



Mental Health and Wellness Support



Our Mission

TO EDUCATE | TO CARE | TO EMPOWER

At Hebron we are committed to educating the whole student and understand the value of providing students with the knowledge, guidance, and support necessary to make informed, educated, and healthy life choices.

Hebron's mission emphasizes cultivating a culture of trust, respect for self and others, and inclusion. The resulting warm, welcoming and nurturing community provides a strong foundation of support and enables our focus on mental health and wellness promotion to permeate broadly throughout our students' experience.

By teaching life skills, promoting social connectedness, identifying students at risk, encouraging health seeking behaviors, and providing evidenced-based mental health services, we support the comprehensive mental health needs of our student body.

Along with the effectiveness of the supports available, care and consideration are maintained to ensure easy access, without stigma, for all.



At Hebron, we partner with you as you strive to achieve your academic goals by cultivating your overall wellness.

“Both Mikel and Dr. Daigle have been such big help. Every week that I had counseling or a psychiatric appointment I knew I could go to them and let it all out and it was all private. I felt that they have always been there for me and they know just what to do and say to help me out. They have supported me all year and I appreciate it very much, I’m glad I had such good people to go to who genuinely cared about how I felt.”

Female Student, Class of 2022

Services & Supports

- **Two full-time** on-campus mental health clinicians who are available for drop-in visits and routine check-ins, as well as to coordinate care with HA Nursing Staff, outside treatment providers, and families.
- **Weekly Student Support Team** meetings convene to ensure that students with support needs are promptly identified and that individualized holistic plans of support are developed and optimally implemented. This team meets in advance of a student's arrival.
- **Collaborating Child & Adolescent Psychiatrist** who is available to those students requiring medication management services, diagnostic evaluation, and/or emergency consultation.
- **On site's licensed therapist** for weekly counseling sessions devoted to student's therapeutic goals.
- **On-campus** Dialectical Behavioral Therapy (DBT) Skills Groups provided by St. Mary's Medical Center clinicians.
- **On-site Nursing Team** available 24/7 to provide access to routine and emergency care services, medication administration, and healthcare coordination.
- **Consulting Sports Psychologist** provide sport and performance psychology workshops to coaches and students throughout the year, as well as individual consultation services for interested students.
- **Weekly meditation and yoga classes** available to students and faculty.
- **Member of MGH** Center for Cross Cultural Student Emotional Wellness Consortium - provides HA faculty and mental health clinicians access to ongoing and as needed consultation with MGH Center clinicians, who include the nation's leading experts on cross-cultural student mental health. This partnership highlights our commitment to supporting the mental health of our diverse student body as well as our commitment to inclusive education and school culture.



Practicing Empathy and Promoting Balance



“Amanda, as Director of Mental Health and Wellness, has been a strong source of support for my husband and I as we transitioned our son to begin Hebron as a junior. During the first few months of his boarding experience, Amanda was particularly helpful to our family and eased any worries and fears we had. She followed up regularly with his dorm parent and the process was there to give us general feedback on how he was adjusting socially. Amanda gave us invaluable advice on how to support our son from afar. She was reliable and very trustworthy.”

Current Parent Class of 2021, Brooklyn, NY



Increase engagement, well-being and sense of purpose

“Therapy is not something I would have ever considered due to my ego. I was an athlete and thought that was my way to escape. Unfortunately it was not enough, with the pressure of school and sports and the demons from my past I started struggling. With no options I went to Mrs. Miller and she got me into therapy. Through therapy I learned ways to cope with anxiety. The support I received truly helped me open my eyes and change my perspective. It helped me figure out what was important to me. Without Hebron, I wouldn’t have been able to start my healing process.”

