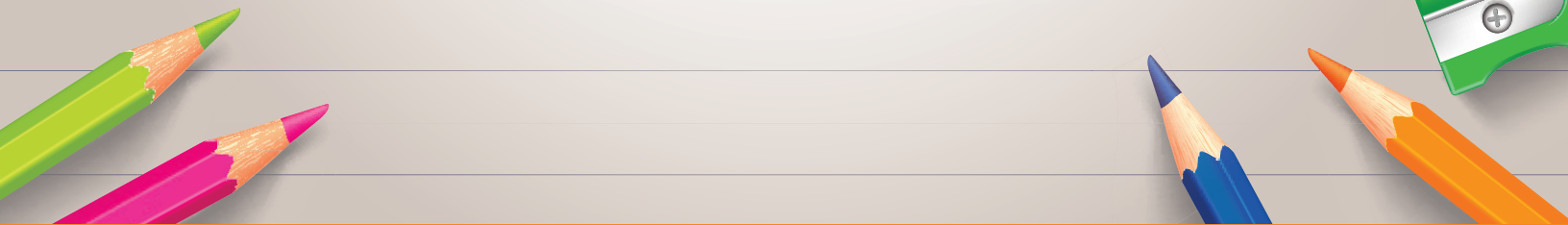


# illinois SCHOOL COUNSELOR

THE OFFICIAL PUBLICATION OF THE ILLINOIS SCHOOL COUNSELOR ASSOCIATION



### 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.

### JOIN

#### by email

[myisca@gmail.com](mailto:myisca@gmail.com)

#### by mail

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

#### on the web

[www.ILSchoolCounselor.org](http://www.ILSchoolCounselor.org)



**National School  
Counseling Week**  
Feb. 5-9, 2018 #NSCW18

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# From the President

By: Vince Walsh-Rock, ISCA President

**As we prepare to embark on another school year, we are presented with a myriad of opportunities to see our most challenging students and scenarios with fresh eyes.**

**“See a child differently and you will see a different child.” ~Dr. Stuart Shanker**

**What does this powerful statement mean for us as Illinois School Counselors? How do we, as an organization of over 1,000 school counselors across the state serve as change agents for our schools to see students differently?**

- To see students with possibility instead of deficits.
- To see students with potential instead of weaknesses.
- To see students who have passion, thirst for knowledge, and a need to connect, as opposed to seeing students as apathetic, bored, and isolated?

At the ASCA Conference in Denver this past July, Dr. Carol Dweck challenged the 3,400 school counselors in attendance to adopt a growth mindset for themselves and for students. Many of you may be familiar with the ASCA Mindsets and Behaviors that frame a foundational understanding for the curriculum and experiences that all school counselors can build upon for their own counseling programs. After hearing her presentation, I was inspired to dive into these simple yet complex paradigms that shape all of our points of awareness and unfortunately, our blind spots as well. In the book “The Mindsets” she offers the following:

Which mindset do you have? Answer these questions about intelligence. Read each statement and decide whether you mostly agree with it or disagree with it.

1. Your intelligence is something very basic about you that you can't change very much.
2. You can learn new things, but you can't really change how intelligent you are.
3. No matter how much intelligence you have, you can always change it quite a bit.
4. You can always substantially change how intelligent you are.



**Vince Walsh-Rock**  
*ISCA President*

AP for Counseling  
and Student Support

Downers Grove  
South High School

[vwalsh-rock@csd99.org](mailto:vwalsh-rock@csd99.org)

*continued...*

## From The President Cont'd...

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Dr. Dweck wrote “Questions 1 and 2 are the fixed-mindset questions. Questions 3 and 4 reflect the growth mindset. Which mindset did you agree with more? You can be a mixture, but most people lean toward one or the other (p.12).

What is it you believe about yourself and your students? How are you approaching your school year in terms of the possibilities you have for yourself and for students? Do you believe you can be more than you are and if so, do you believe the same about your students? Too often, I hear anecdotal stories from adults who heard from their school counselor they couldn't do something and that they should lower their expectations. I am struck with a pain of deep regret for these people who have shared these stories as they came from school counselors with a fixed mindset that limited the potential of an inspired student. My sincere hope is that our profession is now defined for Growth Mindset school counselors that seek to find strengths in students and seek to build on the belief that with support and connection, all students can achieve, all students can realize dreams, and all students can become more than the messages they may receive from family, friends, and communities.

