



Presidential View

The Uncharted Journey

Veronica Douglas, LSCA President 2019-2020



School counselors are keenly aware that things rarely go as planned. Even on our wildest days, we've never encountered uncharted territory like this. School Counselors like most educators have cancelled or postponed programs for the last quarter of the school year. Most plans included end of the year ceremonies graduation rituals, state and national assessments.

Fast forward to the present moment school counseling programs have transitioned to virtual learning platforms. Counselors have found creative ways to bridge comprehensive programs to ensure the continuity of services to students, families and their communities.

As your state association president, I speak on behalf of our board members to let you know you are not alone and we are walking alongside you—6 feet apart, of course.

While schools are closed we want to help students during this unusual experience of at-home learning. We can achieve this goal by prioritizing the most critical academic, career and social/emotional lessons while continuing to teach the school counseling curriculum as much as possible through online platforms. Establishing a framework to prepare students includes:

Newsletter Features...

-  Nominees for 2020 SCOY, pages 2 & 3
-  LSCA Board Meeting's minutes begins on page 7
-  Vice Presidents Reports begin on page 4
-  The LSCA Leadership Roster now requires a full page! See page 9

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Louisiana School Counselor Association Mission:

To support professional school counselors as they assist students and their families in their academic, career, and personal/social development.

School Counselor of the Year Nominees!

By Danielle Cole & Dr. Alice Cryer-Sumler, Awards Co-Chairs

These are the current nominees for 2020 Louisiana School Counselor of the Year. In light of the COVID-19 pandemic, we have extended the deadline for nominations until April 30. If you would like to nominate a colleague or yourself, see the article on page 3 of this issue.

Amy Arceneaux, Milton Elementary/Middle School Lafayette

Beth Benoit, Sulphur High School Calcasieu

Tristen Bergholtz, Jonesboro-Hodge High School Jackson

Hannah Broussard, Broussard Middle School Lafayette

Hanna Daigle, Edward J. Sam Accelerated School Lafayette

Halee Eagles, Tioga High School Rapides

(2020 SOCY Nominees, continued on page 3)

Presidential Perspective , continued from page 1

- 🎯 Adhering to district policies for online services and activities
- 🎯 Create contingency procedures for students in both emergency and non-emergency situations when you are not available
- 🎯 Clarify confidentiality limits in providing virtual/distance school counseling
- 🎯 Refer to ASCA Ethical Standards for School Counselors — often!!
- 🎯 Offer support, ideas, activities and guidelines for parents
- 🎯 Brainstorm ideas about what kids can be doing to help with care-givers
- 🎯 Encourage students to talk about their experience when they get back

With our LSCA Board, I am planning a virtual meeting to develop additional resources to meet you where you are and provide support to you as best we can. As much as we are here to support our students, please know that we are here to support you as well.

As always, thank you for trusting us to help you with your work and for your tireless efforts on behalf of your students who are Louisiana's future.

Stay happy and healthy!

Veronica Douglas

LSCA President





LSCA's Annual Professional Recognition and Awards Program

Danielle Cole & Dr. Alice

Cryer-Sumler, Awards Co-Chairs

The Louisiana School Counselors Association annually accepts nominations for counselors who are implementing the American School Counselors Association's Comprehensive School Counseling Model, which involves service to all students on a regular basis through individual counseling, group counseling and classroom guidance. The counselor must be employed as a full-time, practicing school counselor, be a current member of LSCA, and have completed at least three years as a practicing school counselor. The winner of each category (elementary, middle, secondary and post-secondary) receives a plaque and paid membership to LCA and LSCA for one year.

All nominees will receive a certificate and will be honored at the annual LSCA Luncheon in 2020 in Baton Rouge, Louisiana. The Louisiana Counseling Association Conference will be held at the Crowne Plaza Hotel, October 4-6, 2020. We are also accepting nominations for those persons who have made outstanding contributions to school counselors or to the field of education with a special emphasis on the school counseling profession. Awards and recognition are presented in the following other categories:

- **Advocacy**
- **Administrator/Supervisor**
- **Legislator**
- **Writing (Professional Publication)**

All nominees, family members, colleagues, and nominators are invited to attend the LSCA Luncheon during the annual LCA Conference. Luncheon tickets can be purchased through LCA by emailing Diana Austin at lca_austin@bellsouth.net before July 30, 2020. The overall State Winner will be forwarded to the American School Counselor Association for consideration for national recognition.

