

PRIORITIZE
YOUR
CUP



 **NDCA**
North Dakota Counseling Association

FEBRUARY 9-11, 2025

BISMARCK, NORTH DAKOTA

WELCOME

Welcome to the North Dakota Counseling Association's 2025 Annual Conference: *Prioritize Your Cup*. We hope you enjoy the time to learn, network, and relax.

Who We Are

The North Dakota Counseling Association is composed of members coming from all areas of the counseling and human development fields. It is the mission of the NDCA to provide quality professional development opportunities, facilitate networking, advocate for the counseling profession, and promote leadership activities and encourage active involvement in the organization.

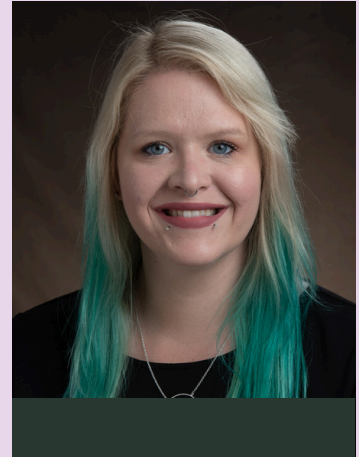
NDCA Executive Council



Danielle Luebke
President



Lory Hellman
President-Elect



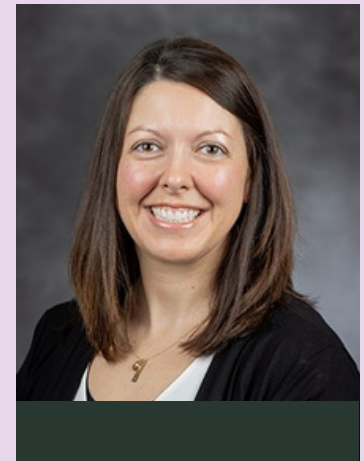
Jessica Danielson
President-Elect Elect



Chasity Odden Heide
Past President



Jenise Wilson
Co-Executive Director



Amy Geinert
Co-Executive Director

GENERAL INFO

How do I make the most of conference?

Please review the information below with helpful tips about conference. We have great sponsor booths to visit, sessions to attend, and division meetings to update you about all the amazing work being done in North Dakota!

Follow us on Social Media

Let people know you're at conference on social media by using the hashtag #ndca2025

Sponsors

Take time to visit the booths and talk with our sponsors! We appreciate the support they have shown to counseling professionals across ND.

Meals and Social

Breakfast, lunch and snacks in the Courtyard are open to all attendees. Join us for a social on Sunday evening to watch the Super Bowl!

Graduate Credit

Earn graduate credit by attending the NDCA conference! Please see conference program insert for more information.

Silent Auction

Attendees are encouraged to visit the Executive Conference Room and bid on their favorite Silent Auction items. Proceeds benefit the Silent Auction Scholarship. The Silent Auction will close at 12:00 p.m. on Monday, Feb. 13.

Evaluations

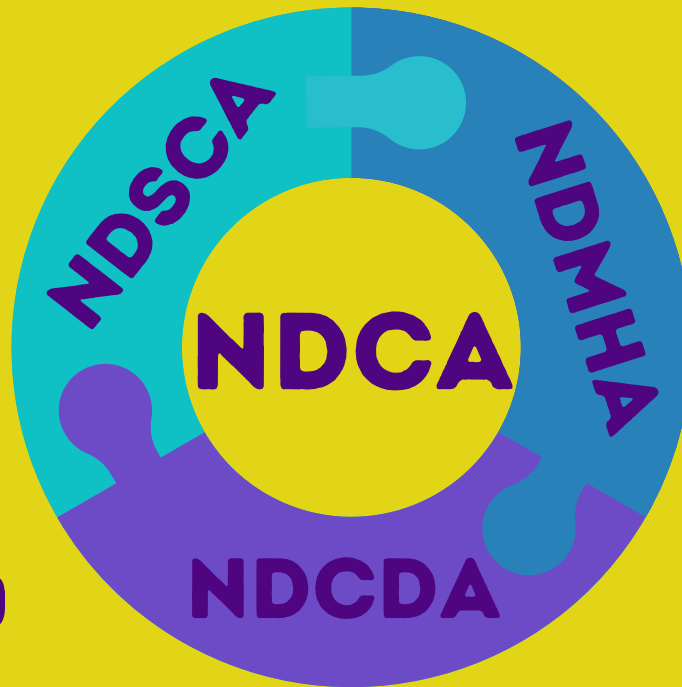
Your feedback helps NDCA continue to provide quality professional development. Please take time to complete evaluation at the end of the conference. A link may also be sent to attendees following the conference.

NDCA MEMBERSHIP



NDCA

North Dakota Counseling Association



Membership

Basics

- NDCA is an annual membership
- Join online at ndcounseling.org or here at conference!
- You must be a member of NDCA to join the divisions

Membership

Benefits

- Quality professional development
- Networking opportunities
- Input on legislative updates in North Dakota
- Leadership opportunities

**Join or renew your membership online at ndcounseling.org
(click on “Join Now”)**

conf.app

The QRCode of your event



Download

Copy event URL

How do I find my event?

Mobile applications

- 1 Download the "conf.app" app on the App Store or Play Store
- 2 Use your favorite QRCode scan tool to load the event on the mobile app, or send the event URL to your users
- 3 Press on it to access

Web resources

- 1 Check this link with your agenda <https://agenda.conf.app/44adcd87-aac6-49e7-ae5b-1075c3af7bd6>
- 2 Embed the link in any web resource you have access to



SAVE THE DATES!

****NEW LOCATION****

2026 Annual Conference

Dates: February 15-17, 2026

Location: Delta Marriott-Fargo, ND

Webinar Series

NDCA is excited to announce a monthly webinar series! The series is included in NDCA membership and offers up to 12 CEUs a year. If you are not a member, you can still attend and earn CEU credit for \$15.00 per webinar. Webinars are generally scheduled for the second Thursday of each month from 12:00-1:00p via Zoom. Pre-registration is required to attend these webinars. For a list of upcoming webinars, you can visit the NDCA website and check out our socials for flyers each month. Starting in March, there will be topics covering supervision, expressive arts, prenatal mental health, substance use, leadership, grief, and more!

8

Feb

8:00 AM & 1:00PM
4:00 PM
5:30 PM
7:00 PM

NDSCA & NDMHA Preconferences
Registration Opens outside Patterson
NDCA Executive Council Meeting
NDCA Governing Council Meeting

8:30 AM

9:30 AM - 12:30 PM

9

Feb

10:00 AM
12:30 PM
1:00 PM
2:15 PM
3:30 PM
4:30 PM
5:30 PM

NDSCA Governing Board Meeting
Career Connection, Lamborn
First-Timers Session, Registration
Welcome & Announcements
Opening Keynote, Chris Scheufele
Session 1
Session 2
NDSCA General Membership Meeting
Snack Social

8:00 AM

8:00 AM - 3:00 PM

Breakfast Available

Day on the Hill, Advocacy at the Capitol

10
Feb



8:30 AM
9:45 AM
11:00 AM
12:15 PM
1:45 PM
3:00 PM
4:00 PM
5:00 PM

Session 1
Session 2
Session 3
Awards Program & Luncheon
Session 4
Session 5 + DACAC Council Meeting
NDMHCA General Membership Meeting
NDCDA General Membership Meeting



11
Feb

7:30 AM
8:00AM
9:00 AM
10:15 AM
11:30 AM

Breakfast (ND Army National Guard)
NDCA Business Meeting
Session 1
Session 2
Closing Keynote, Tom Guetzke

SCHEDULE AT A GLANCE



DIVISION MEETINGS

Meeting	Description	Time & Location
NDCA Executive Council Meeting	Meeting for members of the NDCA Executive Council	Saturday, Feb. 8 5:30 - 7:00 p.m. Governors
NDCA Governing Council Meeting	Meeting for members of the NDCA Governing Council	Saturday, Feb. 8 7:00 - 8:30p.m. Governors
NDSCA Governing Board Meeting	Meeting for members of the North Dakota School Counselor Association Board	Sunday, Feb 9 8:30 - 10:00 a.m. Governors
NDSCA Advisory Luncheon	Meeting of NDSCA advisory chair and invited stakeholders to discuss school counseling programs, positions, and training	Sunday, Feb. 9 11:00 a.m. - 12:15 p.m. Governors
NDSCA General Meeting	Meeting for the North Dakota School Counselor Association General Membership	Sunday, Feb. 9 4:30 - 5:30 p.m. Grand Pacific
NDCA General Meeting	General meeting for the North Dakota Counseling Association	Tuesday, Feb. 11 8:00 - 8:45 a.m. Patterson
DACAC - ND Meeting	Dakota Association for College Admission Counseling	Monday, Feb. 10 3:00 - 4:00 p.m. Meeting 3160
NDMHCA General Meeting	Meeting for members of the North Dakota Mental Health Counselors Association	Monday, Feb. 10 4:00 - 5:00 p.m. Lamborn
NDCDA General Meeting	Meeting for members of the North Dakota Career Development Association	Monday, Feb. 10 5:00 - 6:00 p.m. Grand Pacific



Army National guard

High school counselors:

Features and Benefits:

Joining the North Dakota Army National Guard offers a unique blend of service and civilian life. Experience skills development, leadership training, and education benefits while serving part-time. The Guard provides a fulfilling path for those seeking personal growth, career opportunities, and a strong sense of patriotism.

