



District Counselor Meeting

September 26, 2024

Here's to a Fantastic School Year!

Welcome



Today's Agenda



District Counselor Meeting Agenda

Thursday, September 26, 2024

GENERAL SESSION – ALL COUNSELORS | 9:15-11:45

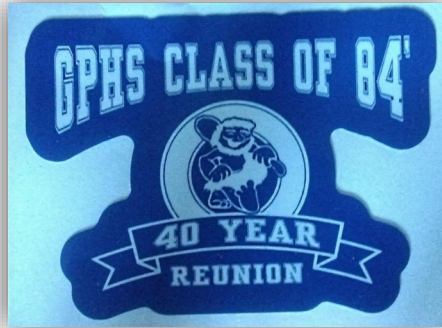
Port Gardner A&B

- Welcome Back!
- Introductions of New Counselors & Interns
- New Counselor Mentor/Mentee Process
- Key Updates
 - 504 | Updates, Handbook Distribution
 - LID Overview | LEARN Facilitators
 - Synergy Training | Looking Ahead
 - Mental Health Therapists & MOU Update (WISE clarification)

ALL
Dave Peters
Dulce Ruiz
Dave Peters



Memories of Summer



Memories of Summer

My brother, Mike

Emmanuel Macron, president of France



Jackie Chan



Our Newest Team Members

*And so the
adventure begins...*

WELCOME TO THE TEAM!



Our Newest Team Members

Michael Bernhisel

School

Emerson ES

Birthplace

Cody, Wyoming

Fun Fact

I lived in Mexico for 2 years.



Our Newest Team Members

Emily Dunham

School

Evergreen MS

Birthplace

Renton, Washington

Fun Fact

I'M GETTING MARRIED!!



Our Newest Team Members

Julie Hills

School

Cascade HS

Birthplace

Seattle, Washington

Interests/Passions

Despite being hopelessly uncoordinated for the first 25 or so years of life and playing no sports well, I picked up Ultimate Frisbee. My husband and I met playing frisbee, have raised our kids on the sidelines of our co-ed team for 12 years, I and have silver and bronze medals from national championship games with women's Masters and Grand Masters teams. It's never too late! 😊



Our Newest Team Members

Jenny Muscatell

School

Cedar Wood ES

Birthplace

Seattle, Washington

Interests/Passions

I love traveling, basketball, Hello Kitty, pink, dogs, and spending time with family.

Fun Fact

I attended all the way through K-12 in Everett Public Schools!



Our Newest Team Members

Katie Seaward

School

Silver Lake ES

Birthplace

Mount Vernon, Washington

Interests/Passions

My daughter and I try to take historical ghost tours wherever we go in throughout the states. We have done them all the way from Bend, Oregon to Key West, Florida. We like it for the local history, the stories, and the interesting people we get to meet.



Our Newest Team Members

Colin Webb

School

Silver Lake ES

Birthplace

Bellevue, Washington

Fun Fact

My favorite TV shows are
Penny Dreadful and Black Sails



Welcome to Our Interns

Brian Lee

School

Jackson HS

Mentor

Leiann Gregg

Birthplace

Born in Seattle, raised in
Anacortes, moved to
Mill Creek in 2009

Interests/Passions

One interest of mine is my general interest in Japanese media. I love Anime, movies, and the culture at large. My dream vacation is to have a long stay in Japan!



Welcome to Our Interns

Nadia Prater

School

North MS

Mentor

Jenny Steele

Birthplace

Riverside, California

Interests/Passions

I am very interested in video games (especially, Minecraft, The Sims, and FPS games).



Mentors | New Counselors & Interns



- All EPS interns must be approved by Human Resources prior to starting
- Dulce Ruiz is the district coordinator
druiz@everettsd.org / 425-385-4285
- WEBSITE: [Guide to Student Internships](#)
- PDF: [Student Intern Placement Request Form](#)