Congratulations to the counselors who have been nominated as of today for the 2020 awards. However, **nominations are still open until**

(2020 Professional Recognition & Awards, continued on page 4)

2020 SCOY Nominees, continued from page 2

Susan Freshly, Parkway Elementary School Vernon

Dana Garrett, Buckeye High School Rapides

Destiny Jamison, Walnut Hill Elementary/Middle School Caddo

Pamela Mayet, Louis Miller Career & Technical Terrebonne

Laura Meyer, Broadmoor Elementary School Terrebonne

Robin Nall, Caroline Dormon Elementary Rapides

Kerri Overstreet, Westdale Heights Academic Magnet High School East Baton Rouge

Stephanie Robinson, Houma Junior High School Terrebonne

Monica Talbot, Houma Junior High School Terrebonne

Leah Williams, Hornbeck High School Vernon

Pam Willis, Pitkin High School Vernon



LSCA Vice Presidents Report



Elementary School Counselors: Sharing Our Light!

Miriam Davis, Elementary School Vice President

Hello everyone! I hope you all are doing well and hanging in there! A lot has happened in the last few weeks and we are all trying to adjust to our new “normal.” Working from home has been challenging for me since I have not been able to meet with my students during this difficult and confusing time. It is imperative that we remain ever vigilant in our efforts to support our students and their families.

Please know that even if you feel like you aren’t making a difference in your student’s lives at the moment, you are. A simple video, call, or email to let your student’s know that you are thinking of them may be the very thing to brighten up their lives during this dark time.

I want to share with you a few practices that were suggested by Counselor Chelsey (a nationally known counselor) you might find helpful during this time:

Strategy #1: Gratitude

We know that these times are unsettling, however, try to focus on positive things and things that you are grateful for such as health, family, friends, etc.

Strategy #2: Focus On What You Can Control

There are so many things that have occurred lately that we simply can’t control. Focus on things that you can control such as things that you can do to keep your family safe instead of focusing on what others are doing.

Strategy #3: Keep Things As Routine As Possible

There has been SO MUCH disruption to our normal
(LSCA VP Reports continued on page 5)

April 30, 2020.

The Louisiana School Counselors Association is honored to list the dedicated elementary, middle and high school counselors who have been nominated as of March 30, 2020 by a colleague or an administrator who wanted to “Shine A Light” on the work they are doing in their schools. We applaud our 2020 School Counselor of the Year Nominees and hope to see each of them at the Awards and Recognition Luncheon. Due to the school closures due to Covid-19, the nominations are extended to April 30, 2020 and all applications are due by May 30, 2020.

For additional information, please email either co-chair, Danielle at dtcole80@gmail.com or Alice at acryersumler@stcharles.k12.la.us. Be Safe and practice Social Distancing!

2020 LSCA TRACK



LSCA will again sponsor a track of content sessions at the annual LCA Fall Conference which is still planned for October 2020. Dr. Stephanie Eberts is coordinating that effort this year. If you have an idea for a session which could be helpful for School Counselors, please contact Dr. Eberts, seberts@lsu.edu



lives! Try to stick to normal routines as much as possible. Continue practicing traditions that you are used to doing such as talking to a family member over the phone, etc. We will get through this together!



Helping Others ... and Ourselves

*Amanda Duplantier NCC, LPC,
LSCA Secondary Vice President*

I hope you all are doing well and your families and friends are safe and healthy. We are in a position that I am sure none of us would have ever expected to be in. Not only our own school year experience but also our students' has changed fundamentally.

