



Northwest Missouri School Counselors Association

Counselors Helping Counselors

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September 2016



Presidential Perspective

Becky Houtchens
NWMSCA President

Find the Beat!

"Missouri School Counselors: We Got the Beat!" is the M S C A theme for this year. When I was a freshman in high school, I played in the school marching band and the song "We Got the Beat" was one of the songs in our show. This is your chance to picture me in my 90's hair, tall shaker hat, heavy polyester band uniform, and smooth black marching shoes. But before you get too far into that visualization of me marching and playing "We Got the Beat" on my hand-me-down clarinet, let me make a confession. I could hardly play that clarinet.... or march on beat....much less do both at the same time! However, I had patient, understanding band teachers and friendly upperclassmen who mentored and taught me until at last I was able to march along with the others and play that clarinet. Finally I could feel like I "had the beat!"

In my professional career as a school counselor, there have been so many times that I have

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Time for My Success Event

by Karen Taylor, Career Counseling

The My Success Event is right around the corner on October 4-5 at Wyatt Park Church. We are looking forward to a fun-filled day with many local businesses offering career information as well as colleges and universities supplying educational information. If your school registered for the event, you should have received your time and date letter by now. There are approximately 50 high schools attending with 2,700 students, so it's very important that you arrive on time. Please check out the website www.themysuccessevent.com for additional information. If you should have any questions regarding your school or arrival time, please contact Mary Brown at (816) 364-4102.

New Counselor Mentoring Meeting For 1st & 2nd Year Counselors and Mentors Friday, September 30 MWSU

Immediately following the Fall Meeting Luncheon

For questions contact: Lori Snead (lsnead@wnrockets.com)
or Michele Veasey (mveasey@nwmissouri.edu)

SAVE THE DATE!

The NWMSCA Fall Meeting will be Friday, September 30 at Missouri Western State University

This is a great networking opportunity and a chance to connect with other school counselors in Northwest Missouri. Come find out why we are "The Great Northwest"!

You will be able to order promotional items at the fall meeting including T-shirts and Coffee Mugs
Watch your email/mail for more information.

Perspective . . .

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felt like that awkward freshman version of myself, stumbling along through running small group counseling, helping students navigate college admissions, trying to make referrals to community resources, and talking a student through a crisis situation. There have been so

many times when I absolutely did NOT feel like I “had the beat,” and questioned my ability to juggle all of those tasks; to march and play my clarinet at the same time. We believe that after many years as a school counselor, we should have it all down and feel like we know what we’re doing, but even as recently as this week, I’ve struggled through a day and definitely didn’t “have the beat.” I know that there are some new counselors reading this who feel this way even right this moment. Those “off-beat” times are the times when I am ever so grateful to be surrounded by my school counselor colleagues in NWMSCA. Through tips and techniques I’ve learned at NWMSCA and MSCA conferences, along with networking and mentoring with other school counselors in these groups, I know that with help, I will eventually find my beat again. It’s so reassuring to know that I have helpful, friendly people just a call or email away. I depend on this group much like I depended on my band teachers and upperclassmen mentors back in freshman band.

For many years, I just stayed on the outskirts of NWMSCA, attending the fall and spring meetings, but never fully getting involved. With the nudging of an NWMSCA leader several years ago, I took the plunge and decided to get more involved. That decision has made so much difference, specifically with helping me develop relationships with other school counselors who help me find my beat again when I need it. I’d like to take this opportunity to encourage you to also take this plunge and become as involved as you can! I’d love to see you at our fall NWMSCA meeting, the MSCA conference in November, as a volunteer at the MSCA conference, and maybe even as a leader on the NWMSCA Governing Board next year! We truly need each other in this career field!

Here’s to a great school year....may you feel each day like you truly “have the beat!”



