

School Counseling

Services Overview

Hello!

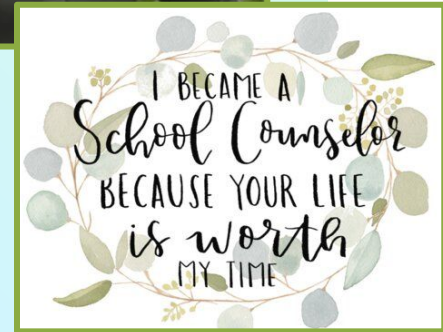
Katrina Broussard

School Counselor

Sisk Elementary

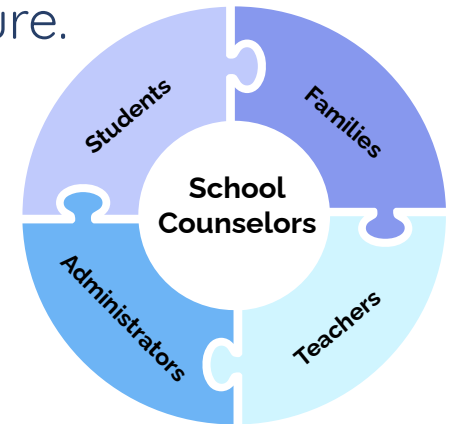
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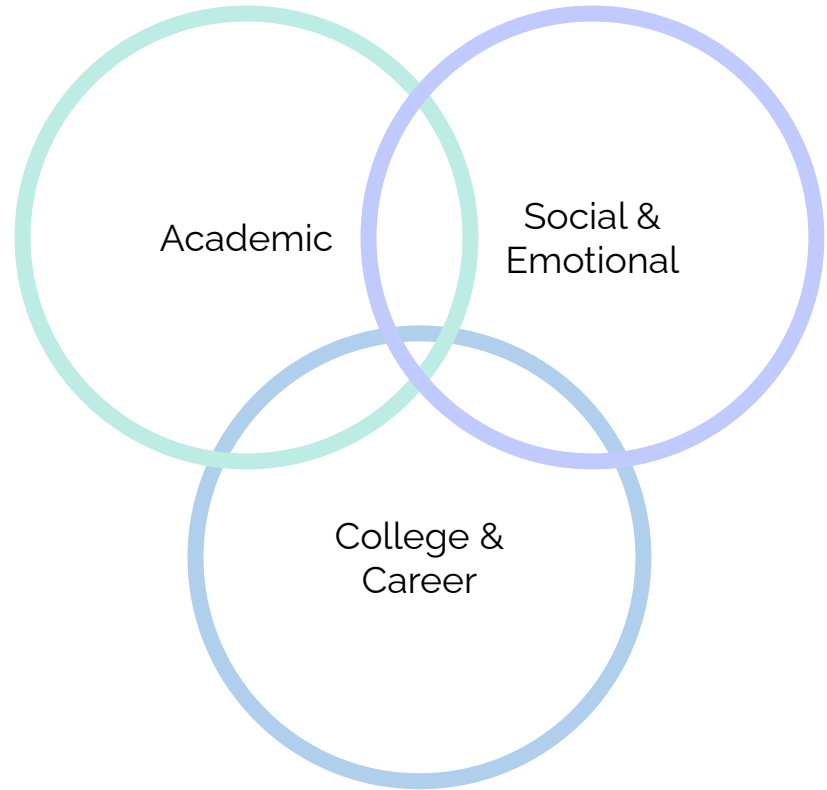


Mission

The school counseling department strives to meet the academic, social/emotional and career/college, needs of ALL students—in doing so, students develop a mindset that enhances their learning process and prepares them to meet the opportunities and challenges of their future.



Domains



Domains

Academic

Implement strategies & activities to support and maximize each student's ability to learn.

