

# STUDENT SERVICES



February 13, 2017

# Student Services

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- Student Services focuses on providing programs and services that support student academic success, safety, and social-emotional well-being.

# Programs and Services

- K-12 Counseling Services
  - ▣ Social-emotional supports
  - ▣ Suicide prevention
  - ▣ Drug and alcohol prevention and intervention program
- Harassment, intimidation, and bullying
- Student discipline
- Athletic and activities/Title IX
- Attendance



# Role of the Counselor

- The purpose and role of the school counselor is to plan, organize, and deliver a comprehensive school guidance and counseling program that
  - ▣ personalizes education and supports,
  - ▣ promotes, and enhances the academic, personal, social, and career development of all students,
  - ▣ based on the national standards for school counseling programs of the American school counselor association.

# ASCA National Model

- School counseling programs are collaborative efforts benefiting students, parents, teachers, administrators and the overall community. School counseling programs should be an integral part of students' daily educational environment, and school counselors should be partners in student achievement.



# Elementary Service Model



- The elementary school counselor collaborates with teachers, staff, parents and the larger community to:
  - ▣ Identify ways to enhance student access to learning opportunities,
  - ▣ Advocate for the physical and emotional safety of students at school and at home, and
  - ▣ Offer school-wide instruction to students in the skills needed to be successful, productive members of a diverse community.

# Secondary Service Model

- ❑ Provide academic and career guidance
- ❑ Offer support for students in navigating educational and social landscapes
- ❑ Provide targeted support for under-represented groups (College Bound)
- ❑ Assist in referral for social/emotional or mental health supports





# Social Emotional Supports



# Social Emotional Learning (SEL)

- SEL addresses the interrelated sets of cognitive, affective and behavioral competencies which impact a student's ability to engage with others and in their education.
- Washington State is in the process of adopting SEL benchmarks for K-12.







# Suicide Prevention



# HB 1336

- In April of 2013, the state legislature passed House Bill 1336 which requires that: *beginning in the 2014-15 school year, each school district must adopt a plan for recognition, initial screening, and response to emotional or behavioral distress in students, including but not limited to indicators of possible substance abuse, violence and youth suicide.*

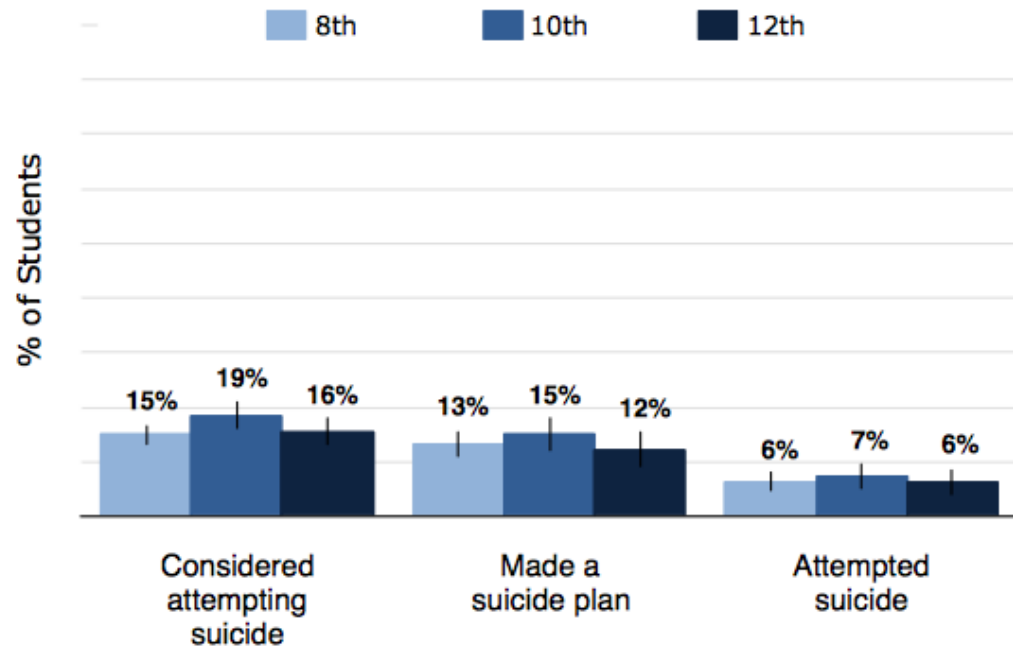


# Issue of Youth Suicide

LWSD 2014  
Healthy Youth Survey:

## ***Suicidal Feelings and Actions...***

Students who report considering suicide, making a suicide plan, and attempting suicide in the past year



