

McKINNEY ISD

GUIDANCE & COUNSELING



April Jones
Valley Creek
Elementary

Board Update
12-16-24





MISD Leadership Summit 2024

About Our Department

Errin French, Director

Areas of Focus: At-Risk, IMPACT counselors, Guidance Instruction and materials, PRS, Mental Health providers, community agency connections, District TASST, counseling interns, New Counselors



MEF Pursues with Purpose 2024

Debra Fort, Coordinator of Counseling

Areas of Focus: HS, MS APG & Planning, Naviance, CBE Advising,

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

	19-20	20-21	21-22	22-23	24-25	Increase?
Individual student meetings	50,926	31,780	56,267	58,171	72,656	yes
Parent meetings/contacts	13, 520	21, 852	28,620	29,248	31,643	yes
Staff Trainings	217	350	536	536	425	no
Parent Workshops	106	106	84	88	265	yes
Group Sessions	1,508	1,089	1,221	1,424	2,149	yes
Guidance Lessons	6,254	5, 749	5,343	5,879	30,913	yes
504/ARD Attendance	2,373	2, 434	2,093	2,391	1,989	no
Suicide prevention activities/lessons	310	349	463	546	3,790	yes
Substance abuse prevention activities/lessons	932	323	433	517	4,329	yes
Bullying prevention activities/lessons	588	535	1,436	1,492	5,838	yes

A Tradition of Excellence!

The district had 25 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 2nd at the annual TSCA conference in Galveston.

➔ To see our school's submissions, visit this [link!](#)





Individual Planning

Counselors assist students with setting and monitoring goals for academic achievement!

Data from 1:1 minute meetings with Kinder at Bennett Elementary:



Individual Planning at Boyd

Kinder Camp at Bennett



The North HS Team Is focused on helping students to plan for this day!



Tuesday, October 1, 2024 at 12:36:02 Central Daylight Time

Subject: Min Mtg Data
Date: Friday, August 18, 2023 at 12:34:19 PM Central Daylight Time
From: Christie Thompson
To: Michelle Schindler
CC: Christie Thompson
Attachments: image001.jpg

Hi, Michelle!

I wanted to share with you your students' responses to our Minute Meetings this week. I removed their names but thought you'd still like to see the general consensus.

*Typical or typically means this is the zone the student is usually in at school, and the other items listed beside - in parentheses or with an asterisk beside it is what they said they like about school.

If you have a concern about a particular student, please let me know. 😊

GREEN - I'm doing really great!	usually - gets red when Aaron makes him mad
GREEN - I'm doing really great!	usual *friends, learning, lunch
GREEN - I'm doing really great!	usual - making new friends
YELLOW - loss of some control	(usual) friends *math
GREEN - I'm doing really great!	new here - moves a lot (Usual)
YELLOW - loss of some control	sometimes silly and sometimes just happy
GREEN - I'm doing really great!	calm (body realizes when to be calm)
GREEN - I'm doing really great!	usual - teacher and friends
BLUE - moving slowly	very tired bc eyes are hurting and it's loud
BLUE - moving slowly	tired (not usually) did a lot of walking in the heat today *likes the color
BLUE - moving slowly	stayed up late watching YouTube - PE and recess are best
GREEN - I'm doing really great!	usual (friends)
GREEN - I'm doing really great!	and yellow (mostly green at school and yellow at home) *doing fun, different stuff (science)
BLUE - moving slowly	and happy - usually both - wakes up early *likes math and science
GREEN - I'm doing really great!	usual *art
GREEN - I'm doing really great!	Usual - baseball (art and science)
GREEN - I'm doing really great!	and tired (brother was upset last night, and she helped him) *science
BLUE - moving slowly	sleepy - usual (was like this last year)
YELLOW - loss of some	

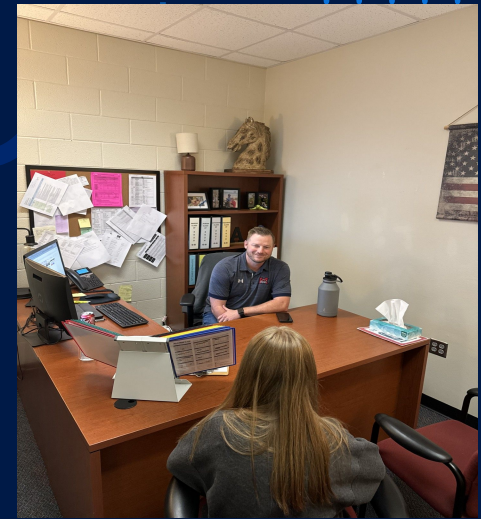


Individual Planning

Counselors assist students with setting and monitoring goals for academic achievement!



