





# Accessing Student Mental Wellness Support



Rachel Rasnake  
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# **CCS will provide a culture of safety, wellness and belonging.**


**CCS will support social, emotional and physical wellness.**

Target 2: All schools will demonstrate improvement on students' Social Emotional Learning Data.

Target 6: Maintain strong community partnerships across the division.



School counselors are the initial point of contact for families, students and staff who are concerned about student wellbeing.



# Elementary School Counselors

**Rebecca Baber**

Burnley Moran

**Katherine Sublett**

Greenbrier

**Allison Pillow**

Johnson

**Irene Jennings**

Clark

**Kristin Ullrich**

Jackson Via

**Isabelle Hermsmeier**

Venable



# School Counselors

## Walker

Jaclyn Jacobson

Delaney Desman

## Buford

Tessie King

Bill Ullrich



# Charlottesville High School School Counselors

Kirstena Lilley

Melanie Key

Maddie Bryant

David Wilkerson

Jermando Towler

Nikki Eubanks Mery



# School Counselors

**Lugo-McGinness**

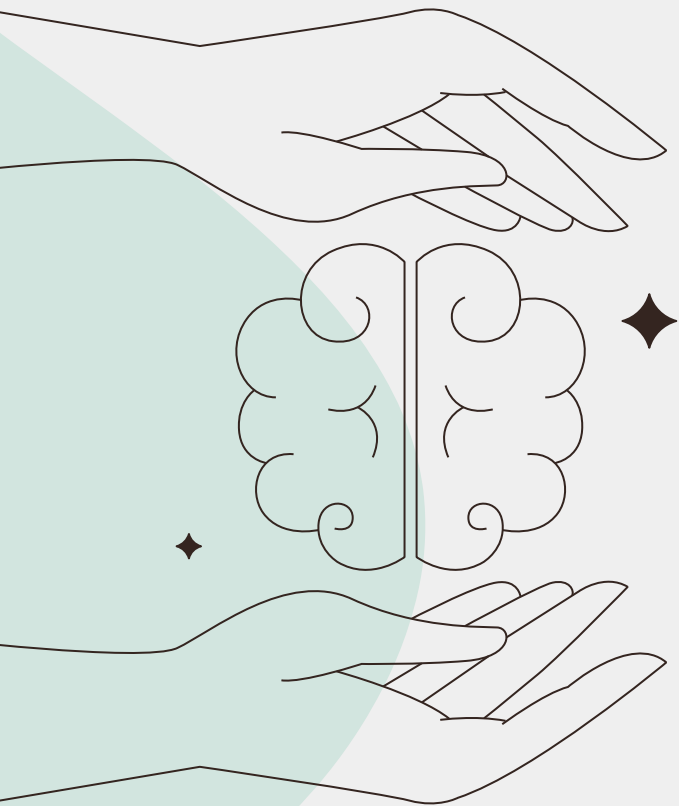
Aloise Phelps



**CATEC**

Adriane Butler





# Initial Concern

A teacher, caregiver, or student identifies a need and reaches out to the school counselor.



The counselor assesses the need through consultation potentially leading to short term solution focused counseling. This is generally 1-6 sessions with a school counselor.





# Continued Concern

If the identified need persists or is having an impact on the student's learning a multi-disciplinary team considers additional supports.



## Data

Teams consider student data to match interventions with student needs.



## Interventions

Skill building groups or individual sessions, solution focused counseling of extended duration, and referral to community-based mental health providers and services.



## Partnerships

Care Solace  
Region Ten  
Student Assistance  
Program (SAP)  
Evergreen  
TDT



# Elementary Schools

1 School Counselor, 1 Social Emotional Support Counselor or Social Worker

# Walker and Buford

2 School Counselors, 2 Social Emotional Support Counselors or Clinical Social Workers, Share 1 Social Worker

# Charlottesville High School

6 School Counselors, 3 Social Workers, 1 Social Emotional Support Counselor

# Lugo-McGinness Academy

1 School Counselor, 1 Social Worker (shared)

# Divisionwide + CATEC

1 School Counselor, 4 School Psychologists, 1 Clinical Psychologist, 2 Social Workers