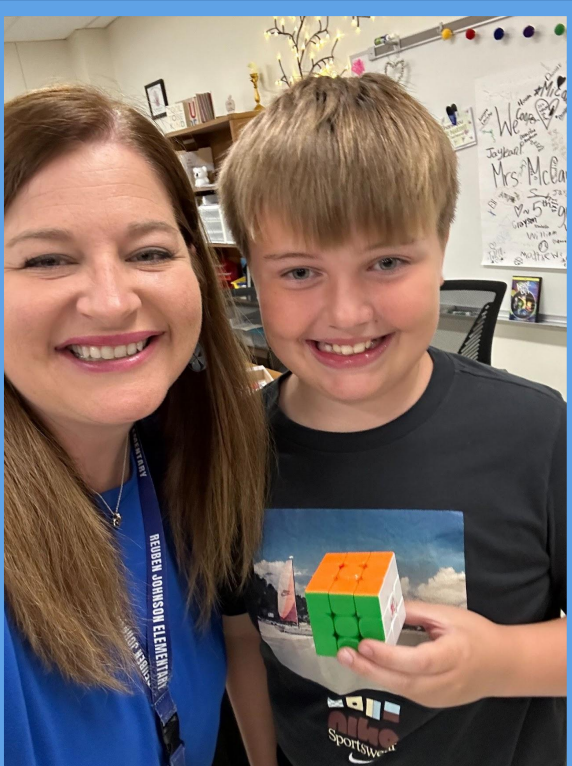


***McKINNEY* ISD**

GUIDANCE & COUNSELING



Julie
McCauley
RJE

**Board Update
12-15-25**





MISD Leadership Summit 2025

About Our Department

Errin French: Director

Areas of Focus: IMPACT Counselors, Guidance Instruction and Materials, Counselor Professional Development, Mental Health Providers, Community Agency Connections, District Threat Assessment Team (TAT), Pregnancy Related Services (PRS), Credit by Exam (CBE), Advising & Data Collection

Debra Fort, Coordinator of Counseling

Areas of Focus: HS & MS Academic Planning Guide, Registration, Advising, Naviance (6-12), Counseling Interns, Counseling Tech Team, Counselor Mentors, New Counselors, Church Partnerships, Community Resource Support and Service Project / PTO Support

BJ Lafferty, Student Support Specialist

Sandi Silva, TEHCY Support Admin

What is Comprehensive School Counseling?

In accordance with TEC 33.005-33.007, TEC 28.004, and MISD board policy FFEA, *“A school counselor shall work with the school faculty and staff, students, parents, and the community to plan, implement, and evaluate a comprehensive school counseling program.”*



Jennifer Akins is serving as the co-chair of the taskforce that is currently creating the 6th edition of the Texas Model on behalf of TSCA & TEA.

- C Conduct a needs assessment
- O rganize a campus based advisory committee
- U se program goals to drive services
- N urture relationships to support implementation
- S erve students in the four areas of the model
- E nsure delivery of guidance scope & sequence
- L everage specialized skills to assist teachers, staff, and parents
- O ptimize efforts to create a positive school climate
- R eview the program to assess effectiveness

McKinney ISD Counseling Programs By the Numbers

Data Categories	2024 - 2025
Individual student meetings	Over 47,000
Parent meetings/ contacts	Over 17,000
Staff Trainings	Over 260
Parent Workshops	Over 170
Group Sessions	Over 2,000
Guidance Lessons	Over 30,000
504/ARD Attendance	Over 800
Schedules changed	Over 9,000
Suicide Prevention activities/lessons	Over 700
Substance Abuse Prevention activities/ lessons	Over 650
Bullying prevention activities / lessons	Over 1,000
CCMR	Over 150
Threat assessments	1,209

McKinney ISD Counseling Programs By the Numbers

Data Categories	Current Data
Individual student meetings	27,446
Parent meetings/ contacts	11,314
Staff Trainings	743
Parent Workshops	96
Group Sessions	402
Guidance Lessons	16,575
Outside agency support	384
Schedules changed	16,590
Suicide Prevention activities/lessons	504
Substance Abuse Prevention activities/ lessons	902
Bullying prevention activities / lessons	1,198
CCMR	1,638
Threat assessments	433

A Tradition of Excellence!

The district had over 10 of our campuses apply for the state level CREST award from the Texas School Counselor Association!! We have been winning since 2017. We will know this month how many campuses received the award!