As we are now working from home, I know that you want to give your all to your students but we may have limitations that are out of our control. We want to work with our students and day by day we are learning more of what is expected of us and them. Our high school students are processing this loss and most want support.

How can we help them through this experience? We can continue to be available to them. We can listen and validate their experiences, which may vary wildly. We must understand that this is a legitimate loss and their feelings are normal and they should express them.

For our part, I challenge you to stay connected: whatever that may look like for you and what your districts and schools allow. Maybe you create videos, update websites, make newsletters, etc. to communicate that we are still here for them. I would like us all to reflect on this situation and look at how we can be there for our students, but also each other. Check in with your fellow school counselors and support each other. Take care of yourselves and

Article continues in next column ...

please do not hesitate to reach out to me if I can be of any assistance to you all.



BREATHE!

*Dr. Wendy Rock, Post
Secondary Vice President*



Boundaries are important. Have working hours and office hours and let your students, their families, and your school community know when you are available.

Reach out to students and families to make sure their physical and psychological safety needs are being met.

Ethical practice means considering confidentiality and the challenges of maintaining confidentiality in a virtual setting. Make your students and families aware of the limits and challenges. Do your best to provide confidential communication.

Advocate for changes when needed and appropriate.

Teamwork is the best approach; diverse perspectives should be considered. Collaborate with administration, teachers, and support personnel in your school.

Have information available for students and families about where to go in a crisis.

Exercise self-care. Make sure you are getting enough sleep, exercise, eat healthy, limit intake of alcohol and caffeine, stay connected with family and friends by practicing physical distance with social connection (through phone calls, video chats, and other approved means), read, journal, do art, sing, garden, take care of yourself. ✂





My Washington Memories

Lindsay Carlino, 2019 LA School Counselor of the Year

What a whirlwind this year has been already! I was absolutely honored and humbled to travel to Washington, D.C. in January to represent Louisiana as the 2020 State School Counselor of the Year. The opportunity to advocate for the profession of school counseling and network with school counselors from across the country was one that I will never forget.

It was a blessing to be surrounded by like-minded individuals who shared my passion for school counseling and most importantly, the students that we serve. I laughed as I described the incredibly quick trip to D.C. to my family and friends, which could only be described it as a blur.



Receiving award from Richard Wong, ASCA Executive Director

From the opening reception where all of the state school counselors met along with current and past National winners and finalists, to the breakfast where we were welcomed by Richard Wong, Executive Director of ASCA, and Eric Waldo of Mrs. Obama's organization, **Reach Higher**, to the round table discussions at the Department of Education and the 2020 School Counselor of the Year Gala at Union Station, I can truly say that it was the



With Eric Waldo, Executive Director of Reach Higher

most professionally re-energizing experience of my life. There are two quotes in particular that resonate from the quick day-and-a-half event.

“School Counselors are dream whisperers.”

Eric Waldo, Reach Higher

I have never heard of our jobs being described in this way before. It rings true, however, that the work we do on a daily basis as school counselors serving all students and encouraging them to see the possibilities in their lives provides us with a beautiful and rare opportunity to bring to light various gifts and talents that our students may not be able to see within themselves. In many cases as school counselors, we can only hope that we have planted the seeds of growth even though we may never be able to see the results of our work long-term.

“The ‘what’ has more of an impact when you understand the ‘why’.”

Laura Ross, National School Counselor of the Year, 2020



With Laura Ross, National SCOY 2020

School counselors do everything with one question in mind...**what is best for the student?** Our “why” is that we are there to advocate with and for our students in tough situations. What is best for the student is rarely the easiest option. Often to advocate for our students, we ruffle feathers and challenge all stakeholders—administrators, teachers, parents and the students themselves—to think outside of the box and try new things. This can be difficult at times, but we know that our hard work is worth it in the long run. With that



With Brian Coleman, 2019 National SCOY

Article continues in next column ...

