

K-12 Sanford School Counselors





- **Program Delivery**
- **Update on 2020-2021 Goals**
- **Elementary Data**
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- **SHS/SRTC Data**
- **K-12 Intervention Needs**
- **K-12 Initiatives and Common Practices**
- **Caseloads**
- **Needs**

Program Delivery:

Direct and Indirect Student Services

Elementary/Middle/High School

- Curriculum
- Individual student planning
- Responsive Services
- System Support





2020-2021 Goals Update:

K-12 School Counseling Department worked on the following:

1. Increased education and training on using data to drive decisions (the why behind the reason we do things.)
2. Yearly Calendars
3. Establishing and maintaining a school counseling advisory council (1 per school)

K-12 2021-2022 Goals



1. K-12 Quarterly Speaker Series
2. District wide Return to School Updates to Staff by School Counselors (DHHS reporting, Suicidal ideation, child abuse and neglect)
3. Annual Review and Update Sanford School Department Comprehensive School Counseling Program
4. 3 year goal of ASCA Model Implementation

Determining Needs

At each level, we use data to determine our students' needs

We analyze attendance, academic and behavioral data.

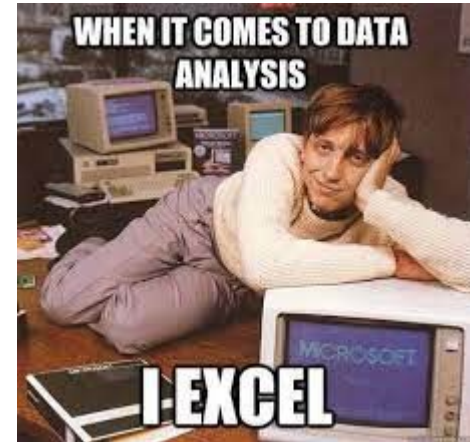
At SMS and SHS we also analyze MIYHS data.

Additional needs assessments:

Elementary: teacher survey: SRRS Universal Screener

SMS: student needs assessment

SHS: student needs assessment



Elementary Behavior incidents

of behavior incidents beginning of school year to Feb 11:

2021-22 Average **286 incidents** per School Counselor (3 Elementary School Counselors)

CJL:376, MCS:229, SPE: 254

Unscheduled student School Counseling visits for dysregulation, problem solving, safety & outreach: **CJL: 291, MCS: 290, SPE: 287** up from 220-250

These are REACTIVE interventions for students showing increased needs. A balanced School Counseling Program includes PREVENTATIVE/PROACTIVE lessons to reduce the overall needs. We look at the whole child and work to improve SEL, Behavior, academics and attendance, sitting on MTSS teams, Student Assistance Teams

Elementary School Counseling Program

Tier 1: Proactive SEL Lessons

- CJL:191 School Counselor + 112 K-1st SEL + 264 Teacher = 567 SEL lessons
- MCS: 132 School Counselor + 80 K-1st SEL + 252 Teacher = 464 SEL lessons
- SPE 184 School Counselor + 90 K-1st SEL + 228 Teacher = 502 SEL lessons

Tier 2 & 3: Reactive SEL Interventions:

- # of students receiving School Counselor intervention (groups/one-on-one/check-in)
CJL:50
MCS: 73
Pride 97
- # of students referred to receiving other student support interventions
(Social work and Student Support Room Ed Tech) :
CJL:71
MCS: 62
Pride: 79



Sanford Middle School

We have met with over 70 students in regards to crisis concerns
Office Referrals for Substance Use =19

Ways our program addresses these needs:

- **Suicide Prevention Plan**
 - Mind Wise SOS lessons - starting in March grade 8, then continuing to grade levels
 - **VAPING** prevention data from FEB lessons -
 - 5th - Do you know what peer pressure is? **Pre Test 43% yes Post Test 71% yes**
 - 6th - *Vaping is Dangerous* **Pre Test 91% yes Post Test 96% yes**
 - 7th - *Will vaping impact my future (school, sports, etc)* **Pre-test 89.6% yes Post-test 91.7%yes**
 - 8th - *I have vaped in the past and am thinking about quitting now that I know more about how harmful vaping can be.* **78.3% I've never vaped and I don't plan to 5.1% Yes 16.7% no**
 - **# of students that advocated for to join a group for follow up information and support -> 25**
- **RESTORATIVE AND CLASS LESSONS COMPLETED = 207 LESSONS**
 - CLASS LESSONS COMPLETED = 125. TOTAL
 - RESTORATIVE LESSONS = 82
 - Curriculums used: Second Step, Character Strong, ect.
- **School Wide Initiatives -> 8 so far; more in the works!** : Diversity T-shirt Contest , Anti-Bullying Month (included an Art Contest) , Be the Change Awards (over 300 students)
- **TOTAL in groups = 30 different groups = 232 students** : grief, attendance, coping strategies, decision making, family change
- **GUEST SPEAKERS = 5 Total:** CD, Caring Unlimited, AWS, BTS, Peer Pressure & Vaping Presentations by MBHC