This campus award recognizes excellence in comprehensive school counseling programs that conform to the requirements of the Texas Model.

Our schools who won will be honored at an Awards Banquet February 1st at the annual TSCA conference in Fort Worth.





Individual Planning

Counselors assist students with setting and monitoring goals for academic, personal, social, or career achievement!

Minute meetings at Faubion with 6th graders!



MNHS: Working on college applications



SJMS: AVID field trip-exposing MS kids to college experiences!



Individual Planning



Finch: Students exploring Reality check to plan for their future earnings and careers



Lawson: littles learning about careers!



Guidance Instruction

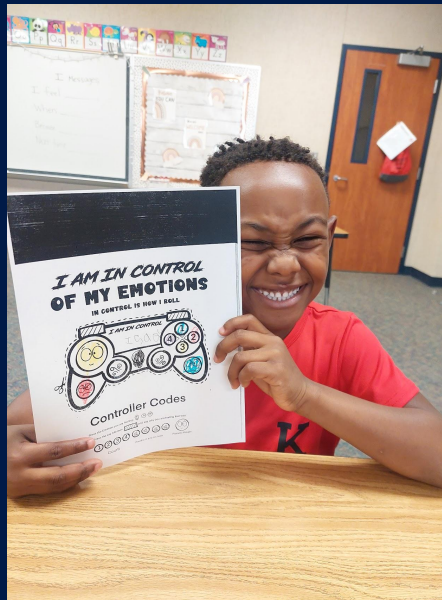
The Texas Model contains student competencies in four core areas! Character Education TEKS and other prevention topics are included in “guidance”



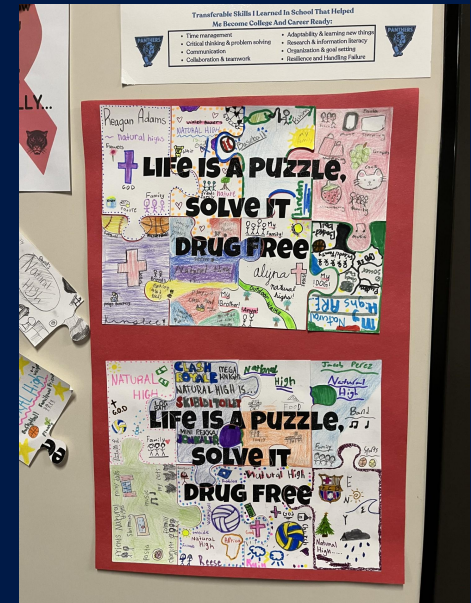
Wolford: students take part in coping skills cafe!



RJE: learns good sportsmanship while playing Uno!



Evans MS students share their “Natural Highs” for a drug free life!



Minshew: students learn to manage emotions by deciding if problem is BIG or small!

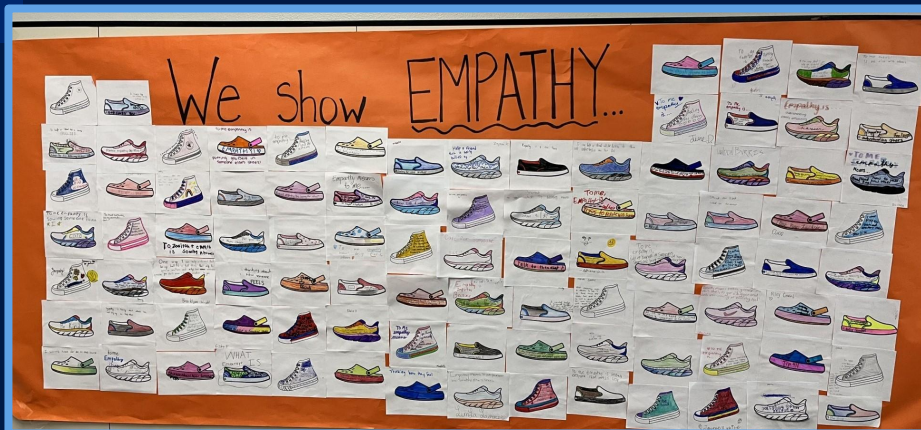
Learning to be KIND is part of Character Education!



MISD Lives
Kind SJMS!



Evans MS- We show
empathy by walking in
someone else's shoes



MNHS: The World is
better with you in it!



MISD Lives Kind
Glen Oaks!



