

## Counseling and Mental Health Supports

ANJELA SCHWAB, B.S., M.A.  
PROFESSIONAL SCHOOL COUNSELOR

SARAH HUNTER, MSW, LCSW  
SUICIDE PREVENTION AND CRISIS  
RECOVERY SPECIALIST



## School Counseling

- Certified/licensed educators with a minimum of a master's degree in school counseling
- They design, implement, evaluate and enhance a comprehensive school counseling program that promotes and enhances student success.
- Professional school counselors are employed in elementary, middle and high schools; in district supervisory positions and counselor education positions. (American School Counseling Association, 2012)

## School Counseling

### Role of School Counselors

- Not the same school counselors we experienced
- Today's school counselors are vital members of the education team.
- They help all students in the areas of academic achievement, personal/social development and career development, ensuring today's students become the productive, well-adjusted adults of tomorrow.

## School Counseling

### What School Counselors do:

#### Social Emotional

Mental Health Referrals  
Depression/ Anxiety  
Bullying  
Peer Mediations/Conflict Resolution  
Self-Harm Referrals  
Coping Skills  
Understanding of Self/Self Identity  
Community Resource Referrals  
Family Concerns  
Crisis Counseling

#### College/Career

Career Planning  
Career Exploration  
Workforce Readiness  
College Applications  
FAFSA  
Scholarships  
College Visits  
College Field Trips  
Career Field Trips  
Career Field Trips  
ICAP Guidance

#### Academic

Academic Advisement  
Academic Consultation  
Study Skills  
Test Taking Strategies  
Graduation Checks  
Credit Recovery  
Academic Intervention  
Scheduling  
Course Selection  
Post Grad Planning  
ICAP Guidance

## School Counseling

### Reasons to contact your students' School Counselor

- Personal and social counseling
- Crisis counseling
- Academic advisement and consultation
- Post graduate planning
- Curriculum and school wide system planning and support
- Assistance in resolving academic difficulties
- Assistance with school pressures
- Information about the school and community
- Career planning
- Help with interpersonal and communication skills
- Help with peer/family concerns
- Referrals to community agencies
- Classroom guidance ICAP instruction
- Help with course selection
- Letters of recommendation
- Encouragement and celebration of success

## School Counseling

### Counseling Curriculum

- Opportunities for students to explore careers and college, strengthen academic skills and provide supports for social and emotional development.
- The counseling curriculum aligns with state legislation, Colorado's Individual Career & Academic Plan ([ICAP Quality Indicators](#)); and national school counseling standards developed by the American School Counseling Association.

## School Counseling

### School Counselors and ICAP (Individual Career and Academic Plan)

- ICAP is a multi-year process that intentionally guides students and families in the exploration of career, academic and postsecondary opportunities.
- With the support of adults, students develop the awareness, knowledge, attitudes, and skills to create their own meaningful and powerful pathways to be career and college ready.
- Students house their ICAP plans in Naviance.
  - × Naviance is a customizable planning portal for students and families including self-discovery assessments, goal-setting, college research tools, course planning, career exploration resources, and individual learning plans.

## School Counseling

### Are school counselors in all schools?

- Adams 12 Five Star Schools has School Counselors in all high schools, including both alternative campuses and our CTE campus.
- There are School Counselors in all middle schools and K-8 schools, including our alternative middle school campus.
- Currently 3 of our elementary schools have School Counselors

In total there are 73 Professional School Counselors across our system supporting students.

### Mental Health

#### School Social Workers and School Psychologists

At least 1 per school, depending on enrollment and school need.

We have around 80 Mental Health providers

Provide services to students in special education based on the individual student needs

### Mental Health

Services are provided to students who demonstrate social, emotional and/or behavioral issues that are affecting their ability to benefit from education.

### Mental Health

Additional short term services for regular education students who are experiencing emotional difficulties that are affecting their education. Referral to appropriate community resources may follow.

### Mental Health Supports for Students

- |                             |                                 |
|-----------------------------|---------------------------------|
| Advocacy                    | Collaboration                   |
| Behavior Intervention Plans | Connecting People and Resources |
| Counseling                  | Data Collection and Analyses    |
| Consultation                | Evaluation                      |
| Crisis Intervention         | Educational Support             |

### AD 12 District Crisis and Recovery Team

- On-call volunteer team with district professional mental health staff who offer extensive experience in crisis recovery.
- 45 people, divided into 4 teams
  - Social Workers, School Psychologists, and School Counselors.
- Representatives from all MS/HS and most of our Elementary schools

### Crisis Support and Recovery

- **Reaffirm safety**
  - Physical health
  - Perceptions of security
- **Evaluate Psychological Trauma**
  - Recognize how individuals are impacted differently
  - Psychological triage
  - Appropriate level of support –one size does not fit all
- **Provide Interventions and Address Psychological Needs**
  - Social Supports; Psychological Education; Psychological Interventions



### Elevate

#### SAFE SCHOOLS

- Adding Member to District Crisis Team

#### SOCIAL-EMOTIONAL LEARNING

- Social Emotional curriculum
- Adding Mental Health/ Counselors in schools

### School Counseling and Mental Health



# School Counseling and Mental Health

