
School Counseling

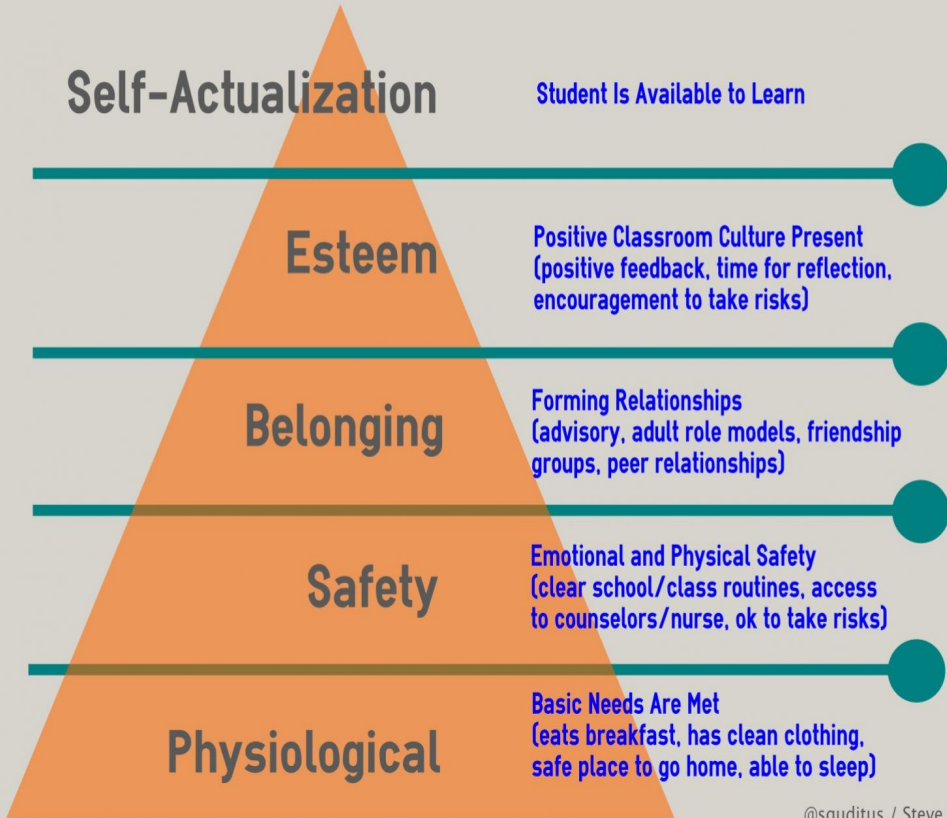
— Canon Exploratory School —
K-6

Canon City Schools

Core Belief #1

We meet the social-emotional needs of ALL students, putting **Maslow's Hierarchy of Needs** before Bloom's Taxonomy.

Maslow's Hierarchy of School Needs



What is a school counselor?

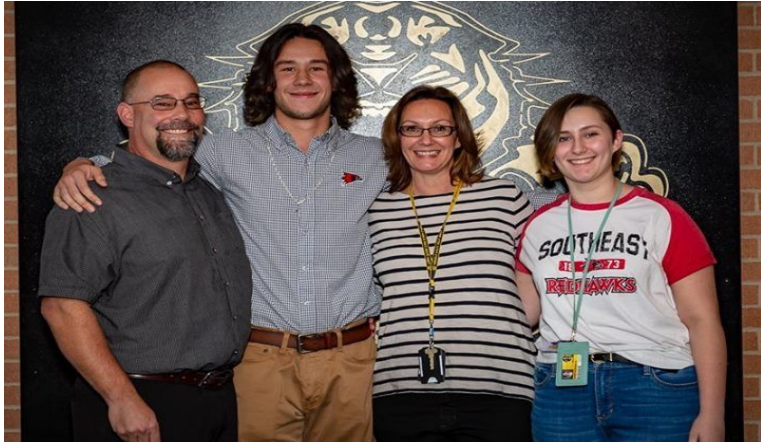
Certified/licensed educators who helps ALL students:

- apply academic achievement strategies
- support social emotional development
- plan for postsecondary options
 - (ICAP, higher education, military, work force)



Who are the school counselor at CES?

Mrs. Andrews



Mrs. Grabau



What services do school counselors offer for students?

