



ICS Counseling Newsletter

**Welcome to International Community School from the
Counseling Center**

**WE WILL ADVOCATE FOR ALL STUDENTS TO ENSURE EQUAL ACCESS TO EDUCATIONAL
PROGRAMS AND RESOURCES**

**WHILE WORKING TO REDUCE/ELIMINATE BARRIERS THAT IMPEDE
STUDENTS FROM REACHING THEIR POTENTIAL**

Mission:

**We are committed to providing a comprehensive program to assist students in
acquiring and utilizing lifelong learning and coping skills in order to be
pro-active leaders in our society and achieve academic, college/career, and
personal/social success.**

Vision:

**We strive to serve as advocates for students, allies with teachers, and liaisons with
parents. We will work to enhance the overall school climate through the facilitation of
a character-driven, collaborative environment in which effective learning and
restorative justice can take place.**

ICS Counselors

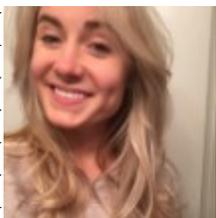


Lis Christiansen – Middle School Counselor, STAMP

Email: lichristiansen@lwsd.org

Availability by appointment Monday-Friday during school hours.

Hello! My name is Lis Christiansen (she/her), and I am your ICS middle school counselor. This means that I am your advocate (champion, supporter, helper, protector). Middle school can be challenging! And being remote probably doesn't make it easier. I'm here to help you navigate how to "do school" in this time, how/when to ask for help from teachers or other adults, how to navigate friendships or conflicts, how to manage your time and energy, staying balanced and healthy, and how to determine and fulfill your individual goals. I am a passionate educator—I'm a former high school English and Civic Engagement teacher leader, and I moved from teaching to counseling in order to positively impact more students and help school communities feel welcoming and warm to every student. I also teach graduate students in the field of school counseling. If you are struggling with anything, please don't hesitate to reach out to talk about it. We're here for you!



Molly Schwarz – High School Counselor and AP Coordinator

Email: mschwarz@lwsd.org

Availability by appointment Tuesdays, Fridays and Wednesdays from 12-4pm.

Hello Phoenixes! My name is Ms. Schwarz, and I am your new 9-12 school counselor at ICS! I wanted to take a moment to introduce myself. I have had the pleasure to be in the counseling field for the last 5.5 years and it all started off on the east coast. I am originally from the suburbs of Philadelphia, which is where I completed my Counselor Education program with a School Counseling focus at West Chester University of PA. Since completing the program, I moved across the country to the beautiful state of Washington where LWSD graciously offered me my first official counseling opportunity and I have proudly been growing with the district since. After two long-term substitute positions at Redmond High School, I am now a full-time counselor that is split between RHS and ICS. I am available to ICS on Tuesday, Wednesday AM, and Friday by appointment. I have created a Microsoft Bookings Page to ease the process of scheduling appointments with me and will be releasing that information as soon as Senior Meetings are complete in early October! I greatly look forward to working with each of you as we rise to the occasion of remote learning this year!



MEET CORA!

ICS's Behavioral Health Support Specialist

(425) 747-4937, x2719

Greetings ICS Students and Families,

My name is Cora Goss-Grubbs, and I am your returning Youth Eastside Services counselor. I'm so happy to be back with you all this year and want to welcome any new students and families to the school. Below is information about how to contact me, services I provide, and a little bit about myself. Please don't hesitate to reach out with any concerns as we begin a new and most unusual school year!

How to Contact Cora:

- Call (425) 747-4937, ext. 2719, enter the extension anytime during the greeting, and leave a message with your name, phone number, school, and a good time to call back. I will respond within 24 hours on weekdays.
- Visit my Virtual Drop-in Office Hours, **Mondays and Fridays, 2:00 – 4:00pm, beginning September 25.** [Follow this link to register anytime.](#) A confirmation email will give you details.
- Ask your school counselor or teacher to give me your phone number and I will call you.

