

COUNSELOR CONNECTION

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TIME FLIES...

Wow! It's hard to believe that we are just one week away from the end of our second trimester of the year.... This past trimester has gone quickly and kept our counseling team busy. We've been doing all we can to meet the needs of all of our students. We have been utilizing a variety of means to support our students including classroom lessons, running small groups, doing individual counseling sessions and using the SBIRT screening tool (which we will tell you more about later in this newsletter) to assess student needs. Fortunately, we have been able to cast a wide net to create connect with our students! Unfortunately, all of these efforts have confirmed that some of our students are having a hard time.... As a result, in this edition, we are providing some resources to enhance coping skills. This month is national self-harm awareness month so we also wanted to include some information to help educate our families about an unhealthy coping strategy that you may have heard about.



As we move forward into the spring and into our last trimester of the year, we also wanted to make sure to highlight some important dates related to registration for next year, as well as share some information about some local resources that are available to support students and parents. As always, keep us posted if you have any questions or concerns. Here is wishing you all a wonderful transition into the 3rd trimester, our home stretch for the 2021-2022 school year!

REGISTRATION



Attention current 6th and 7th Grade parents:

We are excited to start helping students sign up for electives for the 2022/2023 school year. There will be lots of information coming to you and the students in the next few weeks. There will be plenty of time to look through all the offerings and pick classes. Keep an eye out on the IMS website for helpful videos, FAQs and links to help you navigate the registration process. Information will also be shared via the weekly updates from our Administrative team.

Important Dates to note:

- ✦ **March 15th**- Registration information will become available to students and families on the IMS webpage. Skyward officially opens for registration.
- ✦ **March 15th/17th**: Students will be shown the registration video and given registration packets in Gator Time.
- ✦ **March 22nd and 23rd** - Zoom Q & A drop in sessions for parents (links will be shared in the weekly communication).
- ✦ **April 1st** - Skyward registration closes

WHAT IS THE SBIRT?

This year, IMS has partnered with the Best Starts for Kids Grant to offer the SCHOOL-BASED SBIRT MODEL: **S**creening, **B**rief **I**ntervention & **R**eferral to **T**reatment for our 7th. grade class. This universal screener consists of questions that allows us to screen for substance use, mental health symptoms, bullying, and strengths. At this point, our IMS counseling team is more than half way through the screening of the 7th grade classes.

Our initial findings from the screenings indicate a high level of stress among our students. So far, around 40% of students indicated having a need requiring follow up. Our team is following up with every student who has “flagged” with concerns and this is opening the door for important conversations and support.

A common theme we’ve noticed is that many of these students need to enhance their **coping skills**. Supporting all our students in building resiliency will help ensure that they are prepared to manage the challenges they face. We thought it might be helpful to share some examples of the many different coping skills that you can review with your student. Here’s the link to a document we like called the [coping skills checklist](#). We encourage you to have them mark the skills they currently use and to pick at least one from each section to try in the future.



HOW CAN I LEARN MORE ABOUT “SELF- HARM?”

March is self-harm awareness month and this is an important issue for families to be aware of as recent research says that as many as 25% of teens and young adults engage in self-harm. Many adolescents that self-injure do so in secrecy, which is why it is so important to be aware and educated on this topic. If you want to learn more about this important mental health topic please click on this link [Identifying Different Types of Self-Harm in Teens](#), which is an article provided by the Newport Academy. newsletter If you have any questions or concerns about your student and potential self-harm behavior, please do not hesitate to reach out to the IMS Counseling team.



PEPS

The MI Healthy Youth Initiative is continuing to provide MI parents the opportunity to join a PEPS: a ‘Parents of Adolescents and Teens’ support group at no cost. MI parents can join an area group that works best with their schedule. Check out this [flyer](#) for more information.

BOYS & GIRLS CLUB

After-School Programs

- Mondays:** Torch Club
- Tuesdays:** Art
- Wednesdays:** Grub Club (cooking) & Rock Band
- Thursdays:** STEM
- Fridays:** Dungeons & Dragons Club

Special Events

- 3/11 Teen Late Night
- 4/22 Middle School Dance

Summer Programs

- Teen Excursion Camp
- Teen Esports Camp

** [click on the hyperlinks for more information](#)*