

Online Counseling Appointments for All Students

Your school counselors are excited to share our Microsoft Bookings link with you all! Ms. Christiansen and Ms. Schwarz will now be accepting virtual appointments with students via Microsoft Teams. Please utilize our [ICS Counseling](#) Microsoft Bookings link to find our up to date individual availability. We look forward to meeting with you!

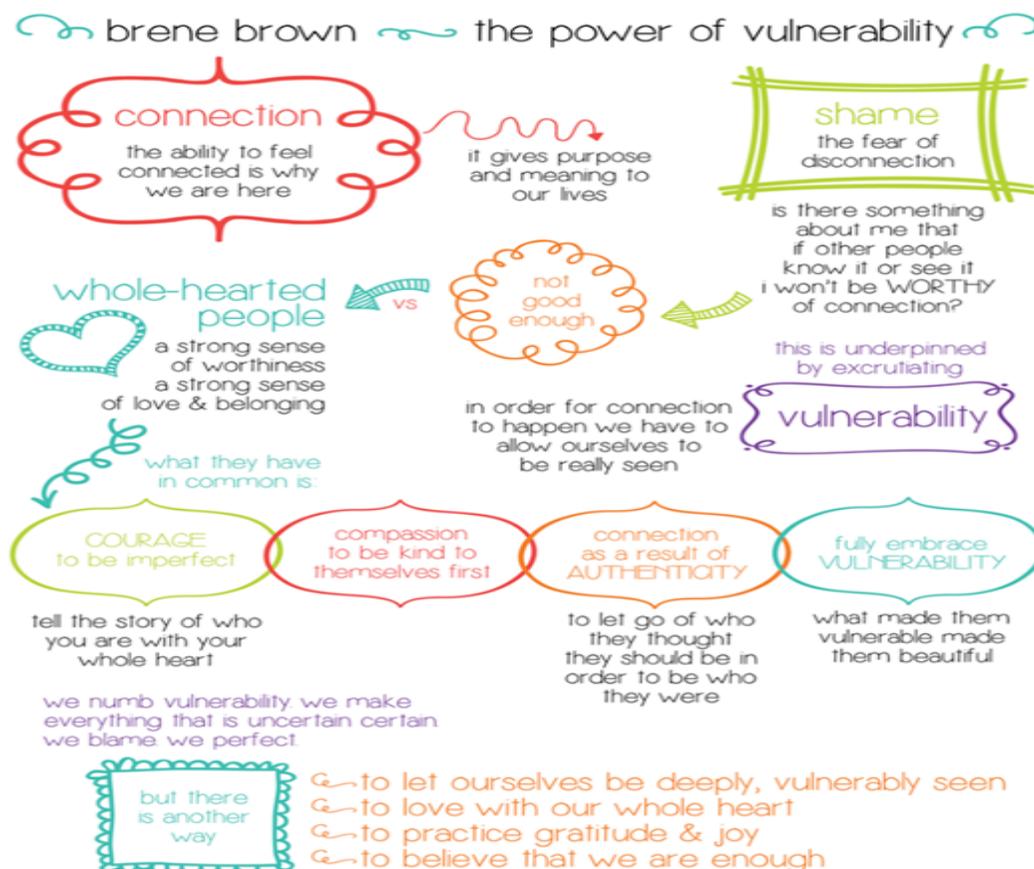
Parents and guardians are requested to email their student's counselor to setup an appointment for any of the following:

- Discuss their student's academic progress
- College and career planning
- Social/Emotional/Mental concerns

Please note that we have had a recent shift in caseloads:

Ms. Christiansen – 6th-9th grade

Ms. Schwarz – 10th-12th grade





Cora's Corner

Parenting Resources for the New School Year
Cora Goss-Grubbs
YES Behavioral Health Support Specialist

Cora's Virtual Drop-In Office Hours-For Parents and Students

As the mother of two teenagers, I'm familiar with the struggles of not only raising someone on the verge of adolescence, but during a pandemic no less! And as a school-based support person for your students, I hear about their challenges - the day-to-day and the lifelong, the practical and the existential. I have learned that the more grown-ups can listen to those challenges, and respond non-judgmentally with patience and compassion, the more well-adjusted and healthy children will become. Unfortunately, when we're overwhelmed, or don't understand our children, or are scared for them, it's hard to muster that patience and compassion. So where does a caregiver go for support? There are many resources! Below is a short list of where to start.