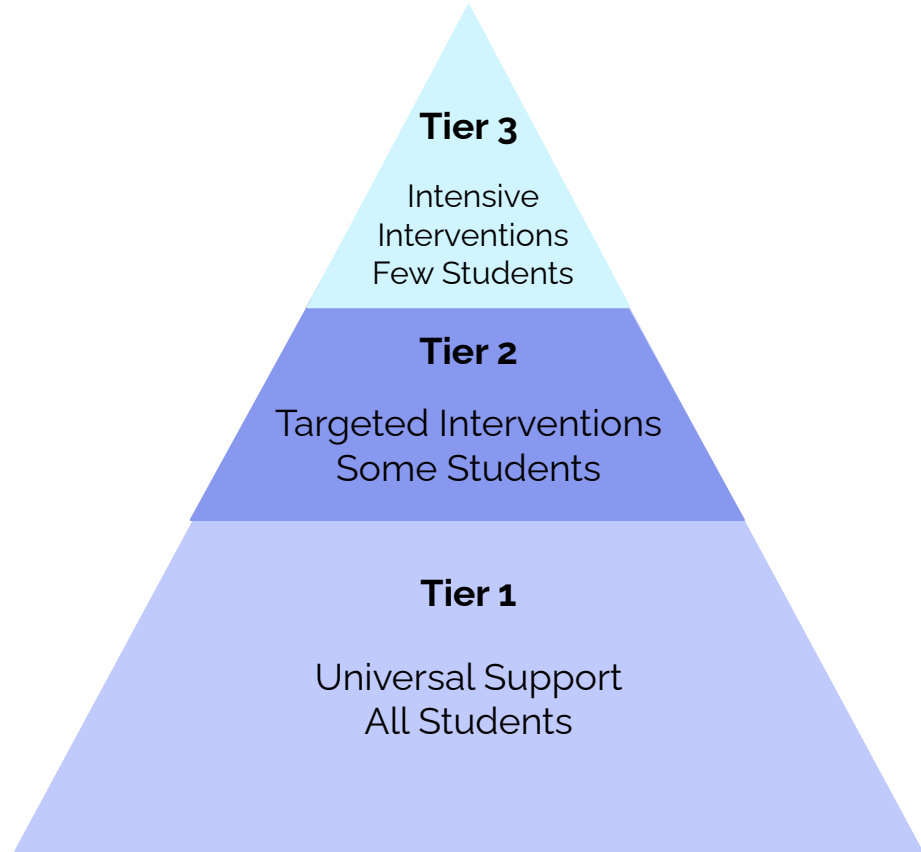
Social/Emotional

Help students manage their emotions in the moment, develop emotional self-regulation, learn pro-active coping strategies, and apply interpersonal skills.

College/Career

Promote an understanding of the connection between school and the real world. Help students plan for and make a successful transition from school to postsecondary education and work.

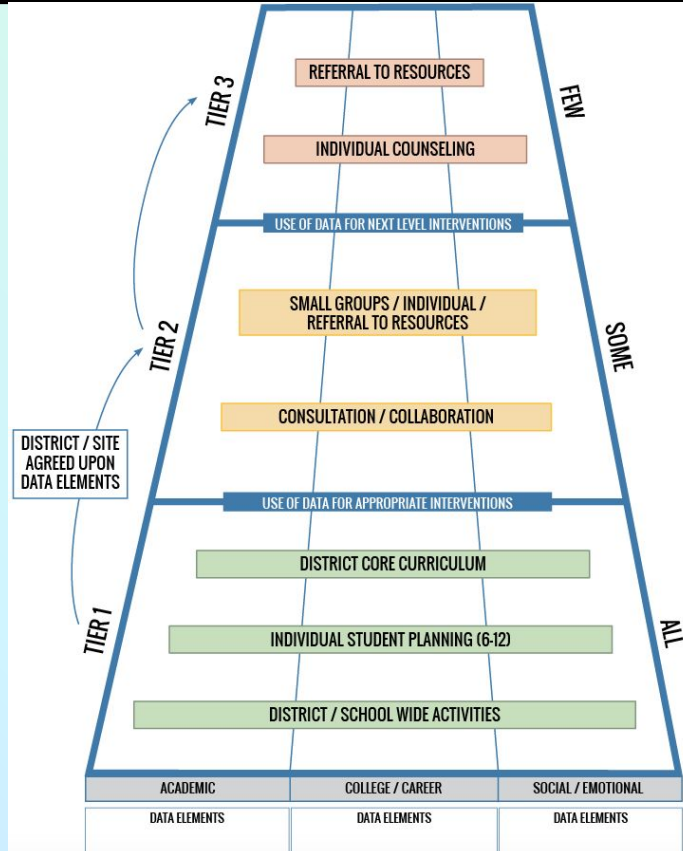
Tiers



TEAMWORK MAKES THE DREAM WORK!

Counselors are an integral part of the team.
We are active participants in:











- Attendance Team
- PBIS Team
- Leadership Team
- Wellness Committee
- District Safety Committee
- Schoolwide Assemblies & Events
- SST & IEP Meetings



Tier 1 Service: Classroom Lessons

Lessons occur bi-weekly in each class throughout the year on Character Traits and the Toolbox Project: the 12 Tools.



August	September	October	November	December
-3 R's -Tools Overview 	-Punctuality -Breathing Tool & -Quiet/Safe Place Tool 	-Acceptance -Listening Tool -Personal Space Tool 	-Gratitude -Please & Thank You Tool 	-Generosity -Using Our Words Tool 
January	February	March	April	May
-Perseverance -Taking Time Tool 	-Compassion -Empathy Tool 	-Self Control -Patience Tool -Garbage Can Tool 	-Forgiveness -Apology & Forgiveness Tool 	-Courage -Courage Tool 

Tier 1 Service: Website Resources

<https://www.salida.k12.ca.us/Sisk>



The screenshot shows the Sisk Elementary website interface. At the top left is the Sisk Knights logo featuring a knight on a horse with a banner that says "Sisk Knights". Below the logo is the text "Sisk Elementary" and "Home of the Knights" with the slogan "Sisk Kids Can!". To the right are navigation buttons for "District Home", "Select a School" (with a dropdown arrow), "Register", and "Sign In". A yellow arrow points from the top of the page down to the "Counselor's Corner" menu item in the navigation bar. The navigation bar includes "Home", "Our School", "Academics", "For Families", "Counselor's Corner", "Our Staff", and "Calendar". The "Counselor's Corner" menu is open, listing the following resources: "Counselors Newsletter", "Character Traits", "12 Tools", "School Expectations", "Community Resources", "Grief and Loss Information", and "Attendance Awareness". The background of the website is a photograph of students in a classroom. On the right side, there are three red utility icons: a search icon, a language icon, and a chat icon. At the bottom left, the URL <https://www.salida.k12.ca.us/domain/1847> is visible.