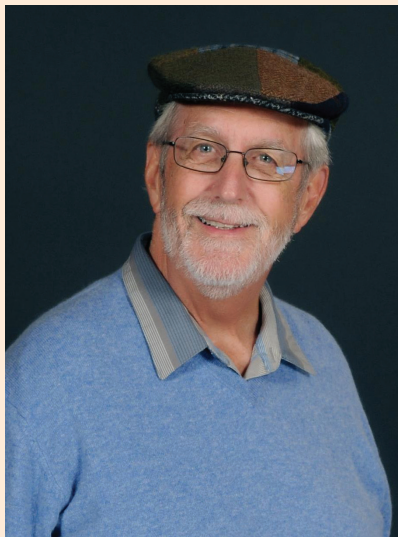
- **You can be that voice of connection for your students that sees unique possibilities.**
- **You can be the counselor that taps into student passions and abilities in ways that were not believed possible.**
- **You can be one of the most important and influential people in you students' lives.**

Serving as your ISCA President this year is both inspiring and humbling. Having been involved in ISCA leadership, I have seen our membership almost triple in the past 10 years, our state conferences continue to grow in quality and participants, and ISCA increase the number of professional development opportunities for school counselors across the state. As I looked around the table at the ISCA Board Retreat in June, I was inspired by the experience and youthful passion at the table. The school counseling leaders that have stepped up to lead this professional organization need your support through your participation in ISCA events. Most important, know that we have a spot for you to be involved in your state organization. Whether to work on our Illinois Developmental Model, plan professional development, create celebration activities for American School Counseling week, or to help plan our state conferences, there is a role for everyone. Let us know how you would like to be involved! Not only will you be assisting your state organization, but I can honestly say that what you will receive in return will far outpace what you put in.

Carol Dweck said a “Growth Mindset leads to desire to learn and therefore a tendency to embrace challenges, persist in the face of setbacks, see effort as the path to mastery, learn from criticism, and find lessons and inspiration in the success of others. As a result, they reach ever-higher levels of achievement” (p. 263). I hope you enjoy your journey this year that seeks to support students in developing their own Growth Mindset so they can achieve more than they could have imagined. I look forward hearing your success stories!

# Executive Director Notes

By: Dan Stasi, MA



## **I was very pleased that ISCA decided to offer two incredibly great presentations on Suicide Prevention in schools.**

My parents had some close friends that had a son about my age. I was about 12 years old. Every year we would exchange Christmas gifts. Basically his parents would buy me a gift and my parents would buy their son a gift. We would get together a few times a year and he and I would play army men or something. There were no electronic or digital games back then. Electricity was a recent invention.

Then one year my folks said we would not be getting together that year as their son had died. He had “accidentally” shot himself with a shotgun. Years later when I was older and able to process the news my parents told me Jimmy had committed suicide. As a kid it seemed strange to me that any kid would do that. Then for several years I was the Executive Director of a North Suburban Youth Agency and we encountered numerous teens who talked about or threatened suicide. It started to sink in that this was a significant problem and that young teens especially were at risk. I attended numerous trainings, workshops and did extensive reading on the subject. At my next job I was the Executive Director of a drug treatment program. We got a call one day that

one of my clients who seemed to be doing great was dead. She was about 35 years old and suffocated herself. I didn't get it. She seemed fine. I had no indications that she was in trouble.

I don't think there is any such thing as too much training on this topic. ISCA was fortunate in being able to get two of the top presenters on this topic. On October 6, 2017 in Collinsville, Illinois Dr. Jonathan Singer, who is a Board Member of the American Association of Suicidology, will present. On October 13, 2017 in Rosemont, Illinois Dr. David Miller. Dr. Miller is the immediate Past-President of the American Association of Suicidology. Each training will include a free copy of the presenter's book.