Male Student, Class of 2020



Our Mental Health & Wellness Support Team



Courtney is a graduate of Northeastern University Graduate School of Nursing, is board certified as a Child and Adolescent Psychiatric Clinical Nurse Specialist, and has advanced training and expertise in psychopharmacology and child/adolescent psychotherapy through the Boston University Residency Program. She possesses over 10 years of clinical experience providing mental health care to children, adolescents, and families and has practiced in a variety of settings, including inpatient psychiatric hospitals, residential treatment facilities, private outpatient practices, and independent schools. Courtney champions a collaborative and holistic approach to supporting students' mental health and wellness and is committed to ensuring that all students at Hebron Academy are optimally supported. Courtney lives on campus with her husband, Head of School, Dan Marchetti, their two children, Lila and Oliver, and their dog, Frida.

Courtney Marchetti, MSN, APRN-BC, Director of Student Success

Amanda obtained her Master's in Social Work from Smith College School of Social Work in 2004. She has previously served in the roles of School Counselor and Wellness Coordinator at Bridgton Academy, School-based clinician in the Lakes Region School District, and Clinical Supervisor for Child and Family Services at Tri-County Mental Health Services. Her professional passions include holistic approaches to wellness and anti-racism work. She is the faculty advisor for the Campus Respect Team. Amanda lives on campus with her husband, Visual and Performing Arts Department Chair, Gabe Miller, their two sons, Finn and August, and their cat Knox. She is a self-professed foodie and loves to spend time with family and friends in the great outdoors.



Amanda Miller, MSW, LCSW, Director of Mental Health and Wellness

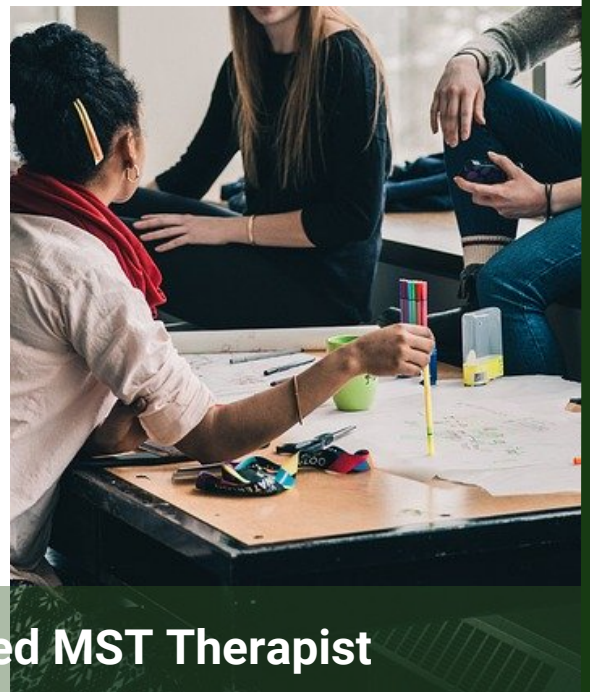
Our Mental Health & Wellness Support Team



Jennifer obtained her Bachelor of Nursing degree at St. Joseph's College in 1995. She began her nursing career in Albany, New York working in Surgical ICU then moved back to Maine where she has worked at Central Maine Medical Center for 25 years, in the Intensive Care Unit (14 years), and currently in Interventional Radiology. In 2006, Jennifer began working at Hebron Academy in the Student Health Center. She lives on Campus in Dunham house with her husband Alex, and their three boys Joe (18), Dan (16), and Ethan (11). Jennifer has a passion for gardening, running, skiing, and spending time with family and friends.

Jennifer Godomsky, BSN, RN Director of Health Services

Mikel Avoke, provides on-campus outpatient therapy services to Hebron Academy students through our collaborative partnership with St Mary's Health System. Mikel possesses nearly a decade of post-Master's experience working with children, adults, and families in individual, group, and family therapy. He has provided mental health care to adolescents in community clinics, the home-based milieu, and medical settings. Mikel is certified and has advanced training in Multisystemic Therapy, and evidenced-based family therapy modality. He has excellent working knowledge and experience with anxiety disorders, depression, ADHD, brain development, addiction, the use of motivational interviews, cross-cultural awareness and understanding, coordination with medication management providers, and crisis/safety planning. His warmth, sensitivity, and vast experience is an immense asset to Hebron Students.



Mikel Avoke, LMSW-CC and Certified MST Therapist





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