



...To a brand-new start!

District Counselor Newsletter | Sept. 9th, 2022

I am really excited about the start of this school year! I hope that you each had authentic opportunities to rest, relax, recharge, and rekindle over the summer break. It goes without saying that we needed that one more than ever. You finished up with the Learning Improvement Days at your schools last week, and I know it was great for you to see everyone again (and to meet your new colleagues). And after making it to the end of the first week, there is a special buzz in the air – a different and positive vibe that I hope you're all sensing as well at each of your schools.

Since it will be a few more weeks until we get to see each other in person again as a group, I wanted to provide you with some updates and helpful start-of-the year info.

★ Introductions

One of the highlights since I've been back has been the opportunity to meet our newest counselor colleagues. With the passage of two specific House Bills and a Senate Bill, additional funding allowed us to add a number of new counseling positions to EPS! **NOTE:** *I'm aware that we may still have a couple positions in process, so let us know if you have any new information.*

New to Everett Public Schools:

- Nicole DeVoe (interned at JHS last year) – Jackson ES
- Colin Eggers (yep, there's a connection) – Everett HS
- Jana Freeman – Heatherwood MS
- Katherine Henson – Hawthorne ES
- Andrea Hormuth – Jackson HS
- Toni Jetten – Gateway MS
- Terri McAlister – Lowell ES
- Sandra Olson (interned at CHS last year) – Gateway MS

A few of you are joining new teams this year...

- Jamie Burton | from Sequoia HS → Everett HS
- Mary Donnelly | from Lowell ES → Mill Creek ES
- John Lerner | from Heatherwood MS → Jackson HS
- Beth O'Brien | from Everett HS → Cascade HS
- Merriah Sample | from Gateway MS → Madison ES
- Autumn Slater | from Heatherwood MS → Sequoia HS
- Jocelyn Smith | from Gateway MS → Heatherwood MS
- Michael Smith | from Student Support Services → Garfield ES
- Shari Thompson | from Jackson ES → Tambark Creek ES

Welcome to your new schools and thank you in advance for the difference you'll make!

☆ MTSS Team Updates

- Our MTSS social worker, **Julie de King**, will be moving to the North Region schools.
- Please welcome **Molly Hart** as the new MTSS social worker for the South Region schools! Molly comes to us new to EPS with a rich background and experience, and she will be joining the team on September 19th.

☆ District Counselor Meeting Schedule for 2022-23

Next week's Communication to Principal's Packet will include a memo with this year's schedule. Here's a preview...

Scheduled opportunities for counselor collaboration and training are an important part of professional development and alignment of practice with the American School Counseling Framework, the EPS [Comprehensive School Counseling Program](#), and the district's priorities. Thank you for your support of your school counselor(s) and their professional growth!

Dates and times for the 2022-23 monthly District Counselor meetings are as follows:

DATES	LEVELS	TIMES
September 29		
November 3	Middle & High*	8:00-9:00
December 1	ALL Counselors	9:15-11:15
January 12	Elementary	11:30-12:30
February 16		
April 20		
June 1		


NOTES:


- ✓ All meetings will occur on **Thursdays**
- ✓ The location will be **CRC Port Gardner A** (and **B** as needed for particular meetings)
- ✓ *Middle & High school counselors will either meet as a combined secondary group, separately, or both depending on the focus of that month's level meeting
- ✓ Counselor **attendance is required** at all meetings
 - If a counselor must miss a meeting, they are expected to have administrator approval for non-emergencies. Please notify Dave Peters (dpeters@everettsd.org / 425-870-3341) with as much advance notice as practical... *Thank you!*
- ✓ No March District Counselor Meeting due to HS Transition Conferences
- ✓ Counselors will receive Outlook invitations prior to the first day of school

☆ District Counseling Leadership Team



- We will be forming a leadership team this year comprised of 2-3 counselors from each level to provide leadership supports in planning, monitoring, and feedback within three key areas:
 - The Comprehensive School Counseling Program (CSCP)
 - District counselor meeting agenda planning
 - District crisis response logistics
- The team will meet monthly during after-school hours (with compensation provided).
- **If you are interested** in serving on this team, please access this [brief questionnaire](#) by 9/14.

