

Meet Stephanie

Evergreen's Behavioral Health Support Specialist

Hello Evergreen Middle School Community,

My name is Stephanie Lundquist, and I am your returning Youth Eastside Services mental health counselor! I am so happy to be back with you all, and want to let you know how the Behavioral Health Support Specialist (BHSS) role can help support you this school year. Below is some basic information about myself, ways to contact me, and potential services I provide/what my job entails. As we know, things seem to be ever changing in the world we are living in so with that, some of this information regarding services, times, and dates may change. I am going to pre-apologize and pre-thank everyone in their flexibility and understanding. Any changes that happen will be communicated with you as soon as possible!



Best, Stephanie

Facts about Stephanie

- This is my 2nd year at YES and second year at EMS.
- I graduated with a Master's in Mental Health Counseling and Master's in Education in May of 2019 from Columbia University.
- I've worked as a para-educator, special education teacher, and general education teacher in the Renton School District (4 ½ years altogether). I am trained in Life Space Crisis Intervention and opened a self-contained classroom for students with emotional and behavior disorders (K-5th grade).
- I love dogs, skiing, and baking!
- While I grew up in Bellevue, I've been all over the map. I completed my BA at Carroll College in Helena, MT (Go Saints!), lived in Siena Italy, and most recently lived in NYC while completing my master's degree.

Stephanie's Role as Behavioral Health Support Specialist

- Lake Washington School District has a partnership with Youth Eastside Services to provide mental health support in the form of education and prevention within the schools. This means I am technically not an employee of the district, but the agency I work for is a partner to provide services.
- I am a co-occurring counselor which means I hold both the credentials for a Licensed Mental Health Counselor Associate and a Substance Use Disorder Professional Trainee. This means I am able to work with students and families on issues related both to mental health and substance use.
- As a Behavioral Health Support Specialist, I provide many services for the school:
 - 1:1 support to students in school as needed on issues related to mental health or substance use.
 - I can provide referrals or information on seeking out ongoing counseling support
 - Suicide risk assessments.

- Group Counseling (i.e., meeting with small group of students at once over several weeks to address a common problem, such as anxiety)
- Support to Parents in the form of individual meetings, potentially group meetings, or presentations.
- Education resources, which can include presentations in the classroom, potentially webinars with remote learning, news-letters, etc.
- De-escalation support and behavior management support.
- Please note, due to limited time with teachers in remote learning, I will not be meeting individually with students during Synchronous learning time (unless it is a serious emergency), only Asynchronous time or after school hours. This means that my space this year will be slightly more limited, than when we are on campus, but support will still be provided in plenty.

Ways to Contact Stephanie

- As of right now, I will be holding drop-in office hours via Zoom on Wednesday mornings from 11:30am-12:30pm. Office hours are open to both students AND parents.
 - Students or parents can register [here](#)
- You can also call me at 425-747-4937 extension 2720 and leave me your name, your school, and a phone number to call you back at.
- As of right now, HIPPA law does NOT allow me to contact via email with students or parents.

Time and day of office hours may change as we progress into the school year. I will communicate this as it happens.

Crisis Resources

Due to us being virtual, my response may be a little slower. Drop-in office hours are meant to be check-ins for support and students can schedule more time with the counselor at a future date. **This is not a crisis line.** If you or a loved one is experiencing a life threatening emergency or is currently suicidal, please call 911. In addition, students can call the Crisis Line at 206-461-3222 or text HOME to 741741 for 24 hour support.

****Note****

Per Washington State Minor Consent Law, students 12 years old and younger need parent permission to meet with me. Students can briefly check-in with me once (during office hours) to plan on getting consent, or have parents available to give verbal consent.

I am also still planning services coordinating with your school. More information will come regarding changes in office hours, increase in office hours, and general format for services moving forward.