- Academic Support
- Classroom Lessons (K-8)
- Small Group
- Individual Counseling (skill building - not therapy)
- Responsive Services (Crisis)
- Advocacy



Classroom Lessons

Classroom lessons and activities teach academic, personal/social, and career skills. (Second Step, Choice Theory, Random Acts of Kindness)

- Growth Mindset
 - Emotional Regulation
 - Empathy
 - Decision Making
 - Problem Solving
- Goal Setting
 - Bullying
 - Kindness
 - Coping Skills
 - SOS (6th only)



Small Group

Students share issues/concerns they have in common.

Small group offers support, education and skill building.

- Families in Transition
- Anger Management
- Stress/Anxiety
- Grief and Loss
- Social Skills (Friendship)
- Psycho-education



Individual Counseling

Situational or short term support for issues/concerns that interfere with their school success.

- Referred by staff and/or parent/guardian
- Not therapy - skill building
- Ongoing check-ins require permission



CONFIDENTIAL

What is said in here, stays in here!

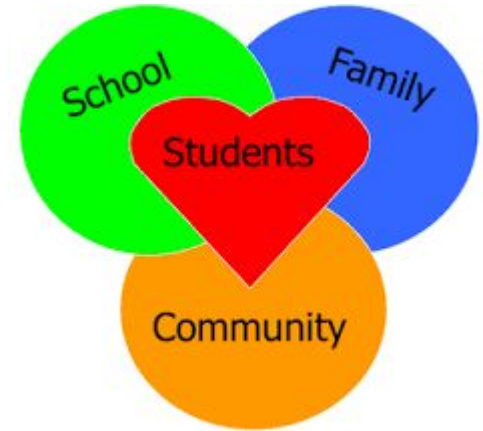
UNLESS.....

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

What other services do school counselors offer?

Consultation and collaboration (with teachers, parents and community outreach)

- Help with behavior concerns
- Collaborate to address academic and social concerns
- 504 Educational Plans
- Organize and facilitate meetings between home and school
- Conferences
- Resources, Ideas & Support
- Coordinate care with outside agencies
 - (Need a Release of Information-ROI)
- Liaison between agency and families as needed

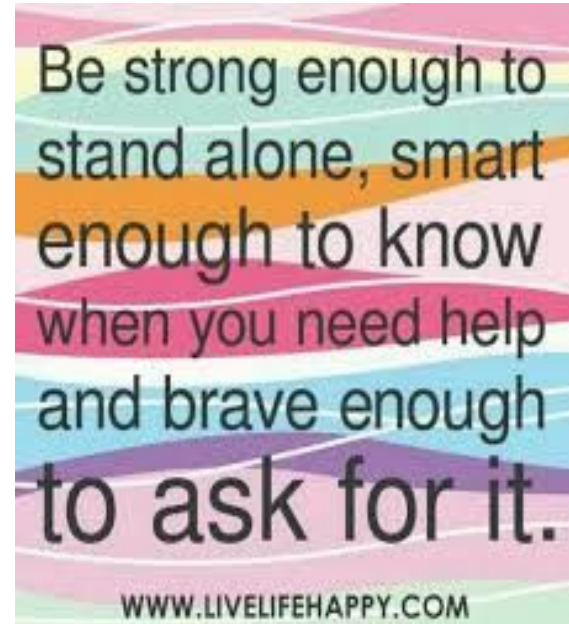


Additional services offered

- BIMAS (K-8)
 - Nationally normed universal social emotional screener
 - Administered in the Fall and Spring
 - Conduct, Social, Academic, Negative Affect, and Attention
- Signs of Suicide (SOS)
 - Suicide Prevention Lessons
 - 6th - 8th Grade Only
- Parent Lessons
 - Second Step Lessons (on website)
 - SOS Lessons (Parent Presentation)
 - Dialectical Behavioral Therapy Skills for School (on website)

When do you contact the school counselor?

- Academic concerns
- Social or emotional concerns
- Family transitions - divorce, loss, relocation
- Requesting a 504 evaluation
- To inform the school of outside support
 - (coordination of care - ROI needed)



How to contact the counselors?

Email:

stacy.andrews@canoncityschools.org

holly.grabau@canoncityschools.org

School Phone:

Andrews: 719-276-6157

Grabau: 719-276-6050 X 7228

Appointment: Call or email for an appointment

Resources: [Counseling Corner](#)

