

Beaver Lake Middle School Counseling

2021-2022 average enrollment: 860 students

Counseling Team

Rashi Abajian (A-L)
Kat Antes Tadros (M-Z)

Counselor Caseloads:

BLMS: 430-to-1
 State Avg: 440-to-1
 National Avg: 415-to-1
 ASCA recommended: 250-to-1

BLMS Counseling Program Mission Statement

We provide counseling services based on the American School Counselor Association (ASCA) model. Working through an equity lens, our goal is to partner with students, families, staff, and community agencies to provide a comprehensive support system that facilitates and encourages academic success, social-emotional health, and high school and beyond readiness. All students should feel welcome at BLMS and we advocate for every student to have a sense of belonging.

Academic, Social-emotional, & College/career services

Social Emotional

- **Individual Counseling**
 - **160** student sessions per month (avg)
 - **43** referrals to Swedish Counselor
 - **82** safety plans (self harm, suicide prevention)
- **Small Groups**
 - Anxiety counseling groups
 - Parent Anxiety Book Study
- **Classroom Lessons**
 - Suicide Prevention
 - Anxiety/Brain
 - Coping Skills

Academic

- **27** guidance team referrals
- **177** tier 2 interventions (academic & social emotional)
- academic **goal setting** and growth plans
- student-teacher meetings
- referrals to Homework Club
- Communication and **collaboration with families**
- Learning Styles Assessment (7th grade)

College & Career

- **High School and Beyond Planning**
- Interest Inventories & **Career exploration** (8th grade)
- International Baccalaureate Q&A with Skyline HS Students

Unique contexts for 2021-2022 School year

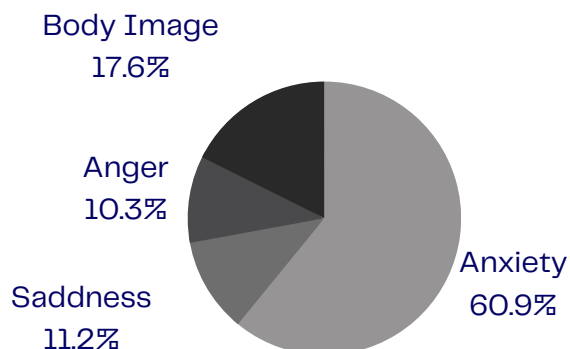
- Increased caseload due to ISD boundary changes and middle school counselor reductions.
- Increased internalizing and externalizing behaviors
- Transition back to in-person learning full time
- Staff shortages
- Practicum counseling student joined us in the spring
- SBA testing in both the fall and the spring

We Advocated for our students by...

- Working with our Issaquah School District (ISD) leadership on different committees, such as the Highly Capable program and Counselor Leadership committee.
- Working with ISD on planning for House Bill 5030 implementation in our district, which focuses on prioritizing essential tasks for school counselors across the state.
- Partnering with families by coordinating interventions, providing support, and teaming to support wellbeing

TOP NEEDS ASSESSMENT THEMES

Percentages indicate proportion of identified needs, not % of total student body. (60.9% = 190 students)



WE HELPED OUR SCHOOL COMMUNITY BY...

- Hosting and advising Safe Haven, our LGBTQ+ club at BLMS, which included our first BLMS Pride Parade.
- Hosting and advising our Black Student Union at BLMS.
- Hosting and assisting with Fun Friday Activities, such as crafts, rock climbing, and social-emotional educational shows.