WHEN: Every Monday and Friday, 2:00-4:00 PM

HOW: [Register here anytime](#). A confirmation email will give you details.

WHY: Need to vent? Worried about your child? Want to talk confidentially about family struggles and find a pathway forward? I'm here to listen and provide resources! Don't hesitate to register and drop-in on my virtual office hours.

I am also available to meet for longer sessions with students and parents via Telehealth video and phone. Leave a message at **425-747-4937, ext 2719**. Enter the extension anytime during the greeting. Be sure to leave your name and phone number, and I will get back to you within 24 hours on weekdays.



Additional YES Support For Students and Families

This year ICS has 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. Please contact Cora for more information about Suchika's services and how to get in touch with her.



Balance in Mind
powered by
Lake Washington
Schools Foundation

Balance in Mind works with community partners to raise awareness about emotional and mental health challenges facing our youth, to empower parents, and to build communities where our kids grow up healthy, resilient and equipped for life. They offer several virtual programs such as Parent Chat, Real Talk, and webinars. On February 3rd, mental health experts will speak about ***Talking Consent with Christy Keating of Savvy Parents, Safe Kids***. Check out their website for more information: www.lwsf.org/youthmentalwellness.html.



Child Mind Institute is dedicated to transforming the lives of children and families struggling with mental health and learning disorders. **This webpage** offers resources for coping during Covid-19, including Facebook live video chats with expert clinicians and tips via email.



Crisis Connections offers 24-hour crisis support. If your child is in a suicidal or high-risk crisis, call **Crisis Connections at 866-4CRISIS or 206-461-3222**. You can also text HOME to 741741 to connect with a Crisis Counselor 24/7.

YES Support Groups Available for LWSD Middle School Students At No Cost For School Year 2020-2021 (all virtual)

BGLAD 5:00-6:00 pm Tuesdays

A social support group for LGBTQ+ identifying middle schoolers across the district, led by two Mental Health Professionals. In group, we will share and learn about identities, develop self-understanding, and learn skills to navigate situations faced by the LGBTQ+ community. We will develop group activities and topics based on the group's interests. Click [here](#) for informational flyer.

YES Support Groups Available for LWSD High School Students At No Cost For School Year 2020-2021 (all virtual)

Recovery Group 1:00-2:00 pm Wednesdays

For students who are working toward or are in recovery from substance use. Learn healthy coping skills and tools, along with mindfulness strategies on how to support present and future goals of not using substances. Ongoing group, can join at any time.

Affected Others Group 2:30-3:30 pm Wednesdays

For students who are affected by others' substance use. Confidential space to explore and express feelings, build community and reduce feelings of isolation. Also a space to feel empowered and have fun. Ongoing group, can join at any time.

Quit Vaping Now 4:00-5:00 pm Wednesdays

For students who are determined to work towards not using nicotine products of any kind. Building motivation to quit by recognizing triggers, learning mindfulness strategies to reduce stress, and creating steps for success with realistic goals. 4-week series, starts again on the first Wednesday of every month.

UPROADS 3:30-4:30 pm Mondays (every other)

A year-round pro-social sober activities program for youth that provides cost-free opportunities for sober fun through virtual social interaction with discussions, games, skill building and activities. (ages 13-19) Ongoing group, can join any time.

- Individual counseling support services are available for students.
- Consultation appointments and referral services are available for parents and caregivers.
- Click [here](#) for access to the list of YES Behavioral Health Support Specialists and their schools, phone numbers and office hours or you can contact your school counselor.