Leadership development:The ND Army Guard cultivates strong, resilient leaders.

skills mastery:Receive vocational education while earning a monthly salary in one of many offered career fields.

Education support:Access to tuition assistance and scholarship opportunities help cover the rising costs of higher education.

proud legacy:Since 1883, Soldiers of the ND Army Guard have faithfully served their nation, state, and communities.

Affordable insurance:Access to affordable health, life, and dental insurance.



educational support:

tuition assistance:

The combined Federal and State Tuition Assistance Programs will cover up to 100% tuition at a North Dakota state-supported school.

Scholarships:Students who are eligible can earn up to \$15,804 under the Montgomery GI Bill.

Career Development

Bridge the gap between education and real-world success with our Career Development Programs.

your student's path to success:

Meet with a recruiter:Learn about the benefits and enlistment options for joining. Must be between 17 and 35 years of age. Parental consent required if 17.

Choose a job:Select a Military Occupation- al Specialty.

Meps:Take the ASVAB, pass a full physical, re- view your contract, and be welcomed into the ND National guard family at a swear-in ceremony.

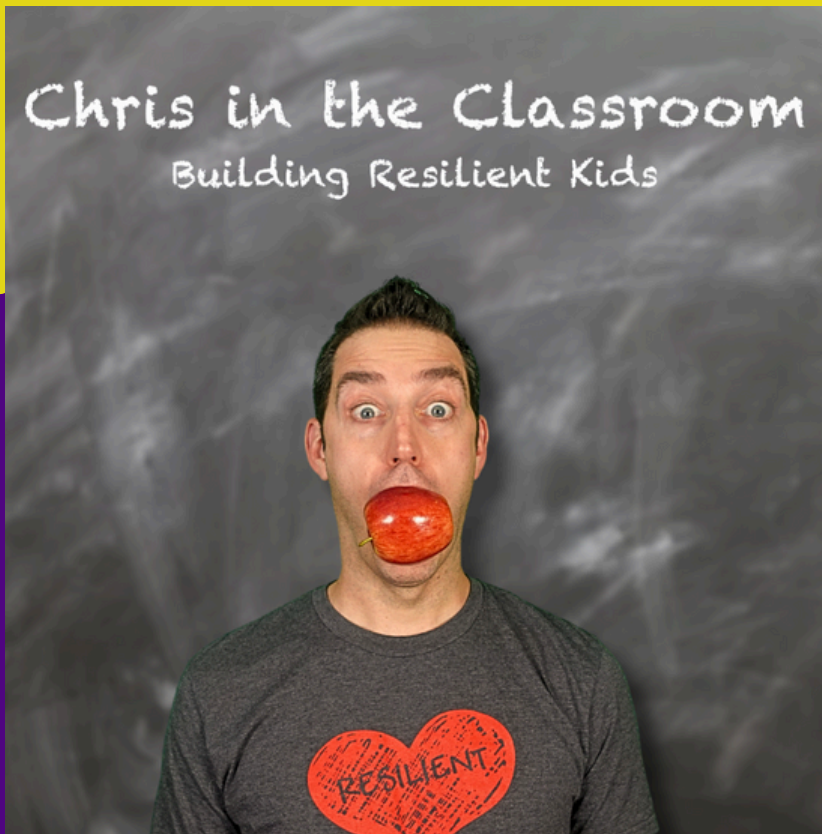
RSP Drill:Attand a weekend with the Re- cruit Sustainment Program where atendees are paid to learn about the National Guard.

Basic Combat training: Spend 10 weeks learning what it means to be a Soldier and gain valuable skills to help you succeed.

Advanced individual training: Attend school to train in the job for which you en- listed. Schools vary in length from 4 to 58 weeks.

OPENING KEYNOTE, FEBRUARY 9

1:00 p.m., Patterson



Chris Scheufele

Chris Scheufele, better known as "Shoof", is one of the most sought-after youth speakers in the United States.

He's a comedian with a license to teach, a #1 best-selling author, a certified cognitive behavioral therapy practitioner, and lover of tacos and sushi.

With more than a decade in the classroom, Chris has developed clever interventions that resolve conflicts instantly and promote a culture of resilience. He makes resilience education fun!

His entertaining and educational programs have been recognized by educators nationwide, and have earned him several awards including Teacher Of The Year.

CLOSING KEYNOTE, FEBRUARY 11

11:30 a.m., Patterson



Tom Guetzke “The Happologist”

Award-winning speaker and best-selling author, Tom Guetzke has inspired audiences around the world with his insights on happiness and self-care. Having traveled to over 65 countries, Tom has explored self-care practices that anyone can adopt to elevate happiness.

As an expert in the science of happiness, he developed *The 5 Happy Habits*, grounded in research from positive psychology, neurology, and sociology. Tom holds a Master’s degree and has pursued advanced studies in Positive Psychology and Happiness at the University of Pennsylvania, UC Berkeley, and Harvard. His contributions are featured in *Think Positive*, *Live Happy*. Additionally, Tom is a Certified Humor Professional (CHP)—one of only 75 globally—and was recently honored with induction into the National Speakers Association Speakers Hall of Fame (MN).

Known as “The Happologist,” Tom is dedicated to helping people enhance their health and well-being through the transformative power of happiness, laughter, and joy.

In this inspiring closing keynote, we’ll explore why self-care isn’t selfish—it’s essential. As counselors, you give so much of yourself to others, but how can you pour into others if your own cup is empty? You will discover the 5 Happy Habits to keep your well-being a priority: practicing gratitude, connecting deeply with others, staying physically active, engaging in mindfulness, and cultivating a growth mindset. By embracing these simple but powerful habits, you’ll not only nurture your own happiness but also amplify your capacity to empower and support those you serve. It’s time to put yourself back on your priority list—because the best you is the gift your students and clients deserve.

SATURDAY, FEBRUARY 8

NDSCA Preconference at Bismarck Public Schools Central Administration

8:00 a.m. - 12:00 p.m. **Feeling Strong: Games for Resilience & Conflict Resolution**
Chris "Shoof" Scheufele

12:00 p.m. - 12:30 p.m. **Lunch | Catered by Noodles & Co**

12:30 p.m. - 4:30 p.m. **Top Tech Tools for School Counselors**
Jacey Erickson, Founder-integratED

NDMHCA Preconference at Bismarck Hotel and Conference Center
Heart

9:30 a.m. - 10:00 a.m. **Registration**

10:00 a.m. - 12:00 p.m. **"Grief" with Carleen Hennenfent**

12:00 p.m. - 1:00 p.m. **LUNCH | on your own**

1:00 p.m. - 5:00 p.m. **"Attachment" with Jenise Wilson**

Registration at Bismarck Hotel & Conference Center

4:00 p.m. - 7:00 p.m. **Registration | Patterson**

5:30 p.m. - 6:30 p.m. **NDCA Executive Council Meeting | Governors**

7:00 p.m. - 8:30 p.m. **NDCA Governing Council Meeting | Governors**

SUNDAY, FEBRUARY 9

8:30 a.m. - 10:00 a.m. **NDSCA Governing Board Meeting | Governors**

9:30 a.m. - 12:30 p.m. **Career Connection | Lamborn**

10:00 a.m. - 11:00 a.m. **First-Timers Session | Grand Pacific**

10:00 a.m. - 12:00 p.m. **Registration | Patterson**

11:00 a.m. - 12:15 p.m. **NDSCA Advisory Luncheon | Governors**

12:30 p.m. - 1:00 p.m. **Welcome & Announcements | Patterson**

1:00 p.m. - 2:00 p.m. **Opening Keynote: Chris Scheufele | Patterson**

2:15 p.m. - 3:15 p.m. **Breakout Session: Chris Scheufele | Patterson**

3:30 p.m. - 4:30 p.m. **Breakout Sessions**

MONDAY, FEBRUARY 10

8:00 a.m. - 8:30 a.m.	Breakfast available
8:00 a.m. - 3:00 p.m.	Day on the Hill: Advocacy at the Capitol
8:30 a.m. - 9:30 a.m.	Breakout Session 1
9:45 a.m. - 10:45 a.m.	Breakout Session 2
11:00 a.m. - 12:00 p.m.	Breakout Session 3
12:15 p.m. - 1:30 p.m.	Awards Program & Luncheon
1:45 p.m. - 2:45 p.m.	Breakout Session 4
3:00 p.m. - 4:00 p.m.	Breakout Session 5
4:00 p.m. - 5:00 p.m.	NDMHCA General Membership Meeting
5:00 p.m. - 6:00 p.m.	NDCDA General Membership Meeting

TUESDAY, FEBRUARY 11

7:30 a.m. - 8:00 a.m.	Breakfast Sponsored by ND Army National Guard
8:00 a.m. - 8:45 a.m.	NDCA Business Meeting
9:00 a.m. - 10:00 a.m.	Breakout Session 1
10:15 a.m. - 11:15 a.m.	Breakout Session 2
11:30 a.m. - 12:30 a.m.	Closing Keynote, Tom Guetzke “The Happologist”



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Master of Science in Nursing

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Jeffery Baker 701-557-8071
Jeffrey.Baker@uj.edu | accelerated.UJ.edu



SUNDAY, FEBRUARY 9

9:30 a.m. - 1:00 p.m. | Opening Sessions

10:00 a.m. - 12:00 p.m. | Career Connection

Lamborn

Are you looking for a counseling position or internship? This session serves as an opportunity to connect people looking for a counseling position with employers who are looking to hire counselors in either school counseling or clinical mental health counseling settings. Graduate students, practicing counselors, and employers are invited to attend this session to connect about open positions in the counseling field. Please come ready to connect and share your resume and/or business cards.

