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](mailto: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