



# School Counseling Services Strath Haven High School



# School Counseling at SHHS

- 9th grade counselor rotation model: one counselor follows a cohort of students from 6th grade through 9th grade – Following the same group of 300–320 students for a 4 year time span allows school counselors to establish and maintain strong relationships founded in trust with both their students and their families.
- 10–12th grade students are assigned at random to four other HS counselors – following the same group of 300–320 students for the remainder of the high school years in order to establish and maintain strong relationships founded in trust with both the students and their families.

# Individual Services

School counselors provide individual services to help students develop a mindset and behaviors that lead to student success:

- Individual, goal-based counseling to help students strengthen their social/emotional skill set
- Responsive, solution-focused sessions to address social, emotional, or academic problems
- Crisis intervention services (risk assessments, emergency situations)
- Appraisal and advisement in individual settings
- Helping students understand the importance of postsecondary education and/or training as a pathway to a career and how their academic performance relates to the world of work, family life, and community service
- Educating students and families about postsecondary options, preparation, and planning.

# Group Services

- Study Skills Group
- Grief Group
- Anxiety Management Group
- Social Skills Group
- Other need based groups
  - Counselors offer need-based groups addressing various areas in which our students need support (social, emotional, academic needs)
  - Example: **Stress Management Group**
    - An effective way for students to learn skills to cope with their anxiety so they can be successful in school

# Classroom Lessons

School counselors work to develop and teach classroom lessons focused on:

- **College and Career Readiness**
  - Identifying Strengths; Using Naviance; Exploring Careers; Course Scheduling; Building a Resume
- **QPR (Question, Persuade, Refer) Training (10th Grade)**
  - QPR is a nationally used, evidenced-based training that assists people in learning how to recognize the warning signs of a suicide crisis and how to *question, persuade, and refer* someone to help
- **Social and Emotional Learning (SEL)**
  - Lessons to strengthen students' self-awareness, self-management, social awareness, relationship skills, and responsible decision-making skills

# 5th Block Programming

**School Counselors facilitate and deliver 5th block programming targeted to student needs including:**

- College application completion workshops
- College essay workshops
- Interview tips, etiquette, and practice
- Scheduling and course selection assistance
- Exam tutoring
- Other areas of need and interest

# Evening Programming and Family/Community Support

**School Counselors create and deliver supplemental programming for students, families, and the community in response to needs and interests, including:**

- Financial Aid for college
- Post-secondary planning topics, such as transition to college and standardized testing
- Course scheduling and course selection
- Student wellness and mental health
- Summer activities for high school students

# Social Emotional Learning

## Social Emotional Learning (SEL) Lessons

- Delivered across school year
- Help students to build better relationship and interpersonal skills
- These skills will help students succeed both in school and beyond
- There are 5 core components of Social Emotional Learning





# Character Recognition

- **Faculty coordinated** Quarterly student recognition program
- Approximately 40 students are students recognized each quarter
- Students are selected based on their positive contributions to the school community



Photo credit: Grace Kedanis

*Panther*  
**PRIDE**  
*is found inside!*



# Mental Health Support

- When information shared by students, parents, teachers; survey result; or Safe2Say report indicates to a school counselor that a student requires more support for their mental health:
  - Individual counseling services with school counselor
    - Risk assessment, as needed
  - Communication with parents and connection to outside resources
  - Refer to Student Assistance Program
  - Refer to group counseling intervention
  - Referral process based on data to connect student with Tier 2 clinician, as needed
- We utilize our **universal student emotional well being survey** to identify students who may be in need of increased support. This survey is delivered twice per year.





# Safe2Say Something

- Safe2Say Something is a school safety tool that will save lives
- Safe2Say Something is a youth violence prevention program run by the Pennsylvania Office of Attorney General. The program teaches youth and adults how to recognize warning signs and signals, especially within social media, from individuals who may be a threat to themselves or others and to “say something” BEFORE it is too late.
- Follow this link: <https://www.safe2saypa.org/>
  - 1) Make a report
  - 2) Crisis center may ask a few questions
  - 3) The right people are notified and help is on the way





# Student Assistance Program

- The SAP Team receives referrals from parents, teachers, and students to identify students who are having problems in school and seeks to identify the cause of those problems.
- Team quickly refers students for intervention:
  - Individual outpatient counseling services
  - Group counseling services
  - Psychiatric evaluation
  - Case management support

## Referrals include but not limited to:

- Drug and alcohol problems
- Suicidal thoughts, ideation, or behavior
- Abuse (physical, psychological/emotional, and sexual)
- Depression
- Eating Disorders





# MDT

- During bi-monthly **Multi-Disciplinary Team** meetings, counselors work collaboratively with school psychologists, special education teachers, and administrators to identify students in need of greater academic support.
- The team collects data, reviews data, and creates a plan of action for students with academic need.





# Attendance/Truancy Prevention

- In bi-monthly **Attendance/Truancy Prevention** meetings, counselors, the Strath Haven High School Home and School Visitor, the School Psychologist, Behavioral Health Counselors, and Administrators review attendance data.
- Using that data, the team determines the appropriate interventions for students with attendance and truancy concerns.





# Behind the Scenes

- School counselors do a lot of “behind the scenes” work, providing indirect services for students, including:
  - Case management of 504s
  - Attending GIEP/IEP meetings
  - Assisting in creation of and balancing of student schedules
  - Consultation and collaboration with teachers, parents, and administrators
  - Back to School Night and other specialized evening programming
  - College application completion sessions
  - Naviance coordination
  - Standardized testing
  - Coordination of Mental Health Awareness Month
  - Attendance interventions and supports





# Behind the Scenes, cont...

- Communication with students through Google Classrooms, email, Naviance, and Principal's email blast
- Coordination with 9th grade counselor for transition
- Coordination of dual enrollment, Field Careers, Co-op, Swarthmore College classes
- Coordination of Delaware County Technical School enrollment
- Maintaining social media and website
- Consultation with outside service providers and agencies
- Transcript creation and distribution
- Scholarship coordination
- Credit verification
- Summer School remediation
- Letters of recommendation and college application forms



# Questions?

*Please feel free to contact us at any time for more information.*

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