

West Aurora High School



*Group Counseling
Service Guide*

Kelly Jacobson
Student Assistance Program
Coordinator

GROUP COUNSELING SERVICE GUIDE

2019/20 School year

For further information or to refer a student for group counseling services offered at West High
please contact:

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Acceptance

This group is designed for students who identify as Gay, Lesbian, Bisexual, Asexual or Transgender. Students will gain support, resources, and acceptance through the group process.

Referral sources: Student, Staff, Parent, Teacher

Length of group: Year long

(Group opens for new members at the start of the school year, and mid-year)

Facilitated by: Communities in Schools

Meeting times: Weekly, sessions follow a rotating class schedule

Session start date: Potentially the week of Sept. 23rd

Athlete Huddle

This group is designed to support student athletes by exploring skills and topics related to time management, pressure, leadership, balance, family, identity, and your sport beyond high school.

Referral sources: Student, Staff, Parent, Coach

Length of group: 10 Weeks

Facilitated by: Kelly Jacobson and Kara Blaha

Meeting times: Weekly, sessions follow a rotating class schedule

Session start dates: Tuesday 9/17/19

Tuesday 1/21/20

De-Stress

This group is designed to assist one gaining a comprehensive understanding of stress. Group topics will assist students in developing tools and increasing awareness to reduce feelings of stress experienced and begin to cope both productively and independently.

Length of group: 8 Weeks

Meeting times: The group will rotate during class periods

Facilitated by: Kelly Jacobson, Student Assistance Program Coordinator

Session start dates: Tuesday 9/24/19, Wednesday 10/16/19, Tuesday 1/28/20, Wednesday 3/11/20

In Control

This group is designed to support students who have demonstrated or experience escalated feelings of anger and frustration. Students may have obtained behavior referrals that oftentimes lead to Out of School Suspensions. In-group students are taught new strategies to assist in better understanding and coping with their feelings, behaviors, and reactions to stressors and everyday life events.

Referral sources: Student/House Staff/Parent

Length of group: 10 weeks

Meeting times: Sessions follow a rotating schedule

Facilitated by: WAHS Student Assistance Program Coordinator (Kelly Jacobson)

Session start dates: Wednesday 9/11/19, Thursday 11/7/2019, Wednesday 2/5/2020, Thursday 2/27/2020

Inspire

This group is designed to support female students who have recently become parents or are currently expecting a child. This group runs weekly and accepts new students throughout the school year. During group, students have the opportunity to share relevant resources, offer support, and cope with new challenges and changes that one experiences related to pregnancy and parenthood. Community agencies often present on topics during group in addition to offering services to further bridge the connection of support to students. The focus of the group is to support graduation and school attendance for all students. A school social worker and social work intern facilitate the group.

Referral sources: Student, Staff, Parent

Length of group: Entire School Year

Facilitated by: Alina Cyrus, Character House Social Worker

Meeting times: Weekly, rotating periods 2-8

Session start dates: Group is open all year to new members and all students are welcome

Peace Group

This group is designed to support students that experience anxiety and depression. In this group, students will be taught the foundations of mindfulness and skills to challenge negative thoughts. Throughout the group experience students support one another to validate their experiences and connect through shared experiences and feelings.

Referral sources: Student, Staff, Parent

Length of group: 10 weeks

Facilitated by: Student Assistance Program Coordinator, Kelly Jacobson

Meeting times: Sessions follow a rotating schedule

Session start dates: Thursday 9/12/19, Friday 11/15/19, Thursday 1/16/20, Friday 2/14/20

Project Hope

This group is designed to support students who are coping with feelings of grief due to recently experiencing the loss of a close friend or family member. Loss of a loved one could include; death, deployment, incarceration, and deportation.

Referral sources: Student, Staff, Parent

Length of group: 6 weeks

Facilitated by: Fox Valley Hands of Hope

Meeting times: Rotating through lunch periods

Session start dates: TBD

Refresh

This group is designed to assist students who have recently been discharged from behavior health services in addition to students that experience significant mental health concerns. This group will follow a curriculum derived from the DBT Skills Training Manual written by Marsha Linehan. Skills taught will include: mindfulness, interpersonal effectiveness skills, emotional regulation skills, and distress tolerance skills.

Referral Sources: House Staff

Length of group: 10 Weeks

Facilitated by: Aunt Martha's Youth Services

Session start dates: Potentially the week of Sept. 23rd

SPARCS

This group is designed to support students that have experienced significant trauma. In this group, students are taught communication and coping skills to cope with ongoing stress experienced.

Referral sources: Student, house staff, parents

Length of group: 10 weekly sessions

Facilitated by: Aunt Martha's Youth Services

Meeting times: Weekly, sessions follow a rotating schedule

Session start dates: Potentially the week of Sept. 23rd

Sigma Upsilon

This group is designed to address topics that can assist our students to identify and build on personal strengths while exploring self-esteem, healthy relationships, conflict resolution, and tools to cope with stress experienced. The goal of the group will be to provide the students selected; a space to explore current issues that they are faced with, while learning new strategies to cope appropriately and gain opportunities for school connectedness and increased academic and personal. Through the inclusion of new students, older students will be taught and given the opportunity to provide mentorship roles for the younger students.

Referral sources: House Staff, Parent, Student

Length of group: Year long

(Group opens for new members at the start of the school year, and mid-year)

Meeting times: Friday- Sessions follow a rotating schedule

Facilitated by: WAHS Student Assistance Program Coordinator

Session start dates: 9/20/19, 1/24/20