Dulce Ruiz

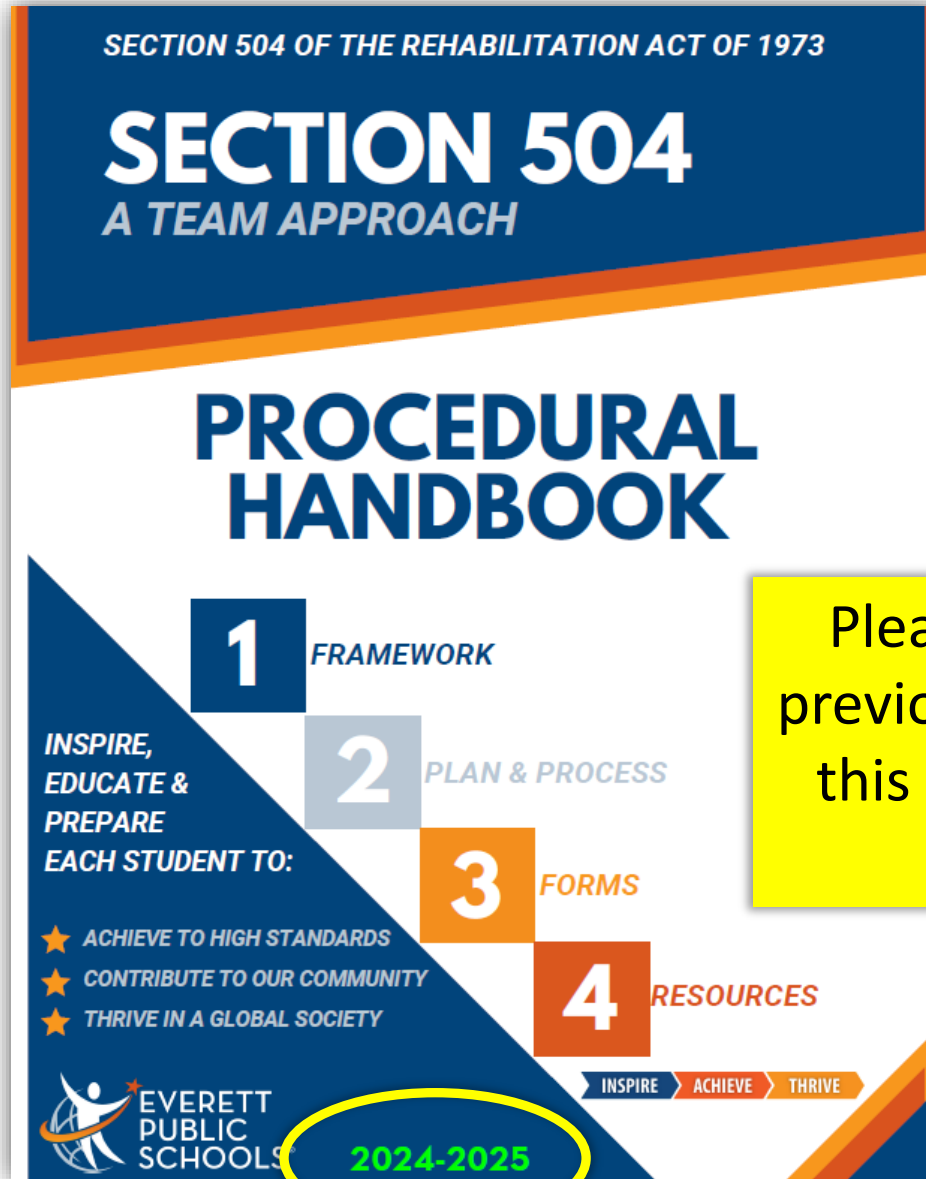
Diversifying Pathways Coordinator



504 Handbook & Process Updates



Updated
504 Handbook
for 2024-25



Please discard
previous copies of
this handbook!



Oct. 11th LID Overview

Secondary Timing	Elementary Timing	Agenda
Prior to official start	Prior to official start	Welcome Participants
7:30-7:40	8:00-8:10	Dr. Saltzman's Welcome
7:40-8:00	8:10-8:30	Segment One: Our school's SEL WHY
8:00-9:00	8:30-9:30	Segment Two: Grounding and depth with <u>RULER</u>
9:00-9:20	9:30-9:50	Processing RULER
9:20-9:30	9:50-10:00	Break - Transition
9:30-11:00	10:00-11:30	Segment Three: LEARN Suicide Prevention <i>Note: It is acknowledged that Suicide Prevention is a sensitive topic. Professional learning is required by OSPI and our Board Policy. This training not only helps identify those at risk but also equips and empowers staff to have potentially life-saving conversations, creating a more compassionate, aware community where everyone feels valued and supported in times of crisis.</i> If you have any questions about this portion of the day, please reach out to your administrator.
11:00-11:45	11:30-12:15	Lunch (45 mins)
NOTES: <ul style="list-style-type: none"> Section 4 is designed for those evaluated or supporting TPEP (teachers & departments). All other groups will engage in an extended RULER training with Dave Peters via zoom. 		
11:45-1:45	12:15-2:15	Segment Four: SEL in revised Student Growth Goal Rubrics
1:45-2:45	2:15-3:15	Segment Five: SEL Processing & Action Planning
2:45-3:00	3:15-3:30	Segment Six: Wrap Up





