

## When do I contact the school counselor?

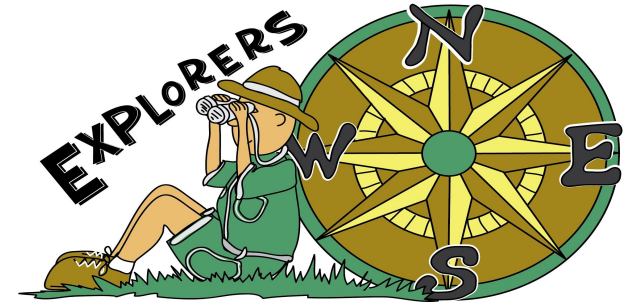
If your child is experiencing any of the following, please contact the school counselor.

- Grief
- Worry or anxiety
- Sadness or depression
- Low self-esteem
- Difficulty regulating emotions
- Conflicts with friends or peers
- Behavioral concerns
- Difficulty being successful at school
- Academic concerns
- Test anxiety
- Difficulty being assertive and asking for help
- Thoughts of self-harm or suicide
- Familial change
- Requesting a 504 evaluation
- To inform the school of outside support in place for your child (coordination of care - Release of Information required)

If there is a concern not on the list and you're not sure what to do, please feel free to contact the school counselor.

## How to contact the school counselor?

Stacy Andrews & Holly Grabau  
School Counselors  
Canon Exploratory School  
2855 N. 9th Street  
Canon City, CO 81212  
719-276-6050  
stacy.andrews@canoncityschoos.org  
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## School Counseling at Canon Exploratory School

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## What is a school counselor?

School counselors are certified/licensed educators who support student success. School counselors help all students:

- Apply academic achievement strategies to remove barriers
- Support social emotional development
- Plan for postsecondary options (higher education, military, work force)

## Who are the CES school counselors?

### Stacy Andrews, MA in Counseling

- Licensed School Counselor
- Former Canon City High School Counselor
- Former Exploratory Teacher

### Holly Grabau, MA in Counseling

- Licensed School Counselor
- Former Canon City Middle School Counselor

## What is confidentiality in a school counseling setting?

All information shared during counseling sessions are confidential. UNLESS.....

- Someone is hurting the student
- Student wants to harm someone else
- Student wants to harm self
- Student gives permission to share with another trusted adult

***In these situations, we are required by law to report this information to parents and/or the appropriate agencies***

## What does a school counselor offer students?

- Academic Support - Time management, organization, credit checks, etc.
- Classroom Lessons (K-8) - Weekly
  - Growth Mindset, Goal Setting, Emotional Regulation, Bullying, Empathy, Kindness, Decision Making, Coping Skills, Problem Solving, Suicide Prevention, etc.
- Small Group
  - Families in Transition, Anger Management, Stress/Anxiety, Grief and Loss, Social Skills (Friendship)
  - Parent Permission Required
- Individual Counseling (Skill Building)- Situational or short term support for issues/concerns that interfere with school success.
  - Referred by staff and/or parent/guardian.
  - Identified by our social emotional screener (BIMAS).
- Responsive Services (Crisis)
- Advocacy
- Referral to Outside Counselor or School Based Counselor

### Parent Lessons

- Counseling 101 at Back 2 School Night
- Signs of Suicide (SOS)
- Second Step & Dialectical Behavioral Therapy Skill for Schools Videos
- 2 Parent Education Nights - Topics TBD

## Additional Services

**Consultation and Collaboration** (with teachers, parents and community outreach)

- 504 Educational Plan
- Help with behavior concerns
- Collaborate to address academic and social concerns
- Organize and facilitate meetings between home and school
- Conferences
- Resources, ideas, & support
- Monthly newsletters
- Coordinate care with outside agencies (Need a Release Of Information-ROI)
- Liaison between agency and families as needed

### Social Emotional Screening

- BIMAS (K-8)
  - Nationally normed universal social emotional screener
  - Academics, Conduct, Negative Affect, Attention/Cognitive, Social
  - One week snapshot
  - Administered twice a year
  - Teacher survey (K-5)
  - Teacher and student survey (6-8)
- Signs of Suicide (SOS)
  - Suicide prevention lessons
  - 6th - 8th grade only