

SCHOOL COUNSELING SERVICES

WE LISTEN TO YOU AND GUIDE YOU.

WHO ARE SCHOOL COUNSELORS?

School counselors are licensed educators who improve student success for each and every student by implementing a comprehensive school counseling program.

As vital members of the school leadership team, school counselors collaborate to create a school culture of success.

SCHOOL COUNSELORS HELP EACH AND EVERY STUDENT:

- Apply academic achievement strategies
- Manage emotions and apply interpersonal skills
- Plan for postsecondary options (higher education, military, work force)

APPROPRIATE DUTIES INCLUDE PROVIDING:

- Individual student academic planning and goal setting
- Brief and short-term counseling to students
- Referrals for outside of school long-term support
- Collaboration with families/teachers/ administrators/ community for student success
- Advocate for students and attend an array of support meetings
- Data analysis to identify student challenges and needs
- Consult and collaboration with education partners (i.e postsecondary groups) to create success for each and every student

MEET OUR COUNSELORS:



Sophie is a school counselor at New Vista in her third year, working with students in grades 9–11. She is passionate about building connection and supporting students and families in meaningful ways. Originally from Massachusetts, Sophie brings a diverse background including service with City Year Boston and nearly 15 years in marketing and brand management. She holds a bachelor's degree in Communication with a minor in Psychology from the University of Massachusetts and a master's degree in School Counseling from the University of Denver. Outside of school, she enjoys camping, podcasts, and spending time with her family and pets.



Diane has been a school counselor at New Vista for 20 years, working closely with seniors and supporting students at all grade levels in planning for life after high school. She is passionate about helping young people navigate both the challenges and celebrations of adolescence, and guiding them toward futures rooted in self-discovery, authenticity, fulfillment, and success on their own terms.

Born in Brooklyn, New York, Diane earned her degree in English and Creative Writing from Loyola University Maryland before trading city life for the Boulder mountains. She began her career writing and editing for Blue Mountain Arts, where she authored self-help books for teenage girls. Realizing she wanted to work directly with students, she earned her Master's degree in Counseling Psychology and Counselor Education from University of Colorado Denver in 2006 and began her counseling career at New Vista, where she has remained ever since.

FOR MORE INFORMATION CHECK OUT OUR SCHOOL COUNSELING PAGE: [HTTPS://NVH.BVSD.ORG/COUNSELING-SUPPORT/COUNSELOR-INFORMATION](https://nvh.bvsd.org/counseling-support/counselor-information)



MENTAL HEALTH ADVOCATES

A safe space to be heard, supported, and guided.

WHO ARE MENTAL HEALTH ADVOCATES?

Mental Health Advocates (MHAs) promote academic success and resilience by providing intensive social and emotional support to students needing interventions. They collaborate with administrators, school staff, parents/guardians, and with community partners to implement appropriate interventions that foster regular attendance and prosocial behavior.

Participation in MHA services is voluntary and intended for students needing additional support. MHAs provide both emotional support and concrete assistance, maintaining regular communication with school staff and families to offer consultation and resources tailored to individual needs

APPROPRIATE DUTIES INCLUDE:

- MHAs are mental health professionals who provide short-term, school-based support but DO NOT offer therapy within the school setting.
- For students with Individualized Education Programs (IEPs), mandated services must be delivered by school psychologists or social workers as appropriate. MHAs adhere to all FERPA regulations.
- MHA's complete risk assessments in accordance with district policies and train staff on completion of risk assessments and trauma informed practices.
- Refer families to community resources and organizations as appropriate and collaborate with community partners to provide supports for students, families, and staff.
- Train and assist staff in the implementation of policies and procedures dealing with a variety of issues.



Alice Ajango is the Mental Health Advocate at New Vista, currently in her fourth year serving the school community. She holds a master's degree in Social Work from the University of Denver with a focus on Health Equity and Wellness, and brings experience working with youth through community programs, restorative justice initiatives and outdoor leadership. Alice is passionate about supporting each student's unique well-being and serves as a trusted, non-biased adult who can help talk through challenges and connect families with helpful resources. Outside of school, Alice enjoys spending time with her partner and dog Hattie, as they take on travel and step out of their comfort zones.



Emma Olsen is in her second year at New Vista working in The Nest (the school wellness room), supporting students and families as a mental health advocate. She holds a degree in Psychology and Neuroscience with a minor in Women and Gender studies from Regis University and is currently pursuing her Master's in Clinical Mental Health Counseling. Emma brings experience as a behavior interventionist and youth treatment counselor, including prior work supporting youth across psychiatric units. She is passionate about helping her community thrive through wellness and is here to listen, support, and help families connect with resources. In her free time you may find her cozied up at a coffee shop reading with her dogs at her feet or out on a trail enjoying a long walk and some fresh air.

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