My Washington Memories, continued from page 4

being said, it is imperative that as professionals we surround ourselves with others that have the same “why.” As one who has been in the field for 9 years, this fact is just as true as when I was a graduate student at Southeastern during my practicum and internship settings. Now working as a part of a consultation group that meets regularly has been crucial in helping me consult and get various ideas about tough cases as well as feeling understood when encountering frustrations within my department, my school or my school system. Having a safe place to be heard and having colleagues that have challenged me to see things differently has been the thing that has helped me remain dedicated to our school counseling field. ✂



With childhood friend, Avril Garcia at the Gala at Union Station

[Editor’s Note: In this issue on pages 2 and 3 in the colorful sidebars, you will see this year’s nominees for Louisiana School Counselor of the Year. Is YOUR name on the list? It COULD be! The deadline was extended to April 30, 2020]

LSCA Board Meeting Mini-Minutes

Claire Barry, LSCA Secretary



Call to Order

A meeting of the Louisiana School Counseling Association Conference (LSCA) was held on Zoom on April 14, 2020 at 4:00 pm.

Attendees included Veronica Douglas, Denise Latour, Wendy Rock, Vinetta Frie, Pam Radford, Claire Barry, Alice Cryer-Sumler, Ariel Mitchell, Danielle Cole, Amanda Duplantier, Royce Hooks, Tara Washington, Lindsay Carlino, Miriam Davis, and Stephanie Eberts.

Discussion

Expense/Financial Report: Due to the expenses of the LCA Conference in New Orleans the conference rebate LSCA received was considerably less than normal.

Strategic Plan: Roles and responsibilities will continue to be defined, and there will be a timeline of events. A goal is member engagement and moving back to the largest division of the LCA. During the next transition meeting documents will be available.

Shirt/Jacket/Cardigan Quotes: Discussion about this order. Motion to purchase outerwear for executive board current and incoming, and to make available to purchase for committee chairs.

(LSCA Board Mini-Minutes, continued on page 8)



Lindsay with her SCOY “Class” with their autographed copies of former First Lady, Michelle Obama’s book, Becoming!

LCA Conference: Dr. Stephanie Eberts is developing the LSCA Track. Tracks deadline is due by May 1st. Topics of interest include: self-care, grant writing, achievement gaps, addiction, RAMP, trauma.

Awards and Recognitions: Currently 17 nominations, 4 complete applications. Motion to extend the deadline for nominations to April 30th and application deadline to May 30th.

New Business

More support for school counselors during COVID-19

Announcements

Next meeting date: June 5, 9:30 to 11:30 a.m. Zoom meeting.

