

The Wellness Team: The Who, When and What

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Topics to Be Explored



- 1. What Are We Seeing Now?*
- 2. What is the Wellness Team?*
- 3. Who Makes Up the Wellness Team?*
- 4. Response to Intervention (RTI)*
- 5. Role of the Counselors*

What Are We Seeing Now?

- ❖ **Striking the balance between school and activities**
- ❖ **Managing relationships**
- ❖ **Social Media and FOMO**
- ❖ **Life after high school**

::COVID-19::

- ❖ **Concern for getting sick**
- ❖ **Online learning**
- ❖ **Wearing masks at all times**
- ❖ **Separation from friends**
- ❖ **Anxiety due to constant uncertainty in the world**
- ❖ **Self-medicating or harmfully self-soothing**

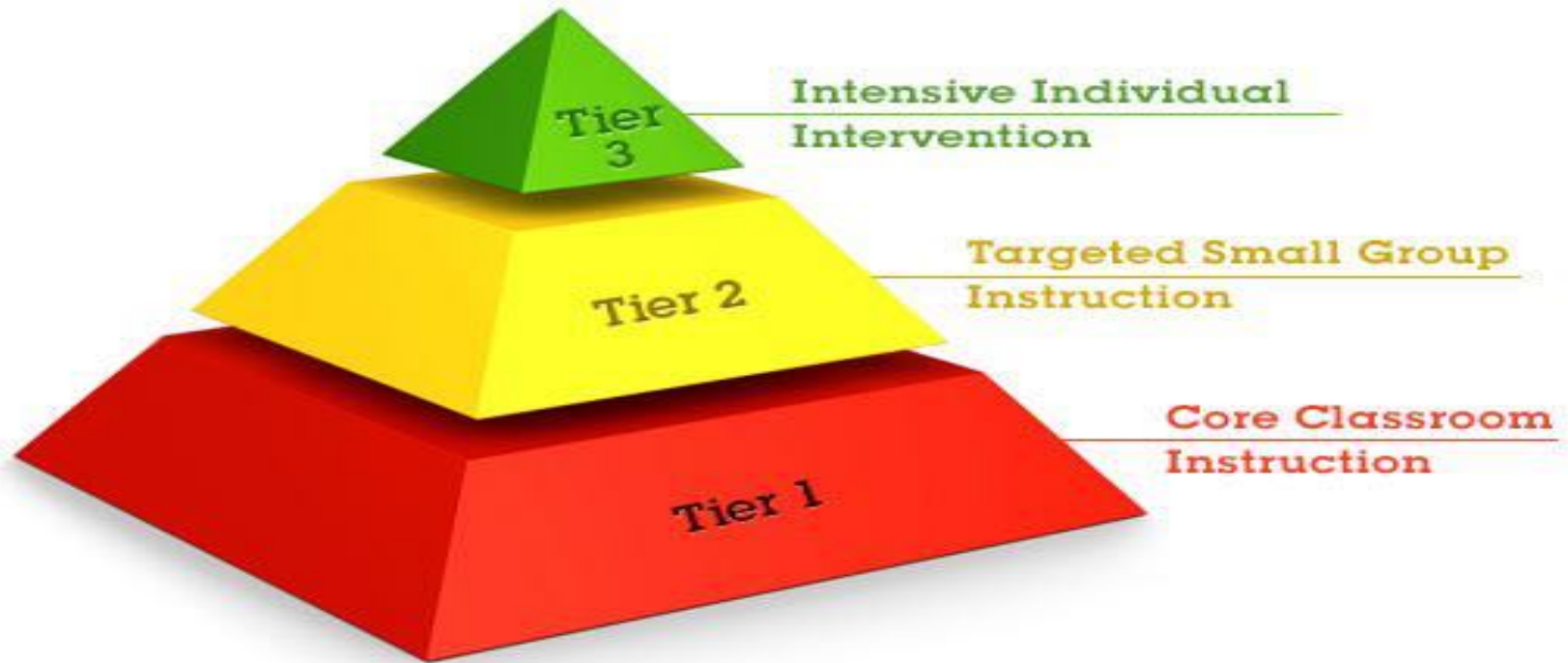
Who Makes Up The Wellness Team?

- ❖ Administrators
- ❖ School Counselors
- ❖ Social Workers
- ❖ Psychologists
- ❖ Nurses



Response to Intervention (RTI): The Concept of Support

Gorski, D. (2020, Nov.). The RTI Network. <http://www.rtinetwork.org/essential/tieredinstruction>



3 Tiers of Support

3-Tier Intervention Model

TIER 1

School Counselors

❖ Core Instruction

- Support social/emotional/academic skills
- Provide direct instruction on such skills
- ALL students
- Supporting classroom teacher/setting



3-Tier Intervention Model

TIER 2

School Counselors, Social Workers

❖ Core instruction with additional support

- Strategic
- Respond to patterns of student behavior—academic and behavioral
- Small groups or individual meeting on specific concern(s)
- Student meeting with short-term follow up
- Examples: *Behavior Contract, IEP Mandates*



3-Tier Intervention Model

TIER 3

*School Counselors, Social Workers,
Psychologists*

❖ Highest need students

- 1-5% of the student population
- Without significant support, students can derail
- Often referred to outside therapy
- Intensive, evidence-based instruction
 - Intensity
 - Frequency
 - Duration



The Role of the Counselor

The School Counselor...

1. *The WHOLE child*
 - a. *Social/Emotional*
 - b. *College/Career*

2. *Identification*

3. *Collaboration with teachers, parents, students, administration*

4. *Advocating*

5. *Referring*



The Elementary Counselor

- ❖ Administration-Psychologist-Social Worker collaboration
- ❖ Classroom Push-In
- ❖ Individual & group counseling
- ❖ Short-Term groups
- ❖ The dynamics of recess
- ❖ Child Study
- ❖ IST
- ❖ CSE
- ❖ Parent-Community collaboration
- ❖ Student regulation
- ❖ College/career



The Middle School Counselor

- ❖ **Administration-Psychologist-Social Worker collaboration**
- ❖ **Transitions Program**
- ❖ **High School planning**
- ❖ **Academic/Social/Emotional monitoring**
- ❖ **Student decompression**
- ❖ **SRT**
- ❖ **IST**
- ❖ **CSE**
- ❖ **Parent – Community collaboration**
- ❖ **College/career**



The High School Counselor

- ❖ **Administration-Psychologist-Social Worker collaboration**
- ❖ **Grade level classroom push-in**
- ❖ **Grade level parent nights**
- ❖ **Post-secondary planning**
- ❖ **College/career**
- ❖ **Academic/social/emotional monitoring**
- ❖ **Student decompression**
- ❖ **SRT**
- ❖ **IST**
- ❖ **CSE**
- ❖ **Parent – Community collaboration**



Final Thoughts

- ❖ We work together
 - ❖ #SameHere Schools
- ❖ It takes a village
- ❖ Communication goes both ways
- ❖ The WHOLE child



QUESTIONS??