Don't miss these trainings. When I talk to school counselors about the school's responsibility as a mandated reporter almost 100% of the attendees have dealt with at least 1 student who was suicidal.

Bring other counselors, your principal, school social worker and any others who are appropriate. Don't wait to register. Space is limited at each training.



## Legislative Update

### School Social Worker Bill HB 826

Title Protection now law

Again thank you to everyone who helped us get this bill amended. We concurred that the amended version presents no difficulties for school counselors.

### Mental Health Sessions expanded. Now law allows for minors to 8 sessions HB3709

Provides that until the consent of the minor's parent, legal guardian, or person in loco parentis has been obtained, outpatient counseling or psychotherapy provided to a minor under the age of 18 (rather than 17) shall be initially limited to not more than 8 90-minute sessions (rather than 5 sessions, a session lasting not more than 45 minutes).

Signed into law.

### Allows for School Counselor experience to count towards the Principal Endorsement.

Removes the previous sunset clause.

### HB2898

Signed into law.

### Amends Student Records Act

Provides request to inspect and copy records must be granted no later than 5 business days (rather than 15 school days)

### SB1483

Passed both Houses waiting for the Governor to sign it.

### Evidence Based Funding for Schools SB 1947 (mirrors SB1)

New funding formula for public schools evidence based. School funding Evidence based Funds 1 FTE school counselor per 450 students for Elementary schools and 1 FTE school counselor per 250 students for middle and high school.

Signed into law.

### Day on the Hill

Tentatively planned for April 25, 2018.



Daniel Stasi, MS  
Lobbyist

# Degrees Not Debt Details



## Do you have federal student loans?

## Do you have federal Parent PLUS loans?

## Do you have family or friends burdened with student loan debt?

If you answered, “Yes!” to any of the above then Degrees Not Debt is for you! The National Education Association recognizes the burden student loans debt is putting on public educators and developed a campaign called “Degrees Not Debt.” This campaign is intended to inform student loan borrowers of their rights and options in the repayment process. Many borrowers are unaware of their eligibility for programs that can make their monthly payment affordable and provide loan forgiveness.

## What is Degrees Not Debt and how does it work?

Watch the video below and take our online course or in person training to learn more about how Degrees Not Debt can help. You can also share or view testimonies.

## 5 Steps to Kick Student Debt

### • Step 1: Pledge

Every American deserves a fair shot at higher education, but student debt has become a barrier to accessing the American Dream. Raise your voice for college affordability. Take the pledge

### • Step 2: Get a Federal Student Aid ID

Why? It provides you access to your Federal Student Aid and Loan records and allows you to apply for lower student loan repayment programs. Get your FSA ID

### • Step 3: Payment

Are you an educator or education support professional eligible for lower payments? There are different plans that may help you lower your monthly student loan repayments. The most common are Income Based Repayment (IBR), Income Contingent Repayment (ICR) and the Pay As You Earn (PAYE) plans. Many other plans exist that could potentially save you money. A calculator is available to help you find out which one is right for you. If you are ready to get started sign in and complete a repayment plan request. Sign into StudentLoans.gov

### • Step 4: Public Service Loan Forgiveness

Do you want to be in the best position to have your student loans forgiven after working 10 years in public service?

Borrowers who work in public service jobs (such as education) often qualify for Public Service Loan Forgiveness. This means that loans could be completely forgiven after ten years of working and making payments. Use the Employment Certification for Public Service Loan Forgiveness (PSLF) form to keep track of your eligible employment and qualifying loan payments.

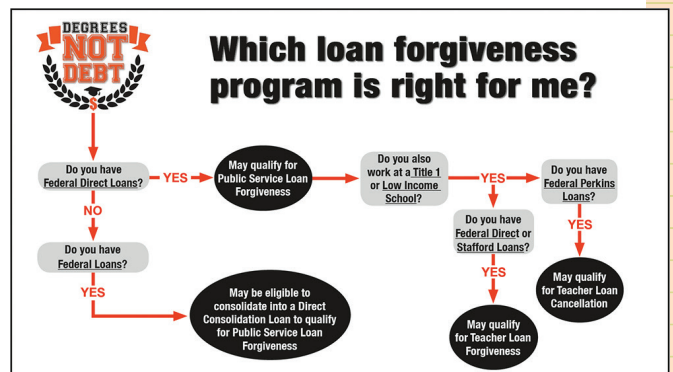
Download and complete the Public Service Loan Forgiveness Employment Certification Form. Make a copy for your records then mail or fax the form to FedLoan Servicing. Your form will be reviewed and based on the information provided by your employer, determine whether you qualify for the Public Service Loan Forgiveness program.