McNeil- establishing a relationship for future planning success



Individual Planning at Boyd-Merit scholar advisement

Individual planning at North-credit checks

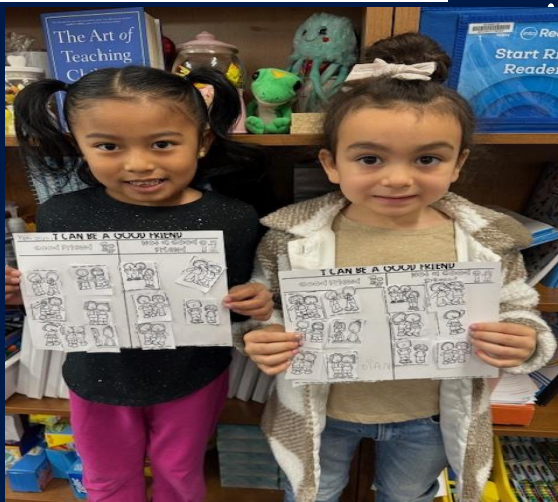




Guidance Instruction

Boyd HS: Application Bootcamp!

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



Caldwell students learn to be good friends



Evans MS students building relational capacity



Finch students learn about digital safety



Lawson students learn about managing feelings



Guidance reinforces campus culture, builds relationships, and supports student safety!



Webb counselor Jennifer Lidington creates monthly transformations. Building empathy using legos to help kids be empathetic towards one another!



A Deep Dive into Club Creed at Cockrill MS:



↑ Click on the image to watch the video!



Kindness
assembly
Walker
Elem



McGowen: Be the "I" in Kind

Slaughter Elem



Put on a Poitivi"tee"



Burks Elementary

Click
on the
video!



We now have a Board Recognition that honors the work campuses due to Showcase MISD Lives Kind. Two Campuses have been honored so far:



Faubion MS: WOW Wednesdays!



Cockrill MS: Club CREED

Innovative Guidance: And the Garden continues at MHS!



- Student Led
- Community Collaboration
- Grant Funded

What can we do in a garden?

Group Guidance

- Partner with class subjects
- Science
- Health
- English
- Math

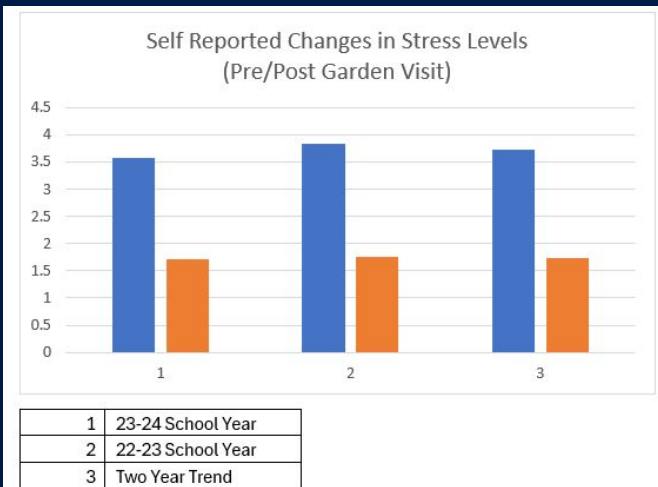
Individual Counseling

- Chance to work through issues while working
- Tasks like watering or weeding
- Set times to do another task, such as planting or harvesting

