Position (According to American School Counseling Association):

School counselors working in a virtual setting provide a school counseling program through the use of technology and distance (virtual/online/e-learning) counseling with the same standards and adherence to ethics as school counselors working in traditional school settings. School counselors work collaboratively with all stakeholders to ensure equity, access and success of all students whether virtual school counseling is offered synchronously or asynchronously.

School Counselor’s Role in Virtual Learning:

School counselors working with students in a virtual setting should:

• Adhere to the same ethical guidelines in a virtual setting as school counselors in a face-to-face setting
• Recognize and acknowledge the challenges and limitations of virtual school counseling
• Implement procedures for students to follow in both emergency and nonemergency situations when the school counselor is not available
• Recognize and mitigate the limitation of virtual school counselor confidentiality, which may include unintended viewers or recipients
• Inform both the student and parent/guardian of the benefits and limitations of virtual counseling
• Educate students on how to participate in the electronic school counseling relationship to minimize and prevent potential misunderstandings that could occur due to lack of verbal cues and inability to read body language or other visual cues that provide contextual meaning to the school counseling process and school counseling relationship
• Educate students about appropriate conduct in the online setting and using digital literacy as a tool to have an impact on students
• Incorporate lessons that align with academic, career and social/emotional domains
High School Counseling during Distance Learning:

School Counselor outreach during this time will look like:

- Weekly grade level check-ins on Microsoft Teams to answer questions, give wellness tips, and check on student well-being.
- Post academic, career, and personal-social tips on social media sites.
- Email check-ins and individual meetings as needed.
- Weekly SOAR, Dare to Define Yourself Meetings posted in Microsoft Teams, School Website (https://www.stanley.k12.nd.us/), and Stanley ND School Counseling and Stanley Public School Facebook Pages.
- Provide assistance through Microsoft Teams on graduation planning, scheduling for next year, scholarships, and Post-secondary planning.

Contact information and office hours for Mrs. Sorenson:

Office hours will be Monday - Friday:

Mornings - 9:30-10:30
Afternoons - 2:00-3:00

Appointments outside of these times can be arranged.

Ways to contact Mrs. Sorenson:

- Cellphone: (701) 621-0044
- Outlook contact form: https://forms.office.com/Pages/ResponsePage.aspx?id=Kni__2_HO8UaGyB-SAQYdtn1zjLDJcXPaSuW59xXtVUMVEzTINTS0HHzNBS1hI0FIELRRQzFrRy4u
- Email: Sarah.Sorenson@k12.nd.us
- Microsoft Teams: Private chat or video call

Elementary School Counseling during Distance Learning:

School Counselor outreach during this time will look like:

- One-on-one meetings with individual students or small groups through video call in Microsoft Teams.
- Regular classroom lessons for K-6 posted in Planbook.edu on the school website.
  - https://www.stanley.k12.nd.us
- Email check-ins with students and/or parents, as needed.
• Posting resources for anxiety, coping skills, problem-solving strategies, and other ideas for common student needs. Resources can be found on the school district website, Stanley ND School Counseling Page on Facebook or the Stanley Public School Facebook page.
• Class Lunch Bunch meetings for students who would like to meet up.

Contact Information and Office Hours for Mrs. Cuypers:

Office Hours:

• Monday-Friday
• Mornings – 9:30-10:30
• Afternoons – 2:00-3:00

Appointments outside of these times can be arranged.

You can contact Mrs. Cuypers in these ways:

• Email: eden.cuypers@k12.nd.us
• Microsoft Teams: chat or video call
• Contact Form: https://forms.office.com/Pages/ResponsePage.aspx?id=Kni_2 Hồ 8UqGyB-SAqYdtmgg99I7ceJLudF5PdOgVXtUNERETTjYM1o5MUhOWjNRTzNEU0NLVIVQTy4u

For Staff in Virtual Learning Setting: What to do if you suspect a student may be suicidal?

If a student who appears to be experiencing a suicidal crisis:
Step 1: If a student appears to be having a suicidal crisis use active listening:
  o Ask questions and listen to answers:
    o What do you think about suicide?
    o It sounds like a lot of young people have thought about suicide at some point.
    o Do you know if any of your friends have?
    o Has this been something that’s ever crossed your mind?
    o Use a 1-5 rating scale: 5 = My tank is full and I am happy, 3 = I am okay, 1 = My tank is empty and I have a plan to die by suicide.

Step 2: Inform parents/families.
If you are in direct contact with the student in crisis, maintain video/voice contact with student while this contact is made, if possible. For example, you might ask the student to bring the phone/laptop to the parent/guardian if the parent/guardian is in the same place as the student.
• Convey the information you have.
• If risk may be high and parents cannot be reached or are not with the student, contact local police to do a wellness check.

Step 3. Document information received, decisions made and actions taken per the school district directives.

Step 4. Consult with another school counselor or student instructional support personnel to review steps, if possible.

Step 5. Notify your appropriate administration about the situation.

Step 6. Follow up.
• Refer family to community resources.
• Follow up with the student and family.

Step 7. If relevant, follow up with the friend(s) or other individual who referred the suicidal student to ensure the student continues to have support.

For Parents and Students in Virtual Learning Setting: What to do if you, a friend or your child may be suicidal?

Step 1: If a student appears to be having a suicidal crisis use active listening.
  o Ask questions and listen to answers:
    o What do you think about suicide?
    o It sounds like a lot of young people have thought about suicide at some point. Do you know if any of your friends have?
    o Has this been something that’s ever crossed your mind?
    o Use a 1-5 rating scale: 5 = My tank is full and I am happy, 3 = I am okay, 1 = My tank is empty and I have a plan to die by suicide.
  o Ask your child or friend:
    o Do you have a plan to die by suicide?
    o What is your plan?

Step 2: How to reach out for resources and assistance

For students:
• If you or your friend are having thoughts but no plan, reach out to a trusted adult, such as a parent, school counselor, or teacher/principal.
• If you or your friend have a plan to die by suicide, call 911 immediately.
For parents:

- If child is having thoughts of suicide without a plan, seek mental health assistance from school counselor, administration, or mental health resources listed below.
- If child has a plan to die by suicide, take child to ER immediately for an evaluation.

Mental Health Resources:

- National Suicide Prevention Lifeline: 1-800-273-8255
  - [https://suicidepreventionlifeline.org/](https://suicidepreventionlifeline.org/)
  - [TEXT TEEN to 839863](https://suicidepreventionlifeline.org/)

**Local Mental Health Providers:**

Robert Counseling and Coaching: Minot - (701) 509-9145

Orvin – Located in Mountrail County Social Services office in Stanley – 628-2925

Summit Counseling Services – Mohall - (701) 334-6242

Brenna Thompson - (701) 818-7727

Laura H. Siercks, LICSW, MFT - 701 263 1298