

## **LIFE Counselor Contact:**

**540-562-3900**

**Cave Spring Middle School**  
Miranda Martin, LPC, Ext. 30019

**Cave Spring High School**  
Kim Heck, LPC, Ext. 20019

**Glenvar Middle School**  
Amber Strickler, LCSW, Ext. 31019

**Glenvar High School**  
Donna Clevenger, LPSC, Ext. 21019

**Hidden Valley Middle School**  
Shamani Jackson, LCSW, Ext. 32019

**Hidden Valley High School**  
Monique Worrell, LCSW, Ext. 22019

**Northside Middle School**  
Keri Scribner, LPC, Ext. 33019

**Northside High School**  
Angela Edmonds, LCSW, Ext. 23019

**William Byrd Middle School**  
Allyse Dunlop, LPC, Ext. 34019

**William Byrd High School**  
Lauren Pomeroy, LPC, Ext. 24019



## **LIFE Counseling Program**

Shawn Hughes, PhD., LPC, LPSC  
Director of Counseling  
562.3900 ext. 10232

Karen Garlow, MS, LPSC  
Associate director  
of counseling  
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Roanoke County Public  
Schools  
5937 Cove Road N.W.  
Roanoke, Virginia

Leading Individuals,  
Fostering Empowerment



## **Counseling Program**





## Program Purpose

The role of the LIFE counselor is to lead individuals and foster empowerment with students. LIFE Counselors establish productive relationships with students, parents, staff, and community members to achieve this goal. LIFE Counselors utilize a multi-disciplinary team approach to ensure that student needs are being addressed. The focus is on prevention and intervention to promote academic success, personal growth, and well-being.

Students who exhibit symptoms of mental health concerns could benefit from support from a LIFE Counselor. These include but are not limited to the following:

- Depression
- Anxiety
- Stress management
- Anger management
- Defiance
- Behavior
- Substance use



## Services:

LIFE Counselors can provide:

- Individual counseling
- Group counseling
- Education on mental health, trauma, and substance topics
- Substance abuse prevention and intervention
- Life skills training
- Crisis intervention
- Case management services

## Referral Process:

Students are referred to the LIFE counseling program through a variety of avenues. Teachers, school counselors, and school administrators are able to provide referrals based on observed needs. Students can self-refer, and parents and/or guardians can reach out directly to refer their student. Once a referral has been received, the LIFE Counselor will contact the parent and/or guardian to provide further information and gain consent for services. Students are evaluated to determine the best form of support to put in place, based on each individual students' specific needs.