Calming Space

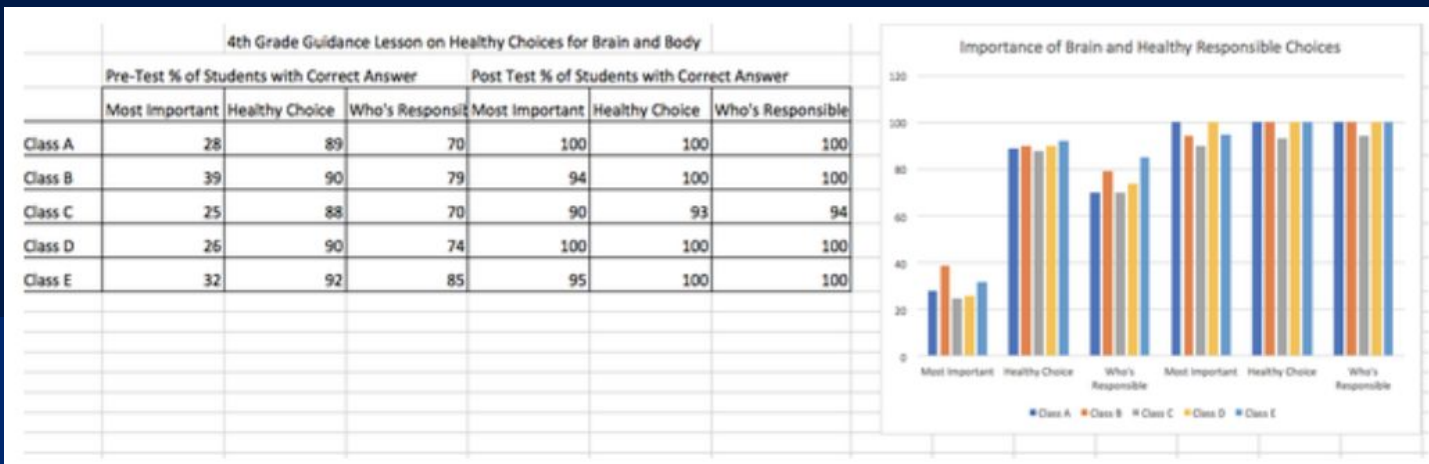
- Quiet time
- Outside
- Vitamin D
- A Place to de-stress

Garden data



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

Guidance lessons were provided for fourth grade students to help them recognize the importance of keeping their brain and body healthy, identify healthy responsible choices, and identify things they should avoid. Prior to the lesson, 30% of all 4th graders could identify the brain as the most important part of their body, 89.8% of all 4th graders could identify responsible, healthy choices to keep their brain and body healthy, and 75.6% of all 4th graders could identify who was ultimately responsible for making choices to keep their brain and body safe and healthy. At the conclusion of the lessons, 95.8% of all 4th graders could identify the brain as the most important part of their body, 98.6% of all 4th graders could identify responsible, healthy choices to keep their brain and body healthy, and 98.8% of all 4th graders could identify who was ultimately responsible for making choices to keep their brain and body safe and healthy.





Responsive Services

CMS- 6th Grade Girls Small Group

Dear Parents/Guardians,

Your child is invited to participate in a sixth grade girls small group. The skills we will target are the most are self-confidence, self-acceptance and friendships. We will do this by reading a book titled **Starfish** by Lisa Fipps. The skills seen and demonstrated by the characters in the book will facilitate discussions that will allow your child to build on their own skillset. The targeted skills are supported by McKinney ISD's LiveKind initiative where we want all students to understand respect of oneself and others, as well as self-awareness.

Synopsis from Nancy Paulsen Books:

Ever since Ellie wore a whale swimsuit and made a big splash at her fifth birthday party, she's been bullied about her weight. To cope, she tries to live by the Fat Girl Rules—like "no making waves," "avoid eating in public," and "don't move so fast that your body jiggles." And she's found her safe space—her swimming pool—where she feels weightless in a fat-obsessed world. In the water, she can stretch herself out like a starfish and take up all the room she wants. It's also where she can get away from her pushy mom, who thinks criticizing Ellie's weight will motivate her to diet. Fortunately, Ellie has allies in her dad, her therapist, and her new neighbor, Catalina, who loves Ellie for who she is. With this support buoying her, Ellie might finally be able to cast aside the Fat Girl Rules and starfish in real life—by unapologetically being her own fabulous self.



Cockrill MS ran a girls group to focus on self-confidence!

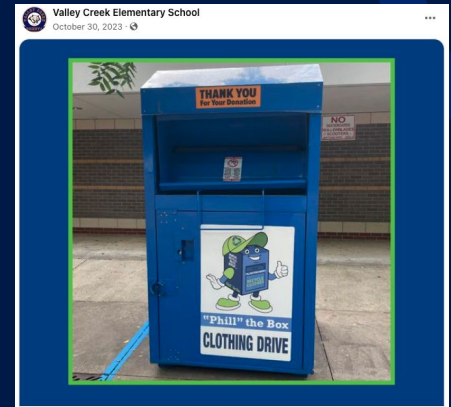
The PSC collaborated with parents to conduct a food drive during Red Ribbon Week as a community outreach activity. The PSC contacted the North Texas Food Bank to set up the food drive to benefit their organization. The director at the North Texas Food Bank communicated their needs for certain items to support families. The PSC assigned those specific items to each grade level to bring in during Red Ribbon Week. Our Valley Creek PTA supported by creating the boxes to collect donations. The food drive was held all during Red Ribbon Week. At the end of the week the PSC coordinated with PTA to have the food delivered to the North Texas Food Bank.

