



St. Anne's-Belfield School

Wednesday Wellness Webinar

Meet Our Counselors: Supporting Our
Student's Social and Emotional Health



St. Anne's-Belfield School

Megan Haas

K-3 School Counselor

mhaas@stab.org

(434) 296-5106 x2113

Monday/Wednesday/Friday

About Megan:

- ❖ Undergraduate degree in Psychology, with Minors in Sociology and Gender Studies
- ❖ Master's Degree in Marriage and Family Therapy
- ❖ I have utilized these degrees in many different capacities, including:
 - Department of Job and Family Services as a **family therapist** to provide intensive services to help stabilize and strengthen the family unit to prevent further involvement from the Department of Job and Family Services
 - **Community-based mental health agency:** contracted with the local public schools to provide mental health services to identified students. I worked with the students and teachers within the school, while also providing family therapy to offer a “wraparound” approach
 - **Hospital Liaison for Region Ten:** working with the patients and treatment teams at Western State Hospital to assess and coordinate housing, mental health services, etc. for patients being discharged from the hospital
 - **Preschool teacher** at a local preschool (teaching a 2yr old and 3yr old class)
 - An my most valuable experience....being a **parent** myself!

K-3 Counseling & Wellness at the Lower School

❖ Educating and Fostering Development of:

- Social Skills Building
- Relaxation Techniques
- Mindfulness
- Conflict Resolution Strategies
- Effective Communication
- Et Cetera

❖ My Interactions With Students Occurs:

- Within The Classroom
- In My Office
- On The Playground
- During Lunch Bunch Groups

❖ Don't ever hesitate to contact me, I am here to support your student and partnering with families is invaluable



St. Anne's-Belfield School

Courtney Bernsen

4-8 School Counselor

cbernsen@stab.org

(434) 296-5106

EXT: 1234

About Courtney:

- ❖ Bachelor's degree in Child Development, CSU Stanislaus
 - ❖ Master's degree in Counseling, University of Maryland
 - ❖ RYT 500, Yoga 4 Teens certified
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- 17th year as a school counselor
 - Started my career as second grade teacher with Department of Defense
 - Mother to 2 boys
 - Currently supporting students through individual counseling, group counseling, in the classroom, recess and out and about the building!



St. Anne's-Belfield School

Sophie Speidel
School Counselor
sspeidel@stab.org
text: 434-962-7408
Ext: 1285

About Sophie:

- ❖ Bachelor's degree in Education, UVA
 - ❖ Master's degree in Counseling, UVA
 - ❖ Certified Instructor in Youth Mental Health First Aid
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- Parent of three St. Anne's-Belfield alumni– Chapin '10, Carter '13, Virginia '15
 - Beginning 29th year at the School
 - JV Girls Lacrosse Head Coach
 - Life Skills 9/10
 - Advisor
 - Faculty sponsor of One Love Club and Active Minds

Health and Wellness in the Upper School

- [Life Skills 9/10](#)
- Personal Counseling and Referrals
- [Peer Mentors and One Love - 10 Signs](#)
- [Mental Health First Aid Training](#)
- HealthFest: January 19, 2024

Parent Education

[Wednesday Wellness Series](#)

Upcoming Topics for Fall 2023:

- Oct 4: Meet The Counselors
- Nov 8: In-Person evening program: Puberty Podcast

[Health and Wellness Website](#)

Resources

Amanda Sovik-Johnston, Ph. D.

[Active and Connected Family Therapy](#)

[Active and Connected Families Podcast](#)

[Devorah Heitner, Ph. D](#) [Growing Up In Public.](#)

[Lisa Damour, Ph.D.](#)

[The Emotional Lives of Teenagers](#)

Workshop for parents

[“Ask Lisa” Podcast](#): “The Psychology of Parenting” – Apple podcasts



St. Anne's-Belfield School

Join us for the next Wednesday Wellness!



Nov 8: In-Person evening program:
Puberty Podcast



Active & Connected family therapy

Formerly Virginia Family Therapy

Services

- Child and Adolescent Therapy
- Child and Adolescent Psychiatry
- Family Therapy
- Neuropsychological Evaluations
 - Autism, ADHD, Learning Disorders
 - SAT Accommodations
- Couples Therapy
- Individual Therapy



Specialties

- High Achieving Families
- Anxiety/Depression
- ADHD and Learning Difficulties
- Family conflict and divorce
- LGBTQIA+
- Eating Disorders
- Trauma and adoption
- Athletes
- Autism Spectrum Disorders
- Third Culture Kids
- Self-injury and suicidal ideation





Locations

- Boar's Head
- Crozet
- Pantops
- Rio Rd.
- Pediatric Associates
- Arlington/Alexandria
- Falls Church
- Richmond
- Lynchburg

Our Team



Over 30 Therapists

6 Psychologists

3 Psychiatrists

4 Client Care Coordinators

- Rates vary from \$40-\$250 per hour
- Sliding scale and payment plan options
- Courtesy superbills sent monthly for out of network insurance reimbursement (check with your insurance carrier)





Active & Connected family therapy

Amanda Sovik-Johnston, Ph.D.

www.activeconnected.com

hello@activeconnected.com

(434) 202 4080

