

Counseling during Covid

- **Educational Equity- Support for struggling students, technology, tutoring, building and maintaining a communication network with teachers.** *To increase our direct and indirect student contact through all means available. For example, Facebook, Google Classroom, paper, radio, School Board Meetings, mail, emails, phone calls, and Casino sign.*

Weekly or bi-weekly google document that communicates teacher -parent, student contact. This document will let the counselor know who has been contacted and who hasn't.

Grad Plan-

*Tier 1/step 1: send out an introduction letter, copy of schedule and grad plan, copy of graduation policy, put info on radio, everyone gets this information **within first month of school**, mass email to grade levels with relevant information*

Tier 2/step 2: 5-10 minute tutorial going over grad plan, a few google hangout meetings for questions,

Tier 3/step 3: Individual contact via email, phone and google hangout for those that need extra support and help with understanding grad plan/on track to graduate

This is where we will contact parents, students with Academic, Higher Education and SEL information.

ASCA recommends meeting the students/families,"where they are at. Using Maslow Hierarchy of Needs as a reference point. We provide SEL in a community whose members are traditionally disadvantaged, our goal is to help not further the gap during this unprecedented time.

When dealing with 504's the district is required to "adhere to the spirit"of the 504. This may look different for each individual. How do we implement this? How do we help support 504 students and teachers working with these students?

- **Social Emotional Learning- Google Classroom- "Blasts" on Facebook... support for staff wellness?** *Weekly google classroom lessons based on monthly themes that are appropriate for the needs of the students. Perhaps the themes would have two learning paths, one for staff and parents and one for students. In other words, age appropriate.*

Counselors will provide options for individual counseling with students via appointments for over the phone sessions (and/or one-on-one in person sessions if the option becomes available and safety measures are followed) and/or google hangout check-ins when appropriate.

Possibility for skill building or psycho-educational small counseling groups when appropriate. Examples include, social skills/friendships during COVID, grief and loss, general support, etc.

Possible schedule for monthly themes (this is flexible):

- *September- Transition/Orientation/Welcome/Building relationships/mindfulness*
- *October- Helping hands/time management/skill building/a self care practice*

- *November- Increase support services/study skills/Stress and COVID*
 - *December- Loneliness/Grief during COVID/Holiday tips for self-care*
 - *January- Anxiety and worry/more mindfulness practice*
 - *February- Connections/Importance of relationships/how to show care virtually*
 - *March- Refreshers on study skills/time management/goal setting*
 - *April- Check-ins on end of year approaching/continue with goals/fears*
 - *May- Closure on school year/end with positives*
- **Career and College Prep- Virtual Campus Visits, MCIS, Portfolio prep in a google classroom..scholarship, financial aid and app deadlines.** *1. A Calendar from all parties, for the year, to increase communication and overlapping of services. 2. Meetings with all parties bi-weekly and/or based on need. Meet with Gear-Up staff the first week of school and go over their calendar, their career/college prep advisory curriculum and collaborate on an overall plan. Each counselor will help and be a part of the plan for their grade level. Example, be invited to the google classroom, participating in google hangout meetings, add to the curriculum. The Counseling department will work as a team and help support GearUp to make sure all topics are covered.*
 - **Community Mapping- connecting needs with resources, mitigation of basic needs, food, safety, support etc... What's in the community and how can it help our students?** *Update the resources completed by Good Medicine Program, focusing on Covid Relief and Support information. In addition send out Covid Suicide Prevention protocol all ready developed to District and any additional organizations that need to know. Collaborate with FIT program, Good Health program and Home School Coordinators (to assist in home visits) to insure updated resources and getting students and families needs met as quickly as possible. Send out questionnaires to students and families to assess needs, within the first month of school.*
 - **Suicide...addiction issues...CPS reporting.. Health issues..how are these supports affected by COVID...** *Protocols are attached. Invite Dr. Matt, Southern Peigan School Wellness staff and Northern Winds staff, and Good Health program director to the first District Counselor Meeting to give updates on how counseling referrals are made during COVID, current resources available and steps to take to support students and families. From information given counseling staff will create a document to share with families that includes referral information and important contact numbers. This will be sent out via mail/email/flyer on Facebook.*

ACCOUNTABILITY-

What will a typical day look like for a counselor?

**Parent Contact- personal phone calls, emails, google classroom,facebook, radio(?), paper(?) drafting letters, tutorials for parents on relevant topics*

**Student Contact-same as above, tutorials for students on relevant topics*

**Individual Counseling appointments- via google hangout or phone (potential for in person and/or distant home visits if approved)*

- *Education for us-example webinars, research, conferences*
- *Communication to other Counselors, administration, GEAR UP, Talent Search, FIT and Daniella (Good Health Program)*
- *Scheduling*
- *Academic and career via grad plans.*
- *All contact with a parent, student or on behalf of the student will be logged in the IFC Contact Log.*

What will a week look like?

- *Meet on Mondays to plan the week to address the above*
- *Office hours- virtual "live" office hour(s) per week for students to "drop-in" with questions*
- *Home visits*
- *Meetings? Parents as needed, Weekly high school counselor meeting, Bi Monthly meetings with BPS K-12 counselors*
- *Planning for Virtual SEL lessons/info/resources/Google classroom for each grade level*

Resources:

Checklists? Are you ok? Tech, safety, attitude scaled etc...

For students, parents, and staff

**<https://istss.org/clinical-resources/assessing-trauma/ucla-ptsd-assessment-tools>*

**MSCA School Counselor-*

https://docs.google.com/spreadsheets/d/10D5l7tm9wnyuVNg1HbDGES_Nt7zbUSWF9rkJQPugaos/edit#gid=0

Themes? - Mindfulness....Self Care...Community exploration... study skills...ADHD at home, credits, "how does it work?"...How we can help your family with virtual learning.
Awesome idea, Start with a welcome

Cultural Support- Storytelling...songs...contests...pics...etc.. Direct student contact through virtual lessons, emails, or ????

Curriculum will be culturally responsive and relevant, organized around such connecting schema as themes. Starting with the essential question, striving for universal and enduring understanding.

<https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/coronavirus-resources>

Cinamon program.. Nikki's program

Deliverables: Timesheet 24 hours (by August 19th)...Sign contracts with HR...

A counseling plan that we can present to the school board.

IDEAS:

Needs assessment for staff(the school board??!!)

What has been the hardest thing for you during the pandemic?

What is your biggest challenge at work?

What do you believe your students struggle with most?

Based on your answer, how can the counselors support you?

Based on your answer, how can we best support your students?

What SEL lessons would you like to see?

Other Considerations:

Insurance for Virtual Counseling- if you are an ASCA member you are covered. Do we want the district to pay for our membership? It is \$129.00 a piece. MSCA membership is \$45.00