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



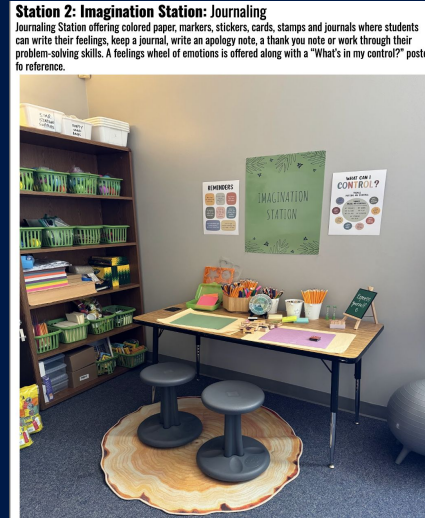
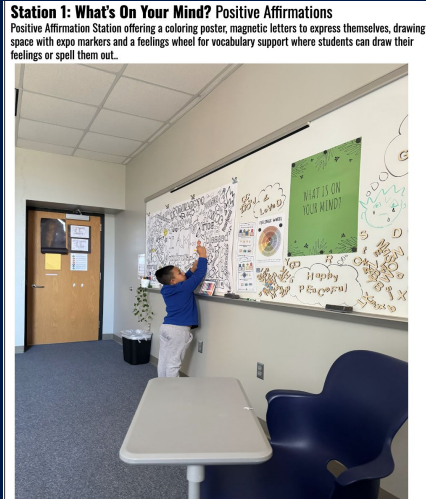
Boyd HS responsive service activity related to a traumatic event at a local mall

Valley Creek Elem



Responsive Services Highlight

SOAR Room at Finch Elementary!



Station 3: Stick Together: Social Stories, Fidgets and Sticker Board
 Role-playing conversations and scenarios using Station offering colored paper, markers, stickers, cards, stamps and journals where students can write their feelings, keep a journal, write an apology note, a thank you note or work through their problem-solving skills. An in and out of my control wheel is also displayed on the table.



Station 4: Reading Nook: Read, Reflect and Self-Regulation
 Reading Station offering various books in English and Spanish about identifying emotions, self-control, conflict resolution, healthy choices, technology and cyber safety to name a few. Puppets and breathing boards are also part of this station. Students practice slow breath work and classroom voice volume.



Station 5: Seek and Find: Build, Discover and Knock Down Barriers
 Sensory Station offering imaginative play with kinetic sand and play sand. There are various hidden figures to search and find, build castles with molds or create your own scene with sculpting tools while discussing barriers to success and bridges to succeed.





System Support



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



Parent Information Session at Boyd



PIC Brochures & Newsletters



Vega Holiday Cares Project

SJMS sharing counseling materials at Meet the Teacher night!



Community Resource Nights



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)

Dr. 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
Trusted World
One Heart McKinney
CIS/Reach Mentors
Drug Free McKinney
And, many more...

COMMUNITY PARTNERS

New MOU with Trusted World



Chicago School
Small Group Counseling



Operation School Bell



New Initiatives from our Partners



PARENT PARTNERS OF COLLIN COUNTY

Our Why

The Parent Partner Committee of the Coalition for Behavioral Healthcare in Collin County (CBHCC) was formed to work alongside the education committee to develop, implement, and evaluate an effective and flexible model of support for parents in Collin County so they can make educated decisions for their families about issues of mental health, mental illness, substance use, and other related conditions to provide accurate information and supports to families and reduce the stigma of seeking treatment for Collin County youth.

[Link to sign up for Parent Partners](#)

What is the structure of the Parent Partners Committee?

- The Parent Partner Committee is represented on the CBHCC Board of Directors by the committee chair, Caryn Sawlis, Ph.D. Regular meetings will be held both in person and over Zoom.
- We anticipate each ISD will have an organized group of parents who will meet regularly and elect a representative to the CBHCC Parent Partners Committee.
- Meetings will offer opportunities for parents to connect with each other, connect with local resources that support mental health, participate in training and seminars, and engage in local focus groups to provide a voice to the specific mental health needs of their area.