Oct. 11th LID Overview

Concurrent PM Schedule for those not evaluated with TPEP (via Zoom)

Prep:

- Counselor point person to ensure set up is ready
- Designated space to meet in, recommend a classroom or two
- Technology ready to log into zoom with Dave
- Zoom link: (provided)
- **Handouts:**

Secondary	Elementary	Activity	Purpose
11:45-12:15	Lunch 	The “L” of RULER Activity Zoom Link: <ul style="list-style-type: none">• Secondary https://everettsd.zoom.us/j/92520476361	Deeper dive into RULER: content & processing
12:15-2:00	12:15-2:00	RULER 301: Brain Science of Emotions and Regulation Zoom Link: <ul style="list-style-type: none">• Secondary & Elementary https://everettsd.zoom.us/j/92520476361 <i>NOTE: Secondary paraeducators are dismissed at 2:00</i>	
	2:00-2:30	The “L” of RULER Activity Zoom Link: <ul style="list-style-type: none">• Elementary https://everettsd.zoom.us/j/92520476361 <i>NOTE: Elementary paraeducators are dismissed at 2:30</i>	
2:00-3:00	2:30-3:30	Re-join your staff for SEL Processing & Action Planning, Closure	



LID | Role of LEARN Facilitators

LEARN Saves Lives: Suicide Prevention Training

W FOREFRONT
SUICIDAL PREVENTION

*Please complete the
pre-training survey here:*

https://redcap.link/fis_learn_pre



*Please download the
participant packet here:*

https://redcap.link/staff_docs



60-90 min Educator/Staff Training
Trainer Name / School
Date of Training



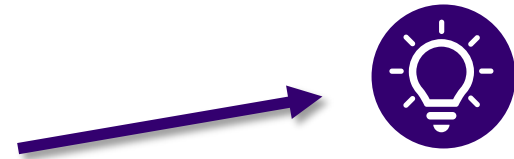
Look for warning signs



**Emotions,
Feelings**

**Actions,
Behaviors**

Experiences



Look for warning signs

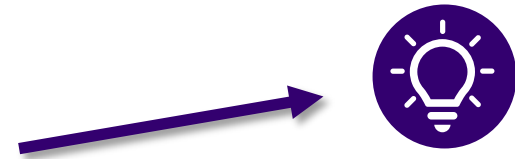


**Emotions,
Feelings**

**Actions,
Behaviors**

Experiences

4:00





Practicing the LEARN steps



Meet Alex

Alex is withdrawing and isolating from friends *(and family)*; including increased absences at school.
Alex is struggling with the increased demands of school and a part-time job and is easily overwhelmed lately.
(Alex also has easy access to large quantities of medication.)



Partner up &
choose roles



Practice the
LEARN steps



Change roles
after 4
minutes



LEARN

LID | Role of LEARN Facilitators

FIS SCENARIO – ALEX

Instructions

It is time to apply the LEARN steps in a practice scenario. You'll be in small groups of 2 for this activity. To start, let's go through the profile of the (fictional) person we'll be helping to

Participant
Packet

Meet Alex



Alex is withdrawing and isolating from friends and family, including increased absences at school. Alex is struggling with the increased demands of school. Alex also has easy access to large quantities of medication.



In your groups, one person will be the person supporting Alex (in other words, the person asking the question about suicide), and the other person will be playing Alex. If you are playing Alex, be who you are in real life - for example, if you use he/him pronouns and/or are male, play Alex as a male.

After you have identified roles, practice having the LEARN conversation once using some of the warning signs you see on the slide/handout. After you have done so, or after about five minutes, switch roles.

If you find yourself running low on time, we recommend making sure you at least practice the A step. The more you practice asking "are you thinking about suicide?" the more confident you will be when you need to use that phrase with someone you care about.