Tier 1 Service: School-Wide Programs

School-Wide Programs may include:

Oct. - Bully Prevention Week

Feb.. - Kindness Week

May. - Wellness Week

Tier 2 Service: Small Groups

Small groups are offered throughout the year based on needs of students. Groups meet once a week for 30 mins over a span of 6 to 8 weeks. Groups will have approximately 6 to 8 students.

- ❖ Anger
- ❖ Basic Social Skills
- ❖ Changing Families
- ❖ Character Traits
- ❖ Coping Skills
- ❖ Conflict Resolution
- ❖ Emotions
- ❖ Friendship Skills
- ❖ Girl Empowerment
- ❖ Grief and Loss
- ❖ Impulse Control
- ❖ Managing Worries
- ❖ Mindfulness
- ❖ Self Esteem
- ❖ Sportsmanship
- ❖ Study Skills

Tier 2 Service: Check-In/Check-Out

Check In/Check Out

Student Name: _____ Who is their mentor? _____

Date	Respectful	Responsible	Ready	Notes
__ - __ - __	1 2 3	1 2 3	1 2 3	
__ - __ - __	1 2 3	1 2 3	1 2 3	
__ - __ - __	1 2 3	1 2 3	1 2 3	
__ - __ - __	1 2 3	1 2 3	1 2 3	
__ - __ - __	1 2 3	1 2 3	1 2 3	

The majority of students in any given school will not need supports beyond Tier 1. However, for the roughly 15% of students who need behavior intervention support beyond the supports of Tier 1 PBIS implementation, there is Tier 2. The **Check-In/Check-Out behavior intervention** is a commonly used option for behavior supports within Tier 2.

Check-In/Check-Out (CICO) can give students a boost and allow them to meet behavioral goals that can lead them back to Tier 1. Check-In/Check-Out intervention forms can be customized to reflect behaviors that need additional focus.

Tier 3 Service: Individual Counseling

- ❖ Short-term
- ❖ Solution focused
- ❖ 30 min sessions for 6 to 8 weeks
- ❖ Based on each student's specific needs

General goals for individual counseling include:

- Provide a safe environment for students to share feelings
- Learn appropriate calming techniques and coping strategies
- Develop social skills and positive self-talk

*what you
say in here
stays in here*

UNLESS:

- SOMEONE IS HURTING YOU
- YOU WANT TO HURT SOMEONE
- YOU WANT TO HURT YOURSELF
- YOU GIVE ME PERMISSION TO SHARE

Tier 3 Service: Referrals to Resources



- > 24-Hour Crisis Hotlines.....pg. 2-4
- > Food & Clothing.....pg. 5-9
- > Shelter/Housing.....pg. 10-11
- > Financial Assistance.....pg. 12-13
- > Transportation.....pg. 14-15
- > Medical/ Dental.....pg. 15-21
- > Mental Health/Counseling.....pg. 22-25
- > Family Resource Centers.....pg. 26-27
- > Child Care.....pg. 28-29
- > Parenting.....pg. 30-32
- > Employment.....pg. 33-34
- > Education/ESL.....pg. 35-36
- > Legal Aid.....pg. 37-39
- > Pet Services.....pg. 40-41

** Resource adapted from 2018 Family Resource Directory:
Stanislaus County Family Resource Directory 5 Revised 12.2017
<http://www.health.org/PublicHealth/pdf/programs/resource-directory.pdf>
For additional resources contact: United Way Information Referral (211 Stanislaus) Food, shelter,
employment services, housing, health care, counseling, financial aid, and other resources available 24/7.
www.uwaystan.gov 572-2255 or 211 ***



Tier 3 Service: Crisis Intervention



Comprehension Self-Harm and Suicide Prevention Toolkit

Salida Union School District
Compiled by the Counseling Department at SUSD

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

- Assist with **developmental growth**: self-identity, fostering coping skills in students
- Create a **positive** school environment.
- **All students** have access to a school counselor
- Work with stakeholders to identify learning needs and to design **interventions** to enhance student success.
- **Help students** recognize and make the best of their abilities.
- Provide support during a personal **crisis** (**safety plans, safety screening**)
- Work with students and families on **attendance issues**.
- Coordinate **outside** referrals
- Develop student **college/career awareness**.
- Help students build **good/healthy habits** that lead to growth and success.
- Staff and teacher support

BENEFITS OF HAVING SCHOOL COUNSELORS

Thank you!

Any questions?

You can reach me at

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209-545-1671

