



School Counselors, Mental Health, and New Legislation

September 3, 2019

School Counseling Services

- School Counseling Staff
 - 14 Elementary
 - 6 Intermediate
 - 6 Middle School
 - 16.5 High School
 - 1 Crisis Counselor
- Additional Supports
 - Advise Texas
 - Project Hope
 - TAMU Psychology Interns



Day to Day School Counseling Services

- Direct Guidance:
 - Class lessons and small group
- College and Career Planning:
 - Scheduling, 4-year plans, lessons, individual planning
- System Supports:
 - 504, Rtl, campus, district, and community committees, outside referrals
- Crisis:
 - individual counseling, homelessness, social/emotional essential needs, safety plans, referrals



Critical Student Needs – Currently In Place

- Safety Plans
 - Created in conjunction with the Brazos Valley Crisis Team/MHMR
- Agencies Counseling within the School Day
 - Allow outside staff to come visit with individual students during non class times (before/after school, lunch, intervention) – *(parent initiated and agreement of school meeting time)*
 - Allow outside agency staff to conduct small groups *(campus advertising, student signup and parent signature)*
- Resources list
 - Includes many local agencies and private offices that can be given to families upon request when seeking additional support



Critical Student Needs – New for 19-20

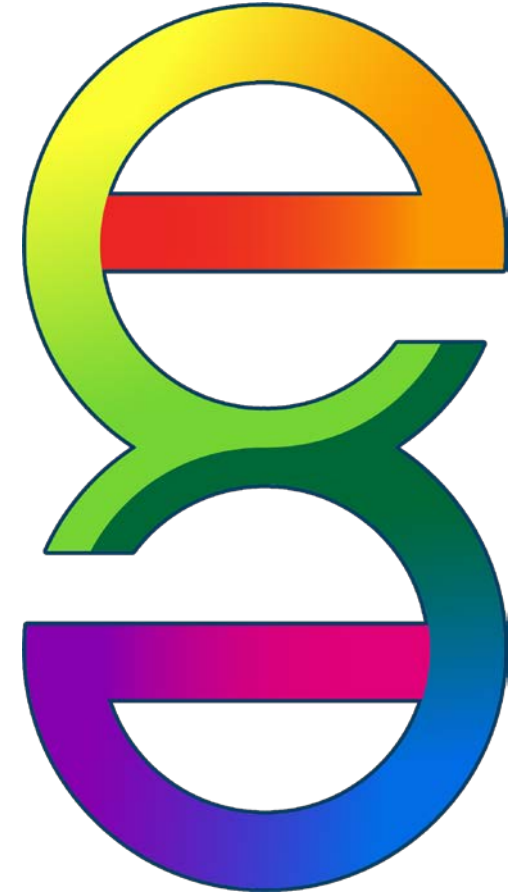
- Safety Plan:
 - Simplified version(language) to work with students in elementary and intermediate.
- Summer Essential Learning:
 - Solution-Focused Counseling Technique-
 - How to get most out of the limited time you can spend with one student
 - Resilience Lessons –
 - Capacity to adapt to negative change and recover from that adversity as quickly as possible.
 - Key terms: Grit, Courage, Power of Choice, Perspective, Endurance
- DAEP
 - 5-week lesson rotation with 4 lessons a week meant to build specific targeted skills

THOUGHTS
HAVE
POWER



Character Education – HB 1026

- Character education must be integrated into curriculum K-12
 - TEA will add to the TEKS
- Each District must adopt a character education program
 - Essential Eight
 - Waiting direction from the State to determine how to document *(must have committee agreement between parents, educators, and community leaders)*
- Counselor role
 - 5 required State topics (anti-bullying, drug/alcohol abuse, suicide prevention/healthy emotions, dating violence/healthy relationships, anti-victimization)
 - Rewrote character lessons to mirror the language of the Essential Eight, last summer/school year



Training on Mental Health

- Required annual training
 - Currently:
 - Provide training using resources supplied by the State and include the new additional information required by legislation
 - Next year:
 - State Committees that are set to convene and determine specific trainings that include the requirements added in this legislative session along with previous requirements
- New training that will be required at all levels
 - Staff, Students, Parents, and Community



Threat Assessment Team and SHAC – SB11

- Requires the establishment of a District Threat Assessment Team:
 - Must have Counselor representation
 - Must include practices and procedures for referral of a student to local mental health agencies
- Expands the role of SHAC(School Health Advisory Council) to include parental awareness regarding:
 - Must have Counselor representation (HB 18)
 - Risky behaviors and warning signs of suicide risks and behavioral health concerns (including mental health disorders and substance abuse disorders) and
 - Available community programs and services that address risky behaviors, suicide risks, and behavioral health concerns.



Mental Health – SB11

- Requires Districts to integrate trauma informed care practices and to provide approved training to all educators on **Trauma-Informed Care**.
- TEA has created a site with all approved grief informed and trauma informed practices
 - Counselors – will complete online training from (NCTSN) The National Child Traumatic Stress Network
 - Counselors will work together creating training for Teachers and Administrators using:
 - TX Department of Family and Protective Services – Trauma Informed Care Training materials
 - Western Washington University Handbook – *The Heart of Learning: Compassion, Resiliency, and Academic Success*
 - NCTSN – *Trauma Center Community Services Program*



Mental Health - HB 403/HB111

- Human trafficking
 - Must adopt and implement a policy addressing sexual abuse, sex trafficking, and other maltreatment of children – must be included in the District Improvement Plan
 - Plan must include methods of increasing awareness of staff, students and parents
 - Requires training for Board Members every 2 years on identifying and reporting potential victims of sexual abuse, human trafficking and other maltreatment of children.
 - Extends training for superintendents to 2 ½ hours training every 5 year.



Mental Health – HB18

- Required training for Administration, Counselors, and Teachers must include
 - Recognizing early warning indicators that a student may be at risk of dropping out,
 - Recognizing students with mental health conditions or who engage in substance abuse,
 - Understanding of how mental health conditions, including grief and trauma, affects student learning and behavior
- Information for Students and Parents
 - Physical health, including instruction about mental health conditions, substance abuse, skills to manage emotions, establishing and maintaining positive relationships, and reasonable decision-making



Questions?



The Bryan ISD School Counseling Team will be essential by advocating for the potential of our students and providing a safe environment where students, families, and staff are supported, engaged, and empowered.