Topic Area(s): Counselor Professional Identity and Practice Issues

Dr. Taryn Akgul & Various Employers

10:00 a.m. - 11:00 a.m. | First-Timers Session

Grand Pacific

Is this your first time attending the NDCA Annual Conference? If so, please join us for an introductory session. Meet other first-timers, leaders from our various associations, and get a general feel for what to expect while you're here!

Topic Area(s): First-timers Session

Lory Hellmann, NDCA President; Association Representatives

10:00 a.m. - 12:00 p.m. | Registration

Patterson Lobby

Sign In, Register, and pick up conference materials

Topic Area(s): Registration

NDCA Leadership & Volunteers

11:00 a.m. - 12:15 p.m. | NDSCA Advisory Luncheon

Governors

Invitation ONLY event.

NDSCA Advisory Council

12:30 p.m. - 1:00 p.m. | Welcome & Announcements

Patterson

Welcome to the Annual Conference! We're SO GLAD you're here!

NDCA Leadership

1:00 p.m. - 2:00 p.m. | Opening Keynote, Chris Scheufele

Patterson

2:15 p.m. - 3:15 p.m. | Breakout Session , Chris Scheufele

Patterson

SUNDAY, FEBRUARY 9

2:15 p.m. - 3:15 p.m. | Breakout Sessions

Updates from the North Dakota Department of Public Instruction *Grand Pacific*

This session will provide attendees with updates from the North Dakota Department of Public Instruction. Updates will include legislative updates, as well as updates and reminders regarding the North Dakota Scholarship.

Topic Area(s): Career Development and Counseling

Jim Upgren, Assistant Director, Office of School Approval & Opportunity

Navigating Internships and Career Entry for Professional Growth as a Graduate Student *Lamborn*

Presenters will discuss obtaining an internship site and successfully navigating the field experience. Presenters will also discuss next steps after program completion including licensure, securing supervision, and obtaining a position that aligns with your career aspirations. A panel discussion will follow to allow students to ask questions pertaining to professional development and areas of interest.

Topic Area(s): Counselor Professional Identity and Practice Issues

*Dr. Taryn Akgul, MSUM Assistant Professor & Program Coordinator;
NDCA Graduate Student Committee*

So I am a Counselor Supervisor...Now What? *Cannonball*

The start of any supervisee relationship can be stressful and at times confusing, for both the supervisee and the supervisor. The goal of this session is to provide supervisors or prospective supervisors with an opportunity to discuss where to start with supervision.

Topic Area(s): Counseling Theory/Practice and the Counseling Relationship, Counselor Professional Identity and Practice Issues, Wellness and Prevention

Becki Mcconnachie, Mental Health Counselor

SUNDAY, FEBRUARY 9

2:15 p.m. - 3:15 p.m. | Breakout Sessions cont.

¿Cómo lo hago?- Navigating in Higher Education at PWI's

Heart

As a first-generation Hispanic doctoral student, I find myself asking ¿Cómo lo hago? I had a conversation with another doctoral student from another intuition, he told me something that will stick with me. “You are learning two things, the system and the curriculum” and I thought, how do I survive my doctorate program? There has been an increase in first-generation Hispanic/Latino students attending predominantly white institutions (PWI) and there is a need for enhanced ways to support students in these institutions (Aparicio, 2021). Hispanic/Latinos students in higher education are navigating ongoing identity development, cultural and familial expectations, a sense of belonging, and intersectionality.

Topic Area(s): Counseling Theory/Practice and the Counseling Relationship, Social and Cultural Foundations

Marilyn Quintero, NDSU Doctoral Student

Meeting North Dakota Indigenous, LGBTQIA+, Rural and Underserved School-Based Mental Health Needs Updates

Sheyenne

This session will honor the plethora of stakeholders who contributed to Dr. Katherine L. Nelson's, “Meeting North Dakota Indigenous, LGBTQIA+, Rural and Underserved School-Based Mental Health Needs,” U.S. Department of Education's \$6,000,000 grant award funding school counseling training and professional development and the School Health Hub.

Topic Area(s): Counseling Theory/Practice and the Counseling Relationship, Human Growth and Development, Social and Cultural Foundations, Group Dynamics and Counseling, Career Development and Counseling, Assessment, Research and Program Evaluation, Counselor Professional Identity and Practice Issues, Wellness and Prevention

Katherine Nelson, UND Assistant Professor, School Health Hub Co-Director;
Brenda Wilkie, School Counselor; Faye Seidler, LGBTQ+ Care Coordinator

SUNDAY, FEBRUARY 9

2:15 p.m. - 3:15 p.m. | Breakout Sessions cont.

Culturally Inclusive Approaches. A Guide for Professionals Working with African Clients

120 Minutes

Meeting 2130

Are you an experienced professional or new to your field? The presentation from my Book will equip you with the knowledge and tools to support African clients with respect and sensitivity. Enhance your practice and improve your clients' well-being with culturally inclusive methods that make a difference.

Key features include:

In-depth Exploration: Comprehensive analysis of African cultural practices, from traditional healing methods to contemporary influences.

Practical Strategies: Actionable steps to integrate cultural competence into everyday professional practices.

Case Studies: Real-life examples illustrating successful interventions and everyday challenges.

Holistic Approaches: Techniques to blend traditional and modern healing practices for a well-rounded approach to mental health care.

Topic Area(s): Human Growth and Development, Social and Cultural Foundations, Counselor Professional Identity and Practice Issues

Rosina Appiah, Outpatient Mental Health Therapist; Reggie Tarr, Social Worker

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SUNDAY, FEBRUARY 9

3:30 p.m. - 4:30 p.m. | Breakout Sessions

A Solution-Focused School Counseling Student Panel *Grand Pacific*

School counselors are essential to mental health safety, awareness, and responsiveness within communities. Historically, it has been a challenge to adequately prepare school counselors to meet the complex social, emotional, academic, and programmatic needs of students. School counselors must also discern the legal and ethical approaches to responding to the diverse needs of students (Dahir, et al., 2009).

Due to an overwhelming need for student support and a shortage of qualified school counseling applicants, there is an increase of emergency programs placing non-degreed students in professional capacities as school counselors (ASCA, 2019; 2023). Additionally, a federal Mental Health Service Professional Grant created means for individuals to get a degree in school counseling at no cost. Many of these students begin work as school counselors after only 12 hours of schooling, and some have no school-based work experience.

Join our Solution Focused Student Panel and hear about their experiences and what they have learned about the roles and responsibilities of school counselors. Our best hopes for this discussion are to offer our school counseling students an opportunity to share what is working and learn what we can do as a professional counseling community to support them and the stakeholders they serve.

Topic Area(s): Research and Program Evaluation, Counselor Professional Identity and Practice Issues

Dr. Franchesca Garza-Fraire, Assistant Professor, Program Director School Counseling;

Dr. Amy Geinert, Assistant Professor, Internship Director;

Student Panel

School Counselor Advocacy: Educating to Enhance Student & School Outcomes *Lamborn*

As school counselors, we know that what we are trained to do is not clearly understood by those who make decisions about our role in our schools. Additionally, we have been told to advocate for our role but are rarely provided with solid guidance on how to do so. The NDSCA is working to educate our educational leaders about the role of school counselors and comprehensive counseling programs in today's schools. Come and learn how we are approaching these conversations and gain some insights on the best points to emphasize when advocating for your role in your district and beyond!

Topic Area(s): Counselor Professional Identity and Practice Issues

April Foth, School Counselor, NDSCA Past President

SUNDAY, FEBRUARY 9

3:30 p.m. - 4:30 p.m. | Breakout Sessions cont.

Nuestras historias: Using Narrative Therapy for Trauma-Informed Care *Heart*

Many Latinx individuals use a form of storytelling to preserve memories and historical Knowledge. According to Substance Abuse and Mental Health Services Administration, nearly 22% of Hispanic and Latino Americans reported having a mental illness. Recognizing the impact of trauma on individuals and families within the Latinx communities to address the uniqueness of their culture and language. During this presentation, I will present the use of Narrative Therapy principles and practices into trauma informed care for Spanish-speaking individuals. It will highlight the importance of reclaiming their stories and cultivate resilience in the face of adversity, explore cultural aspects of trauma with Spanish-speaking communities, and provide a safe space to build community and healing.

