Brendan Gartner: Starting an intervention team for suicide

* A place for kids to report crisis / someone I know may be considering suicide
* Making sure everyone knows where to go when they have a concern
* Submit your name if you are interested in being on this new team

Kerstin Stiffler

* Shared about Foreign Exchange Students and hosting them
* She is the contact for EF
* If you have an event where she can set up a table to share with parents or staff, let her know
* {Presentation to Post}

Replenishing the Wellspring: Exploring Counselor Wellness (Veronica, Katie, Melissa)

* {Presentation to Post}
* It is not possible to give to others what you do not possess
* Personal wellness has an impact on counselor effectiveness
* A well must have a continuous flow of water to be regularly replenished
* What helps you derive meaning from your work?

Holistic Focus of Wellness

* Physical work setting
* Are you supported? Are you supportive?
* Wellness of those around you?
* Inability of saying no
* What happens when wellness is gone?
	+ Burnout
	+ Compassion Fatigue
	+ Vicarious Traumatization
		- Experiencing the trauma our kids have suffered
		- Recalling our own past trauma
	+ Depersonalization
	+ Compassion Fatigue
		- Not feeling the right amount of sympathy
		- Not enough or too much
	+ Self-Assessment
* Counselor Impairment
	+ Most counselors have known a counselor that was impaired
	+ In most cases there was no disciplinary or therapeutic
	+ 83% have sought counseling
* Sustaining Behaviors
	+ See presentation (top and bottom)
* Wellness Across Domains
	+ Physical
	+ Cognitive
	+ Emotional
	+ Social
	+ Spiritual
	+ Balance

Small Groups

Kristina McGirt

* {Presentation to Upload}
* Beginning of Year Assessment for Teachers (needs assessment form)
* After turned in- compile into graphs and an action plan to give to principal
* Small group request form
	+ “Liberty Kids” Military Support Group
		- Deployed/Separated/Affiliated (Parent Letter-information (after first session) not permission)
	+ Lego Social Skills
	+ Girls’ Self-Esteem Group
	+ Pulled during Special Time (A-F) Schedule- miss a different one each week
		- Not pulling from classroom time
	+ Group size of 10 or less
	+ 50 minutes or 30 minutes
	+ Mix of boys and girls
* Lego Social Skills Group
	+ Group tasks
	+ Rewards for appropriate behaviors (bucket)
	+ Direction tasks

Jayne Miller & Brittany Norman

* High School Groups
* Girls tend to like to socialize
* Boys tend to sit
* Groups based on discipline data
* Set group ground rules- students may want to set the rules
* Goal setting
* Upper class males 1:1; upper class females with
* Begin with a quote or thought- to begin conversation
	+ How’s your week? How are your teachers?
* Brittany has a needs assessment that they used with their Freshmen Bootcamp- helps direct goals

Brittany Norman and Donna Grady (donna.grady@mcw.usmc.mil)

* Brittany is again the military transition counselor (Kathy Askins has retired)
* Student to Student in High School & Middle School
* Buddy to Buddy in Elementary
* Donna Grady is now the Onslow County Schoools’ military liaison with Camp Lejeune
(Julie Fulton is now working with the schools on base)
	+ PCS- Permanent Change of Station (to kids it means I’m moving)
	+ PCS- Positive Change of Schools (campaign)
	+ Handouts provided for counselors
	+ Get a lot of requests especially for kids who are moving to a non-traditional area (recruiting, small base, etc.)- usually someone who is going somewhere that does not have a school liaison
	+ PCS guide for kids (brochure)
	+ Share this information with others working with military kids on your campus
* Brittany will be emailing resources for
* April 15- Purple Up Day- Military Support Day
	+ Will create a hashtag for Purple Up Day
* Volunteer Coordinator from Base will be the connection for proctors