



Elementary Counseling Program

The Wiseburn Elementary School Counseling Department consists of a team of dedicated professionals committed to developing a school culture and climate that is respectful, positive, accepting, and safe for students of all backgrounds. We call ourselves the CARE Team because our number one goal is to provide Counseling and Access to Resources in Education (CARE).

Counselors use a multi-tiered system of support (MTSS) to assess, develop, and implement supports and interventions.

This means that we work with school psychologists, teachers/staff, students, families, and community members to support every single WUSD Elementary student. When students are having a certain challenge, we help support that student with interventions that will benefit their unique needs. the MTSS Triangle, below provides a visual of counseling program services.



<u>Click here for counseling</u>

<u>resources</u>



<u>Click Here for a brief</u> video introduction

TIER 2: SELECTED

TIER 3: TARGETED/INTENSIVE

Individual interventions

Examples: Individual therapy, family therapy, FBA-based behavior intervention plan

Classroom strategies, small groups, individual interventions Examples: Individual counseling, group counseling, specificclass lessons, behavior contracting, differential reinforcement, small-group or individual Social emotional learning

TIER 1: UNIVERSAL (ALL STUDENTS) School/class-wide, equity, and culturally relevant and responsive systems and supports Examples: PBIS (school-wide expectations, activities, assemblies, and incentives related to behavior); social-emotional learning; teacher trainings; parents workshops; physiologyhygiene, sleep, stress management

CLICK_<u>HERE</u> TO COMPLETE A COUNSELNIG REQUEST FORM AND/OR CONTACT DR. INGRAM WITH QUESTIONS.

WUSD CARE TEAM ELEMENTARY COUNSELING PROGRAM



Nisha Dugal, Ed.D. Director of Student Support services ndugal@wusd.org



Monique Ingram, Ph.D., LMFT, PPS District Elementary School Counselor Coordinator mingram@wusd.org



Julie Walker, LMFT Elementary SChool clinician-Counselor jwalker@wusd.org



Jennifer Kuchler Mental Health Trainee, Anza, Cabrillo, 138th St. jkuchler@temp.wiseburn.org



DianNa Herald Mental Health Intern, Psychology Doctoral Student contact Dr. Ingram with questions



Troi Bucher School Counselor Intern Cabrillo, 138th tboucher@temp.wiseburn.org



Regan Venegas School Counselor Intern Anza mvenegas@aide.wiseburnusd



Dianne Kong Mental Health Intern, Psychology Doctoral Student contact Dr. Ingram with questions