Sanford High School

- Data of student meetings 2135
- Processed college applications 573
- 9-12 classroom lessons (English classes) 56 lessons
- Direct Support Professional program with Waban: 6
- Embark- 20
- Dual Enrollment Courses by SHS students- 248 all year
- Covid Diploma-Maine State Diploma -34
- Upward Bound-38 (Highest in Maine)
- College and Career Fair collaboration with SRTC for grade 500 students participated



Ways our program addresses these needs:

Guest speakers voted in by the 896 SHS students who completed the fall needs survey: Mental Health, Disordered Eating, Understanding Disabilities around us, Distracted Driving.

Small groups

1:1 meetings

referrals.

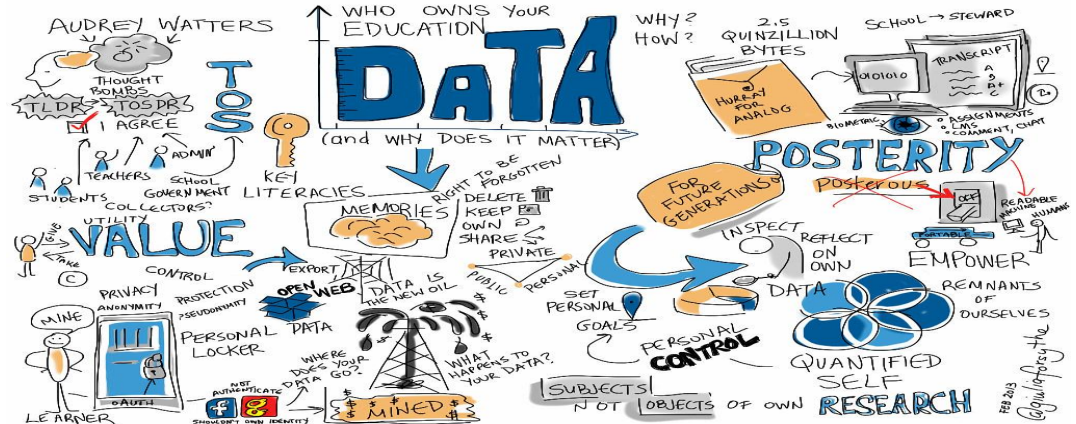
2021-2022 Program Goals

1. Increase freshmen "on track by...5%" Characterized by students earning 5 or more credits and not failing more than 1 core per semester.
2. Have a documented post-secondary plan for 90% of graduation eligible SHS seniors. (This is the year we will set the baseline for future improvement)
3. Utilizing the data in the school counseling survey we will identify one or two areas of student social and emotional needs, communicate those needs with staff and provide opportunity for edification.

Sanford Regional Technical Center

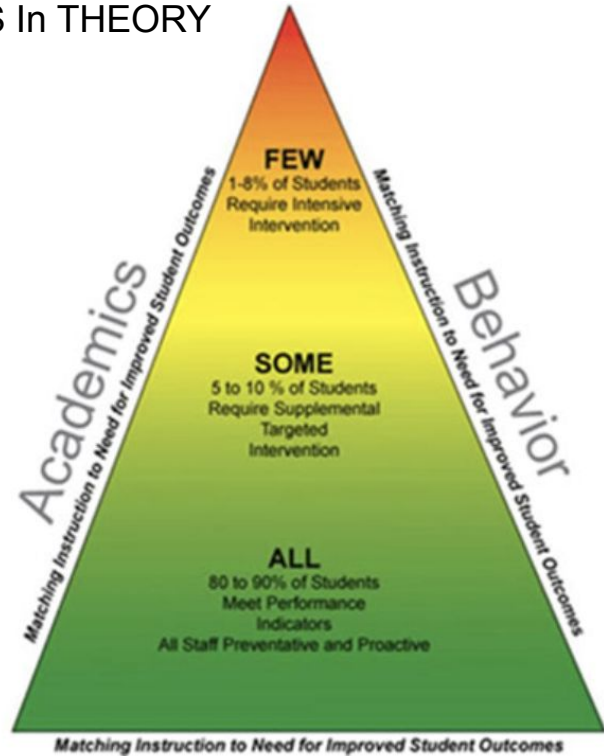
SAT referrals to date this year: **274**

