

Joe Serna letter from the counselor

Good Morning Joe Serna Staff and Faculty,

My name is Sierra Blanco and I am the new, main School Counselor contact for Joe Serna. I currently work as an MFT Intern for One-Eighty, a non-profit in Lodi, dedicated to serving youth and families in the community. LMFT Alison McGregor will be overseeing the delivery of counseling services and resources at Joe Serna this year and meeting with students and offering services as needed. In addition, School Counselor and Why Try Facilitator, LaTriesha Burns will be offering Why Try Groups to the Junior Highers.

I am a Central Valley native and am looking forward to navigating this difficult and uncharted season alongside all of you. For the past five years, I have served at-risk youth and families as a Social Worker in a Foster Family Agency setting and in the Mental Health field in Redding, CA. I am passionate about providing trauma-informed care and practical resources that create positive change. My experience has taught me about the power of human resilience and our innate ability transform hardships into opportunities.

We will seek to meet the unique needs of Joe Serna students this year by providing a variety of options for Students and Families to choose from. For example, we are available to offer counseling services via zoom sessions, in-office sessions at the One-Eighty Dan Brown House location, front porch sessions, and outdoor walks. We are remaining flexible and open to support the students' and staff needs.

All teachers may refer students for counseling services and I encourage you to do so! Please see the attached LUSD Referral form to complete referral. In addition, parents and guardians may self-refer this year without going through the staff/faculty referral process. We are hoping a self-referral process will help eliminate additional barriers that might prevent families from seeking counseling resources for their children. Please see attached self-referral form for parents and guardians to use.

One-Eighty provides a myriad of services, including but not limited to: distance learning center, individual and family counseling, CA victim compensation, adventure activities and clubs for teens, and other resources. If you are interested in learning more about the services One-Eighty provides to at risk youth and families in the community, please check out our website: <https://www.180lodi.org/>. In addition, please refer to <https://www.211.org/> for more Lodi, CA resources and information on all topics.

Thank you for all you do each and every day. I am here to help as much as possible. Please do not hesitate to reach out.

With appreciation and gratitude,

Sierra Blanco (& Alison McGregor)

Resources:

One-Eighty Joe Serna Referral Form (attached)
www.180lodi.org
www.211.org

Counselor Contact Information:

Primary contact, information, and student referral:
Sierra Blanco, MFT Intern, sierra@180lodi.org | (209) 627-0701

Clinical Supervisor:

Alison McGregor, LMFT, amcgregor@lodiUSD.net | (209) 727-2602

School Counselor & Why Try Facilitator:

LaTresha Burns, PPS, latreisha@180lodi.org | (209) 339-1616

**Book Reading with Alison McGregor, LMFT, on YouTube:
Sometimes its hard to be brave, youtube channel, by Alison McGregor**

Day 1 – Sometimes it's hard to be brave.

<https://youtu.be/fJMCGWyOHQ8>

Day 2 – What to do when we're a bit grouchy.

<https://youtu.be/SEUW6HKJekQ>

Day 3 – Friends & Family help us when we are sick.

https://youtu.be/BdW_DaluKig

Day 4 – How to help each other when we're scared.

<https://youtu.be/xjRUqYmGHQU>

Day 5 – How gratitude can be the bravest thing!

https://youtu.be/7YdfsIKL_dU

Day 6 – What to do with worry?

<https://youtu.be/ms-UgA7chNE>

Day 7 – Tips to fight off worry.

<https://youtu.be/7O3KxOAVzwU>

Day 8 – You are special!

<https://youtu.be/ndBAIKirqWU>

More to come...