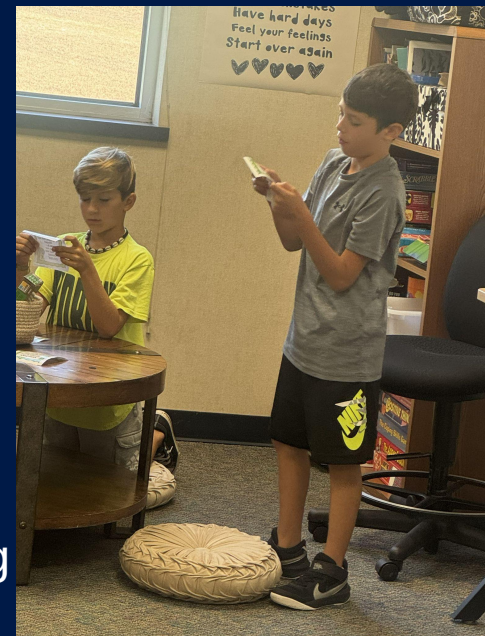
SJMS: A special visit from Amo the therapy dog! What could be more kind?

SCOTT JOHNSON MS



COUNSELING TEAM

Amo came back for her second visit, and our three self-contained rooms couldn't have been happier to see her! Her calm, comforting energy brought smiles, cuddles, and a whole lot of joy to every classroom she visited. And of course... a few teachers also happened to stop by for some 'support' of their own. Amo didn't judge—she gave everyone the puppy therapy they clearly needed!



Wilmeth Elem: Practicing Active Listening

Innovative Guidance: And the Garden continues at MHS!

Fourth Annual Pumpkin Patch Visit!



- Student Led
- Community Collaboration
- Grant Funded



But how do we know guidance is effective? Here's an example from Cockrill MS!

Guidance lessons were provided for sixth grade students to help them recognize healthy coping skills when feeling big emotions. After the lesson, 99% of 6th graders could choose a healthy coping skill. After the lesson 94% of students could understand that you may need a coping skill when you feel worried or sad, not just angry! 94% of 6th graders report they feel confident in using a healthy strategy!

Students created their own fortune teller based on a list of coping skills they could choose from!

Name: _____ Date: _____

COPING STRATEGIES LIST

1. Take deep breaths	32. Meditate
2. Do a positive activity	33. Use a stress ball
3. Play sports	34. Dance
4. Think of something funny	35. Write a letter
5. Take a quick walk	36. Look at pictures you've taken
6. Practice yoga	37. Make a gratitude list
7. Stand up and stretch	38. List your positive qualities
8. Listen to music	39. Do something kind
9. Take a time out	40. Give someone a hug
10. Slowly count to ten	41. Put a puzzle together
11. Use positive self-talk	42. Do something you love
12. Say something kind to yourself	43. Build something
13. Talk to a friend	44. Play with clay
14. Talk to an adult	45. Hug a stuffed animal
15. Close your eyes and relax	46. Rip paper into pieces
16. Say, "I can do this"	47. Play an instrument
17. Visualize your favorite place	48. Watch a good movie
18. Think of something happy	49. Take pictures
19. Think of a pet you love	50. Garden
20. Think about someone you love	51. Write a list
21. Get enough sleep	52. Keep a positive attitude
22. Eat a healthy snack	53. Schedule time for yourself
23. Read a good book	54. Blow bubbles
24. Set a goal	55. Write a positive note
25. Jog in place	56. Chew gum
26. Write in a journal	57. Paint your nails
27. Hum your favorite song	58. Write a story
28. Doodle on paper	59. Blog
29. Draw a picture	60. Read a joke book
30. Color a coloring page	61. Write a poem
31. Clean something	62. Drink cold water