[Download Form](#) | [Fact Sheet](#) | [Q&A](#) | [Checklist](#)

### • Step 5: Promote Degrees Not Debt

Start and advance the conversations about NEA Degrees Not Debt and solutions to college affordability and student debt.

- o Share your story/testimonials
- o Talk about Degrees Not Debt with your colleagues, friends, students & parents
- o Request a training at your regional office, school or community location
- o Share a meme on your social network
- o Support NEA recommended solutions / pass resolutions calling for college affordability
- o Write a letter to the editor or opinion piece in a local newspaper
- o Contact senators and congressional representatives at NEA/Legislative Action Center
- o Visit NEA Degrees Not Debt



# National Educational and Health Awareness Dates

## AUG. 17

**National Immunization Awareness Month**

- 6 Friendship Day
- 8 Happiness Happens Day
- 13 Left Handers' Day
- 26 Women's Equality Day

## SEPT. 17

**Childhood Cancer Awareness Month**  
**Children's Good Manners Month**  
**Library Card Sign-up Month**  
**National Childhood Obesity Awareness Month**  
**National Preparedness Month**  
**National Recovery Month**  
**Self-Improvement Month**  
**Sexual Health Awareness Month**  
**Sept. 15– Oct. 15 Hispanic Heritage Month**

- 8 International Literacy Day
- 10-16 National Suicide Prevention Week
- 10 World Suicide Prevention Day
- 10 Grandparents Day
- 15-17 Clean up the World Weekend
- 17-23 Child Passenger Safety Week
- 17 Constitution Day/Citizenship Day
- 19 International Talk Like a Pirate Day
- 20 National School Backpack Awareness Day
- 21 International Day of Peace
- 21 RAINN (Rape, Abuse & Incest National Network) Day
- 24 Family Health & Fitness Day
- 25-29 Ally Week
- 27 National Women's Health & Fitness Day
- 29 World Heart Day

## OCT. 17

**ADHD Awareness Month**  
**Bullying Prevention Month**  
**Communicate with Your Kids Month**  
**Computer Learning Month**  
**Crime Prevention Month**  
**Domestic Violence Awareness Month**  
**Health Literacy Month**  
**LGBT History Month**  
**National Book Month**  
**National Depression and Mental Health Screening Month**  
**Positive Attitude Month**

- 1 International Day for Older Persons
- 2-8 Mental Illness Awareness Week
- 2 Child Health Day
- 2 World Habitat Day
- 4 Walk and Bike to School Day
- 5 World Teacher's Day
- 5 National Depression Screening Day
- 6 World Smile Day
- 8-14 Teen Read Week
- 11 National Coming Out Day
- 15-21 America's Safe Schools Week
- 16-20 National Health Education Week
- 16-20 National School Bus Safety Week
- 16 World Food Day
- 22 International Stuttering Awareness Day
- 23-31 Red Ribbon Week (Drug-Free America)
- 24 United Nations Day
- 25 Unity Day/Stop Bullying Day



# NOV. 17

**Adoption Awareness Month**  
**Military Family Appreciation Month**  
**National Career Development Month**  
**National Family Caregivers Month**  
**National Runaway Prevention Month**  
**National Scholarship Month**  
**Native American Heritage Month**  
**Picture Book Month**

- 11-19 National Hunger and Homelessness Awareness Week
- 13 World Kindness Day
- 13-17 American Education Week
- 16 Great American Smokeout
- 16 International Day for Tolerance
- 16 National Parental Involvement Day
- 18 International Survivors of Suicide Day
- 18 Family Volunteer Day
- 18 National Adoption Day
- 24 Native American Heritage Day
- 24 Random Acts of Kindness Friday

