

Student Support Services E-Newsletter

NORTH CAROLINA DEPARTMENT OF PUBLIC INSTRUCTION



School Counselors, School Social Workers, School Psychologists and Students working collaboratively to build the 21st Century!

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Learn & Earn + EARN Scholarship = Free 4-year College Education



North Carolina Parent Teachers Association's Youth Session

The North Carolina Parent Teachers Association (NCPTA) is sponsoring a Youth Session at the 2008 Parent Education Conference on May 10th from 10 am - 2 pm. This session will focus on advocacy and leadership and is limited to the first 35 students that register. This session is entitled: *"Advocacy, Huh? What it is good for? How teens can still affect public policy without actually being able to vote."*

This session will teach students how to contact and communicate with legislatures and how to get them to actually listen. This interactive session will also include team building activities and leadership skills for young advocates.

By the end of this session, participants will be able to:

- Understand the rights of a teen in regards to public policy
- Access information about legislators and their stances
- Identify what a teen can do to affect policy
- Talk to an adult and identify what to do when they just won't listen
- Identify positive traits of a leader and a successful team

For more information, contact Sarah Langer, 919-807-3867 or slanger@dpi.state.nc.us. To register, visit <http://www.ncpta.org/> and select the Parent Education Conference information on the left side of page.

North Carolina Chapter of the National Association of Social Workers

North Carolina Chapter of the National Association of Social Workers (NASW-NC) has selected the North Carolina School Social Workers Association (NCSSWA) as the recipient of the 2008 Advocate of the Year Award. The National Association of Social Workers' Political Action for Candidate Election (PACE) Committee chose the North Carolina Association as the 2008 winner. Jack Register, NASW-NC Director of Advocacy & Legislation, wrote, "The work that the NCSSWA does for School Social Workers in NC is invaluable."

Education Training Vouchers

Youth who were adopted after the age of 16 or who were in foster care after their 17th birthday are eligible for Education Training Vouchers, which are worth up to \$5000 per year toward the cost of attendance at most colleges, community colleges, or vocational schools. Students apply directly online at <https://www.statevoucher.org/state.xhtml?state=NC>. This website contains a wealth of information regarding other sources of aid, North Carolina colleges, community colleges, and vocational schools, and other information useful to any student.

NC Child Welfare Postsecondary Education Support Scholarships

The 2007 North Carolina Legislature approved funding for a scholarship program for all young adults ages 18 through 25 who either aged out of NC foster care or were adopted from NC foster care on or after their 12th birthday. This scholarship program is called NC Reach. The website is www.NCReach.org. The division has selected Orphan Foundation of America to manage the program and provide case management services to all scholarship recipients.

The scholarships will pay for the remaining cost of attendance, as defined by the Higher Education Act of 1965, at any of the University of North Carolina or any of the North Carolina Community Colleges. Federal grants, including the Education Training Voucher and Pell grants, will be applied to the costs of attendance first. Legitimate student loans incurred by students after July 31, 2007 may be eligible for repayment through this program, up to the determined cost of attendance after that date.

Students will be eligible for up to eight semesters of assistance, as long as they make satisfactory progress toward the completion of their academic program. Students will remain eligible for assistance until their 26th birthday.

Job Assignment Stress Survey

A Capella University Ph.D. student is conducting a study to gather information on job assignment stress and NC School Counselors. The survey is open until April 18th, will take approximately 10 minutes of your time, and all responses will be kept confidential. A drawing and chance to win one of two \$100.00 cash prizes is available for participants. The study is located at <http://ncschoolcounselorsurvey.homestead.com/>

Call for Proposals for North Carolina School Counselor Association Fall Conference

The North Carolina School Counselor Association's (NCSCA) Fall Conference is November 5 - 7, 2008 at the Koury Center, Greensboro, North Carolina. The conference theme is *"Advancing the Profession of School Counseling: Our Challenge, Our Promise, Our Future."* The NCSCA is now accepting session proposals. The deadline for submitting a proposal is June 6, 2008, 5pm. The proposal form is located on the association's website at <http://www.ncschoolcounselor.org>. You are encouraged to present your best practices and model programs to practitioners and higher education officials.