Highest enrollment ever: **594**

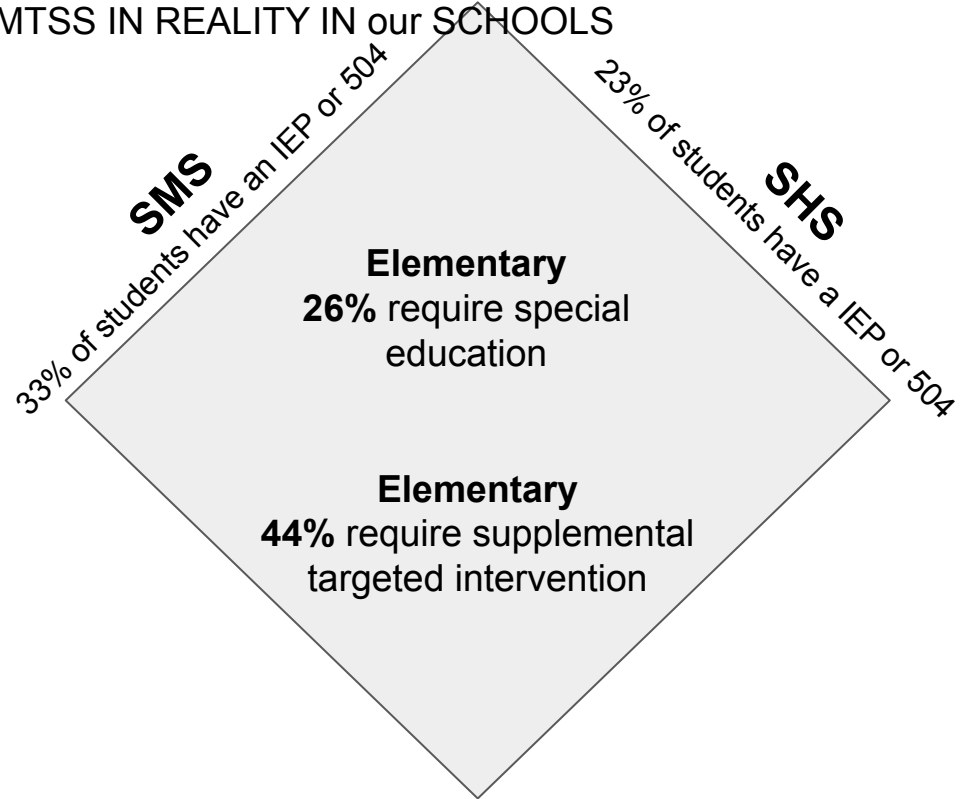


K-12 Intervention needs

MTSS In THEORY



MTSS IN REALITY IN our SCHOOLS



School-counselor-to-student ratios may be optimal at 1:250, but grade level and socioeconomic factors of a district require close consideration.

K-12 Initiatives and Common Practices

K-12 initiatives

- FAME (3 and 4th grade career lessons)
- Quarterly K-12 Parent Speaker Series (Vaping, Internet Safety, Anxiety/Depression)
- Mentoring Program with Elementary Schools
- Challenge Day (SMS and SHS)

K-12 Common Practices that you may not think about

- Transitioning students into your school and onto the next school (tours, meetings with students and families and working with the school counselor from the school(s) the student) is coming from and going to.
- School counselors help students mediate conflicts with their peers, teachers, or parents. We provide short-term counseling services to students.
- Identify interests, strengths, and aptitudes through assessment of students.

School Counselor Caseload

CJL 406:1 (SEL Teacher)

MCS 345:1 (SEL Teacher)

SPE 310:1 (SEL Teacher)

SMS: 956:4

SHS:1093:4 and K-12 Director

SRTC:(Sending School Students) 388:1

***1 Position shared between 3 elementary schools

Needs

- Additional elementary school counselor (Current Shared SEL Instructor)
- Additional School Counselor at SHS to focus on high school transition
<https://consortium.uchicago.edu/publications/track-indicator-predictor-high-school-graduation>
- Behavior Interventionist in each building
- Substance abuse counselor(s) at SMS and SHS
- K-8 Full time Attendance Coordinator

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