Adjournment ✂

Navigating the COVID-19 Crisis

Lindsay Carlino, LA SCOY 2019

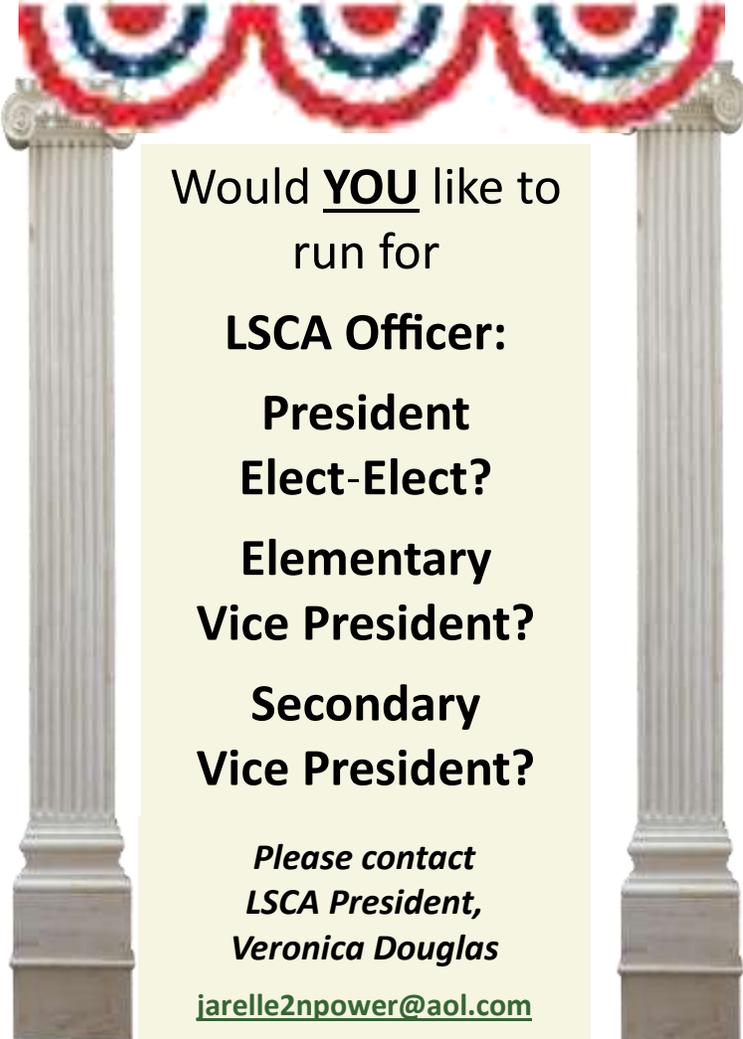


As I have learned to navigate the rapidly changing landscape of education these past few weeks, I have discovered that we school counselors already have the skill set to advocate for our students and provide them with the services they need during this unprecedented time. The difficult part comes when we run into barriers due to inequities in students' access to resources. While I realize that many of these tips and tricks are not feasible for all districts, schools, or grade levels, many of them can be modified to serve our students under a variety of circumstances. Our **adaptability is one of our greatest assets**. I know you are already receiving emails about what resources are available, providing and participating in webinars, researching best practices and creating modifications to your current comprehensive school counseling programs. Therefore, my intent is not to inundate you with resources but to remind everyone that the core of our work with students remains the same. It is only the method of delivery that has changed.

As school counselors, we are used to looking at the whole picture. Our training of approaching each situation from a **holistic viewpoint** can be especially helpful to our school communities when planning, implementing, and revising our schools' distance learning plans. It is important that we continue to be the voice for our students by providing suggestions and feedback to our administrators and faculty. Many times, there is information that we are privy to that could be helpful to a teacher or administrator when working with students during this time.

It is important to **keep up the rapport** that we have built up with our students during the academic year. I have found success with this by continuing to

(Navigating the COVID-19 Crisis, continued on page 10)



Would YOU like to
run for
LSCA Officer:
President
Elect-Elect?
Elementary
Vice President?
Secondary
Vice President?

*Please contact
LSCA President,
Veronica Douglas*

jarelle2npower@aol.com



Editor's Note: Thanks to YOUR active membership, the board has expanded!! If you wish to contact any member of the LSCA Leadership, simply click on the email hyperlinks below! Many of these committees are still seeking members!



Louisiana School Counselor Association's Leadership Roster for 2019-2020



Elected & Appointed Officers

Veronica Douglas, **President**
jarelle2npower@aol.com

Denise Latour, **Past President**
denise.latour@tangischools.org

Dr. Ariel Mitchell, **President Elect**
Amitch11@xula.edu

Kesha Simmons,
President Elect Elect
kmsimmons@caddoschools.org

Claire Barry, **Secretary**
chbarry@uno.edu

Pamela Radford, **Treasurer**

Vacant, **Parliamentarian**

Miriam Davis,
Elementary Level VP
miriamdavis77@gmail.com

Dr. Dymphna Davis,
Middle Level VP
phdddavis191307@gmail.com

Amanda Duplatier,
Secondary VP
Amanda.duplantier@gmail.com

Dr. Wendy Rock,
Post Secondary VP
Wendy.rock@selu.edu

Committee Chairs and Co-Chairs

Awards Co-Chairs:
Danielle Cole and
Dr. Alice Cryer-Sumler,
dtcole@lpssonline.com
acryer-sumler@stcharles.k12.la.us

Vacant, **Ethics Board and Professional Certification**

Pamela Radford*, **Finance**

Chauntreniece Davis,
Graduate Student Rep.