Synergy Training

DATES	LEVELS	TIMES
September 26 October 31 December 5 January 16 February 13*	Middle & High	8:00 - 9:00
April 17** May 29**	ALL Counselors	9:15 - 11:15
	Elementary	11:30 - 12:30
<i>* Times will be adjusted to accommodate Transition Meeting Trainings</i> <i>** Overall length of meetings will likely be increased to accommodate Synergy training</i>		

ALL-COUNSELOR MEETINGS EXPANDED FOR SYNERGY TRAINING

April 17 & May 29, 2025

MS & HS | 8:00-9:00

All Counselors | 9:15-12:45

ES | 1:00-2:00



Mental Health Therapists in Schools

Occasionally, requests are made for counselors/therapists from outside agencies to meet with students at school during the school day in an unsupervised setting. These arrangements can be permitted if the following considerations are in place in advance:

1. Prior to non-EPs counseling sessions with students in an *unsupervised* setting at school during the school day – in person or virtually – an MOU must be signed between the agency/counselor and the school district
 - a. Click to access the most up-to-date [approved agency MOU list](#).
2. A confidential meeting space is available, and the school principal gives approval
3. Meeting with the student outside the school day would be prohibitive based on safety, or due to access barriers including transportation or parent/guardian work schedules

Q: Why does an MOU have to be signed in order for a certified mental health therapist to meet 1:1 with our students? Can't we assume this level of trust based on their credentials alone?

A: State law ([RCW 26A.400.303](#)) requires that we ensure a Washington state patrol and national criminal background check prior to allowing *unsupervised* access to children at school. The MOU includes this confirmation by the agencies of the therapists who work with our kids.

Q: What should we do if a therapist shows up at our school to meet with a student, but they're from an agency not listed on the [approved agency MOU list](#)?

A: Inform them that they are not allowed to meet with students in an unsupervised setting at school unless their agency has signed an MOU with the school district. Then contact [Dave Peters](#) (x4063) to initiate the approval process between the district and that agency.

Q: Can't an outside agency therapist meet with a student 1:1 at school if the parents have given their permission?

A: Only if the agency has signed an MOU with the school district.

Q: Are staff from a WISE program approved to meet 1:1 with our students?

A: It depends. [WISE](#) (Wraparound with Intensive Services) is an approach rather than an agency. If someone identifies themselves from "WISE," ask them to show you identification from the actual agency they work under. Then check the [approved agency MOU list](#).



Mental Health Therapists in Schools

MOU's for School-Based Therapy | 2024-25

last updated: 09/16/2024

Approved for all EPS Schools	Date Approved	Valid Thru	Agency Address	TYPE
Alona Wellness Center	8/28/2024	6/30/2026	1316 Wall Street, Suite 2D, Everett, WA 98201	Virtual only
Center for Human Services	3/23/2023	6/30/2025	21727 76th Ave. W, Suite J, Edmonds, WA 98026	In-person & Virtual
Compass Health	9/4/2024	6/30/2026	4526 Federal Avenue M/S 31, Everett, WA 98203	Virtual only
Integrity First Family Services	9/4/2024	6/30/2026	19730 64th Ave W STE 321, Lynnwood, WA 98036	Virtual only
Lutheran Community Services NW	3/19/2024	6/30/2025	1107 NE 45th St., Suite 200, Seattle, WA 98105	In-person & Virtual
Sea Mar	9/4/2024	6/30/2026	1920 100th Street SE, Suite A2 Everett, WA 98208	In-person & Virtual
Stillaguamish Tribe of Indians Department of Behavioral Health	9/4/2024	6/30/2026	3700 172nd Ave NE Ste-B, Arlington, WA 98223	In-person & Virtual
Therapeutic Health Services	9/16/2024	6/30/2026	9930 Evergreen Way, Suite Z-154, Everett, WA 98204	In-person & Virtual

In Process	Date Initiated	Status	Agency Address	TYPE
Consejo Counseling & Referral Services	8/28/2024	Waiting for response	1601 E. College Way, Mount Vernon, WA 98273	In-person & Virtual
Brave Seattle	9/3/2024	Waiting for response	1700 Westlake Avenue North, Suite 400, Seattle 98109	In-person & Virtual
Journey Bound Counseling	8/28/2024	Waiting for response	1010 Hoyt Ave. #7, Everett, WA 98201	In-person & Virtual
Snohomish Psychology Associates	8/28/2024	Waiting for response	3501 Colby Ave, Suite 105, Everett WA 98201	In-person & Virtual
The Everett Clinic	8/28/2024	Waiting for response	1728 W Marine View Dr, Everett, WA 98201	In-person & Virtual
You Grow Girl!	8/28/2024	Waiting for response	2200 Rainier Ave. S, Suite 201, Seattle, WA 98144	In-person & Virtual





Thank You!

Here's to a terrific year!

