

Stevenson Student Support Groups 2021 – 2022

The following groups are designed to provide support and assistance to students and their families. If you are interested in a group or would like to learn more about one, please contact a member of your SST or one of the group facilitators.

Be You is a semester-long process and psycho-educational group that focuses on helping female students celebrate the amazing internal and external qualities that make them who they are. The group will engage in self-esteem building activities in order to help students build their confidence and achieve their goals.

Facilitators: Danielle Colletti, Irina Kogan

Boys of Color Affinity Group provides psycho-educational support and affirmations by providing a sense of belonging and connectedness. *Facilitators: Jaison Varghese, Hector Vazquez*

COA (Children of Addicts) assists students affected by a parent/guardian abusing drugs/alcohol. The group focuses on learning about the disease of addiction, sharing feelings, and helping each other find healthy coping skills. *Facilitator: Janet Sushinski*

Coping in the Age of Covid (Processing Current Events Group) is a safe space for students to discuss a variety of unexpected current events impacting our daily lives in 2020. The group will focus on processing stress and frustrations, and developing and implementing healthy coping strategies.

Facilitators: Liza Shoemaker, Lindsay Puppolo

Coping Skills Psycho-Educational Group is a six-week curriculum-based group focusing on healthy strategies for coping with daily life stressors. Students will identify triggers to their own stressors and learn multiple strategies to manage them.

Facilitators: Tom Edwards, Sean Hardiman, Jorie Walton, Lindsay Jurjovec

Coping with Family Stress is a safe place to discuss different aspects of adjusting/coping with the impact of a separation, divorce, addition of step-family members, or other changes within a family system. *Facilitators: Claire Burja, Christina Foss*

FAB (Female and Black) is an affinity group that provides support and affirmations by providing a sense of belonging and connectedness. *Facilitator: Janet Sushinski*

Grief Support Group offers a safe, supportive environment in which students share and process grief and connect students with others who are also coping with the death of an immediate family member, establish connections with others to decrease the isolation that grief brings, and learn that there are many different ways to grieve. *Facilitators: Lisa Scanio, Dawn Timm*

Calm Your Mind is a six-week psycho-educational group that will focus on the brain and the effect that stress and our own thoughts have on our bodies and minds. Each week we will learn about how our brain works and then practice a meditation. Participants will learn strategies to decrease stress and allow our brains to work effectively. *Facilitators: Amy Grove, Jen Polisky*

Project 10 Midwest provides a safe place for students who identify with the LGBTQ community. The group is a space to explore sexual and/or gender identity. *Facilitators: Claire Burja, Tricia Ebel*

Social Communication Group helps members learn expected communication skills, promotes the building of prosocial relationships, and fosters the development of positive coping skills for school and life. *Facilitators: Anthony Lazzara, Colleen Fischer, Jorge Pozo*

Substance Abuse Intervention Groups

Recovery Group supports students who are focused on their own recovery from a substance use disorder. *Contact: Cristina Cortesi*

Insight is an educational and discussion-based group for students who think their current tobacco or other substance use may have a negative impact on their life. *Contact: Cristina Cortesi*

7 Challenges is an evidence-based treatment group facilitated by OMNI Youth Services for students who want to explore how they can make changes to their current substance use behaviors. *Contact: Cristina Cortesi*

Looking for a Social Worker or Psychologist?
Social workers and psychologists are located in all three
of the Student Services Offices.

2414-Green Student Services

Colleen Fischer ext. 4551
Jennifer Polisky ext. 4530
Janet Sushinski ext. 4539
Anthony Lazzara ext. 4548

2412-Gold Student Services

Cristina Cortesi ext. 4529
Liza Shoemaker ext. 4572

6064-East Student Services

Claire Burja ext. 4554
Patricia Ebel ext. 4537
Tom Edwards ext. 4550
Christina Foss ext. 4511
Angela O'Brien ext. 4552

If you would like to join a group, please contact a member of your
Student Support Team or the group facilitator.

If you would like to meet your social worker, please visit the Student Services page on the D125.org website to access their Calendly page/make a virtual appointment OR go to any student services office and make an appointment in person.

***If there is an emergency during the school day
(a crisis or safety situation), please go to Student Services immediately
and let someone know that you need to talk to a
social worker right away.**

***If there is an emergency after school hours,
please contact your parent/guardian and call 911.**