2008 Healthy Schools Institute Request for Proposals

The 2008 Healthy Schools Institute *"North Carolina Healthy Schools: From Vision to Reality"* will be held at Lenoir Rhyne College, Hickory, NC June 17-20, 2008. The 2008 NC Healthy Schools Institute (HSI) is seeking proposals for presentations. They are seeking Breakout Session topics reflecting Obesity, Mental Health, Sexual Health, Injury & Violence Prevention, and School Environment. They are also seeking Activity Sessions to get people energized and a Panel to "Show-N-Tell" what is working in LEAs around Coordinated School Health Programs (CSHP) and School Health Advisory Councils (SHAC). Breakout Sessions will take place on Wednesday, June 18th, Activity Sessions will take place on June 18th and Thursday, June 19th, and the Show-N-Tell Panel will take place on Friday, June 20th.

If you are interested in presenting at the 2008 conference, please complete the proposal form found at www.nchealthyschools.org/conferences/. Call Sarah Langer at (919) 807-3867 if you have questions. You will be notified of your proposal acceptance, via email, by April 18, 2008.

Research-Based/Best Practice Prevention and Intervention Resources for School Social Workers

Check out an outstanding new electronic resource for school social workers and other pupil services professionals regarding evidence-based practice and effective interventions. Go to: http://www.doe.in.gov/sservices/social_work/best_practice.html on the Indiana Department of Education website, you will find an extensive collection of links to topics such as: Assessment & Appraisal Resources, Outcomes, and many, many School-Wide Prevention (Tier I) and Targeted Intervention (Tier 2) Issues & Services.

Registration For The Office of Juvenile Justice and Delinquency Prevention's (OJJDP) National Youth Gang Symposium Now Available

On June 23-26, 2008, the Youth Gang Symposium will be held in Atlanta, GA. The theme is "*Partnering to Prevent Gang Violence: From Faith-Based and Community Organizations to Law Enforcement.*" The conference will feature focused workshops to enhance efforts by law enforcement, school personnel, faith-based and community organizations, policymakers, youth serving agencies, and others who are working together to combat youth gang issues. To receive the early registration rate, register by April 30. To obtain further information and register online, visit the symposium's web site at <http://www.gangsymposium.org/>

Rumbling Stomachs, Shabby Clothing Set Poor Children Apart

"Too hungry to concentrate or too ashamed of their second-hand clothing, low-income students struggle in ways most of us cannot imagine", writes Milwaukee Journal Sentinel columnist Eugene Kane. Such students need to know that they are not alone. Many great Americans have risen from similar circumstances. <http://www.jsonline.com/story/index.aspx?id=708208>

Response to Intervention In the Spotlight

With response-to-intervention as a hot topic among educators, policymakers and parent groups, school leaders already implementing such programs are finding themselves in the spotlight. "People are hungry" for information about RTI, said Maurice McInerney, a co-project director for the National Center on Response to Intervention. <http://www.edweek.org/ew/articles/2008/01/23/20rti.h27.html?tmp=984195769>

Study: Low-income Children's Obesity Rates Not Tied to Skipped Meals

One common theory for explaining the high obesity rates among poor children is that skipped meals might trigger metabolic changes, but new research provides contrary evidence. Children who occasionally received too little to eat were no more likely to be overweight, according to an Iowa State University study published in February's issue of the Journal of Nutrition. <http://www.iht.com/articles/ap/2008/01/21/america/NA-MED-US-Poor-Kids-Weight.php>

Follow the Money: Dollars for Children's Mental Health Don't Add Up National Center for Children in Poverty, February 2008

Researchers at the National Center for Children in Poverty (NCCP) at Columbia University's Mailman School of Public Health have just released results of a nationwide study that attempts to make sense of how America spends its money to address the behavioral health, particularly mental health, needs of children and youth. http://www.nccp.org/media/releases/release_39.html

Without Parental Involvement, Your Cake Won't Taste So Good

Parental involvement is to education what eggs are to a cake. You can make a cake without eggs, but it's usually not nearly as good. Similarly, parental involvement is a key ingredient to not only the success of children, but the school and community as a whole. When parents are welcome in schools and consulted about decisions affecting their children, an atmosphere of trust and collaboration develops. The Down East Partnership for Children (DEPC), a non-profit organization serving children and families in Edgecombe and Nash counties in Rocky Mount, N.C., believe that the quality of education shapes not only a child's future, but a community's as well. To ensure that children receive the assistance required to forge better futures, the DEPC has advocated and supported both high quality early care and a coordinated system of community resources focused on empowering parents to be active participants in decision making. To read more visit: http://www.ccmc.org/spark/sparknews-feb08_readmore.htm#depc