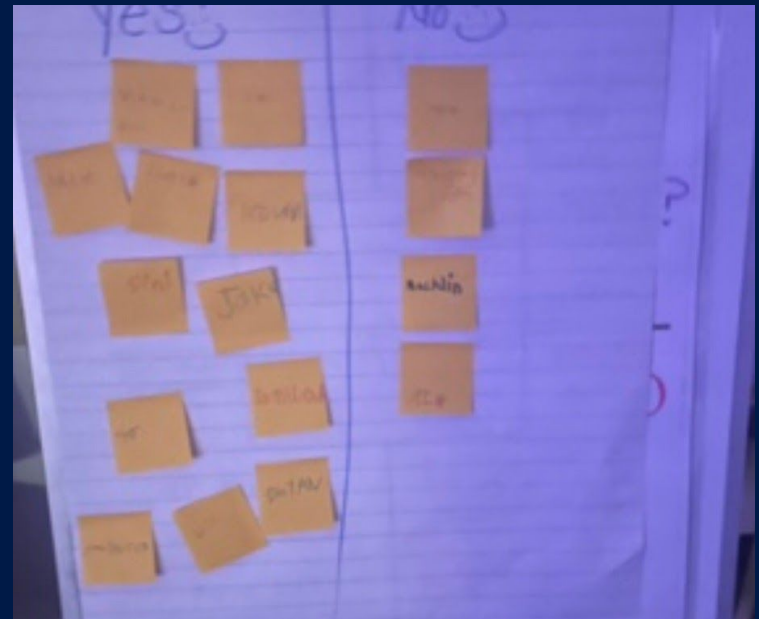
© Pathway 2 Success



But how do we know guidance is effective? Here's an example from Wilmeth Elementary!

Conflict Resolution with 5th grade titled "What I Meme't to Say"!

Prior to the lesson only 27% of 5th graders understood the importance of collaboration/teamwork. After the lesson which included reading *Howard B. Wigglebottom Learns Winning Isn't Everything*, and some role playing, 83% of 5th graders understood the importance of collaboration. To take it a step further the counselor checked to see who understood teamwork. 75% of the students stated they did. The 25% who stated they did not received an additional follow up lesson!





Responsive Services



Minshew elementary students learning about friendship and social interactions!

Services for students on special topics to encompass prevention, intervention, and crisis support.



Glen Oaks Student Lighthouse supports new students!

Our RJE Giving Patch

Do you or a RJE family you know need holiday support? Please complete this [Holiday Help Form](#) if you would like holiday support from our RJE community. All identifying information will be kept confidential.

Want to be a gourd-ian angel?
A Giving Patch will be available during Thankful for Families Lunches. During this time, you can choose a pumpkin to love on during this upcoming holiday season!

Please reach out to Julie McCauley if you have any questions or would like to help with this project.
(469) 302-6533
jmccauley@mckinneyisd.net

RJE not only reached out to families who needed support. They also gave other families an opportunity to provide the support!



Responsive Services

Bennett Elementary students learning about “BIG” emotions & positive social interactions!

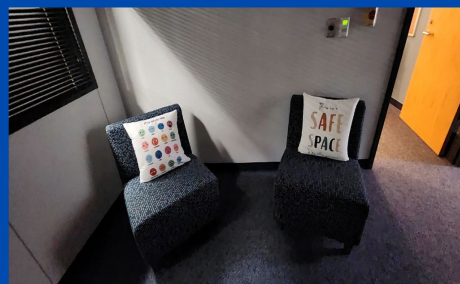
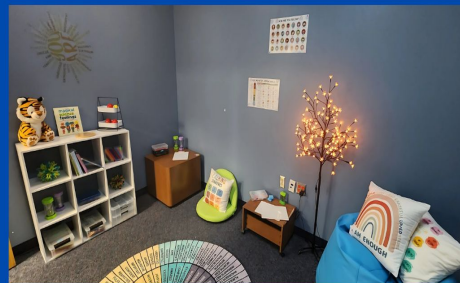


SJMS created a “Calming Room” to provide students with a supportive environment for emotional regulation when they are experiencing difficulties.



MNHS:
The World is
Better with You
in It Project!

SCOTT JOHNSON MS



We would like to sincerely thank the McKinney Education Foundation for awarding us a grant last school year. With your generosity, we were able to fully furnish and enhance our main Calming Room and, even more exciting, create a second calming space so that now we have two—one upstairs and one downstairs—both located next to the counselors' offices. This ensures that all SJMS students have easy access to a safe and supportive place to regulate their emotions and return to class ready to learn. Each calming area offers different stations designed with students in mind—quiet reading, coloring or drawing, manipulatives, or simply a comfortable spot to sit and regulate. These spaces are already making a meaningful impact on student well-being, and we are truly grateful to MEF for helping us provide such valuable resources to our Tiger community.



COUNSELING TEAM

Responsive Services Highlight-Suicide Prevention

Our Counseling Team this year created Two Suicide Prevention videos to support students!
You Matter for Elementary
Stay Here for secondary
(Grab your kleenex!)

There's only one you.

You Matter!

This public service announcement is brought to you by **McKINNEY ISD**
COUNSELING & GUIDANCE

We want you to **STAY HERE** with us.