# DEC. 17

**National Impaired Driving Prevention Month**  
**Safe Toys and Gifts Month**

- 1 World AIDS Day
- 2 Special Education Day
- 3-9 National Handwashing Awareness Week
- 3 International Day of Persons with Disabilities
- 5 International Volunteer Day
- 10 Human Rights Day
- 15 Bill of Rights Day

# JAN. 18

**Get Organized Month**  
**National Mentoring Month**  
**National Blood Donor Month**  
**National Thank-You Month**

- 1 Emancipation Proclamation Anniversary
- 1 Global Family Day
- 15-19 No Name-Calling Week
- 21 World Religion Day
- 22-28 National Drug and Alcohol Facts Week
- 27 Holocaust Remembrance Day

# FEB. 18

**African American History Month**  
**Career and Technical Education Month**  
**International Boost Self-Esteem Month**  
**National Children's Dental Health Month**  
**Teen Dating Violence Awareness and Prevention Month**

- 1 National Freedom Day
- 2 National Groundhog Job Shadow Day
- 5-9 National School Counseling Week
- 11-17 Random Acts of Kindness Week
- 22 World Thinking Day
- 23-March 1 National Eating Disorders Awareness Week

## WHAT CAN SCHOOL COUNSELORS DO TO HELP THEIR STUDENTS

# Become College and Career Ready?

By: Heather DeCook, Vice-President for Secondary Schools

School Counselors strive to provide their students opportunities to reach their full potential. This can occur if they are provided with a program that is meaningful, personalized and allows real life experiences that are related to their interests. Redefining Ready, the research based national initiative that was co-launched by District 214 and AASA, The School Administrators Association, allows us to assess whether students are college, career, and life ready in a comprehensive way that goes beyond the standardized test score.

District 214 School Counselors and administrators developed a **Career Pathways Guide** [https://www.d214.org/assets/1/6/D214\\_Career\\_Pathways\\_Guide\\_2015-2016.pdf](https://www.d214.org/assets/1/6/D214_Career_Pathways_Guide_2015-2016.pdf) that can be used as a tool to facilitate career education. It is comprehensive and based off of the 16 career clusters that were established at the national level by the States' Career Clusters Initiative. School Counselors can help students prepare for their post-secondary goals by helping them develop a Program of Study, which includes core academic, career and technical education courses and experiences. Within this Program of Study, students develop a Career Pathway. This is a multi-year program of academic and technical study that prepares students for post-secondary options within each career cluster. These career pathways link student learning to the knowledge and skills needed for future education and employment.

The Career Pathways Guide is an excellent tool for counselors to use with their students. Every career cluster is represented and you can find a wealth of information about how students can gain knowledge

**School Counselors can help students prepare for their post-secondary goals by helping them develop a Program of Study, which includes core academic, career and technical education courses and experiences.**

and experiences regarding their cluster of interest. For example, a sample Career Pathway Page will include; the Career Cluster, Career Pathway, Program of Study, Pathway Courses, Related Electives, Career Related Activities, College Majors, Careers, External Experiences, and Certifications. Many examples are listed on each page. The Career Related Activities that are listed fosters the important conversation of school involvement as it pertains to leadership, community service and district-wide events. If students are showing an interest in a specific career, they can utilize an internet based career exploration and planning tool (Career Cruising and Naviance are commonly used among middle schools and high schools) together to help them explore that career in greater depth.

School Counselors have been utilizing the Career Pathways Guide since 2015. It has been a very useful tool when meeting with both students and parents regarding four- year and post-secondary planning. All of District 214's related electives and career related activities are listed and tailored to the career clusters. This makes it so easy when helping students find more ways to gain those real-life experiences. We are happy to share this resource with School Counselors and hope that you can create a school or district wide Career Pathways Guide to use with your students.



**Heather DeCook**, Vice-President for Secondary Schools

# Submit Conference Proposals:

**Interested in presenting at the 2018 ASCA Annual Conference, July 14–17, 2018, in Los Angeles?**

Submit proposals online by Sept. 4, 2017, at 4 p.m. Eastern. Want more information on how to write a proposal? Watch a webinar on what makes a successful conference session proposal to learn more.