Topic Area(s): Social and Cultural Foundations

Marilyn Quintero, NDSU Doctoral Student

The University of North Dakota's School Health Hub: Funded through the Meeting North Dakota Indigenous, LGBTQIA+, Rural and Underserved School-Based Mental Health Needs **U.S. Department of Education Grant** *Sheyenne*

This session will review the School Health Hub interdisciplinary collaborative school-based behavioral health program with Fargo Public Schools. The following will be addressed: 1. The mental health needs of youth, emphasizing the gap between the prevalence of mental health challenges, access to care, and the additional barriers and heightened vulnerability of racial and ethnic minority youth, LGBTQ+ youth, and those in rural areas; 2. School Health Hub program overview and history; 3. Clinical service delivery; 4. Family engagement initiatives; 5. Time allocated for questions and discussion.

Topic Area(s): Counseling Theory/Practice and the Counseling Relationship, Human Growth and Development, Social and Cultural Foundations, Group Dynamics and Counseling, Career Development and Counseling, Assessment, Research and Program Evaluation, Counselor Professional Identity and Practice Issues, Wellness and Prevention

Katherine Nelson, UND Assistant Professor, School Health Hub Co-Director;

Ashley Guy, School Counselor; Matthew Evans, Counseling Psychology Doctoral Student & School Health Hub Grad Research Assistant; Kalie Chambless; Jamal Oakes; Devika Panicker

SUNDAY, FEBRUARY 9

3:30 p.m. - 4:30 p.m. | Breakout Sessions cont.

The 4-Year Rolling Plan, Choice Ready, and Career Exploration in Compass & RUPReady.nd.gov
Cannonball

Recent guidance from ND DPI recommended Compass within RUPReady.ND.gov be used for the 4-year rolling plan. Did you know that Compass can also be used for career exploration, tracking indicators related to Choice Ready, managing work-based learning, and other features that helps your students prepare for graduation? During this session we'll cover how these things are all connected in one consistent process, best practices in terms of rolling things out to your students, and what's to come. We'll explore how you can manage your course lists in the Professional Center, how the 4-year plan can help your students understand their skills and what careers, employers, and college programs they might be a good fit for, and how you can track all of this in one central place.

Topic Area(s): Career Development and Counseling, Assessment

Patrick Mineer, CEO & Founder of Golden Path Solutions



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SUNDAY, FEBRUARY 9

3:30 p.m. - 4:30 p.m. | Breakout Sessions cont.

Caring without Overflowing: Setting Healthy Boundaries in Counseling
Patterson

In the counseling profession, navigating the balance between caring for others and caring for oneself can often fall into a gray area, leading to burnout, compassion fatigue, and ethical dilemmas. This presentation addresses practical strategies to help clinicians meet both their personal and professional needs.

Attendees will re-examine the importance of boundaries in counseling, learn to identify warning signs of blurred boundaries between client care and self-care, and discover effective ways to address these challenges. Special emphasis will be placed on the critical role of clinical supervision in supporting counselors as they reflect, process challenges, and receive guidance on ethical dilemmas related to boundary-setting.

This presentation serves as a call to action for counselors to prioritize their own well-being, recognizing that a full and balanced cup enables them to pour more effectively into the lives of those they serve.

Topic Area(s): Career Development and Counseling, Assessment

Austin Williams, M.Ed., LAPC

4:30 p.m. - 5:30 p.m. | NDSCA General Membership Meeting

Grand Pacific

All North Dakota School Counselor Association members are INVITED to attend to network, share thoughts, and help our organization work for YOU!

5:30 p.m. - 10:00 p.m. | SUPER BOWL & Networking Social

Patterson

Please join us for appetizers, fun, and fellowship as we watch the Super Bowl, play some games, and connect with one another! Bar will be open to purchase drinks; appetizers are provided free of charge! Sponsored by NDCA, NDSCA, NDCDA, and NDMHCA

Dakota Association for College Admission Counseling - North Dakota Council

Need information on North Dakota
colleges & universities?
Stop by our booths today!



DAKOTA ASSOCIATION FOR COLLEGE ADMISSION COUNSELING - ND COUNCIL

Have questions about college fairs?
Want to connect with us?

dacacnd.com

MONDAY, FEBRUARY 10

8:00 a.m. - 8:30 a.m. | Breakfast

**Sponsored by DACAC and University of Jamestown
*Patterson***

8:00 a.m. - 3:00 p.m. | Day on the Hill

Advocacy at the Capitol

YOU are invited to represent your respective division for an hour or 2 and talk to legislators about the important work you do every day!

8:30 a.m. - 9:30 a.m. | Breakout Sessions

**Pouring Into People: Enhancing Behavioral Health Services in Rural Communities Across North Dakota
*Patterson***

In North Dakota's rural communities, access to behavioral health services is often limited due to geographic isolation, provider shortages, and stigma. This session will explore innovative outreach strategies that bring vital behavioral health services to these underserved areas. Participants will learn how tailored behavioral health interventions can improve mental health outcomes in rural populations, with a focus on overcoming barriers such as transportation, stigma, and resource scarcity.

Drawing from real-world examples, the session will showcase successful models of outreach that prioritize relationship-building and community engagement. Attendees will also gain insights into how collaborative partnerships between health professionals, local organizations, and government agencies are helping to "pour into" the mental and emotional well-being of rural residents. By enhancing access to quality behavioral health care, these initiatives are transforming lives and creating more resilient rural communities.

This session is ideal for professionals in counseling, social work, case management, public health, and rural community services who are interested in expanding or improving behavioral health outreach efforts in isolated areas.

Topic Area(s): Social and Cultural Foundations

Mandy Hofland, LAPC, Rural Outreach; Maggie Kneip, Rural Outreach Case Manager

MONDAY, FEBRUARY 10

8:30 a.m. - 9:30 a.m. | Breakout Sessions cont.

Implementing Integrative Mental Health Into Your Practice

Grand Pacific

Participants will learn how to look at the patient's whole body through the lens of a counselor. Participants will learn more about how the body works as it relates to mental health. Participants will learn more about resources they can use in their practice such as a wellness survey and various functional assessments such as food sensitivity, OATS, and neurotransmitter tests. We will also discuss ways to support patients that don't want to go on medication as well as review your ethical obligations as a counselor.

Topic Area(s): Wellness & Prevention

Valerie Meyers, LPCC-S, Owner--The Kid's Therapy Center, LLC

NSSI for First Year School Counselors and New Professionals

Heart

This session was developed for new school counselors and new professionals working with students who self-harm. This session will offer background information and techniques for working with students who are categorized as NSSI (non-suicidal self injury).

Topic Area(s): Wellness & Prevention

Rebecca Grey Bear, School Counselor

The Academy Model: An Innovative Approach to Learning That Fosters Personalized Learning, Collaboration, And Real-World Relevance

Meeting 2130

In 2022, West Fargo Horace High School made the transition to a wall-to-wall Academy Model School to support our personalized learning goals and to best prepare our learners for their futures. The Academy Model enables us to create smaller learning communities, comprised of students with like interests, through a career-connected, college-aligned theme. This session focuses on our work as counselors in an Academy Model School and how we best support our learners while they explore different career pathways that best prepare them for careers in a high-wage, high-skill, and in-demand jobs in our metro area. This includes exploring our work with helping middle school students select appropriate high school pathways, teaming with our staff members by academy, integrating pathways into core subject areas, creating partnerships with industry, and facilitating work-based learning opportunities that align with the pathways.

Topic Area(s): Wellness & Prevention

Autumn Gossett, School Counselor; Taylor Schaible, School Counselor

MONDAY, FEBRUARY 10

8:30 a.m. - 9:30 a.m. | Breakout Sessions cont.

Growing Your Own - Student certification to fill school para/kitchen/janitorial shortages
Sheyenne

So many schools are struggling to fill shortages within their school system for support services. This is a problem that continues plague school administrators year after year. There are also many juniors and seniors with time and skills that could be cultivated through cooperative work experience and certification in service fields within the school system that can fill those shortage areas and foster interest in related career fields.

A "Grow-Your-Own" mentality within your school community not only gives students positive learning opportunities that may lead to a career, but also helps them gain respect for the professions that they serve in. It creates a "Team" atmosphere between students, educators, and administrators as they work together to problem solve staff shortages and student needs. Student paraprofessionals gain understanding for the work that is involved in the teaching profession. The students that they work with often relate better to the student as a role model. Student custodians learn cleaning and maintenance skills and a respect for what our janitorial staff do each day. Student kitchen aids experience culinary arts within an institution. IT, Library, and AG (Shop) aids use their skills to work alongside the teacher to support their programs and learn the behind the scenes duties of each area.

This idea is truly a win-win for schools. Students, staff, and administration.

Topic Area(s): Career Development and Counseling

Bobbie Olson, School Counselor

Digital Citizenship Resources for Parents

Lamborn

What should parents know about digital citizenship? Where do parents get their information? How do we know the information parents are getting is good? In this session, we'll talk about places we can find information to pass along to parents and share among the group what has worked in our schools. We will come out of this session with a compilation of great resources to send home to parents to help in teaching our students about digital citizenship.

