

# Buffalo Hide Academy

## Counseling Department Highlights - November 2017

### *Honor Group/Grief Seminar*

BHA counseling staff offers group counseling in the form of the Honor Group during 2nd and 4th quarters to any student experiencing the death of a loved one. The purpose of the Honor Group is to be amongst supportive staff and students, to explore the natural process of death and dying in a safe capacity, and to find ways to cope and derive meaning from life once again.

In addition, the Buffalo Hide Academy has partnered with Tamarack Grief Resource Center to provide an ongoing monthly support group for anyone experiencing loss. This group occurs on the third

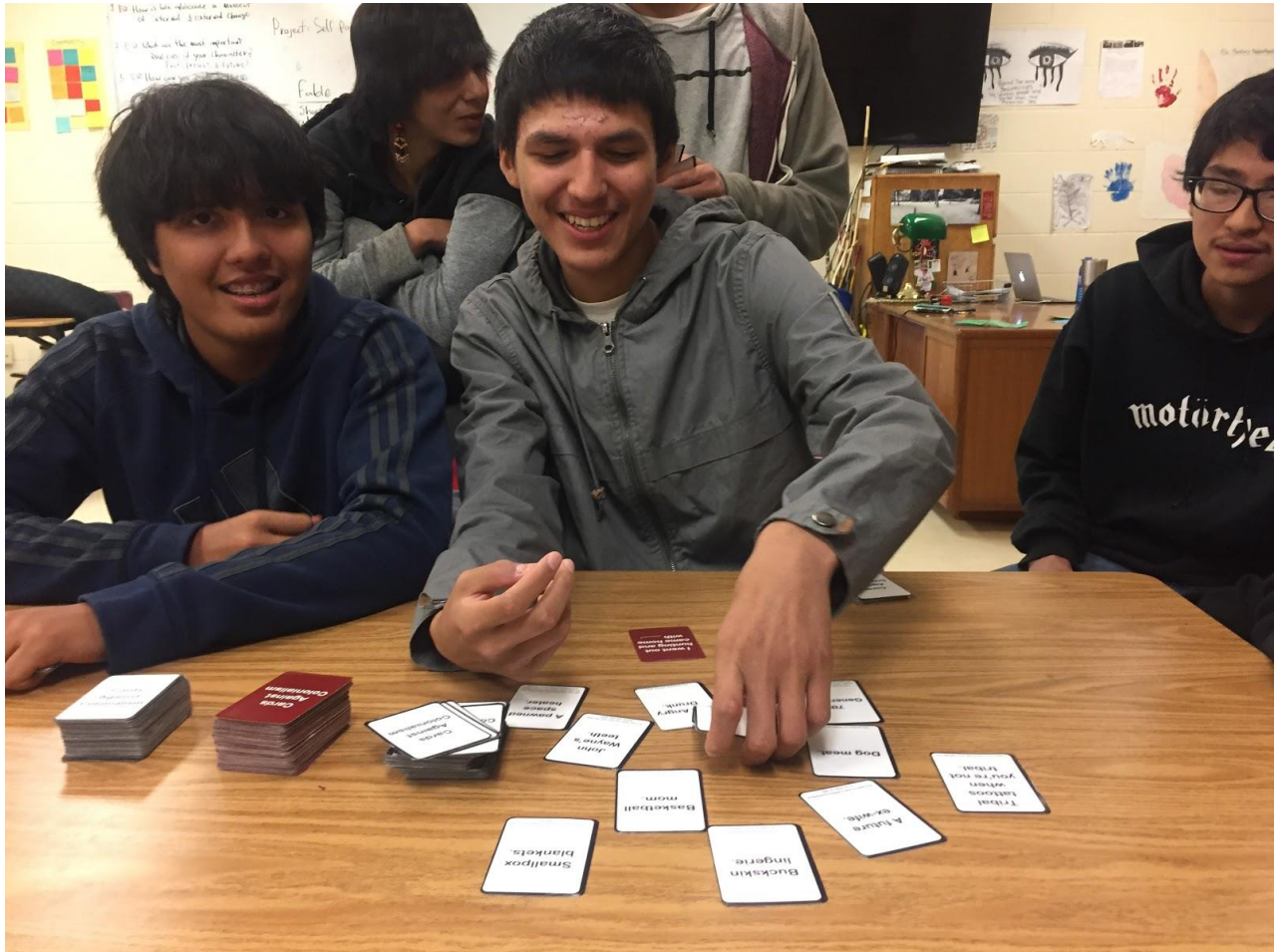
Tuesday of every month from 3:30-4:30.



*Sienna Speicher of Tamarack Grief Resource Center leads a guided meditation with BHA students during a Grief Support Retreat.  
Two Medicine Lake, October 2017*

**Academic Advising**

Each student at Buffalo Hide Academy has a personalized graduation plan, which lines out all courses needed to satisfy graduation requirements. Every student is given copies of their grad plan in an effort to promote increased awareness and responsibility for their education! BHA counseling staff keeps spreadsheets to document frequency of academic advising visits, as well as to make sure important dates and deadlines - scholarships, campus visits, etc. - are communicated to each student.