Fee-For-Service Agency based Groups Classes/Services Available for Students and Families

Alcohol Drug Education Class (ADEC)

A three-hour intervention class that teaches youth and their parents/caregivers about the impact of substance use, including nicotine/vaping, alcohol, cannabis and other substances. The class is open to the community for a \$75 fee (per family), with financial aid available. Offered one time per month on a Saturday from 9:30am-12:30pm. Certificate of completion given at the end of class. (for 12-18 year olds) (Virtual only).

Click [here](#) to register for the January 30th class or click [here](#) to register for the February 27th class.

Road to Recovery Groups

Begins with an Intake that can be billed (along with future services) to Medicaid, Insurance, Private Pay, or Sliding Fee Scale. Call 425-747-4937 to make an appointment or come to Open Access walk-in hours on Mondays from 1-4pm at the Bellevue office. Click [here](#) to access the YES website.

YES' three phase Road to Recovery Groups embrace the content and philosophy of Seven Challenges therapy. Seven Challenges is an evidence-based approach designed to motivate youth over the age of 13, to evaluate their lives, consider changes they may need to make, and succeed in implementing those changes. Groups are offered in combination with individual counseling and family participation. Youth start in the phase that is relevant to their needs, determined at their assessment. (All groups are virtual with virtual or in person individual counseling sessions available)

Phase 1 – Aware

A continuing, weekly program for substance use and co-occurring disorders clients that engages and educates youth equipping them to identify problems and solutions, and find motivation for positive change.

Phase 2 – Seven Challenges Group

A continuing, weekly program for substance use and co-occurring disorders clients that assists youth to gain insight, learn skills, evaluate how their choices impact their lives and develop an action plan for a healthy life. Learn more [here](#).

Phase 2 – Life in Recovery

Weekly support for clients that provides professional facilitation by YES co-occurring therapists and peer support to develop skills to meet the challenge of living life in recovery.

Fee-For-Service Agency based Groups Classes/Services Available for Students and Families

Parent /Caregiver Support Group

A weekly group for parents. This group presents information on substance use, mental health and other challenges facing their youth. The group assists parents/caregivers to effectively communicate with and support their youth in making positive changes while setting healthy boundaries, and practicing self-care. (Virtual)

****Due to the changing situation with virtual groups, you can find the most updated information on groups at the time of your intake.**

Teen Link

Free Youth Suicide Prevention Coaching for Students

Click [here](#) for informational flyer.

12 COPING SKILLS TO USE AND PRACTISE WITH YOUR CHILD

@BELIEVEPHQ

- 01** Each week spend some time with your child to talk about their thoughts and feelings
- 02** Try and focus on the here and now. Stay in the present moment
- 03** Engage in some deep breathing for a couple of minutes
- 04** When your child experiences negative thoughts help them to identify thinking errors
- 05** Engage in some self care. Do things that provide you with rest and recovery
- 06** Engage in some worry time and learn how to postpone worries
- 07** Encourage your child to openly talk about their feelings and thoughts
- 08** Find a moment to get active together and do some exercise
- 09** Find an activity you can both do mindfully. Use all your senses
- 10** Identify some of your child's strengths and how they can use them in the next week
- 11** With your child write down 3 good things they have achieved in the day
- 12** Choose an activity with your child and slow everything down. Breathe slower and move slower

Social Emotional Learning Remote Activities

- Take a moment to chill out with a live stream of a beautiful beach in Maui. Click [here](#).
- Each year Johns Hopkins publishes their favorite admission essays. Click [here](#).
- Try some of these 30 social distancing activities. Click [here](#).