Topic Area(s): Social and Cultural Foundations

Jill Baird, IT Specialist

MONDAY, FEBRUARY 10

8:30 a.m. - 9:30 a.m. | Breakout Sessions cont.

Meeting North Dakota Indigenous, LGBTQIA+, Rural and Underserved School-Based Mental Health Needs: School Counselor Training, Professional Development, and Provisionally Credentialed School Counselor Supervision.

Cannonball

This session will provide an overview of what Dr. Katherine Nelson's (University of North Dakota), "Meeting North Dakota Indigenous, LGBTQIA+, Rural and Underserved School-Based Mental Health Needs," U.S. Department of Education grant award is doing for School Counselor Training, Professional Development, and Provisionally Credentialed School Counselor Supervision throughout North Dakota. The session will address the following: 1. What is being funded to support North Dakota School Counseling; 2. Stories from the field: A. Working as a Provisionally Credentialed School Counselor in a high-needs Indigenous school community with no counseling supervision; B. Supervising school counseling students working as Provisionally Credentialed School Counselors; C. UND School counseling students working as Provisionally Credentialed School Counselors with grant-funded counseling supervision; 3. Questions and discussion regarding implications for North Dakota School Counseling and school communities.

Topic Area(s): Counseling Theory/Practice and the Counseling Relationship, Human Growth and Development, Social and Cultural Foundations, Career Development and Counseling, Assessment, Research and Program Evaluation, Counselor Professional Identity and Practice Issues, Wellness and Prevention

Dr. Katherine Nelson, UND Assistant Professor, School Health Hub Co-Director;
Joel Côté-Kanning, School Counselor; Amy Nordstrom, Professional School Counselor;
Kaitlyn Ozbun, Julie McCann

MONDAY, FEBRUARY 10

9:45 a.m. - 10:45 a.m. | Breakout Sessions

Elementary Sharing Session

Patterson

Share your knowledge and resources with your fellow elementary school counselors. Bring questions as well as ideas of awesome things you do to help with social emotional learning, mental health, academic needs, and career development. This is meant to be a very informal sessions where we all share our knowledge and help each other learn and grow our programs!

Topic Area(s): Counseling Theory/Practice and the Counseling Relationship, Human Growth and Development, Career Development and Counseling

Brandy Klusmann, School Counselor

Empowering Parents to Support Change in Their Family

Grand Pacific

When working with children and adolescent clients parents can be our greatest ally and at times our biggest road block. This session will provide practitioners with a framework for working with parents of children and adolescent clients, as well as give tools to empower parents to support changes at home.

Topic Area(s): Counseling Theory/Practice and the Counseling Relationship, Human Growth and Development, Career Development and Counseling

Hannah Woll, LPCC, Program Coordinator of Education & Training

Navigating Safety for LGBTQ+ Youth

Lamborn

This training is designed to give professionals insights and tools on how to keep LGBTQ+ youth safe. The goal of the training is to maximize the protective factors within these youth's lives, problem solve how to navigate difficult situations that occur for this demographic, and to reduce suicidality overall. Participants will leave with greater confidence when interacting with LGBTQ+ students.

Topic Area(s): Social and Cultural Foundations, Wellness and Prevention

Faye Seidler, LGBTQ+ Care Coordinator

MONDAY, FEBRUARY 10

9:45 a.m. - 10:45 a.m. | Breakout Sessions

Ethical Diagnosis: A Refresher for Counselors *Sheyenne*

Clinical mental health counselors are trained to engage in diagnosis during their master's degree; however, coursework is limited and depending on clinical setting practice might also be limited. Diagnosis can end up feeling overwhelming, uncertain, logistical, and unhelpful to counselors and clients. Presenters will review current diagnostic trends, identify common diagnostic mistakes, and outline ethical practices for diagnosis. This presentation serves as a refresher session on diagnosis for new, intermediate, and advanced counselors.

Topic Area(s): Assessment, Counselor Professional Identity and Practice Issues

Dr. Jessica Danielson, LPCC-S, NCC, NDSU Associate Professor;

Dr. Shellie Beeker, LPCC-S (ND), LPC (MN, CO), Assistant Director of Training

More Than Behavior *Meeting 2130*

There is an increase in student behavior in schools. It is estimated that 80% of students with emotional and behavioral disorders also have unidentified language impairments (Hollo, Wehby, & Oliver, 2014). Most school staff are not required to have pre-service training on supporting student behavior. This session will walk through how to analyze the function of a child's behavior. Considerations for language needs and support will be discussed. How executive functioning and cognitive load theory impact students will also be covered. Attendees will learn about federal guidance for behaviors and school discipline. Could an increase in language support in the primary grades decrease behavior in schools?

Topic Area(s): Human Growth and Development, Wellness and Prevention

Michelle Woodcock, Special Education Coordinator

MONDAY, FEBRUARY 10

9:45 a.m. - 11:45 a.m. | 120-minute Breakout Sessions

An Introduction to the Suicide Care Model: Screening, Brief Intervention, and Structured Follow-Up for Suicide Prevention *Heart*

This two-hour training for counselors covers the key elements of the suicide care model for suicide prevention and early intervention. The training program provides in-depth instruction on screening tools, safety planning, and structured follow-up and monitoring, equipping counselors with the skills necessary to effectively identify, intervene, and provide ongoing support to clients at risk for suicide. Following a brief introduction to suicide rates in North Dakota, counselors will learn to use the Columbia Suicide Severity Rating Scale (C-SSRS) and the Suicide Assessment Five-Step Evaluation and Triage (SAFE-T) protocol for suicide risk assessment. Participants will then learn the evidence-based Stanley Brown Safety Planning brief intervention for clients at moderate-to-high risk for suicide. Participants will practice these skills through role-playing exercises and interactive scenarios to build confidence with the material. Finally, participants will learn best practices for structured follow-up and monitoring, including caring contact services provided by FirstLink. By the end of the training, participants will be able to:

- 1) Summarize suicide rates in North Dakota,
- 2) Use the C-SSRS and SAFE-T protocol to screen for suicide risk,
- 3) Conduct a Stanley Brown Safety Plan brief intervention, and
- 4) Describe best practices for structured follow-up and monitoring for suicide risk.

Topic Area(s): Assessment, Wellness and Prevention

Dr. Andrea Kaniuka, Research Scientist; Katie Gallant, Senior Research Associate II;
Hildie Cohen, Senior Research Director I

Wellness, Leadership, & Professional Advocacy *Cannonball*

Are you tired of routine wellness presentations on burnout, compassion fatigue, and the importance of self-care? This presentation offers a new approach for evaluating wellness pertaining to leadership and professional advocacy from a values-driven perspective. You will leave with a renewed focus on your values and a personalized wellness plan.

Topic Area(s): Counselor Professional Identity and Practice Issues, Wellness and Prevention

Dr. Olivia Wedel, LPC-S, UMary-CMHC Internship Director

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At the University of Mary, we offer more than just another milestone. Our nearly 60 bachelor's degree programs and 16 pre-professional concentrations combine world-class career preparation with education for the whole of life. Mary undergraduates benefit from small class sizes, personalized academic counseling, superior financial support, and formative networking and involvement opportunities. Rise to your potential at Mary — you were made for more.



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Students at North Dakota State University earn an exceptional education while building connections and making friends for life. Learn more about programs and how students can visit campus at ndsu.edu/visit.

NDSU

NORTH DAKOTA STATE UNIVERSITY

MONDAY, FEBRUARY 10

11:00 a.m. - 12:00 p.m. | Breakout Session

Professional Development on LGBTQ+ Identity

Lamborn

This is a beginner level training to improve understanding and competence with LGBTQ+ identity. Participants will explore what has informed their perceptions on queer identity, learn a demographic breakdown of youth who identify this way today and why, and gain confidence in having conversations with LGBTQ+ youth.

Topic Area(s): Social and Cultural Foundations, Wellness and Prevention

Faye Seidler, LGBTQ+ Care Coordinator

Understanding Epigenetics & Mental Health

Grand Pacific

We know mental health can run in the family but we also know the same genetics can be expressed differently. This breakout will take a deeper look at nature versus nurture. We will look at how genetics “loads the gun” and environment “pulls the trigger”. Participants will learn more about what are top genetic traits an integrative therapist looks at and learn about what environmental factors impact genetics.

Topic Area(s): Wellness and Prevention

Valerie Meyers, LPCC-S, Owner--The Kid's Therapy Center LLC

Navigating the Journey: Getting your PhD in Counselor Education and Supervision

Sheyenne

Obtaining a PhD in Counselor Education and Supervision is deeply intertwined with the development and reinforcement of a counselor's professional identity. Getting a PhD in Counselor Education equips counselors with advanced knowledge, skills, and opportunities to make significant contributions to the counseling profession in leadership & advocacy, research, teaching, supervision, and clinical practice. This presentation will outline the importance, barriers, and considerations of pursuing a PhD in Counselor Education and Supervision. Strategies for success and personal experience will be shared.