214-629-6107

Our Goal

A goal of the Coalition for Behavioral Healthcare in Collin County (CBHCC) is to increase community understanding of behavioral health issues, challenges, and impacts through education and training, thereby promoting a more informed and engaged population in Collin County. In support of this goal, reference is made to Behavioral Health in Collin County: 2022 Profile and Status Report on Capacity, Emerging Trends and Needed Services, pages 9 - 22. This report shows the dramatically increasing prevalence of mental health, mental illness, and substance use impacts across Collin County.

[Link to Report](#)

Empower

Will the Parent Partners Committee offer information sessions for the community as professional development?

The goal is to offer information sessions, connect parents to each other, and educational and treatment resources from school districts, mental health agencies, providers, and other reliable sources.

[CBHCC Website](#)

c.sawlisconsulting@gmail.com

Goal: increased supports for students, parents, and teachers using robust community partnership models and grant funding where possible!

Executive Learning Community



2024 North Texas School Mental Health

A Premier Learning Experience to Advance School Mental Health in Your District

OUR CHALLENGE

1 in 5 CHILDREN in the U.S. show symptoms of **MENTAL HEALTH DISORDERS** each year*

2nd leading **CAUSE OF DEATH** for children ages 10-24 is **SUICIDE***

School districts are overwhelmed as they work to meet the needs of students and educators.

OUR SOLUTION

Effective school mental health systems are critical to improving student outcomes, well-being, and academic achievement.

Join the Meadows Mental Health Policy Institute for a 12-month learning experience that equips district leaders with evidence-based tools to strengthen their school mental health systems. This opportunity is provided free of cost, thanks to the generous support of our partner, Texas Health Resources (THR).

[APPLY NOW](#)

How to Apply:

Applications open from January 22 through February 2 for Region 10 Education Service Center (ESC) school districts.

Capacity will be limited. Submit your application and learn more [here](#).

PROGRAM DETAILS

Who Should Apply:

This opportunity targets district executives and student support leaders responsible for developing and implementing school mental and behavioral health programs. This Executive Learning Community is brought to you in partnership with THR and is only available to school districts within the Region 10 ESC. Each district accepted can send up to 4 district leaders to participate.

Timeline:

Executive Learning Community members will attend ten 2-hour in-person sessions from February 2024 to February 2025. The Meadows Institute will work closely with Learning Community participants to develop a meeting schedule responsive to district needs.

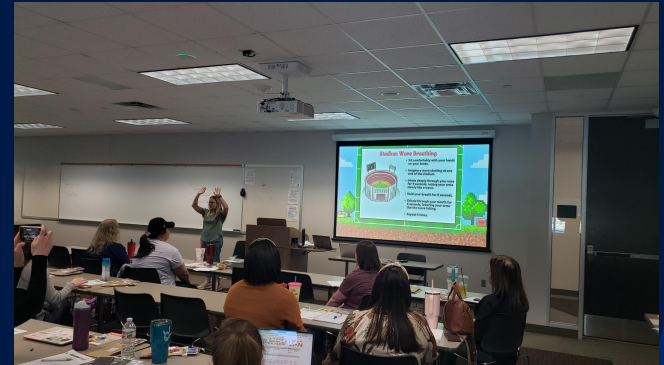
*Centers for Disease Control and Prevention



Data Madness!



Guidance Day- Learning about classroom transformations!

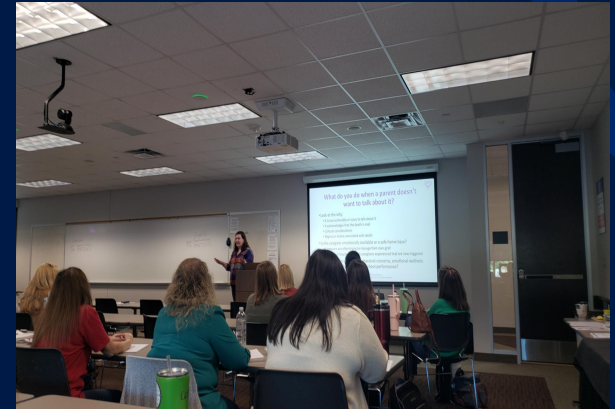


Our expert on South Asian cultures!

Counselor Professional Development



Following up with year 2 team members!



Journey of Hope- grief supports

SRO's talk to us about drug trends!



When professional counselor learning is fun, kids benefit!!



“stick emojis” explore feelings



“Support Others through Service”



Teri Morgan
Wilmeth Elementary

Susan Washa
Press Elementary

Kati Green
Glen Oaks

McKINNEY ISD

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