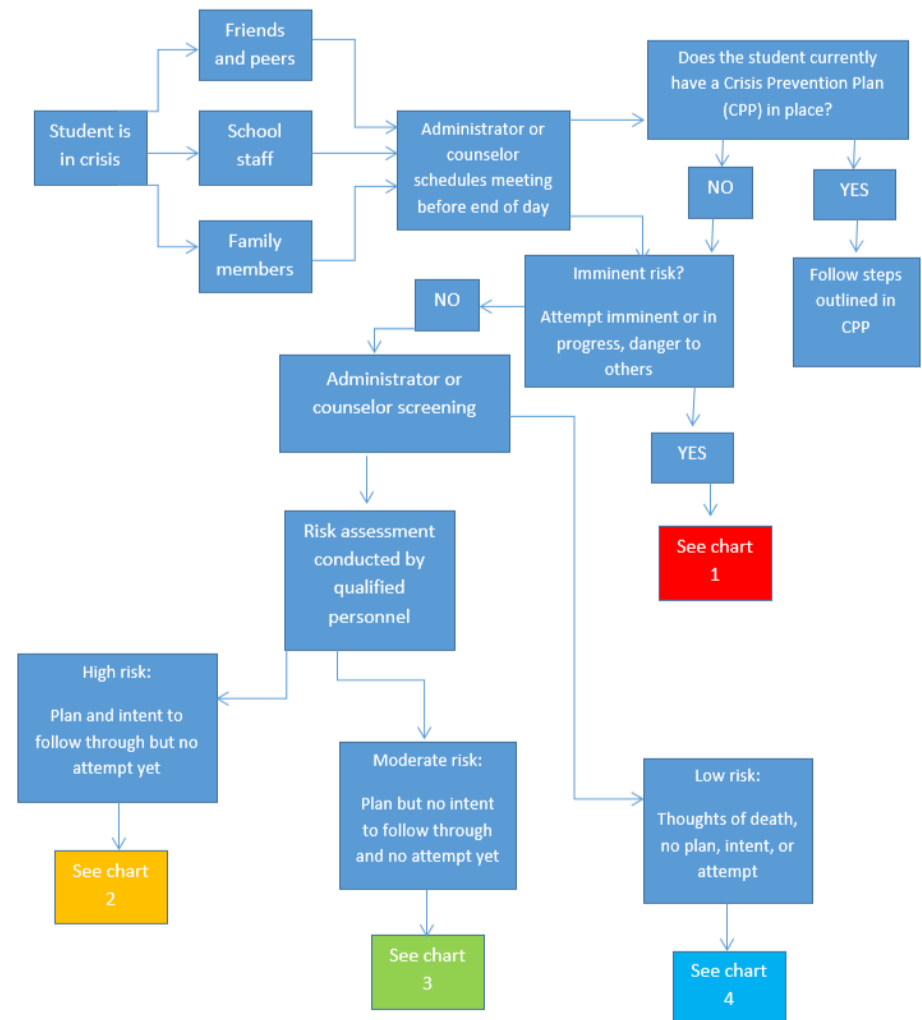
*Suicide is the second leading cause of death for young people in Washington.*

# Recognition: Staff Training

- Counselors, nurses, psychologists, and OT/PTs received *Network For Life Suicide Prevention* certification training through the Youth Suicide Prevention Network
- Building administrators received *Youth Mental Health First Aid* training in partnership with the Puget Sound ESD
- Teachers received training on recognizing and reporting signs of mental distress

# Screening and Response

- Risk assessments conducted by mental health social workers
- System of triage connects students with appropriate supports based on their level of risk





# Drug and Alcohol Prevention and Intervention



# 2014 HYS Data:

## Risk and Protective Factors

- All grades reported at rates higher than the state average that adults in their neighborhood think youth drinking, smoking, and marijuana use is “very wrong”
- All grades reported at rates higher than the state average the perception of great risk of harm from youth drinking, smoking, and marijuana use
- Perceptions on disapproval, difficulty in obtaining, and risk of harm of alcohol, tobacco, or marijuana drop considerably from 6<sup>th</sup> grade to 12<sup>th</sup> grade
- Trends for risk and protective factors improved for all grades from previous surveys for alcohol and tobacco
- Trends for the perception of norms and risk surround marijuana use declined from previous surveys in all grades from the previous survey