Topic Area(s): Counselor Professional Identity and Practice Issues

Amy Tichy, LAPC (ND), LPC (MN), Registered Drama Therapist/Board Certified Trainer, (RDT/BCT), NCC; Mandy Hofland, LMAC, LAPC (ND), NCC

MONDAY, FEBRUARY 10

11:00 a.m. - 12:00 p.m. | Breakout Session

Supervision: Ethical and Best Practices

Meeting 2130

Supervision is required in master-level counseling programs during techniques, Practicum, and Internship, regardless of specialization (CACREP, 2024). In addition, for clinical mental health counselors post-graduation supervision is required for independent licensure. Presenters will identify common concerns in supervision, review best practices for supervision, and outline ethical practices for supervision including structure, assessment, documentation and boundaries.

Topic Area(s): Social and Cultural Foundations, Wellness and Prevention

Dr. Shellie Beeker, LPCC-S (ND), LPC (MN, CO), Assistant Director of Training;

Dr. Jessica Danielson, LPCC-S, NCC, NDSU Associate Professor;

12:15 p.m. - 1:30 p.m. | Awards Program & Luncheon

Patterson

Please join us for some delicious food while we celebrate those who are recognized during our Luncheon.

1:45 p.m. - 2:45 p.m. | Breakout Sessions

Infant Mental Health: The Role of Attachment in the First 3 Years

Grand Pacific

The first three years of life is one of the most crucial periods of development. During this time we explore new things, make connections and learn if the world is a safe place. The attachments infants make in these formative years with caregivers will influence future relationships for years to come. This seminar will explore the types of attachments and their characteristics, as well as how to foster healthy attachment.

Topic Area(s): Human Growth and Development

Hannah Woll, LPCC, Program Coordinator of Education & Training

A Balancing Act: Promoting Wellness for Educators & Therapists

Lamborn

The presentation on educator and therapist wellness emphasizes the critical importance of self-care and mental health support for professionals in high-stress environments. It explores practical strategies for maintaining emotional resilience, setting boundaries, and fostering a supportive community to enhance overall well-being and job satisfaction.

Topic Area(s): Wellness and Prevention

Dr. Lorraine Zwingel, LAPC, NCC, School-Based Mental Health Therapist/Professor;

Terri Kroll, School Counselor

MONDAY, FEBRUARY 10

1:45 p.m. - 2:45 p.m. | Breakout Sessions cont.

Navigating the Emotional Rollercoaster of Endometriosis: You See These Patients Daily *Heart*

Explore the psychological impact of endometriosis on patients and the role of healthcare providers in providing emotional support and mental health resources. Surprisingly, many of these individuals silently battle endometriosis within your practice, often unbeknownst to you.

Topic Area(s): Assessment, Wellness and Prevention

Tara Harding, DNP, FNP-C

Emotional Fitness: Cultivating Your Calm *Cannonball*

Modern health science teaches us about the importance of achieving emotional regulation, but did you also know that your ability to be regulated and provide a regulated environment can affect your clients' ability to self-regulate? In this workshop, we will learn how our nervous systems interact with each other and ways that you, as a therapist or other helping professional, can practice self-care and set up your environment in a way that helps to put the client at ease. Even if you are not a therapist, you can use these practices at any workplace or with friends or family. You will also learn some simple tools that you can use between clients, even if you only have one minute!

Topic Area(s): Wellness and Prevention

Caren Stewart, Integrated Primary Prevention Officer

Navigating High Conflict Cases *Meeting 2130*

High conflict cases can often times be confusing and overwhelming. Where do you start? What to do next? Who are your resources? Our goal in this training is to not only answer these questions, but to also help you to feel supported and leaving with knowledge of what characteristics you may see, boundaries to set, and policies to have in place. We will tips on navigating these cases, and how to prioritize the child and your own self-care during these stressful cases.

Topic Area(s): Counseling Theory/Practice and the Counseling Relationship

Amanda Lange, LPCC-S, Clinical Director and Counselor--The Kid's Therapy Center, LLC

MONDAY, FEBRUARY 10

1:45 p.m. - 3:45 p.m. | 120-minute Breakout Session

An Introduction to the SBIRT Model: Screening, Brief Intervention, and Referral to Treatment for Substance Use *Sheyenne*

This two-hour training for counselors covers the key elements of the evidence-based Screening, Brief Intervention, and Referral to Treatment (SBIRT) model for substance use prevention and early intervention. The training program provides in-depth instruction on screening tools, a brief intervention utilizing Motivational Interviewing, and referral strategies, equipping counselors with the skills necessary to effectively identify, intervene, and refer clients at risk for substance misuse.

Counselors will learn to use evidence-based screening tools such as the AUDIT, DAST, and CRAFFT to assess substance use risk and determine appropriate interventions. Participants will then learn the Brief Negotiated Interview (BNI) for clients at increased risk of developing substance use disorders. There will be opportunities to practice these skills through role-playing exercises and interactive scenarios, as well as knowledge check questions throughout to reinforce key concepts.

Learning objectives include:

1. Describe screening, brief intervention and referral to treatment (SBIRT) as an evidence-based approach to prevention, early identification, and intervention for substance use.
2. Identify validated substance use screening tools for youth and adults.
3. Demonstrate how to conduct a brief intervention using the Brief Negotiated Intervention.
4. Describe best practices in conducting referral and follow up with youth and adults for substance use.

Topic Area(s): Assessment, Wellness and Prevention

Dr. Andrea Kaniuka, Research Scientist; Katie Gallant, Senior Research Associate II;
Hildie Cohen, Senior Research Director I

College Admissions Roundtable *Meeting 2160*

Helping your students prepare for college is never easy, but college admissions representatives are here to help! This is an opportunity to chat with college admissions representatives regarding admissions and testing requirements, scholarship policies, school visits, tours, and anything else. The members of the DACAC-ND Council are here to serve you and your students.

Topic Area(s): Career Development and Counseling

Alexis Tibor, Executive Director of DACAC-ND; Erin Heide, President of DACAC-ND;
Heather Halverson, Vice President of DACAC-ND



Together, we thrive.

We believe our purpose as a University is to help students grow within the four walls of the classroom and beyond. That means if your student wants to major in nursing, play a sport, AND participate in campus ministry, we'll not only encourage it—we'll help them thrive.

Ready to set your student up for success? Let's do it together.

Contact Director of Admissions
Alyson Leas: 701-252-3467 ext. 5716
Alyson.Leas@uj.edu | UJ.edu



MONDAY, FEBRUARY 10

3:00 p.m. - 4:00 p.m. | Breakout Sessions

Adolescents: The Unique Patient *Grand Pacific*

Adolescents can be confusing to parents as well as at times, us as professionals. At times adolescents can seem like a maturing adult and other times, like a young child. We will discuss ways to build a relationship with teens and ways to support the parent. Participants will look at this stage of life through different lenses such as the self identity stage, looking at sexuality and building autonomy.

Topic Area(s): Human Growth and Development

Valerie Meyers, LPCC-S, Owner--The Kid's Therapy Center LLC

Secondary Sharing Session *Patterson*

The Secondary Counselor Sharing Session is a collaborative event focused on exchanging valuable resources to support students' academic, career, and personal development.

Topic Area(s): Career Development and Counseling

Amber Vollmers, School Counselor

MONDAY, FEBRUARY 10

3:00 p.m. - 4:00 p.m. | Breakout Sessions

Explaining TMS: Innovations in Mental Wellness and Pathways to Healing *Heart*

Transcranial Magnetic Stimulation (TMS) – A Pathway to Mental Wellness

Are your patients struggling with depression or anxiety that hasn't improved with traditional treatments? Transcranial Magnetic Stimulation (TMS) offers a groundbreaking, non-invasive solution that's changing lives. Using gentle, targeted magnetic pulses, TMS stimulates areas of the brain associated with mood regulation, helping to restore balance and reduce symptoms of mental health conditions.

FDA-approved and backed by years of research, TMS has shown remarkable success. Studies report that approximately 70% of patients experience significant improvement, with 49% achieving complete remission from depression. These outcomes make TMS a powerful alternative for those who haven't found relief with medications or therapy alone.

TMS is also a promising option for adults and adolescents battling treatment-resistant depression and anxiety, PTSD, and more while providing a safe and effective approach tailored to their needs. Learn more about this life-changing therapy.

Topic Area(s): Assessment, Research and Program Evaluation, Wellness and Prevention

Tara Harding, DNP, FNP-C

Nurtured by Nature: An Introduction into Nature-Based Therapy *Cannonball*

Extend your skills, as you explore opportunities to engage and incorporate nature therapy into your practices. Michelle will offer introductory content into nature therapy that will promote exploration in connecting with the outdoors in both urban and rural environments. She will share stories of her journey to include nature therapy in both her own life and the counseling profession. You will walk away with a shinrin-yoku video, printed skill handouts, and a greater curiosity for things beyond the four walls of your practice.

