

# Counseling at Cascade MS



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A little bit about who we are and how we came to be at Cascade Middle School....



# Middle School! How Can We Help?

## We Love Middle School!

1. What do middle school counselors do? What is our role and how can we help?
2. What is confidentiality and what are the limits of confidentiality?
3. What are some things you might see as your student transitions through middle school?

# Counseling Department Mission

The Counseling Department at Cascade Middle School will provide students with a multitude of supports to assist with their social-emotional, academic and other unique needs. Individual & group counseling along with classroom guidance, academic supports, peer mediations and data analysis will be utilized to support our school's goal of helping our students become future-ready thriving citizens.

# What We Do....

We support students' academic success through:

- ☐ Classroom Guidance
- ☐ Group Counseling
- ☐ Individual Counseling

# ....What We Do

As part of the counseling and guidance we also do the following:

- ❑ Help groups of friends resolve conflicts
- ❑ Assist with student/teacher meetings
- ❑ Collaborate with teachers
- ❑ Work with parents to help students
- ❑ Coordinate 504 plans
- ❑ Work with grade-level and school-wide teams in identifying ways to help individual students who are struggling and to address school-wide problems.
- ❑ Run advisory groups such as the GSA & Mindfulness Mondays
- ❑ Supervise lunch (great opportunity to observe social interaction!)
- ❑ Michelle helps to coordinate the WEB program.

# Confidentiality

Confidentiality is a touchy issue when working with adolescents.

Outside therapists are legally and ethically required to keep all information patients confide confidential unless there is potential harm to self or others. Examples of potential harm include suicidal ideation or immediate threats to others.

We're generally bound by the same legal and ethical constraints, but are in a position of also trying to work as closely as we can with parents and teachers in order to best help students.

# Confidentiality....

When do we break confidentiality?

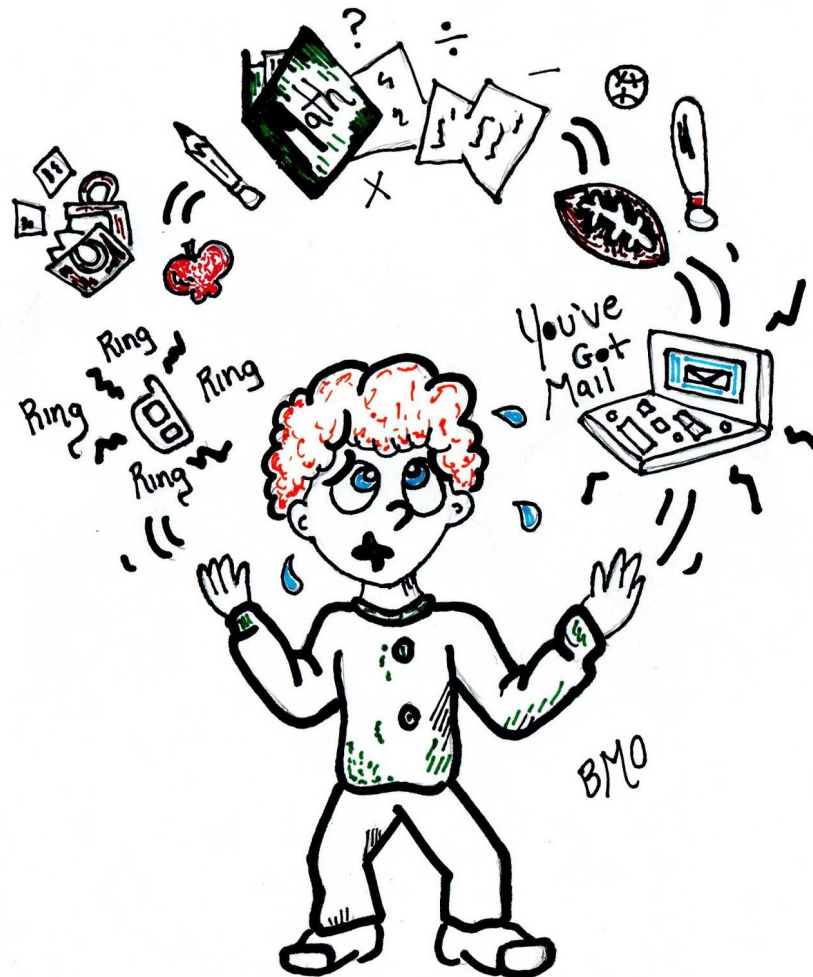
If we believe your child is at risk, we will contact you immediately.

Risks such as:

- Suicidal ideation
- Self-harm
- Eating disorders

We also help students initiate important conversations with parents or contact parents with student permission when we feel it will be helpful.

# What to Expect in MS





# What to Expect in MS

As perfectly explained by Stephen DuVal, students come to us as elementary students and leave as high school students.

By the time students leave middle school, we want them to be:

- Independent learners meaning they
  - Are organized
  - Can plan ahead
  - Advocate for themselves
  - Ask for help when and if they need it

# What to Expect in MS

We want them to be better able to....

- Resolve conflicts with peers
- Empathize with others
- Manage stress
- Share and manage their feelings

Part of our job as counselors is to help support them (and you!) in this process.

# The Family Access Network (FAN)

Mission: The Family Access Network improves lives by ensuring that children have access to basic need services. FAN is unique to Central Oregon, located in all public schools in Deschutes County and in Prineville. Working through one dedicated FAN advocate, a child or parent is connected to essential services such as food, shelter, heating, health care, clothing and more.

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