

INTRODUCING YOUR SCHOOL COUNSELORS/SAC



MHS SCHOOL COUNSELORS

Throughout a student's four years in high school, we will assist your child with academic advising and course selection, career exploration, and the post-high school planning process. We are also available to our students for individual counseling to address acute concerns related to their social and emotional well-being. Your child will receive education related to various school counseling topics throughout the year but they are free to come and see us with any questions or concerns at any time. We encourage all of our students to practice self-advocacy through direct contact with us, which will better assist us in getting to know them so that we can best guide them through high school. We look forward to working closely together.



Mrs. Hanbridge

My name is Leigh Hanbridge, and I have been a member of the Metuchen High School Counseling staff since 2009. I have been working in the field of counseling for over 20 years and genuinely love getting to know my students as they grow and develop through their high school years. Prior to working as a Public School Counselor, I worked in College Admissions and as a Private College Counselor. I have a B.A. in Psychology and an M.A. in Counseling and Human Services from Lehigh University as well as a Professional Diploma in School Counseling from Hofstra University. I am a member of several professional organizations including NJACAC, ASCA, NJSCA and attend various conferences and college visits each year to keep up to date on trends in school counseling and college admissions. I am also a resident of Metuchen and have two children in the public school system. I thoroughly enjoy giving back to my own community through my work as a counselor at Metuchen High School.

Ms. DeMott

With a sense of humor and knowledge of resources, helping students realize unique talents so they can explore careers is a passion for Liz DeMott. After spending years in the pharmaceutical industry, she worked at Georgian Court University Admissions and The Princeton Review to learn more about the college process. She earned her Master's degree in School Counseling in 2007 and has been at MHS since 2011. Ms DeMott keeps up with current trends by staying active in professional associations and serving on the NJACAC Executive Board. She is also busy with the activities of five children, including three step-children

Mrs. Grauer

My name is Mrs. Grauer, and I have been a member of the Metuchen High School Counseling staff since 2004. I have been working in the field of school counseling for 25 years and genuinely love getting to know my students as they grow and develop through their high school years. I have a B.S. in Human Development from The University of Delaware and an M.S. in School Counseling from Hofstra University. I am a member of several professional organizations including NJACAC, ASCA, NJSCA and attend various conferences and college visits each year to keep up to date on trends in school counseling and college admissions.

MHS SAC (STUDENT ASSISTANCE COUNSELOR)

Ms. Rubin

My name is Samantha Rubin and I am Student Assistance Counselor (SAC) for Metuchen School District. My role across the district is to assist students and their families with identifying and confronting barriers that impede on their personal life and academic performance.

What does a Student Assistance Counselor do?

The Student Assistance Counselor provides in-school assessment, crisis intervention, individual and group counseling, and referral sources for any student who may be experiencing personal, family, and/or peer difficulties. In addition, the SAC is also available to assist in identifying other issues which pose as barriers to student's success including alcohol, nicotine, other drugs, and mental health issues.

Who can refer a student to the SAC?

A student can be referred to the SAC by a teacher, school administration, school counselor, parents, the student themselves, or another student. Any parent who feels as though their child could benefit from the program or would like more information should contact the SAC, child's school counselor or a building administrator. A student may also be asked to participate in services as a result of violating the school's drug and alcohol policy.

Is what a student reports to the SAC confidential?

All counseling services are confidential, unless an assessment indicates that there is a safety risk. This includes a student who is in danger of harming him or herself, harming someone else, or is being harmed by another individual.

How do I contact the SAC?

The best way to reach me is via email at srubin@metboe.k12.nj.us. Please do not leave any detailed information in the email. Once I receive the email, I will get back to you within 24 hours of receipt to further discuss concerns or answer any questions you may have. Students also have the availability to request an appointment to meet with me on their school website. This can be found under the counseling tab on both the MHS and Edgar Middle School websites.

When and where can I find the SAC at my school?

My schedule is as follows:

Monday, Wednesday, Friday – Metuchen High School, Room 139

Tuesday, Thursday - Edgar Middle School, Guidance Suite

Please feel free to contact me regarding any questions or concerns you may have. I look forward to continuing to work on providing a supportive environment, both academically and emotionally, for our students to succeed.

