

Advisory Council 11/20/2019

Attending: Matt Yarkosky, Jennifer Betheman, Brenda Rogers, Brad Hostak, Jodi GreyEyes, Megan Wardle, Jennie Colgan, Jani Hitchen, Cynthia Nagaocha, Danielle Melvin, Ron Mayberry

Jodi: Welcome attendees

Jennie Colgan:

- Agenda and Purpose of Advisory Council
- Comprehensive school counseling program. Reaching all students with curriculum K-12 in a systematic fashion
- Base our interventions on data
- Counseling Center Beliefs- all have access to a school counselor, collaborate with others.
- Successes of the 18-19 year.
 - Classroom lessons done during Study Support
 - Student support team to support ALL students – made Student Support Team
 - Drop-in crisis plan and triage/intake form
 - Calm boxes in the counseling and social worker office
 - Registration- used recorded review for students and then 1:1 meeting “minute meetings”
 - AP NMSI- focus on math and science fields and take the challenge of AP

Jodi GreyEyes

- Theme for the year: Friends
- Data from the Healthy Youth Survey showing that they were struggling with anxiety/worry, and how to identify/solve problems. Many reported there wasn't another adult they could turn to for support. Only 60% of students said there was an adult at their school they felt they could talk to.
- Goal this year: focus on mental health based on Healthy Youth Survey data, our own calendars, and staff survey
- Our 3 department SMART goals. Our focus is on 9th and 11th graders this year. This is the group that will take Healthy Youth Survey next year so we will be able to gather data on the impact we make
- Tier 1, Tier 2, and Tier 3 Interventions to address these goals
 - Tier 1: Parent newsletter, staff presentations, posters around school, classroom lessons in 11th grade- will start 9th grade soon and hoping to get to 10th grade classrooms as well. Counselors are in the commons during lunches on Wednesdays.
 - Tier 2: Student Support Team, Small Groups (getting names from post-test in classroom presentations). Mini classroom lessons and stress management for AP World History classes because it's the 1st AP class most students take and report being stressed.
 - Tier 3: Individual meetings
- Staff Development: Compassion fatigue & self-care, ACE's presentation, Staff Pick-Me-Ups with treats for office staff, coffee/tea/treats from Starbucks, treats in teacher lunchroom on Friday
- Preliminary data from stress management lessons
 - Difference between “stress is always bad”, “I can explain the difference between stress & anxiety”, and “I can identify at least 1 healthy coping mechanism”

Brad Hostak

- What counselors have done in 19/20

- New students, 1,100 students checked into counseling center, proctored PSAT, Fall Conferences in October, 10,000+ schedule changes already made to date

Jodi: End of presentation. Questions and feedback

- Brenda Rogers: happy to see our focus on mental health. Congrats
- Matt Yarkosky: have you seen differences in the types of mental health students are presenting?
 - Yes: stress, anxiety, depression, suicidal ideation, social skills, and communication skills
- Cynthia Nagaocha: Impressed with the presentation on how much we are doing. Likes that we are teaching students the difference between stress and anxiety- knowledge is power. Her son is a 9th grader and is having friends report that they're feeling suicidal. We address this in multiple ways and recently through our presentations.
- Jani: Did the counseling forms help alleviate the drop-in students.
 - They don't alleviate it but help us prioritize and addressing student needs.
- Jennifer Bethmen: Appreciates the systems and response forms, and looking at data has helped up be more systematic (using data to inform work). Looking forward to see if our data continues to change based on our interventions this year. Wants to connect Cynthia's son to our counselors here to make sure the friends are okay.
 - Also checking in with the student who made the report to make sure they're okay
 - Made business cards for "what to do if you're worried about a friend"
- Matt Yarkosky: Post a copy of the card and what to do if you hear about suicide on the website so parents can see if on the weekends
- Cynthia Nagaocha: Focus on only 9th and 11th?
 - That's where we are starting but hope to get to 10th grade as well
- Jani Hitchen: Do you feel like next year will be lower with schedule changes?
 - We don't have enough data yet, but we learned lessons this year. It is more difficult to make any changes
- Cynthia Nagaocha: what is a calmbox?
- Jennifer: Thanked us for all we do
- Brenda Rogers: You mentioned students were saying they're stressed about presentations
 - Yes. Helping them learn to cope and overcome instead of escape or avoid
- Cynthia Nagaocha: Coffee chat evenings? What are they?
 - Counselors or bring in community professionals on different mental health topics (i.e. drug use). Cynthia said she's willing to help with set up and whatever is needed. Brenda Rogers would like to know when they are so she can attend.
- Jennifer Betheman: Where are you at in the ASCA process?
 - We are "AMP'ing instead of RAMP'ing". We are implementing the program but not doing the paperwork to be recognized for it.