# 2014 Healthy Youth Survey Data

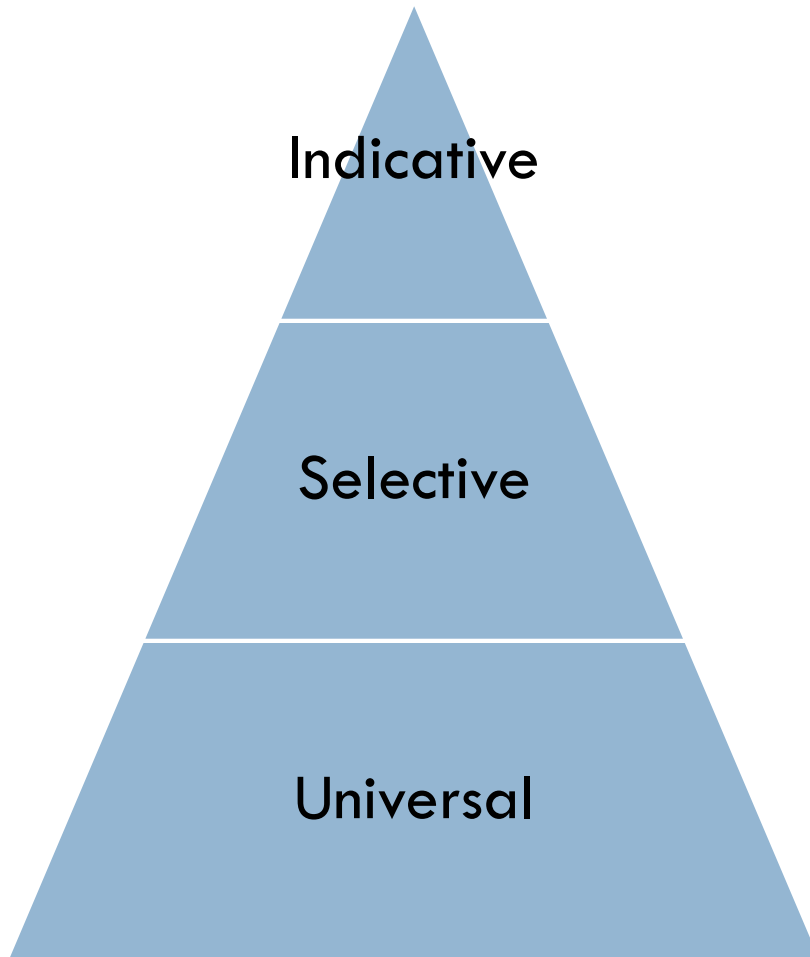
## Middle School (6 & 8)

- Declines in and lowest level of reported of substance use
- Fewer students using e-cigarette or vaporizer than state average
- Fewer students using marijuana than state average

## High School (10 & 12)

- Declines in current substance use for all substances in grade 10
- Declines in current substance use for cigarettes and alcohol in grade 12, no change for marijuana in grade 12
- Lowest level of reported current cigarette, alcohol and prescription drug use in grades 10 and 12 in the past decade
- Fewer students using e-cigarette or vaporizer than state average; Fewer students using marijuana than state average

# Service model



Mental health and chemical dependency supports can be categorized within a multi-tiered system of supports (MTSS) designed to provide all students education, support and intervention so that each student is able to stay safe and access the educational opportunities that the LWSD provides.

# Service Model

- Guidance Counselors
  - ▣ Early Intervention and Referral
- Youth Eastside Services
  - ▣ Chemical Dependency Prevention Interventionists
    - Comprehensive Middle and High Schools
  - ▣ Dual Certified (Mental Health/Chemical Dependency) Social Workers
    - Choice High Schools
  - ▣ Suicide Risk Assessments
    - All Schools
- Evergreen Health
  - ▣ Social Workers
    - Comprehensive High Schools

# Universal

- Mental health and chemical dependency/substance abuse education embedded the middle and high school health curriculum
- Each secondary school has a chemical dependency prevention/interventionist contracted through Youth Eastside Services (YES) that works with the school and student organizations to provide lessons and education on safe behaviors related to drugs and alcohol

# Selective

- Students who identified as at risk may engage in small group counseling sessions run by the YES prevention/interventionists, guidance counselors, or by social workers
- Students who have expressed suicidal ideation or have been identified as having been in possession or having used drugs or alcohol on campus are referred either to a Youth Eastside Services or Evergreen Health counselor for a risk screening

# Indicative

- Students that have identified as high risk receive short-term counseling and case management and are referred to local agencies for ongoing support
- In cases where students cannot go to a provider, community providers travel to their school



# 2016 Healthy Youth Survey Data



# Healthy Youth Survey

- 2016 results are expected in early March 2017