Topic Area(s): Wellness and Prevention

Michelle Levinson, LAPC

Testifying in Court *Meeting 2130*

A subpoena, now what? In this session we will discuss the process of court and walk through the steps from intake, responding to the subpoena, to what to expect walking into court. We also will take a look at what our ethics say, as well as what to and what not to say on the stand. We will also discuss what to screen for at intake, what policies are helpful, and resources that are available to you.

Topic Area(s): Counseling Theory/Practice and the Counseling Relationship

Amanda Lange, LPCC-S, Clinical Director and Counselor--The Kid's Therapy Center, LLC

MONDAY, FEBRUARY 10

3:00 p.m. - 4:00 p.m. | Breakout Sessions cont.

Brewing up Balance: How AI Can Keep Your Cup from Overflowing *Lamborn*

This session explores how AI tools can help professionals manage their workloads, reduce stress, and achieve better work-life balance. Participants will learn practical strategies for leveraging AI to streamline tasks, improve productivity, and prevent burnout.

Topic Area(s): Wellness and Prevention

Kelly Pierce, CTE State Supervisor; Danielle Luebke, Counselor

4:00 p.m. | NDMHCA General Membership Meeting

Lamborn

All Members are INVITED to attend!

5:00 p.m. | NDCDA General Membership Meeting

Grand Pacific

All members are INVITED to attend!



The banner features the U.S. Department of Transportation Federal Motor Carrier Safety Administration logo on the left. On the right is a photograph of a smiling Black man wearing glasses and a yellow safety vest. The text on the banner reads: "Safe Driver Apprenticeship Pilot (SDAP) Program" in large white font, and "Advance Your Career in Trucking" in smaller white font below it.



Are you 18–20 years old, holding an intrastate commercial driver's license (CDL), and looking to expand your career nationwide? **Join the SDAP Program today and jump-start your trucking career across the United States!**

Scan this code to:

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TUESDAY, FEBRUARY 11

7:30 a.m. - 8:00 a.m. | Breakfast

sponsored by the North Dakota Army National Guard

Patterson

Join us for breakfast and a special presentation from members of the North Dakota Army National Guard!

8:00 a.m. - 8:45 a.m. | NDCA Annual Meeting

Patterson

All NDCA members are INVITED to attend! Finish your breakfast while our leadership shares how NDCA is working for YOU!

9:00 a.m. - 11:00 a.m. | 120-minute Breakout Session

STARS School Suicide Prevention Training Program: All-Staff Module

Lamborn

In 2023, 17.5% of North Dakota (ND) high school students considered attempting suicide; in a classroom of 30, this is equivalent to six students. To address risk, UND and NORC partnered to bring the STARS suicide prevention training program to ND schools.

The overall goal of the STARS Program is to 1) foster a safe and supportive environment for students and 2) create a school culture that values mental health. Schools receive a bronze star for completing one module, a silver star for two, and a gold star for three. Staff become STARS-trusted for completing the training and receive a star sticker that indicates to students they are a trusted adult.

STARS is comprised of three distinct modules for: school leadership, behavioral health professionals, and all staff. In this session, presenters will provide an overview of STARS and deliver the All-Staff module; participants will learn how to recognize warning signs of suicide, have caring conversations with students at risk, and work with teachers and other staff to make a warm handoff to a designated professional for further assessment. All participants will become STARS-trusted and will receive a content-specific pocket card and star sticker for their name badges.

Topic Area(s): Counseling Theory/Practice and the Counseling Relationship

Hildie Cohen, Senior Research Director I; Katie Gallant, Senior Research Associate II;

Dr. Andrea Kaniuka, Research Scientist

TUESDAY, FEBRUARY 11

9:00 a.m. - 10:00 a.m. | Breakout Sessions cont.

Creating Sensory-Friendly Spaces in Counseling: Supporting Clients Through Sensory-Inclusive Environments

Grand Pacific

This presentation explores the importance of designing sensory-friendly environments in counseling to support clients' diverse sensory needs. It highlights how sensory overload, or discomfort can impact therapeutic outcomes, particularly for individuals with autism, ADHD, sensory processing disorders, or trauma histories. The session provides practical strategies for creating inclusive spaces, such as adjusting lighting, reducing noise, incorporating calming elements, and offering sensory tools. Emphasis is placed on fostering safety, comfort, and engagement to enhance the therapeutic process. Attendees will gain actionable insights to implement sensory-friendly practices in their own counseling settings.

Topic Area(s): Counseling Theory/Practice and the Counseling Relationship

Taylor Anderson, LAPC

Implementing CareerViewXR in Your School

Patterson

Career awareness empowers students to make informed decisions to pursue fulfilling and successful career paths. In this session, Lisa Metzger will share best practices for using CareerViewXR in your school, and cover both the web-based experiences and using the VR headsets. Lisa will also share about a PD Course opportunity that was created specifically for ND schools using CareerViewXR and how the course will help schools implement CareerViewXR.

****Counselors: Bring your headsets along to set it up, troubleshoot, and/or work on steps to get the videos uploaded.****

Topic Area(s): Career Development and Counseling

Lisa Metzger, Be More Colorful-Subscription Account Manager

Transition to Work with Voc. Rehab

Cannonball

ND Vocational Rehabilitation can provide counseling, guidance, and resources to individuals transitioning to the workforce.

Topic Area(s): Career Development and Counseling

Tom Schiwal, Certified Rehabilitation Counselor

TUESDAY, FEBRUARY 11

9:00 a.m. - 10:00 a.m. | Breakout Sessions cont.

Student Loan Basics and Q & A with Bank of North Dakota

Sheyenne

Do you have some burning questions about student loans? Whether you're curious about how much is too much, how you can help your students borrow responsibly or where to direct them for help, BND Education Market Manager Jennifer Bickel will be ready to answer your questions during this Q&A session. She'll also cover the basics on student loans, introduce BND and its programs and give an overview of the financial aid application process. BND is here to help your students and their families be confident with their student loan decisions. Come to this session to discover how.

Topic Area(s): Career Development & Counseling

Jennifer Bickel, BND--Education Marketing Manager

Post-secondary Education for Students with Disabilities

Heart

What if every young adult with intellectual disability in the United States saw college as an option?

Students with intellectual disability can go to college!

Over 300 US colleges and universities offer programs for students with intellectual disability. Students with intellectual disability are achieving their college goals when provided with access and high expectations. College provides the opportunity for students to explore new things, become more independent, and prepare for a bright future.

Topic Area(s): Counseling Theory/Practice and the Counseling Relationship

Maggie Backen, DCB Director of Programs-Minot;
Tracey Olson, Program Director-ND IMPACT Consortium

TUESDAY, FEBRUARY 11

10:15 a.m. - 11:15 a.m. | Breakout Sessions

Workforce Innovation & Opportunity Act *Patterson*

WIOA provides work-based learning opportunities, career development, and a federal training grant for eligible individuals. The program is available for youth as young as 14 and is designed to provide the youth with different learning activities and work experiences throughout their high-school career before transitioning over into a post-secondary training with the end goal being full-time employment in an occupation that is in-demand in ND.

Topic Area(s): Career Development and Counseling

Kristi Heupel, WIOA Team Lead; John Schirado, WIOA Case Manager;
Caitlin Georgina, WIOA Case Manager

Understanding Human Trafficking, Sexual Exploitation, and Sextortion: A Guide for Counselors *Grand Pacific*

This presentation will cover the following areas:

1. Increase Awareness and Understanding

Educate counselors on the definitions, signs, and forms of human trafficking, sexual exploitation, and sextortion. Highlight the psychological, emotional, and physical impact these issues have on victims.

2. Equip Counselors with Tools for Identification and Intervention

Provide practical strategies for identifying at-risk individuals or victims. Teach effective approaches for intervening, supporting survivors, and referring them to appropriate services.

3. Promote Preventative Measures and Community Involvement

Discuss preventative strategies to address vulnerabilities that lead to victimization. Emphasize the importance of community collaboration, education, and advocacy in combatting these issues.

Topic Area(s): Social and Cultural Foundations, Wellness and Prevention

Stacy Schaffer, Executive Director of 31:8 Project

TUESDAY, FEBRUARY 11

10:15 a.m. - 11:15 a.m. | Breakout Sessions cont.

Red Flags, Green Flags: Adolescents and Healthy Relationships *Heart*

Romantic relationships can be a new and often confusing experience for adolescents. According to the Centers for Disease Control and Prevention (CDC, 2024), 1 in 12 high school students in the U.S. have experienced dating violence. This statistic underscores the importance of helping adolescents understand what constitutes a healthy relationship and what does not. By gaining awareness of what a healthy relationship entails, adolescents can be empowered to make better choices, foster lasting relationships, and transition smoothly into adulthood. This includes establishing boundaries, balancing relationships, and forming strong connections with those around them. Our session aims to provide counselors with resources for individual clients, groups, parents, and other stakeholder regarding adolescent relationships.