Troubled Boys Will Abandon Pot When It's Deemed Uncool

But trouble-prone girls aren't swayed by adolescent drug use trends. When it comes to smoking pot, trouble-prone boys are more likely to give up the habit if it is not considered cool, but trouble-prone girls will keep taking no matter what, new research shows. The findings will give prevention researchers more insight into how teens react to the wider world's embrace of illegal drugs, said study author Michelle Little, a postdoctoral fellow at Arizona State University. At least when it comes to the most trouble-prone boys, "our data would suggest that's not such a bad idea to do a wide, broad approach that will reduce social acceptance [of drugs] among youth," she said. For the full article go to: <http://healthfinder.gov/news/newsstory.asp?docID=613235>

College Access and Social Class: The A.J. Soprano Factor

Affluence has long been equated with access to college, and a report last month from Education Sector lays out statistical evidence of that connection, which can have more to do with family income than academic achievement. However, it is also that kind of inequity that North Carolina's innovative high schools are working to reverse for less-advantaged students by giving them stronger supports and by making earning transferable college credit in high school an expectation for all.

The report, "College Access and Social Class: The A. J. Soprano Factor," argues that low-achieving children from upper-income homes enjoy better odds of going to college than even high-achieving students from low-income homes. The report's authors illustrate their point with a student such as A.J. -- the underachieving son of HBO gangster Tony Soprano. A.J., they say, is among the 58 percent of affluent high school sophomores (family incomes of \$100,000 or more) who scored in the bottom 25 percent on standardized tests in 2002 but who were in college by 2006. Not surprisingly, only about a third of students from low-income families (incomes of \$20,000 or less) with similar achievement levels made it to college.

But for high-income students in the second quartile -- less than median performance -- a significantly greater percentage of them, 85 percent, were in college compared with low-income students whose performance put them in the top 25 percent. About 80 percent of them had enrolled in college. By contrast, 96 percent of students from affluent families went on to college.

"In other words," the report says, "high-achieving poor students are five times more likely than high-achieving rich students to skip college in the first two years after high school." Article located at http://www.educationsector.org/analysis/analysis_show.htm?doc_id=669278

Reprinted from the March 7, 2008 *Innovator*.

CDC Announces The Release Of "The Effects Of Childhood Stress On Health Across The Lifespan"

Stress is an unfortunate part of our daily life. No one, even the youngest of infants, is immune to its potentially devastating effects. Research has shown that intensive and prolonged stress can have a variety of negative health outcomes. Childhood stress can disrupt early brain development, compromise functioning of the nervous and immune systems, and lead to chronic diseases.

The Centers for Disease Control and Prevention (CDC) is pleased to announce the availability of *The Effects of Childhood Stress on Health Across the Lifespan*. This document summarizes the available research on childhood stress and its long-term consequences. We hope this publication provides practitioners, especially those working in violence prevention, with ideas about how to incorporate this important information into their work. The publication is available on-line at http://www.cdc.gov/ncipc/pub-res/effects_of_childhood_stress.htm. CDC is particularly interested in the stress caused by child maltreatment. An estimated 8,755,000 juvenile victims live in this country. That means that more than 1 of 7 children between the ages of 2 and 17 years have experienced maltreatment.

The Division of Violence Prevention at CDC is working to stop child maltreatment before it begins. We have recently adopted a new platform for child maltreatment prevention—the promotion of safe, stable, and nurturing relationships (SSNRs). Children’s experiences are defined through their relationships with parents, teachers, and other caregivers. Healthy relationships act as a buffer against traumatic childhood experiences. From a public health perspective, the promotion of SSNRs can have synergistic effects on a broad range of health problems as well as contribute to the development of skills that will also enhance the acquisition of healthy habits and lifestyles.

Child maltreatment prevention, particularly through the promotion of safe, stable, nurturing relationships, can prevent or buffer toxic stress in children’s lives. Improving our understanding of the role of toxic stress in long-term health and well-being will provide a more complete picture of the importance of child maltreatment prevention and the consequences of missed prevention opportunities.

Additional information on child maltreatment prevention is available on-line at www.cdc.gov/ncipc
<http://www.cdc.gov/ncipc>.

New Open Letter Now Available To Highlight Teen Prom, Graduation Party Risks--PDF File Allows You To Add Your Org., Logo, & Local Partners For Community Distribution

As prom and graduation season approaches, teens may feel pressure to party with alcohol and drugs. The National Youth Anti-Drug Media Campaign is reissuing a customizable version of the “Senior Year” Open Letter ad that can be used in local schools and communities to reach parents and encourage them to stay vigilant during prom and graduation time. It is now available.