Membership Committee:
Dr. Ariel Mitchell and all Vice Presidents

Dr. Ariel Mitchell,*
Long-Range Planning

Denise Latour, *
Nominations & Elections

Brenda Eccles,
Policies/Procedures/By-Laws and Government Relations
bdeccles@lpssonline.com

Dr. Wendy Rock*,
Professional Development

Veronica Douglas,*
Luncheon Program

Vinetta Frie, **Publications**
frienews@yahoo.com

Tara Washington,
Public Relations/Advocacy
twashington97@ebrschools.org

Dr. Stephanie Eberts,
Research Grant & Scholarship Chair
seberts@lsu.edu

Rachel Young, **Social Media**
Rachelyoung43@gmail.com

Leslie Lancaster, **Social Media @ Conference**
LLancaster@lsdvi.org

Cathy Smith,
Technology/Website
catz80@gmail.com

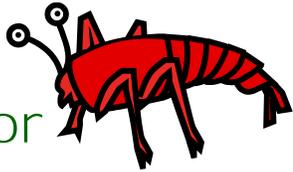
2020 Counselors of the Year:

Laura Smestad, Elementary

Candace Sharper, Middle

Lindsay Carlino, Secondary

**see first column for member's contact information contact info*



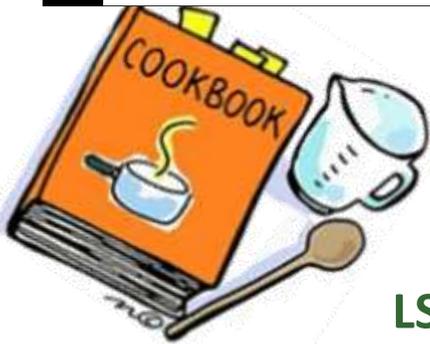
Rouxfus

Cajun Counselor is the quarterly newsletter of the Louisiana School Counselor Association, LSCA. LSCA is the state branch of the American School Counselor Association, ASCA. LSCA is also the largest division in LCA, the LA Counseling Association. Total LSCA membership now exceeds 650 counselors statewide.

*Submit articles to Vinetta Frie,
frienews@yahoo.com
(please include
LSCA in subject line)*

We're on the Web:

www.louisianaschoolcounselor.org



**LSCA plus
YOU makes
a good Gumbo!**



Clawdette

Navigating The COVID-19 Crisis, continued from page 8

hold virtual academic support meetings and “College & Career Groups” that usually take place during lunch. There are so many platforms to use such as Skype, Zoom, etc. The important thing is that we continue to provide our students with direct and indirect services that facilitate academic achievement, personal growth, and college and career readiness. Each school counselor should be receiving direction from his or her district about how to address these points with students.

As usual, **boundaries are of the utmost of importance.** Not only are many of us on our computers all day, we are now balancing our professional lives with other responsibilities such as childcare and homeschooling. One thing that has been particularly helpful is that my co-counselors and I have come up with office hours when we are available to all stakeholders by email. For instance, our hours are Monday-Friday 8:30 a.m. to 2:30 p.m. We also have a consistent auto-reply email message so that students and parents have the most up-to-date information about how our department is assisting students during this time. Additionally, I have included emergency resources should they be needed. One of the most helpful things that I have done is to create a Google Voice account so that I could place calls to parents without disclosing my personal information. Many of these services have “do not disturb” settings so we don’t receive notifications outside of school hours.

Self-care is especially important during this time. Networking with our peers is a great way to vent, feel heard, and brainstorm ideas. I have held two debriefing sessions for school counselors within my community of schools and plan on holding more in the upcoming weeks. I got the idea from a friend who is a counselor educator in Oklahoma, and I am so glad that I tried it out here in Louisiana. Many of the school counselors that participated found it very helpful since we are all working in isolation at our homes and are venturing into uncharted territory with various online platforms. It provided a safe space for us to foster community and share our challenges which is something that everyone needs a lot of right now. ✂

[Editor's Note: Reshared by author; article appeared in St. Joseph Catholic Academy in Baton Rouge.]