This public service announcement is brought to you by **McKINNEY ISD**
COUNSELING & GUIDANCE



System Support

Counselors sharing materials, PIC Brochures & Newsletters at Meet the Teacher Night!



The School Counselor works with teachers, administrators, and parents to support students!

Conflict Resolution

[conflict resolution trifold.pdf](#)

[la resoluci on de conflict os.pdf](#)

<https://youtu.be/nTere4ilWgI>



Creation of videos that go with all of our PIC brochures!

Parent Engagement Nights!

2025 - 2026 OFFERINGS

McKINNEY ISD
GUIDANCE & COUNSELING
Empowering Parents with Knowledge, Resources & Support

The MISD Counseling Department, in collaboration with our community partners, is excited to invite you to explore our parent education opportunities! Whether you're hoping to support your child's academic growth, connect with other families, or gain fresh tools and insights, there's something here for everyone.

BOOK STUDY: THE ANXIOUS GENERATION
We are excited to offer a book study on Jonathan Gray's 2024 must-read for parents. The book study will be held in the McKinney Boyd HS Library (4:30 - 5:30 PM) on the following dates:

September 29	October 27	December 1	March 30
October 27	February 25	May 4	

This is for parents with students of all ages. Any questions or requests for more information, please contact the MISD Counseling Department at 972.286.4400 or visit our website at <https://www.mckinneyisd.org/counseling>.

PARENT CAFES
Parent Cafes, held in partnership with the United Way, offer parents a unique opportunity to collaborate with other parents to address parenting concerns. Registration is required for children 18 and under. 1 year old & under at enrolled at Lakewood ISD and must be present for parents. **Sign up and learn more here.**

Parenting is hard work. Come collaborate with other parents. **Sign up and learn more here.**

Parent Cafes will be held at various elementary campuses from 5:30 - 7:00 PM on:

September 9 (Webb ES) Topic: Communication	October 6 (Viega ES) Topic: Maintaining Control
November 3 (McClowry ES) Topic: Self Care <td>February 8 (Larson ES) Topic: Parenting Love Language </td>	February 8 (Larson ES) Topic: Parenting Love Language
March 2 (Fink ES) Topic: Life Transitions <td>April 13 (McNeil ES) Topic: Reclaiming My Time </td>	April 13 (McNeil ES) Topic: Reclaiming My Time

RUSTIC WAY RANCH
In partnership with The Student and Family Wellness Center of Collin County and Rustic Way Ranch, you are invited to come out and enjoy nature at the ranch. There are after-ages but will vary. Click on the QR for times.

September 26	December 6	March 7
November 1 <td>January 24 <td>April 18 </td></td>	January 24 <td>April 18 </td>	April 18

Nothing is more important to our health. Stop by for some natural experiences!

McKINNEY ISD

The MISD Counseling Department offers parenting education resources on topics such as anxiety, attention, study skills, homework, motivation, resilience, depression, body image, managing emotions, AND MORE. Check out our self-guided course at <https://tinyurl.com/mckcounseling>. Parenting in Color (PIC) brochures & Parent One-Page (POP) flyers are available at every MISD campus.

Take the QR code or visit the website at <https://www.mckinneyisd.org/counseling> to access all resources.

MNHS Counselors @ MISD's College Night!



COMMUNITY PARTNERS

Harold Murphy Counseling Center

- Open M-TH from 1-9
- Up to 8 sessions FREE
- for MISD students & staff
- 469-302-6318

Children's Telebehavioral Health

- Telephonic Assessment
- Referral and Case management
- Teletherapy Session at School (up to 3 at no cost)

Chicago School

- Small Group Counseling
- Elementary focus on: friendships, feelings, self-esteem, social skills, and self-regulation

EXPLORE OUR COUNSELING SERVICES



Play Therapy

Play therapy is a developmentally appropriate form of therapy that utilizes a child's natural form of communication ... play! While adults use words to express themselves, children use toys and their imaginations. Through a safe, therapeutic relationship with a trained therapist, a child is able to explore his or her feelings and experiences.



Individual Therapy

Adolescents and adults can meet with a therapist one-on-one to help process any concerns or issues they're dealing with. Using a non-judgmental stance, the therapist creates a safe, healing environment where the client can feel safe to explore and process feelings, thoughts, and experiences that they may not have been able to do before therapy. Therapy is tailored for the unique needs of each client.