 **PANORAMA** – The fall Panorama Student Success Platform survey will open on September 19, 2022 and will close on October 5, 2022. As we get closer to the survey date, proctor training materials and a Coordinator Toolkit will be uploaded into DocuShare and deployed to site survey coordinators. You may access the Panorama Survey memo that was sent in the September 6th Communications to Principals Packet [here](#) for additional info.

 **empowerU** – For those secondary counselors new to EPS, we have a partnership that helps middle and high school students develop resilience and become self-directed learners who are active participants in fueling their own lasting change. It also includes a personalized therapy-driven coaching component. High school students can earn 0.5 elective credit for the “Personal Empowerment” course (ALT191).

There were 22 students who completed the course this summer. Here are stats & feedback:


- 100% Rated Course Helpful to Wellbeing
- 100% Rated Instructor Relationship as Important
- 100% Would Recommend Course to a Friend
- 95% Made Goal Progress

When asked about their personal growth from the course, Raphael said, ***“It helped me the most with things that I've wanted to improve upon or work on, but never actually had the motivation to do. Thanks to EmpowerU, I've learned so many new things and strategies to help me with this. Thank you! :D Thank you so much for giving me this grace day to finish, I can't thank you enough. I did really enjoy this course and all the things I learned. I thank my coaches too for all the motivation to help me keep going, and I'm sorry if it seemed like if I wasn't listening or if it didn't do anything, but it really did help! So thank you so, so much! Thank you for helping students not only as students but as people to help improve and show them their full potential, that's really epic. You guys are all EPIC!!!”***

When asked about their personal growth from the course, Anna said, ***“My greatest improvement are social and personal wellness and academic domain. Thank you for helping me in improving myself.”***

When asked about their personal growth from the course, Brianna said, ***“Using my time wisely This course was very helpful and useful the instructors were very kind”***

We have purchased 110 seats district-wide again this year using ESSER mental health support funding. Please reach out to your regional MTSS facilitator if you have a student who you believe would benefit from this Tier 2 support.

 **care-solace** - This is another support that we are continuing this year. It is like a “concierge” to mental health supports. The team at Care Solace doesn’t provide therapy directly, but through “warm handoffs” they do the legwork to get students connected to supports. Last school year Care Solace helped place 113 EPS-related appointments into care. This was a 27% success rate – and although a lower rate than what we would expect in a non-pandemic school year, it also saved our counselors and other support staff thousands of additional phone calls and emails as well as time spent on hold.



- We have utilized 3rd Millennium resources in our district for many years at the high schools as an alternative to suspension (or reduced suspension option) for tobacco/vaping/nicotine or drug/alcohol issues. Additional funding for 2022-23 to provide this to our middle schools as well. Admin (and drug/alcohol intervention specialists at the HS's) recently received updated instructions for enrolling students if/as needed.

★ 988 Suicide & Crisis Lifeline

- Starting July 16, 2022, anyone can call, text, or chat 988 to be connected to the National Suicide Prevention Lifeline (NSPL). It will be confidential, free, and available 24/7/365. Services will be available in Spanish, along with interpretation services in over 250 languages. For people who are deaf, hard of hearing, and TTY users: Use your preferred relay service or dial 711 then 1-800-273-8255.
- For more information, you can access: [988 Suicide and Crisis Lifeline | Washington State Department of Health](#).

★ Google Voice

- If you would like to have a Google Voice number for this school year, let me know by [indicating on this form](#) by Sept 14. **NOTES:** It will cost about \$13 for each number per month, so please only sign up for a number if you're confident you will use it. If I don't hear back from you, I will assume you are okay with not having one this year. If you'd like more information about the features of a Google Voice number, there's a good [description here](#).

★ Worksite Learning Update

- Bree Youngberg (byoungberg@everettsd.org) will be responsible for Worksite Learning across the district beginning in Fall of 2022. To create a uniform system across the district and ensure accurate and reliable student enrollment information, the following steps will be required for adding ANY student to Worksite Learning Experience beginning in Fall 2022. As a reminder, students are eligible to receive .5 CTE credit per 180 working hours if they are at least 16-years of age and are currently or previously enrolled in a qualifying CTE course. For the details of the **process changes for 2022-23**, [click here](#).