[www.SchoolCounselor.org](http://www.SchoolCounselor.org)

## Recognized ASCA Model Program (RAMP)



*Downers Grove South High School*



*Rotolo Middle School and  
Batavia High School*



*Crystal Lake South High School*

# Recognized ASCA Model Program Cont'd...



*Brooks Middle and Bollingbrook Middle School*



*Maine West High School*



*Niles West High School*



*Batavia High School*



*Von Stueben Metropolitan  
Science Center*



*Glenbard North High School*

## Not pictured 2017 Recognized ASCA Model Programs(RAMP)

- Cary-Grove High School
- Willowbrook High School



Maine West High School



Glenbard North High School



Downers Grove South High School



Rotolo Middle School

Crystal Lake South High School



Brooks Middle School



Jane Adams Middle School

Glenbard North High School and Glenbard West High School



Brooks Middle School

Jane Adams Middle School



Glenbard West High School



Rotolo Middle School



Niles West High School

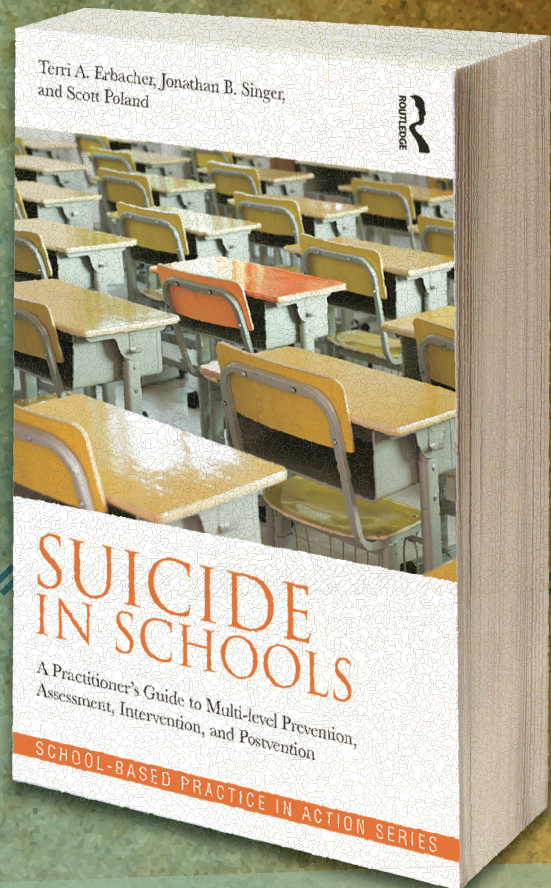
October 6, 2017

# SUICIDE IN SCHOOLS: PREVENTION, ASSESSMENT, INTERVENTION, AND POSTVENTION

## LOCATION:

Gateway Conference Center  
Collinsville, IL 62234

Earn 6 PDs or 6 CEs



## PRESENTER:

**JONATHAN B. SINGER,**  
PhD, LCSW



In the first half of the day we will discuss a multisystemic framework for understanding a suicidal crisis; the role of the school and school personnel in identifying and responding to student suicide risk; identifying suicide risk factors, protective factors,

warning signs, and resilience; and the steps in developing a school crisis response plan with a specific focus on the special situation of a suicidal crisis. We will review lawsuits involving school districts where youth died by suicide. We will end the first half reviewing current suicide prevention programs and discussing the state of the evidence.

The second half of the day will review suicide assessment and intervention in a suicidal crisis. We will discuss the purpose and use of a screening tool, risk assessment tool, safety planning tool, and a suicide risk monitoring tool. We will review techniques for eliciting suicidal ideation and intent. Because youth suicidal crises always involve parents / guardians, we will discuss counseling techniques from Attachment-Based Family Therapy (the only family therapy designed to reduce suicidal ideation in youth), and how to respond to parents after telling them that you assessed their child for suicide risk. We will end the day by reviewing postvention. How to respond in the first 24 hours, and the days and months after a suicide death.