MSCA Fall Conference: Recharge, Reconnect, and Find Your Beat

by Corrine Allee, Secondary Vice-President and Newsletter Editor

The MSCA Fall Conference will be November 6-8, 2016 at the Tan-Tar-A Resort in Osage Beach, MO. This conference is the largest gathering of school counselors across the state of Missouri each year, and is a great opportunity to attend amazing breakout sessions, network with other counselors, learn some new tricks, and just recharge and remember why you do what you do!

Dr. Trish Hatch and Dave Weber will be the keynote speakers. You have the opportunity to get active and have fun with a variety of conference activities. And, you’ll have the chance to support the annual project, Unlimited Play through the silent auction and other donations.

You should have received an email from MSCA with instructions on how to log on, renew your membership, and register for the conference. MSCA is using a new electronic system this year, so be sure to check it out! While we all know how hard it can be to leave our buildings for a few days, this conference is definitely worth that time away. You will come back with fresh ideas, new connections, and a renewed sense of purpose!

Keep Calm and Help Kids in Schools

by Dee Anna Kelley, President-Elect/Programs

The word on the street is many of the kids we see are struggling with anxiety. It appears that children of all ages are extremely stressed out, fearful, and more overwhelmed than ever before. I know I have personally seen an increase in anxiety with younger children. The good news is at the NWMSCA fall meeting on September 30th we will gain insight from an expert in the field of anxiety to help us better meet the needs of the children we serve.

I am excited to announce that Lindsey Murray, MA, LCP with the Kansas City Center for Anxiety Treatment (KCCAT) will be our guest speaker for our fall meeting. Ms. Murray's presentation is titled: "Keep Calm and Help Kids in Schools: Identifying and Managing Pediatric Anxiety". Ms. Murray serves as the Coordinator of School District Presentation Services and Outreach for the Kansas City Center for Anxiety Treatment. She received her Master's degree in Clinical Psychology with an emphasis in Child & Families at Roosevelt University in Chicago. She completed her BA in Journalism & Strategic Communications at the University of Kansas along with a focus in Psychology. Her prior research and focus was in evaluating the efficacy of transitional living programs for adolescents with emotional and behavior disorders, and she also worked in the partial hospitalization program at Chicago's Children Memorial Hospital. Lindsey joined KCCAT in 2009 when completing her clinical internship, then remained on professional staff and completed additional formally-supervised hours for obtaining independent-level licensure as a Licensed Clinical Psychotherapist. She provides treatment services for all ages, with a particular interest in working with youth and families.

I hope everyone can make it out for the fall meeting. Until then... Stay Calm and continue helping kids!



NWMSCA
Spring Meeting

This newsletter sponsored by:

*NORTHWEST
MISSOURI
STATE UNIVERSITY*
Maryville, Missouri

Send newsletter submissions to:



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MSCA Fall Conference Scholarship Deadline is September 20

by Lorraine Bowers and Michelle Proffer, Scholarship Co-chairs

The Northwest Missouri School Counselor Association (NWMSCA) MSCA Fall Conference Scholarship will be awarded to a full time school counselor. NWMSCA seeks to assist counselors in their professional development goals by providing financial assistance to a full time school counselor so that they may attend the MSCA Fall Conference, the largest source of professional development available to school counselors in Missouri. In doing so, NWMSCA will award one \$100 scholarship in the fall of each year. This scholarship is funded by the NWMSCA membership and the number of scholarships awarded is subject to change and based on availability of funds. All applicants must be employed by a school district in the geographic area served by the NWMSCA. Preference will be given to counselors who have not attended the MSCA fall conference.

REQUIREMENTS

- A. Complete the scholarship **Application Form** and submit/mail it to the NWMSCA Governing Board's Scholarship Chairperson **on or before the September 20th** mailing postmark deadline. Incomplete or late applications will not be accepted.
- B. Must be employed as a full time school counselor.
- C. Provide a statement explaining your desire to attend the MSCA Fall conference and what the applicant hopes to attain from attending.

AWARDS

An award of \$100 will be announced at the NWMSCA Fall meeting. It is to be applied to the early bird registration for the MSCA Fall Conference.

