

# THE TRI-ASSOCIATION & TRUMAN GROUP

## *Counselor Consult Groups*

Overview : In the Spring of 2021 the Truman Group provided an abbreviated version of Consult Groups for school counselors in the ACCAS region. Based on the success of this work and due to the critical role of school counselors in supporting student mental health and social emotional well-being, we are expanding the scope of this work to counselors in all three regions in the Tri-Association: AASCA, ASOMEX and ACCAS.

In partnership with the Tri-Association the Truman Group is offering Consult Groups to a group of school counselors from each region for the full academic year 2021-22. These groups provide peer support, education and clinical consultation, which are delivered through remote consultation meetings. An experienced clinician from the Truman Group facilitates meetings and provides consultations.

Schedule: Each group will meet for 90 minutes twice per month for the duration of the school year.

### Deliverables

The following will be provided to each group:

1. Bimonthly consultation meeting
2. Peer to peer support
3. Educational consultation
4. Clinical consultation and referral
5. Didactic psychoeducation regarding psychopathology and basic management in schools

### Participation Selection & Funding

This program is being funded through the Tri-Association's A/OS Grant. An application and selection process will take place in early August 2021. The funding will allow us to support two Counselor groups for each of the regions. Each group will have a maximum of five counselors. Elementary, MS and HS Counselors will be invited to apply. Selected Counselors will be expected to attend the full program barring extenuating circumstances that may take place.

### Calendar

The first meeting for participating Counselors will take place at the Annual Educators' Virtual Conference October. 1<sup>st</sup>, 2021 After this event each group will continue to meet until May 31<sup>st</sup>, 2022, with breaks for school holidays. There will be two meetings every month during the week at a time that works for participants.