

# Splendora ISD



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## School Counseling

A Comprehensive Approach to Mental Health and Wellness

# Our School Counseling Approach

## What is a School Counselor?

- An advocate for students
- An integral part of the leadership team
- A source for student's academic, social, and career readiness
- An integral part of school safety and school climate
- A professional with specific knowledge of developmental skills
- **A mental health resource for campuses**

**SB 179 officially legislated that 80% of a counselor's time be spent on counselor related duties.**

**SB 11 officially legislated that districts in Texas would follow the Texas Model for Comprehensive School Counseling**

## What a School Counselor is NOT:

- **A therapist - we don't provide clinical services**
- A teacher or substitute teacher
- An administrator
- A disciplinarian
- A testing coordinator

## Recommended Percentages for Program Balance Service Distribution

Service Delivery Components	Elementary	Middle School	High School
Guidance Curriculum	35%-45%	35%-40%	15%-25%
Individual Planning	5%-10%	15%-25%	25%-35%
Responsive Services	30%-40%	30%-40%	25%-35%
System Support	10-15%	10%-15%	15%-20%

## District Percentages from 1st Semester

### Elementary

Guidance: 28%  
 Individual Planning: 13%  
 Responsive: 31%  
 System: Support: 18%  
 Non-Counselor Duties: 10%

Ratio 1: 810

### Junior High

Guidance: 15%  
 Individual Planning: 9%  
 Responsive: 31%  
 System: Support: 34%  
 Non-Counselor Duties: 11%

Ratio 1:436

### High School

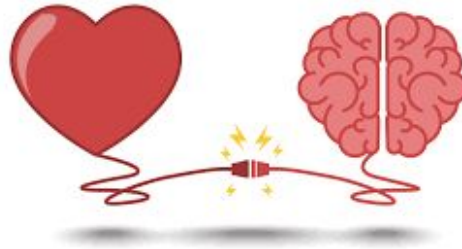
Guidance: 4%  
 Individual Planning: 31%  
 Responsive: 34%  
 System: Support: 22%  
 Non-Counselor Duties: 9%

Ratio 1:320

# SISD's Whole Child Approach to Wellness and Mental Health

A Safe and Supportive School Climate

decreases the chance of violence and increases academic success. It also enables students and staff to reach out for assistance during a crisis.



Connecting the heart and the brain!

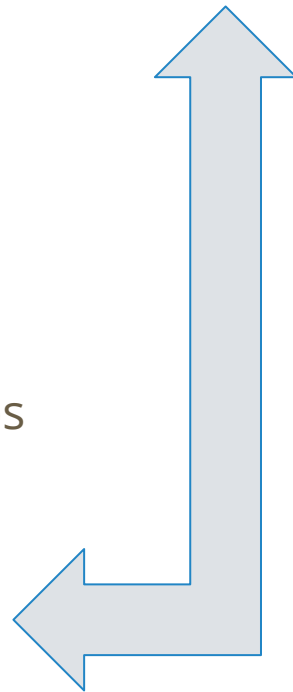
# Why TEACH Social and Emotional Wellness?



Social and Emotional Wellness allows children and adults to:

- ▷ Manage emotions
- ▷ Achieve goals
- ▷ Feel and express empathy for others
- ▷ Establish and maintain positive, trusting relationships
- ▷ **Feel physically and psychologically safe**
- ▷ Take risks and not fear failure

And, hopefully AVOID the CRISIS!



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# What constitutes a CRISIS?

Anything that causes intense difficulty, trouble or danger.

Abuse

Suicidal Ideation/Self Harm

Threats

Sexual Assault/Harrassment

Bullying

Inappropriate Relationships

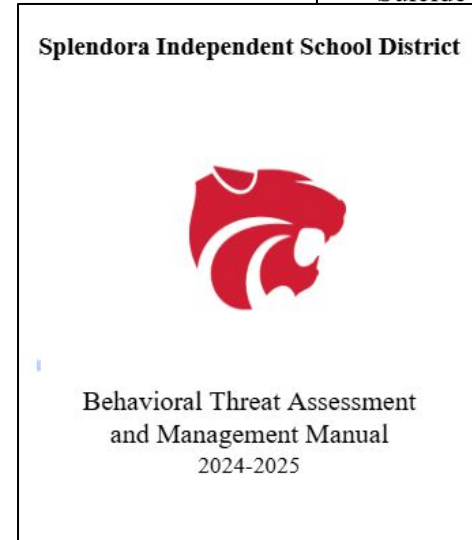
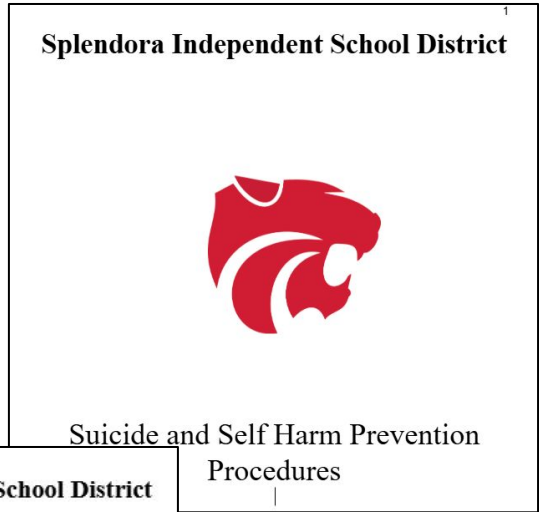
Family Issues

