

Pine Lake Middle School Newsletter

Youth Eastside Services

Counselor: Jill Jansen

This year, the Issaquah School District has contracted with Youth Eastside Services to provide Mental Health Support for students in school.

Jill Jansen has credentials as a Licensed Social Work Associate & Independent Clinical (LSWAIC), and is currently working towards her Substance Use Disorder Professional in Training (SUDPT) credential.

Jill provides students with strengths-based 1:1 support regarding mental health topics, and leads short term group counseling sessions. She also collaborates with caregivers and provides consultation and education for PLMS staff and students.

To contact Jill, you can call (425) 600-4164 and leave a message, or email her jill.jansen@youtheastideservices.org

School Counseling Intern: Ben Ragan

Ben Ragan is the counseling intern this year at PLMS. Before starting his master's in counseling, he was a math teacher in Virginia and worked in behavior and student support teams after moving to Washington.

Mr. Ragan's goal is to be a listening ear and support for students. Middle school can be overwhelming. If you need help with a teacher or assignment, figuring out what to say to peer, or just need to vent, go see him!



Pictured from Left to Right:

Ben Ragan, Kristen Brittain, Young Chang-Miller, Jill Jansen, Karen Hoetzel

Meet Our School Counselors!

School Counselors support and advocate for students, in their academic, social-emotional and career and college readiness. Students come in with different gifts, talents, and challenges, and we want ALL our students to thrive. As school counselors we're always here to listen, advise, and advocate for families as needed. Please don't hesitate to reach out!

Kristen Brittain: School Counselor Last names (A-K)
brittink@issaquah.wednet.edu
Phone: 425-837-5713

Young Chang-Miller: School Counselor last names (L-Z)
changmillery@issaquah.wednet.edu
Phone: 425-837-5712

Karen Hoetzel: Registrar
hoetzelk@issaquah.wednet.edu
Phone: [425-837-5710](tel:425-837-5710)

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Staff Spotlight!

**PLMS Family Liaison:
Wenli Mithal**



Are you new to the U.S. school system?

Do you have questions about how to get connected with your child's school? Do you feel like you are not being understood by your child's school?

PLMS's Family Liaison, Wenli Mithal (普通话) can help you navigate the Issaquah schools so you can better support your child.

Contact at:
mithalw@issaquah.wednet.edu
or 425-837-7106,



SchoolLinks!

Starting in Fall 2026, Issaquah School District students in grades 7 through 12 – and their families – will have access to Washington State's new universal High School and Beyond Plan (HSBP) platform, SchoolLinks. SchoolLinks is a modern career-readiness platform that helps students prepare for life after graduation and students will go through lessons each year to get to know themselves, do some career exploration, and learn about post-high school opportunities. .

SchoolLinks will allow students to:

- **Discover interests and career options:** Complete surveys to identify strengths, skills, and interests, then explore matching careers and pathways.
- **Plan for life after high school:** Explore colleges, apprenticeships, trade schools, and other education or training options, and build personalized course plans.
- **Connect with opportunities:** Find local internships, jobs, volunteer opportunities, career exploration experiences, and school/community events.
- **Build financial and career readiness**
- **Showcase skills and accomplishments**

Resource Hub

- **Family Partnership Information**
- **How to use Canvas for Caregivers**
- **Care Solace** provides 24/7/365 support in any language to help you quickly find mental health or substance use treatment options. Call (888) 515-0595 for help
- **Dial or text 988** for the Suicide and Crisis Lifeline
- **Teen Link:** a free, confidential, and anonymous peer-to-peer helpline 866-427-4747