

School-based Counseling



Counselor Staffing

- Elementary
 - 1 counselor per campus
- Intermediate
 - 2 counselors per campus
- Comprehensive High School
 - 7 counselors total
 - 1 lead counselor
 - 4 counselors (students assigned by last name)
 - 1 counselor (9th grade only or Special Populations only)
 - 1 student support counselor
- Clear View High School
 - 2 counselors
- Clear Horizons Early College High School
 - 2 counselors
- Clear Path Alternative School
 - 2 counselors
 - BACODA counselor

School-based Counseling

Guidance Curriculum

All students receive curriculum in the school setting to promote healthy behaviors, positive social/emotional development, and mental health awareness

All Levels

- bullying prevention (TEC Chapter 37.0832)
- character education (TEC Chapter 29.906; CCISD Strategic Plan)
- coping skills, interpersonal skills, decision-making skills, and conflict resolution skills
- personal safety (TEC Chapter 28.004)
- substance abuse awareness/prevention (TEC Chapter 11.252; TX HSC 161.325)

Intermediate & High School

- youth mental health awareness (TEC Chapter 11.252; TX HSC 161.325)

High School

- suicide prevention (TEC Chapter 11.252; TX HSC 161.325)
- dating violence (TEC Chapter 11.252)

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Bullying Prevention

What Is Bullying? From School Board Policy FFI (Legal)

Bullying is a single significant act or a pattern of acts by one or more students directed at another student that exploits an **imbalance of power** and involves engaging in written or verbal expression, expression through electronic means, or physical conduct that satisfies the applicability requirements below and that:

- Has the effect or will have the effect of physically **harming** a student, **damaging** a student's property, or placing a student in reasonable **fear of harm** to the student's person or of damage to the student's property;
- Is sufficiently **severe, persistent, or pervasive** enough that the action or threat creates an **intimidating, threatening, or abusive** educational environment for a student;
- Materially and substantially **disrupts** the educational process or the orderly operation of a classroom or school; or
- **Infringes** on the rights of the victim at school; and
- Includes cyberbullying.

Bullying Prevention

What Is Conflict?

Conflict is a disagreement or a difference of opinion or interests between equals. The people involved in a conflict may disagree vehemently and emotions may run high. When conflict is badly managed, it may result in aggression. In a conflict, both parties have power to influence the situation. To be considered **conflict**, situations may involve:

- Equal power between the people involved
- Happens occasionally
- Accidental
- Equal emotional reaction
- Not seeking power or attention
- Often results in remorse of those involved
- Often results in both people seeking to solve problem

School-based Counseling

Faculty and Staff Trainings

All CCISD teaching staff receive face-to-face training annually on the following:

- suicide prevention and intervention
- youth mental health awareness and intervention

All CCISD employees receive online training annually on the following:

- child abuse prevention and reporting
- bullying prevention and reporting

School-based Counseling

Responsive Services

All students have access to a school counselor for assistance with personal and social concerns

- Parents, staff, and students may recommend an individual to see a school counselor
- Counseling services are delivered individually and in small groups using appropriate counseling theories and techniques in response to student need (brief; solution-focused)
- Counseling services may be developmental, preventive, remedial, or crisis intervention
- Counselors intervene on behalf of students whose immediate personal concerns or circumstances put their continued psychosocial development at risk

School-based Counseling

System Support

Counselors may recommend additional outside services to address a student's psychological needs

- Connect students and their families to specialized programs, private services, and community agencies that treat mental health issues (trauma-informed care, depression, suicidal ideation, behavior disorders, eating disorders, and other disorders in which psychosis may occur)
- Consultation to maintain quality of care within the school setting

Mental Health Intervention

Mental Health Intervention

All counselors are trained in Youth Mental Health First Aid (recognizing signs of psychological distress)

- school counselors are required to take appropriate action if a student engages in behavior that presents a clear and imminent danger to themselves and others
- student confidentiality is not protected under circumstances indicating any potential for harm
- Campus administration and law enforcement are notified

Mental Health Intervention

CCISD Procedures for Crisis Response

- Any concerned member of our school and community may report an individual in crisis to a school counselor
- Counselor interviews the individual for risk
 - Columbia-Suicide Severity Rating Scale Screener
 - Consultation with district-contracted Psychologist
 - Violent Risk Interview
- Counselor calls parent/guardian for an emergency conference
 - Counselor and parent sign a Notification of Emergency Conference – written statement of concern and need for immediate intervention
 - Counselor assists parent with referrals to mental health treatment providers

Mental Health Intervention

CCISD Procedures for Aftercare

- Ongoing consultation with outside providers
- Student Support Team Meetings to determine
 - campus safety procedures, if needed
 - alterations to student's schedule, if needed
 - referral to specialized programs, if needed

Additional Support for High School Students

Student Support Counselor

- Counsel individually with high-risk students as identified, referring to appropriate resources in the school and community as appropriate
- Facilitate student support groups
- Provide risk screening as needed
- Assist in planning appropriate intervention strategies to alter unacceptable student behavior