What's a Behavioral Health Support Specialist?

- Lake Washington School District partners with Youth Eastside Services to provide mental health support through education and prevention within schools.
- I am a co-occurring counselor, with credentials as both a Licensed Social Work Associate & Independent Clinical (LSWAIC) and a Substance Use Disorder Professional in Training (SUDPT). This means I can work with students and families on issues related to both mental health and substance use.
- I can provide many services, including:
 - 1:1 support on issues such as depression, anxiety, substance use, suicidal thoughts, self-harm, abuse and trauma (including ongoing racialized trauma), cultural and gender identity exploration, loss and grief, relationship challenges, and more.
 - Short-term group counseling that addresses common issues such as Coping with COVID, anxiety, cultural and gender identity exploration, etc.
 - *Virtual Talk Time with Cora*, where students can drop in to discuss a different

topic together each week.

- Support for parents through individual meetings, groups, or presentations.
- Educational resources such as classroom presentations, webinars, and newsletter Articles.

More Stuff About Cora:

- I received an MSW from the University of Washington in 2019.
- I have a variety of experience working with adolescents, both in schools and in the community.
- I use a collaborative approach, focusing on student strengths and increasing their emotional awareness and capacity for solving the challenges they encounter.
- The services I provide are evidence-based, trauma-informed and culturally sensitive.
- King George, the peacock pictured above, has been a “wild” resident of my neighborhood for at least 15 years. In the Spring he visits our chickens daily.

Additional YES Support for Student and Families:

This year we also have the support of Suchika Siotia, a licensed mental health counselor based at the YES agency. She will be an additional resource for ICS families, offering Asian Indian caregiver support groups and individual counseling as a fee-for-service. She has extensive training and experience in both India and the US, and speaks English, Hindi and Assamese.

Crisis Resources:

Due to being virtual, my response time might be slower. Drop-in office hours are meant to be check-ins for support and you can schedule more time with me at a future date. ***This is not a crisis line.*** If you are experiencing a life-threatening emergency or currently suicidal and cannot keep yourself (or your child) safe, please call 911, the Crisis Line at 206-461-3222, or text HOME to 741741.

Note for Students under age 13:

Per Washington State Minor Consent Law, students 12 years and younger need parent permission to meet with me. You can briefly check-in with me once to plan on getting consent, or have your parents available to give verbal consent.

A NOTE FROM ICS STUDENT TAUGHT ACADEMIC MENTORING PROGRAM (STAMP)

Dear incoming 6th grade students and families,

Our names are Katie Kotler and Trushaa Ramanan and we are seniors this upcoming year! We are also the co-directors of the Student Taught Academic Mentoring Program at ICS. STAMP is just one of the unique student organizations that is special about ICS. We focus on connecting high school students with middle school students. Our program is made up of a large group of mentors (sophomores, juniors, and seniors) who are dedicated to helping incoming sixth graders and middle schoolers feel welcome. In doing so, we hope to help younger students feel that they are also a valuable part of our ICS community and that they have both student and teacher support easily accessible. On this note, we are so excited to announce that we will be restarting our STAMP groups shortly! In these groups, older STAMP mentors (sophomores, juniors, and seniors) will be paired with 6th and 7th graders to help them throughout the year with academics, mental health, and to simply establish intergrade connections.

As we are a school of approximately 440 students ranging from sixth grade to twelfth, our community is unique, tight-knit, and diverse. While we both can certainly recall moments of struggle and achievement throughout our ICS careers, teachers and peers have always been present to provide support. Without a doubt, we both have built relationships with our classmates that will continue far beyond graduation and higher-level education. As we begin our seventh and final year at ICS, we both feel so grateful to have such close connections, especially during this unprecedented time. We hope you all are well during this time, and on behalf of the ICS community, we are so excited to welcome you to ICS.

Sincerely,
Katie Kotler and Trushaa Ramanan
STAMP Co-Directors