**All paid attendees will receive a copy of his book, "Suicide in Schools: A Practitioner's Guide to Multi-level Prevention, Assessment, Intervention, and Postvention."**

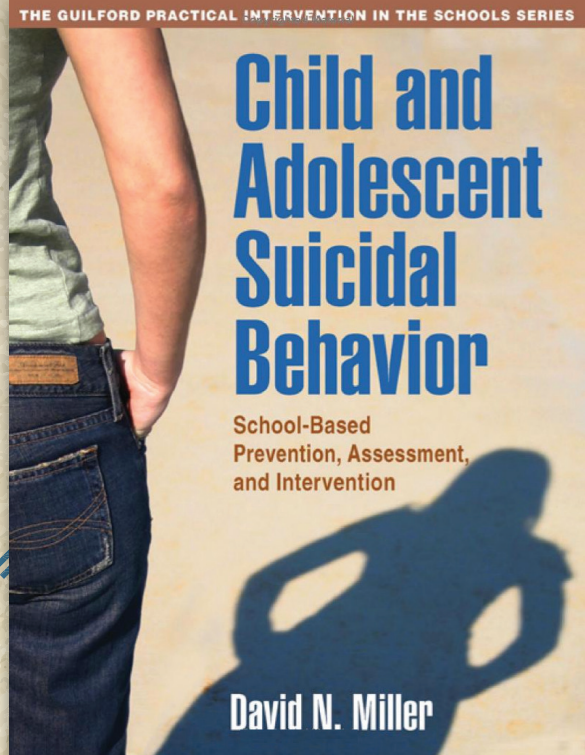
*A 2015 Routledge text.*

October 13, 2017  
**YOUTH SUICIDE  
PREVENTION,  
INTERVENTION,  
AND POSTVENTION  
IN SCHOOLS**

**LOCATION:**

**Embassy Suites, Rosemont  
Rosemont, IL 60018**

**Earn 6 PDs or 6 CEs**



**PRESENTER:**

**DAVID N. MILLER, PhD**



The purpose of this full-day workshop is to provide information on and training in current best practices in school-based suicide prevention, intervention, and postvention. The first portion of the workshop will focus on universal school-based suicide prevention programs for all students in a given population (e.g., all students in a particular grade level; all students in a school). Information will be

provided on a variety of topics, including current statistics and demographic data on youth suicide; risk factors, protective factors, and warning signs; prominent myths that impede effective prevention efforts; ethical and legal issues in school-based suicide prevention; and the advantages and challenges of school-wide screening procedures.

The second portion of the workshop will focus on school-based assessment and inter-

vention for at-risk and high-risk students. Recent advances in understanding suicide will also be reviewed, including recent developments in "ideation-to-action" models of suicidal behavior and their implications for suicide risk assessment and prevention in schools. Additionally, current controversies in youth suicide prevention and intervention, including effects of medication on suicidal behavior, will be discussed.

The third portion of the workshop will focus on postvention procedures, which refer to a series of preplanned activities that are put in place by schools in those rare but tragic situations in which a student dies by suicide. The primary goals of postvention procedures are to assist individuals with immediate coping skills and to prevent any additional suicides, and practical information will be provided to help those attending this workshop meet both goals. Current recommended practices in school-based postvention will be provided, including a presentation on which postvention activities to implement and which to avoid.

**All paid attendees will receive a copy of his book, "Child and Adolescent Suicidal Behavior: School-Based Prevention, Assessment and Intervention (The Guilford Practical Intervention in the School Series)"**

ROSEMONT



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Non-Profit Organization

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Illinois Mental Health  
Counselors Association

# SAVE THE DATE!

## 2018 ISCA Annual Conferences Announced!

ISCA ANNUAL CONFERENCE 2018

**“Be the Champion for ALL Students”**



ISCA Annual  
Conference  
**-Springfield**

FRIDAY,  
APRIL 13, 2018  
Crowne Plaza Springfield  
3000 S Dirksen Pkwy  
Springfield, IL 62703



ISCA Annual  
Conference  
**-Rosemont**

FRIDAY,  
APRIL 20, 2018  
Rosemont Conference Center  
5555 N. River Road  
Rosemont, IL 60018