

# LAKEVIEW MIDDLE SCHOOL COUNSELING PROGRAM

*Every Student Deserves a School Counselor*

Mrs. Miller, School Counselor

dmiller@lakeviewspartans.org 269-565-3906

## **Classroom Lessons**

Classroom lessons are designed to meet the needs of all students to promote the mindsets & behaviors needed to be a successful in school and as community members. Lessons are taught in Life Skills.

### ***Signs of Suicide—7th grade***

- Identifying warning signs of depression and suicidal ideation
- Develop coping skills to stay mentally healthy

### ***College & Career Ready—7th grade***

- Explore careers matched with student interests
- Identify learning styles and study skills
- Understanding bias and career choices

### ***College & Career Ready—8th grade***

- Explore careers matched with student interests & personality
- Explore educational options post high school
- Choose HS courses to prepare for a career path

## **Individual Counseling**

The school counselor helps students plan, monitor and manage their own academic, career and social/emotional development.

### ***Topics include but not limited to:***

- Academic success strategies
- Academic course planning
- Goal setting/decision making
- New student support
- Self-awareness
- Peer relationships
- Family relationships
- Greif & loss
- Managing emotions i.e., anger, anxiety, sadness, etc.
- Suicidal ideation
- LGBTQ+

## **Group Counseling**

Small groups are designed using student data to identify their needs and challenges. Groups run for 8-10 weeks. Groups are intended to help students identify problems, causes, consequences and alternatives so they can make decisions and take appropriate action.

## **See the School Counselor by,**

- ⇒ Request an appointment by email: dmiller@lakeviewspartans.org
- ⇒ Teacher/Staff referral
- ⇒ Parent referral
- ⇒ Peer referral
- ⇒ Counselor request

## **What is said here, stays here!**

— unless —

1. Someone is hurting you
2. You want to hurt someone
3. You want to hurt yourself

## Adolescent Mental Health Warning Signs

### Experiences Big Changes:

- Sudden failure in school
- Loss of interest in things usually enjoyed
- Unexplained changes in sleep/eating habits
- Avoids friends/family and wants to be alone
- Daydreams too much/lacks focus
- Feels life is too hard
- Talks about suicide or hurting themselves
- Hears voices that can't be explained
- Self-defeating behavior
- Uses alcohol or other drugs

### Extreme Feelings:

- Really sad and hopeless
- Very angry most of the time
- Overreacts to things often
- Worthless or guilty a lot
- Anxious/worried more than normal
- Extremely fearful
- Frightened that their mind is out of control
- Self-Harm

### Is Limited by:

- Poor concentration
- Inability to sit still or focus
- Worry about being harmed, hurting others or doing something "bad"
- Thoughts that race or are too hard to follow

### Consultation & Collaboration

The school counselor works with staff, administrators, parents and community agencies to support student achievement and success in school.

**Lakeview Middle School is  
Where Everybody Belongs!**

## When a Student May Need Immediate Attention

- Recent death of a close family member or friend
- Student is self-harming
- Threat to or from others
- Sudden change at home that affects the student's daily functioning
- Suspected or actual abuse and/or neglect
- Panic attacks
- Hallucinations
- Suicide ideation

**Please consult with the school counselor if you feel a student needs immediate attention or referral to an outside agency.**



**Summit Pointe  
24/7 Crisis Team Helpline  
1-800-632-5449**

### Referrals Community Resources

The school counselor provides brief solution-focused counseling. At times, students and their families are in need of more intensive services that are outside of the school setting. School counselors share with families resources in the local community that can address their needs.

Lakeview Middle School is excited to partner with Grace Health's School-Based Behavioral Health Program to provide quality mental health care in the school setting. Contact the school counselor for referral information.

The logo for Grace Health Student Health features the word "grace" in a stylized, lowercase font with "HEALTH STUDENT HEALTH" in a smaller, uppercase font below it.

### **MRS. DEB MILLER, MA**

*Certified School Counselor & Teacher. Masters degree in Counselor Education and Counseling Psychology, Western Michigan University. 33 years of experience in education.*

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