Although teen drug use is down 24 percent since 2001, surveys show that nearly one in three high school seniors was drunk in the last month, and more than one in five used an illicit drug. Last year, about seven in 10 prom-age teens said they would attend an after-prom party. By distributing the “Senior Year” Open Letter to parents, it may help keep prom and graduation activities safe by encouraging parents to ask questions about their teens’ plans and talk to them about saying “no” to drugs and alcohol, while still having a good time.

To help further this important message in your community, consider these tactics: Add your organization’s name and logo to the Campaign Open Letter ad; Recruit local signatories and insert local names and logos; Localize the national Campaign message on the ad; and Distribute throughout your community: school districts, newspaper ad buys, donated ad space, and town hall meetings.

The customizable version is easily downloadable from TheAntiDrug.com at: www.theantidrug.com/openletter/Senior_Year_Editable.pdf. Other Open Letter ads and free resources are available at: www.TheAntiDrug.com/Resources. You will also find tips for customizing and distributing the Open

Letters. If parents in your community need details on the signs and symptoms of drug use and advice on how to bridge the teen-parent generation gap and effectively connect with their teen, they can visit the Advice section of the Campaign's Web site for parents, www.TheAntiDrug.com/Advice, to find the specific guidance they need.

Parents are the most important influence on their teen's decision about alcohol and drug use. High school seniors who are monitored by their parents are less likely to use alcohol and drugs and engage in other risky behaviors. Senior year is not the time to let go. Instead, it is a time when graduating teens need their parents' guidance more than ever.

Resources on Dropout Prevention and Facts

At these links, you will find some excellent information identifying not just key strategies to prevent students from dropping out, but also critical data sets to monitor that are good predictors of students who are more likely to dropout. The key is to monitor the data, identify high-risk students, and focus early interventions before they get too far behind and/or too disengaged from school.

Approaches to Dropout Prevention is located at http://www.betterhighschools.org/docs/NHSC_ApproachesToDropoutPrevention.pdf

Dropout Facts is located at http://www.betterhighschools.org/docs/NHSC_DropoutFactSheet.pdf

Professional Development Opportunities

- Preventing Health Risks and Promoting Healthy Outcomes Among LGBTQ Youth, April 3, 2008, Guilford County Convention Center. To register visit: www.nchealthyschools.org
- 11th Annual School Social Work Association of America Conference, April 3 - 5, 2008, Denver Marriott City Center, Denver, Colorado. For more information visit <http://www.sswaa.org>
- Positive Health Outcomes for Students in Distress: Raising School Awareness on Mental Health and Suicide, April 8, 2008, Wilkes County Board of Education. To register visit: www.nchealthyschools.org
- Veterinary Careers Workshop for Counselors and Advisors, April 11, 2008, 8:30 am - 3:00 pm, NC State College of Veterinary, Raleigh, NC. To register visit <http://cvm.ncsu.edu/diversity/workshop/index.html>.
- Counselor Seminars, April 18, 2008, Wake Forest University, Winston Salem, NC. For more information visit <http://www.wfu.edu/counseling>
- Legislative Day, June 4, 2008, NC Department of Public Instruction, Room 150, Raleigh, NC. For more information visit <http://www.ncschoolcounselor.org/legislativedayinfo.asp>
- Healthy Schools Institute, June 17 - 20, 2008, Lenoir Rhyne College, Hickory, NC. For more information visit <http://www.nchealthyschools.org/conferences>
- American School Counselor Association Annual Conference, June 28 - July 1, 2008, Hyatt Regency, Atlanta, GA. For more information visit <http://www.schoolcounselor.org/content.asp?pl=325&sl=129&contentid=182>
- SSWAA National Leadership Summit, July 13 - July 16, Washington, DC. Mark your calendars, more information forthcoming.
- North Carolina School Psychology Association's Annual Fall Conference, October 5 - 7, 2008, Center City Hilton, Charlotte NC. Information will be posted to the <http://ncschoolpsy.org> under activities and events

- North Carolina School Counselor Association's Fall Conference, November 5 - 7, 2008, Koury Conference Center, Greensboro, NC

If you are aware of workshops, trainings, and/or staff development activities that benefit student support services personnel, please send all pertinent details to tsmith@dpi.state.nc.us.

2008 Dates to Remember

National School Nurse Day

May 7, 2008

National School Psychologist Week

November 10 – 14, 2008

Note: If you are not on the NCDPI Student Support Services listserv and would like to join, go to <http://www.ncpublicschools.org/studentssupport/egroup> to register.

For past editions of Student Support Services E-newsletter, visit <http://www.ncpublicschools.org/studentssupport/enewsletter>.

