

Comprehensive School Counseling Program



Mental Health of K-12 Students

- A [recent survey](#) of K-12 students, conducted after stay-at-home orders went into effect, found that 38 percent of students are more concerned with their well-being, 51 percent report being more stressed, and 39 percent feel lonelier. These findings showcase the consequences that social isolation, lack of in-person relationship building, and other stressors have had on the mental health of students.
- [Data](#) from the Centers for Disease Control (CDC) shows that the proportion of emergency medical visits related to mental health crises has had a sharp increase amongst children since the pandemic started. The CDC reports that from March 2020 to October 2020, the share of mental health-related hospital emergency department visits rose 24 percent for children ages five to 11 and 31 percent for students ages 12 to 17.

CASEL Framework

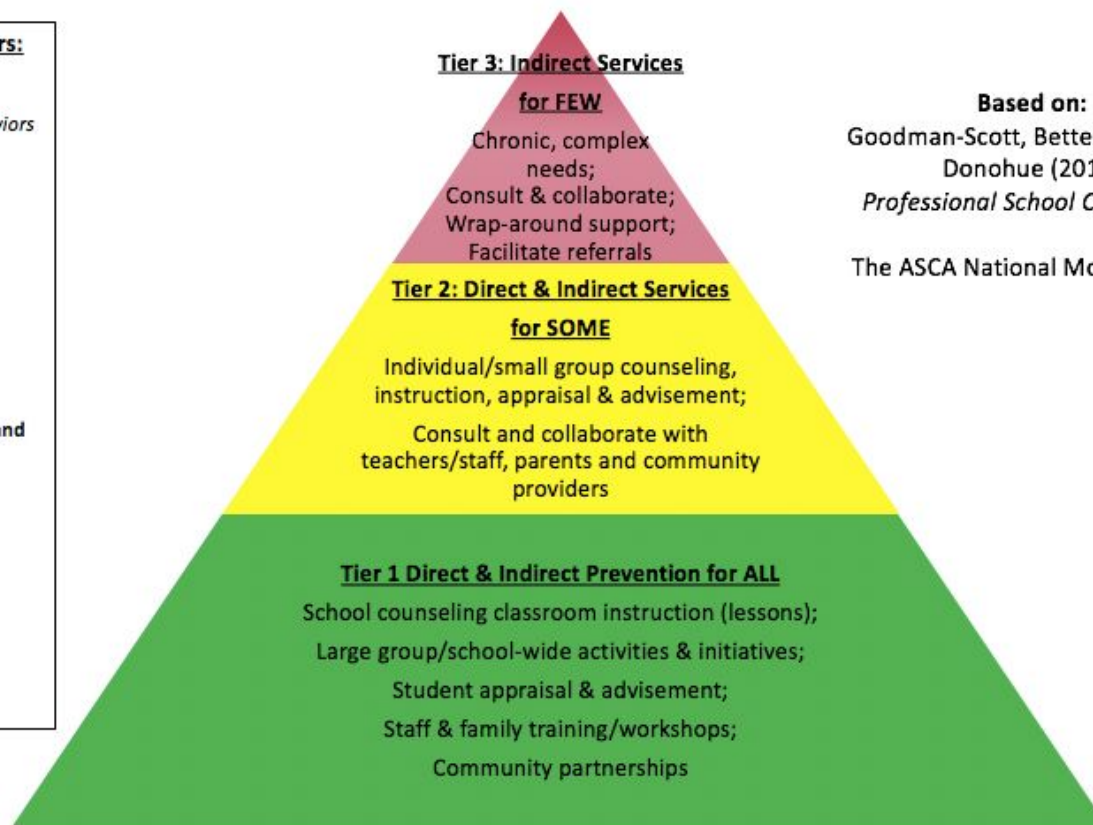


2019 ASCA National Model Aligned with MTSS

Across all Tiers, School Counselors:

- **DEFINE** MTSS and SC program:
 - Grounded in *Mindsets & Behaviors* and professional standards
- **MANAGE** MTSS and SC program:
 - Belief, vision, mission, goals
 - Program planning tools
 - Data and action plans
- **DELIVER** prevention and intervention activities that are:
 - Culturally-responsive
 - Evidence-based
 - Focused on **academic, career and social/emotional domains**
- **ASSESS** MTSS and SC programs:
 - Program/SC assessment & appraisal
- Incorporate **ASCA THEMES**:
 - **Collaboration**
 - **Leadership**
 - **Advocacy**
 - **Systemic Change**

@SchCouns4MTSS

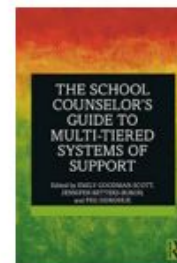


Based on:

Goodman-Scott, Betters-Bubon & Donohue (2016)
Professional School Counseling

The ASCA National Model (2019)

For more information
(Routledge, 2019):



SEL Impact

- <https://casel.org/impact/>

SEL Tier 1 Supports

7 MINDSETS

A Life Changing Revolution

Tier 1 SEL Curriculum



**SOURCES
OF STRENGTH**

7 MINDSETS

A Life Changing Revolution

- **Evidenced based Social-Emotional Curriculum**
- **Will be Implemented for all students grades 5-12**
- **Training will be on PD Day, September 3rd**
- **Dave and Alex will be teaching lessons weekly during Social Studies (20 Minutes, 1 day a week) starting in September**

Everything is Possible

- Dream Big
- Embrace Creativity
- Think Positive
- Act and Adjust

Passion First

- Focus on Strengths
- Explore your Interests
- Take a Stand
- Be Authentic

The Time is Now

- Embrace Every Moment
- Get in the Zone
- Be Vulnerable
- Act with Purpose

We Are Connected

- Embrace Everyone
- Maximize Positive Relationships
- Build your Dream Team
- Lead With Value

Live to Give

- Stretch Yourself
- Make a Difference
- Receive Gracefully
- Create a Legacy

7 Mindsets

100% Accountable

- Own your Life
- Overcome Limiting Beliefs
- Focus Your Energy
- Grow Through Life

Attitude of Gratitude

- Treasure Yourself
- Be More Grateful
- Thank it Forward
- Elevate your Perspective



SOURCES
OF STRENGTH

- **Evidence-based**
- **Will be implemented for all students k-12**
- **[What is Sources of Strength Video](#)**
- **Looking for adult mentors (email Dave or Alex to sign up) 2-3 per grade**

SEL Tier 2 and 3 Supports

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- **Individual Counseling**
- **Small Group**
- **Working with Children's Home**
- **Referrals can be emailed to counselors**