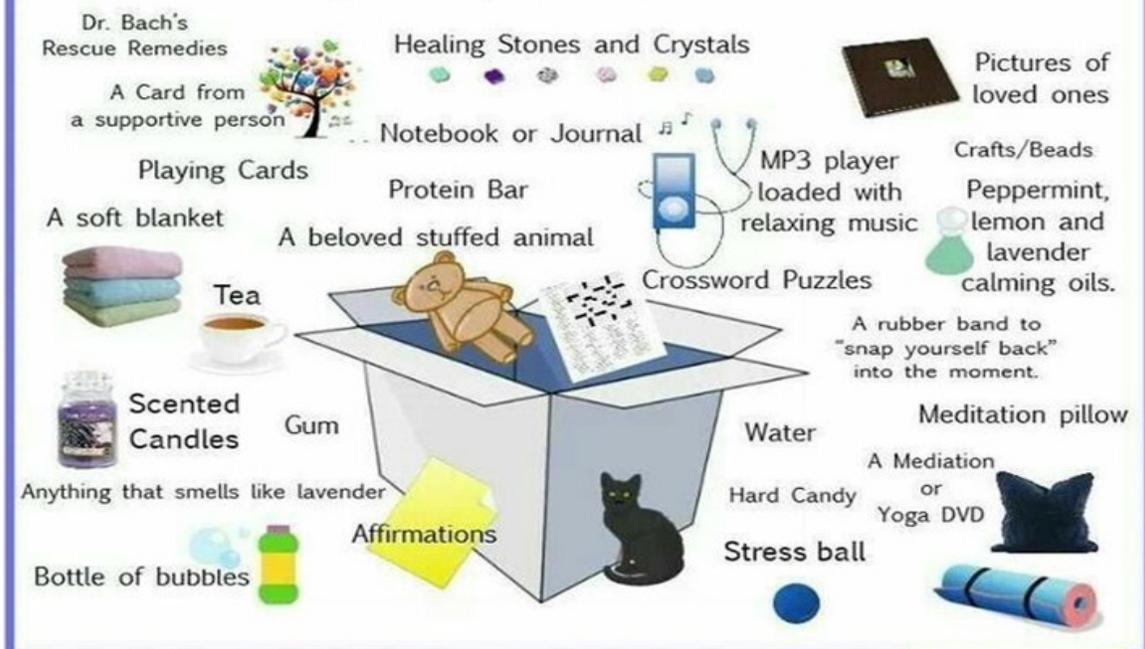
The Coping Toolbox

What exactly is a Coping Toolbox?

It's a collection of your various favorite and healthy items that you can use when you are feeling anxious, panicky or distressed.

Many therapists recommend to their patients to create a coping toolbox for those times when they need something to help them get through an anxiety attack, panic attack or any kind of distressed situation.

The items below are recommended by the members of High AnXieties. Of course it's up to you what you add. Just keep in mind that you want things that will give you a positive distraction and that will help bring you through the difficult times.



Upcoming PSAT

To the juniors that are signed up to take the PSAT NMSQT, know that you have the school and the counseling team cheering you on!

**Don't Stress.
Do Your Best.
Forget the Rest.**

Click [here](#) for PSAT test-taking strategies.

You Can Do This!
TEST-TAKING TIPS

REST zzz
nom nom **EAT BREAKFAST**

PREPARE Know the facts

FOLLOW Use a No. 2 Pencil **ALL DIRECTIONS**

If you don't know an answer **SKIP IT** come back to it at the end

STEADY PACE BE not too FAST or too SLOW **NEAT**

CHECK YOUR WORK

RELAX do as well as you can!

A Message and ACTIVITY from STAMP (Student Taught Academic Mentorship Program)

Hi Phoenixes!

We hope you all enjoyed your winter break, the holidays, and the STAMP homeroom today!

Maintaining your health and learning how to cope with stress is so important, not only for school. Plus, it doesn't take much time! Even small activities such as going on a walk or taking a hot shower can relieve stress.

Click [here](#) to find a fun bingo activity (and you can win class game points)! All you have to do is download the document, complete two bingos, and send it to the STAMP email: stampexec@outlook.com. There are a couple of different types of squares on the bingo card. For some squares, you just have to complete an activity and then you can cross out the square. For others, you might have to fill in an answer. For the last kind of square, you will have to send a picture to the STAMP email along with your bingo card.

Send your bingo card and any photos to the email above by Friday, January 29, to earn class game points! We hope you enjoy and have a wonderful week!

Remember, your STAMPers are here to help. Please don't hesitate to reach out!

Rise Up!
The STAMP Team