★ Building Community Resilience Conference

- On October 12th (8:30-4:00) and October 13th (8:30-12:00), Snohomish County Human Services is hosting the "Building Community Resilience" conference. The keynote speakers are Dr. Bruce Perry (bdperry.com) **What Happened To You?: Helping Children, Families, and Staff Manage Stress and Build Resilience** and Dr. Shawn Ginwright (shawnginwright.com) **A Pivot to Healing Centered Leadership: Reimagining Justice, Reimagining Ourselves**.
- I'm excited to share with you that through a deep (and generous) discount, I have pre-registered you all to attend the conference if/as you're able. It will be virtual, and the recording will be available for up to a week later. You are *not* required to attend; this is an opportunity for valuable learning that is being made available to us.
- You can access the [conference landing page](#) here for more information.

★ Remote Learning Options for High School Students

- The following information is from [Dr. Jeanne Willard](#), Executive Director of College & Career Readiness / Extended Learning Options:

If a parent, guardian, or student asks, “What remote options are available for my student?” or says, “My student cannot do in-person school,” the following information can be shared:

We have a variety of options to meet the needs of students. Our district’s Online High School has 27 different courses in English, Math, PE, Social Studies, Health, and CCRS. Because Online High School does not currently offer all the courses needed to meet high school graduation requirements, students may take the remaining needed courses through Running Start (must be in 11th or 12th grade) or through Spokane Virtual Learning (9th – 12thgrade).

Next steps for counselors:

1. Enroll the student in OnlineHS courses that meet their graduation requirements and align with their High School and Beyond Plan. Please check for space availability and note that students should be enrolled within the first 10 days of the semester. For students in this situation this semester, students may be enrolled in more than three classes without needing to go through an appeal process.
2. Determine needs for additional courses and determine if Running Start or Spokane Virtual Learning is best to meet the needs of students/families.
 - a. If Running Start is selected, assist the student to enroll in the correct courses using your normal process.
 - b. If Spokane Virtual Learning (SVL) is selected:
 - i. Review the SVL course catalog, select the courses needed, and enroll the student by completing the linked enrollment form and a Written Student Learning Plan (WSLP). (Please download and save a copy.) Please do not enroll a student in SVL for a course that is available in our district.
 - ii. Send the linked form with a list of students and courses in which they are enrolling at SVL AND a signed WSLP for each student to Jaci Barbano jbarbano@everettsd.org in the College & Career Readiness and Extended Learning Options Department.
3. Continue to monitor students’ progress in OnlineHS and SVL. These are both Alternative Learning Environments (ALE) and have requirements for two-way contact and progress monitoring.

At this time, please limit the communication about the SVL option to those students and/or families who request fulltime remote/online instruction. We are limited to a small number of students to participate in this option. *Thank you!* - Jeanne

★ High School & Beyond College & Career Events

- Over the past two years, the High School & Beyond events in EPS have been virtual due to the social distancing requirements of the COVID pandemic. This year will be the first time back in person since October 2019 with college and career reps available to meet with students and families again face to face.

- We're taking advantage of the "new start" to innovate our approach at each of our high schools to best meet the needs of our respective communities. The events at each high school will take place in varying formats and on different dates in October.
- The planning team is meeting again on Monday (9/12) to finalize/confirm several logistics including dates & times. The resulting information will be communicated next week.

☆ FIS News & Newsletter



- Last year we were accepted into the 2021-22 UW Forefront in the Schools Suicide Prevention cohort. One of our main objectives during Phase 1 was to develop comprehensive crisis plans for each of our high schools in the areas of 1) infrastructure, 2) prevention, 3) intervention, 4) re-entry, and 5) postvention. Our plans were completed and submitted at the end of June. I'm very pleased to report that our plans [received a rating](#) of "exceeds expectations." It's been communicated that this is not typical for a 1st-year district to achieve – so huge **congratulations** to everyone involved!

- Here are Forefront links for:
 - [Fall Kick-Off Guide for 2022-23](#)
 - [FIS August Newsletter](#) and the.