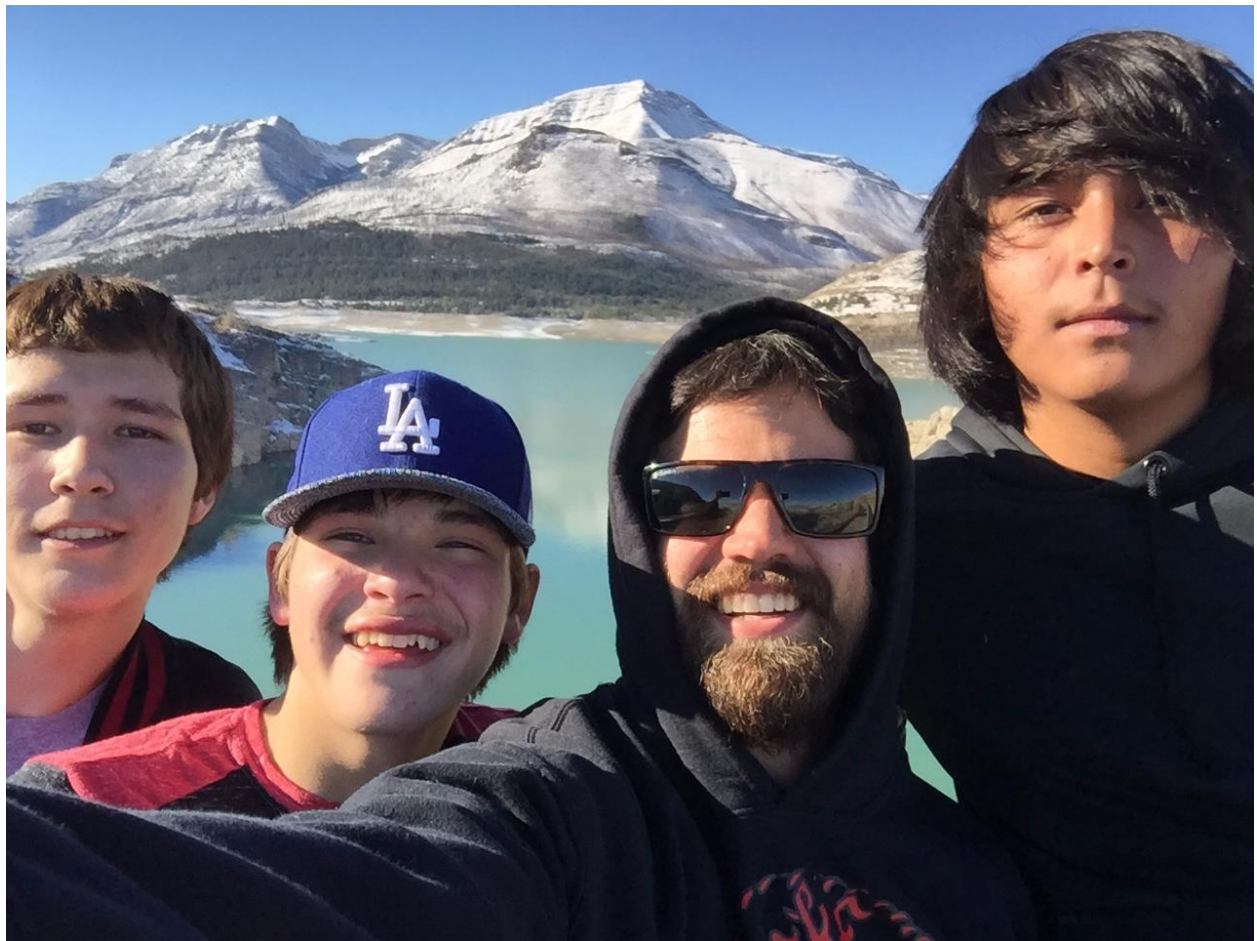
BHA counseling staff will personally schedule one-on-one meetings with every student to discuss transcripts and grad plans at the start of each quarter, as well as other times as needed. The goal of academic advising is to make sure all BHA students know the following: credit total, all courses passed, all courses needed to graduate, GPA, current standing in classes, and eligibility.



### **Anti-Bullying / Mental Health Awareness**

Our weekly mental health awareness classes buttress our curriculum in the classroom and reinforce the major “Healthy Mind Body and Spirit” concepts we teach to all students. In addition to screening for ACE’s and acute trauma, the BHA counseling department proactively teaches introduction classes around themes such as anxiety and depression, coping skills, brain chemistry, fight or flight, and general psychological self-awareness, etc. These discussions-based classes occur for 45 minutes and students are issued credit for participation. Follow up projects are encouraged, as many students strive to explore these major themes on a deeper level.

The goal, as with the rest of our curriculum design, is to help foster resilience amongst our students. We want happy, healthy students in our building.



*Mr. Rink posing with several students at Swift Dam.*

*October 2017*

### **Youth Mental Health First Aid/Advisory**

We are currently in the planning stage to unveil a new advisory course at the start of the second semester. This course will extrapolate the concepts of Youth Mental Health First Aid (warning signs of suicidal behavior, risky decision making, substance abuse, sexual assault, mindfulness, etc.) to provide a more comprehensive, personalized discussion regarding issues



young people experience in Browning. This class will be delivered daily by BHA counseling staff with .5 credit issued upon completion.

In addition, we will be creating a youth advisory coalition made up of BHA peer leaders to serve as a liaison to BHA staff. This youth council will be able to bring student issues to the forefront of our decision making process, thus giving an official voice to our student population with decision making at Buffalo Hide Academy.



**November Data for Buffalo Hide Academy**

Certified Staff: 91%

- 3 Staff with perfect attendance

Classified Staff: 98%

- 3 staff with perfect attendance

Students:

- 9<sup>th</sup>: no freshmen
- 10<sup>th</sup>: 61.08%
- 11<sup>th</sup>: 54.79%
- 12<sup>th</sup>: 56.18%
  
- Total = 56.52%

3 male students with perfect attendance for the month of November.

Total Students Dropped/November: 7

Daily Home Visits/Telephone contacts to Parent/Guardian:

- (3) Unknown/10 day drop
  - \* 1 re-enrolled
- (1) Transfer
- (1) Pursuing HiSet
- (2) Medical

Zero referrals for the month of November.