Death

Break ups

# What if there is a crisis involving Suicidal Ideation, Self Harm or a Threat?

- Shared Folders with all Counselors and Administrators
- Detailed procedures for handling the situation that involve documentation, parent notification, administrator notification and referrals.
- AP's, Counselors and Campus Teams are trained yearly on Crisis Intervention and Threat Assessment.
- Each campus has a multidisciplinary team to address each situation.
- The majority of our administrators have been trained in Psychological First Aid



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Looking forward and building  
for the future!



# What are we doing to increase support for MH Awareness and Resilience?

- More campus based support - The Student Success Liaison and MH and Wellness Counselor were moved onto campuses for easier access and support
- Hiring an additional MH and Wellness counselor (so we'll have two to share between campuses for additional support and education)
- Parent presentations - Supporting Youth Mental Health partnering with Region 6 and Tri-County
- Student Survey going out soon - School Safety and Climate (to compare to last year's data)
- Survey results for Supporting Teen Mental Health (Completed in January)

# Teen Mental Health and Support Survey - HS and JH Students

How often do you feel stressed or overwhelmed in your daily life?

JH - Always 13%	Often 22%	35%
HS - Always 36%	Often 32%	68%

What are the most common sources of stress in your life?

JH -

- School or academics 75%
- Family 34%
- Friends or Social Relationships 34%
- Social Media 11%

HS -

- School or academics 85%
- Friends or Social Relationships 43%
- Family 35%
- Social Media 13%

Do you know where to find MH resources or support if needed?

JH - Yes 47%  
Somewhat 37%  
No - 16%

HS - Yes 48%  
Somewhat 34%  
No 19%

What type of support do you think teens need most to improved their mental health?

	JH	HS
Safe spaces to talk openly	69%	65%
Access to counseling or therapy	32%	46%
Stress Mgt tools	32%	44%
Education about MH	38%	32%
Peer Support Groups	29%	37%

# Texas Child Health Access Through Telemedicine - TCHATT

- Free telehealth - does not require insurance
  - ◆ Virtual
    - Targeted mental health care
      - Licensed clinicians
  - ◆ Interpreter services available
- Baylor College of Medicine
  
- Year 1-1 referral
- Year 2-10 referrals
- Year 3- 62 referrals (current)

# Mental Health Awareness & Interventions

## Leadership Groups

\*Develop students' leadership skills, promote a positive school culture, foster sense of community, and build confidence & self-efficacy.

Year Long  
S1- weekly  
S2-bi-monthly



## Kindness Club Group

2 Sessions



- What is kindness and the importance of being kind to self and others.
- Conflict resolution through the lens of kindness.

## KNOWLEDGE NINJA Groups

\*Peak physical condition AND mentally & emotionally strong individuals

4 sessions

- Staying calm in stressful situations
- Good communication skills
- Recognize feelings and how to appropriately respond: Respond vs Reacting
- Breathing Techniques and Grounding Techniques
- Self-Compassion & Self-Talk
- Good vs Bad Stress
- Positive Self Esteem
- Self Care Strategies



## Responsive Groups and Guidance

\*Based on request and students' need

- WIN groups  
Junior High and High School Counselors
- Groups and Guidance as needed

# Mental Health Awareness & Interventions

## YOUTH AWARE OF MENTAL HEALTH (YAM)

- ▷ 5 sessions
  - Grades 8-12
- ▷ Researched-Based Program
  - Increase knowledge & awareness of mental health
  - Build problem-solving skills & emotional intelligence
- ▷ 6 main themes
  - What is mental health?
  - Self-Help Advice
  - Stress and Crisis
  - Depression and Suicidal Thoughts
  - Helping a Friend in Need
  - Who Can I Ask for Advice?
- ▷ In partnership with UT Health Houston

\*Started this year in the 8th grade & plan to continue yearly.

\*Currently in the process of incorporating this program into the high school for next year, grades 10-12.

# Passing the Torch!