Child-Parent Relationship Training (CPRT)

Drs. Garry Landreth and Sue Bratton developed Child-Parent Relationship Training (CPRT) to help parents increase attachment with their children. Over a course of ten weeks, parents learn and practice new skills that can immediately be implemented with their children. Parents also get support from other parents throughout the process.

Additional Partners:
Samaritan Inn
Lifepath Systems
Journey of Hope/Wellspring
Trusted World
One Heart McKinney
Reach Mentors
Drug Free McKinney
And, many more...

COMMUNITY PARTNERS

New MOU with Trusted World



Chicago School
Small Group Counseling



Operation School Bell



Student Family Wellness Center of Collin County!



FREE SERVICES:

INDIVIDUAL COUNSELING
SMALL GROUP COUNSELING
PARENT SUPPORT GROUPS

SCAN THE QR CODE OR
VISIT THE LINK TO
REQUEST SERVICES



[HTTPS://TINYURL.COM/SFWCCCREQUEST](https://tinyurl.com/SFWCCCREQUEST)



THIS PROGRAM IS SUPPORTED BY TEXAS HEALTH RESOURCES AS PART OF A TEXAS HEALTH COMMUNITY IMPACT GRANT AWARD. THE CONTENTS ARE THOSE OF THE AUTHOR(S) AND DO NOT NECESSARILY REPRESENT THE OFFICIAL VIEWS OF TEXAS HEALTH

Goal: increased supports for our community



RUSTIC WAY RANCH

FAMILY NIGHT AT THE RANCH

Enjoy a hike, relax on a hayride, and feed the animals. Bring a blanket and picnic outdoors or visit the onsite food truck.

SATURDAY
9/20/25
6:30 PM - 8:00 PM



1498 Co Rd 278,
Melissa, TX 75454

1 This is a FREE event, but registration is required!



2 Complete the required Waiver Here:



 **Texas Health**
Community Hope

This program is supported by Texas Health Resources as part of a Texas Health Community Impact Grant Award. The contents are those of the author(s) and do not necessarily represent the official views of Texas Health.



Our experts on CASA and CPS!

Counselor Professional Development



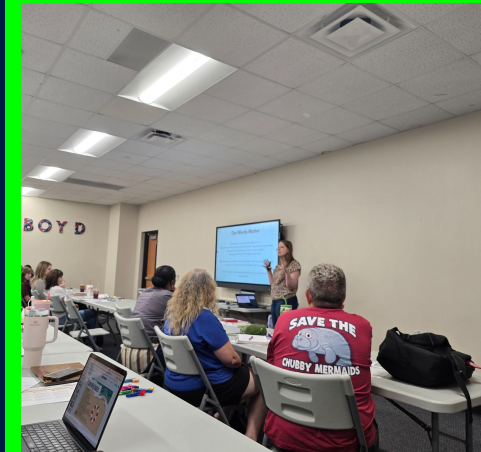
Creating positive clothespin messages!



September PD



July PD



Wellspring (Journey of Hope) grief supports



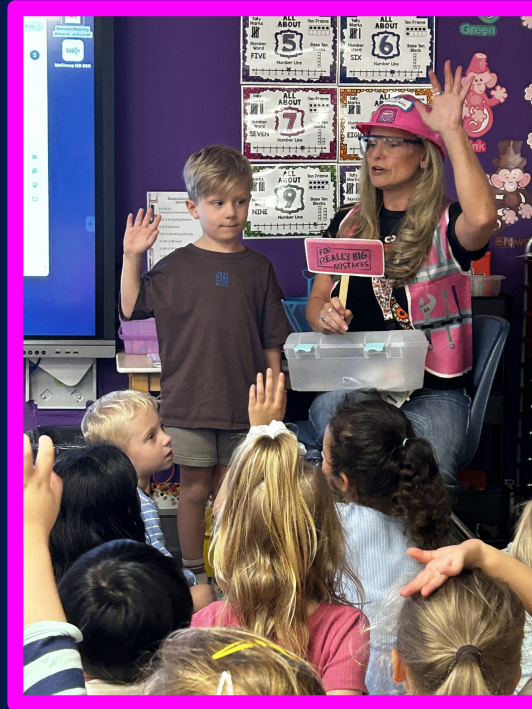
A few Team Photos!



"Support Others through Service"



Teri Morgan
Wilmeth Elementary



Christyna Skidmore
Bennett Elementary



Kandace Baker
Wolford
Elementary

McKINNEY ISD

GUIDANCE & COUNSELING