Topic Area(s): Human Growth and Development, Wellness and Prevention

Juria Wiechmann, UND Graduate Student, Counseling;
Mercedes Trujillo-Hanson, Special Educator; JaeLyn Lardy, Spanish Teacher;
Talia Bickert, UMary Graduate Student; Amanda Gill, UMary Graduate Student

11:15 a.m. | Snack sponsored by Bank of North Dakota
Courtyard

11:30 a.m. - 12:30 p.m. | Closing Keynote, Tom Guetzke
Patterson

Mandy Latterner
 Fargo, North Dakota

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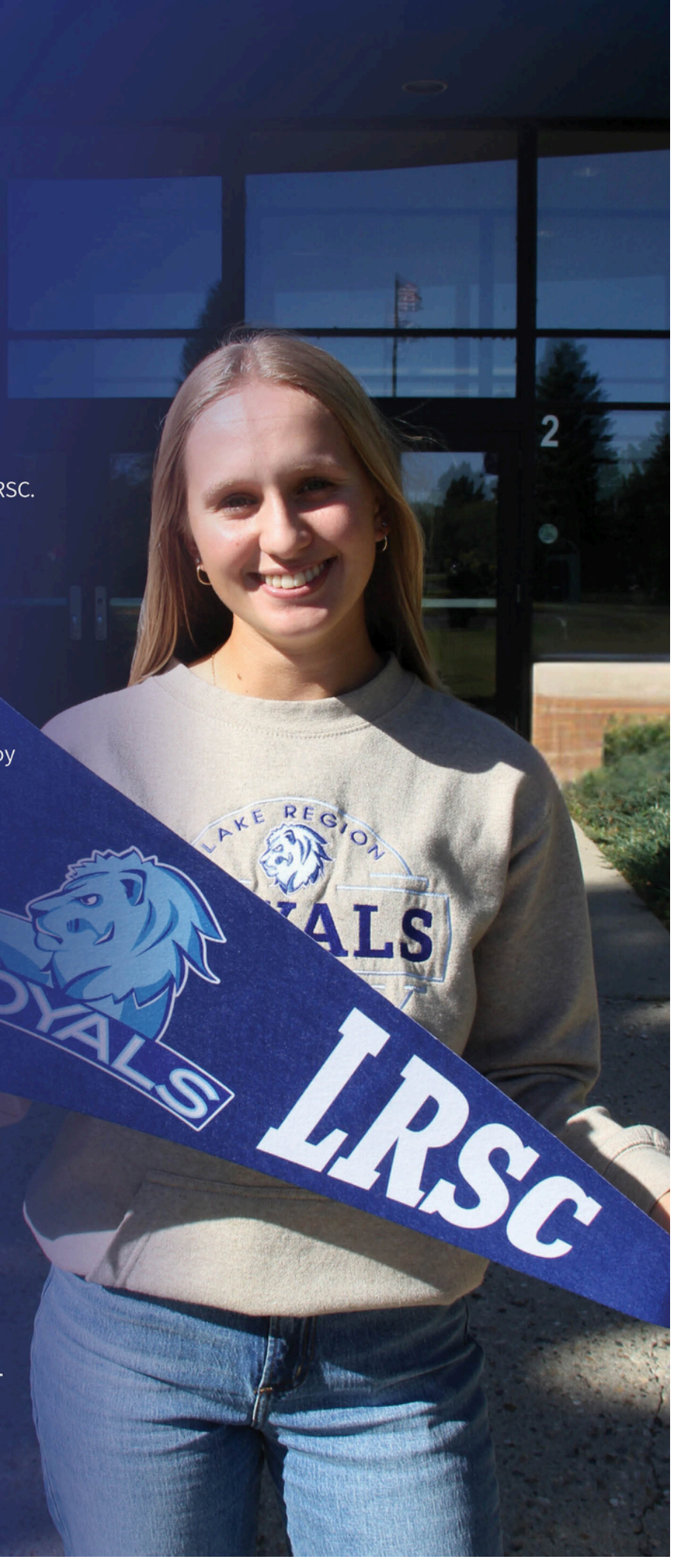
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COURSE INFORMATION:

<https://apps2.ndsu.edu/dce-course-list/classdetails/ClassObj::482>

FOR COURSE SYLLABUS: Go to the “Special Instructions” section on this webpage (which is at the bottom of the page). Click on “NDCA 2025 syllabus” to view a copy of the syllabus.

ONLINE COURSE REGISTRATION & PAYMENT:

Click on the NDSU Distance & Continuing Education website link listed below to register and pay for this course.

<https://northdakotastate-ndus.nbsstore.net/cned-2000-ndca-conference-2025-1-credit-bismarck-02-08-25-02-11-25>

NOTE: You must register for the credit through the NDSU Distance & Continuing Education office NO LATER THAN 5:00 p.m. on May 31, 2025.

NDSCA PRECONFERENCE & NDCA CONFERENCE REGISTRATION:

You must also register separately for the NDSCA & NDMHCA pre-conferences and NDCA conference. Here is the link to register on the NDCA website.

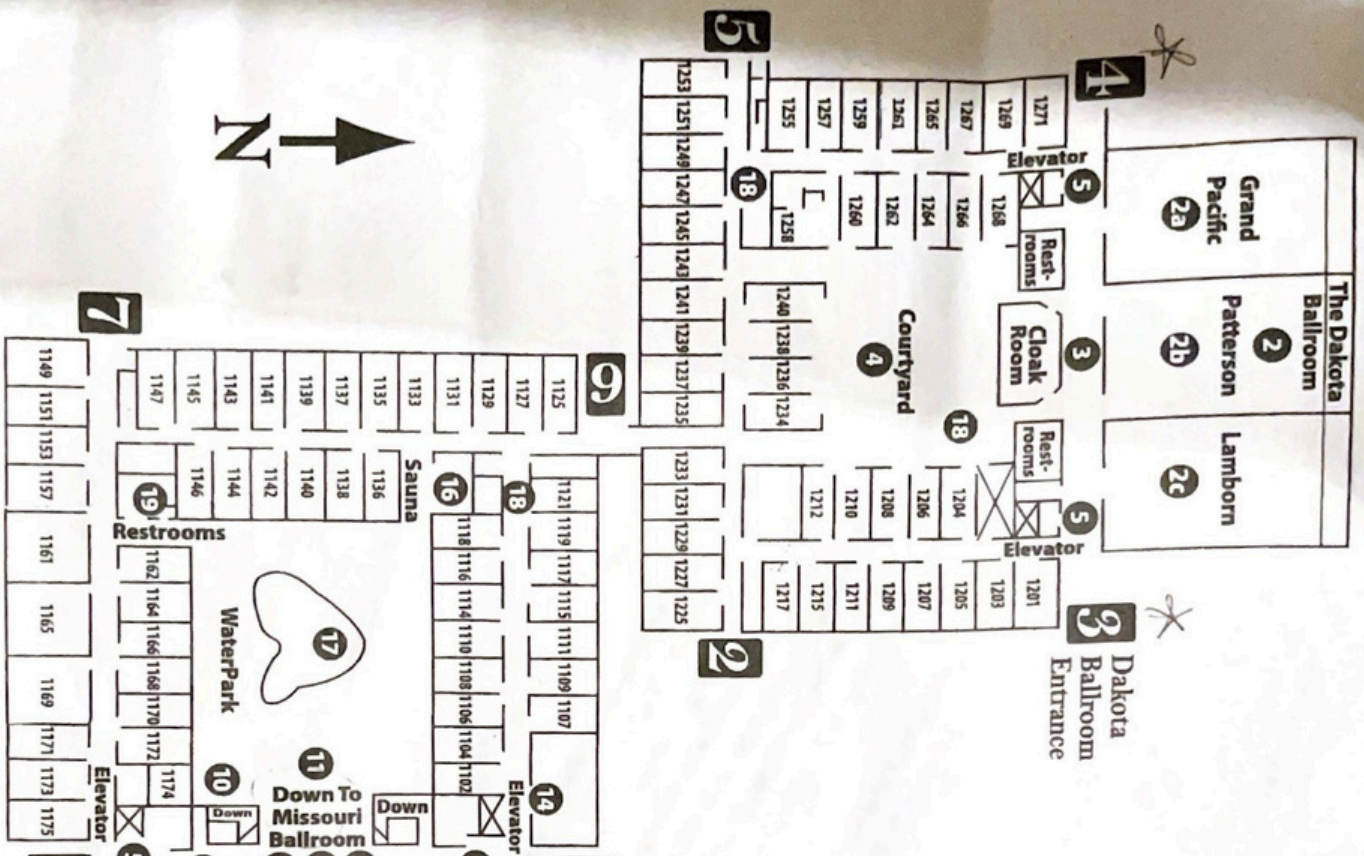
<https://ndcounseling.org/conference-registration>

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1ST FLOOR VIEW



GUEST SERVICE MAP

- 1. The Missouri Room
- 2. The Dakota Ballroom
- 3. Cloak Room
- 4. Courtyard
- 5. Elevators
- 6. Business Center
- 7. Front Desk (Room Registration)
- 8. Governor's Room
- 9. Lobby
- 10. Game Room
- 11. Exercise Room
- 12. Nickels Lounge & Casino
- 13. Restaurant
- 14. Administrative Offices
- 15. Sales & Catering Office
- 16. Sauna
- 17. Waterpark
- 18. Pop/Ice
- 19. Restrooms

B

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