ Provide developmental lessons to classrooms, as requested.
- ⇒ Embrace feedback from teachers and administrators about the lessons or program.

National School Counseling Week February 1-5, 2010

National School Counseling Week 2010, "Celebrate School Counseling," will be celebrated from Feb. 1-5, 2010, to focus public attention on the unique contribution of professional school counselors within U.S. school systems. National School Counseling Week, sponsored by ASCA, highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career.

National School Counseling Week kits may be ordered from ASCA beginning in May of 2009 at www.schoolcounselor.org.

ISCA Annual Conference



Left to Right: Dr. Toni Tollerud, ISCA Awards Chairperson; Dr. Kevin Burns, ISCA Administrator of the Year; and Christina K. Nolan, ISCA President.



Laurie Siegel (*left*), ISCA Elementary School Counselor of the Year, and Christina K. Nolan (*right*), ISCA President.



ISCA Conference Keynote Speaker Jim Bierma, ASCA President.



Registration at ISCA Annual Conference
April 17, 2009
Northeastern Illinois University, Chicago



Kris Sandra Wheatley, ISCA Past-President, and Ray Piagentini, President-Elect

ISCA Award Recipients



Left to Right: Dr. Toni Tollerud, ISCA Awards Chairperson; Dr. Nan Giblin, ISCA Counselor Educator of the Year; and Christina K. Nolan, ISCA President.



Jack Royhl, ISCA Middle School Counselor of the Year and Christina K. Nolan, ISCA President.



ISCA President Christina K. Nolan (left) presents to ISCA Past-President Kris Sandra Wheatley (right) the Past-President's Award.



Left to Right: Dr. Toni Tollerud, ISCA Awards Chairperson; Claudia Rueda-Alvarez, ISCA Secondary School Counselor of the Year; and Christina K. Nolan, ISCA President.



**Illinois School
Counselor Association**

P.O. Box 144
DeKalb, IL 60115

Prst. Std.
U.S. Postage
DEKALB, IL 60115
PERMIT NO. 90

Address Service Requested

Time Sensitive Materials

Calendar of Events

June 28-July 1, 2009	ASCA Annual Conference -Dallas, TX
July 11, 2009	ISCA Governing Council Meeting - Lisle, IL
July 11, 2009	ICA Governing Council Meeting - Lisle, IL
October 14-18, 2009	ACES Annual Conference -San Diego, CA
February 1-5, 2010	National School Counseling Week
March 18-22, 2010	ACA Annual Conference -Pittsburgh, PA