Recipients may choose to receive a check made payable to MSCA to be submitted along with their early bird registration or be reimbursed by NWMSCA with proof of MSCA early bird registration.

Funding will be provided by the Northwest Missouri School Counselor Association and may also include donation/memorial money designated toward this scholarship.

(Find Form on Following Page)



Be **involved**

Be **successful**

Be a **Bearcat**

NORTHWEST
Missouri State University

nwmissouri.edu

2016 APPLICATION FORM**Northwest Missouri School Counselor Association MSCA Fall Conference Scholarship**

Name: _____
(First) (Middle) (Last)

Home Address: _____
(Street) (City) (State) (Zip)

E-mail Address: _____

Phone: _____

Number of years employed as a full time school counselor, including the current school year _____

Have you attended MSCA Conference before? ____ Yes ____ NO

If Yes, what year did you last attend? _____

List the school where you are currently employed:

Name of School: _____

Work Address: _____
(Street) (City) (State) (Zip)

Work Phone: _____

How many years have you been a NWMSCA member? _____

Why do you want to attend the MSCA Fall Conference?

Explain your financial need including district contribution to conference fees.

I have reviewed this Application Form and to the best of my knowledge, I believe all of this information is correct. I understand that NWMSCA is not responsible for the remainder of the MSCA Fall Conference registration fee or any other expenses incurred as part of the MSCA Fall Conference.

(Signature)

(Date)

The **postmark deadline** to be considered for this \$100 award is **September 20th** or earlier. After the winner is notified, this award is to be used for the MSCA Fall Conference and is non-renewable.

Mail to:

Lorraine Bowers, NWMSCA Scholarship Co-Chair
Spring Garden Middle School
5802 S. 22nd
St. Joseph, MO 64504
Phone: 816-671-4380
Fax: 816-671-4489
Email: lorraine.bowers@sjsd.k12.mo.us

Or:

Michelle Proffer, NWMSCA Co-Chair
North Andrew Elementary
9120 Highway 48
Phone: 816-567-2527
Fax: 816-567-2096
Email: mproffer@northandrew.org

2016 Human Rights Campaign – Unlimited Play

by Ashlee James, Human Rights Co-chair

“Where limitations are forgotten, and differences are celebrated.”

Have you seen the new playground in St. Joseph? It’s located next to the new YMCA on the North Belt Highway. Chances are many of us have never seen a playground like this before.

Unlimited Play builds universally accessible playgrounds to promote health and wellness while transforming communities by providing the freedom of play for ALL children and families.

The majority of playgrounds around the world deny children, adults, and Veterans with disabilities the opportunity for recreation, enrichment, and social interaction which other people enjoy. In fact, only a small percentage of fully accessible playgrounds exist within our nation and these are insufficient to serve the 56.7 million Americans with Disabilities – 18.7% of our population. (U.S. Census Bureau, 2010)

Unlimited Play addresses this shortfall by providing a place where people of all abilities play together, learn from one another, value differences and find strength to overcome challenges.

Play is a critical part of physical, emotional, mental, and social development for EVERY child. Especially for children with disabilities, play is therapy – both physical and emotional. On the physical side, children’s muscles need to be exercised just like anyone else’s. And most importantly, on the emotional side, children need to interact and socialize with their peers.

Of course, the benefits of fully accessible playgrounds don’t stop with kids who have challenges. Able-bodied children learn and grow on accessible playgrounds by interacting with others who are in some ways different from them. Accessible playgrounds also allow parents and other adults with disabilities to play with their children – something that’s often not possible at a traditional playground.

Every way you look at it, fully accessible playgrounds help break social barriers, and become an environment where everyone learns to respect and understand each other. And those are the kinds of lessons that can last a lifetime.

Visit: <https://www.unlimitedplay.org/> to learn more. NWMSCA will be collecting donations for Unlimited Play at this year’s fall meeting.

NWMSCA Spring Meeting



MSCA Fall 2015

