

**Student Wellness:**  
**Social Emotional Learning & School**  
**Adjustment Counseling Services**  
*Masconomet Regional School District*

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*Director of Counseling & Health Services*



# Overview

- **Who are our students?**
  - Pre-Pandemic, during Covid-19, and Today
  - What does the data reveal about the mental well-being of our students?
- **What supports are available to our students?**
  - Multi-Tiered System of Support
  - Social Emotional Learning
    - SELLT and Strategic Action Plan Progress
- **Moving forward: 2024-2025 Update**



# Who are our students?

Academically Achieving  
and  
coping appropriately



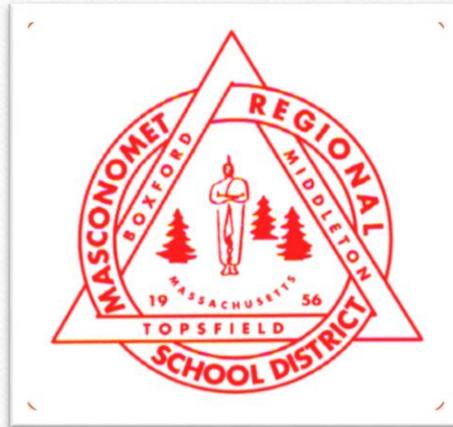
Academically Achieving  
but  
struggling in silence

Struggling academically  
but  
accepting help and  
interventions



Struggling  
academically  
and  
not responding to help  
and interventions

What does the data reveal about the mental well-being of our students?



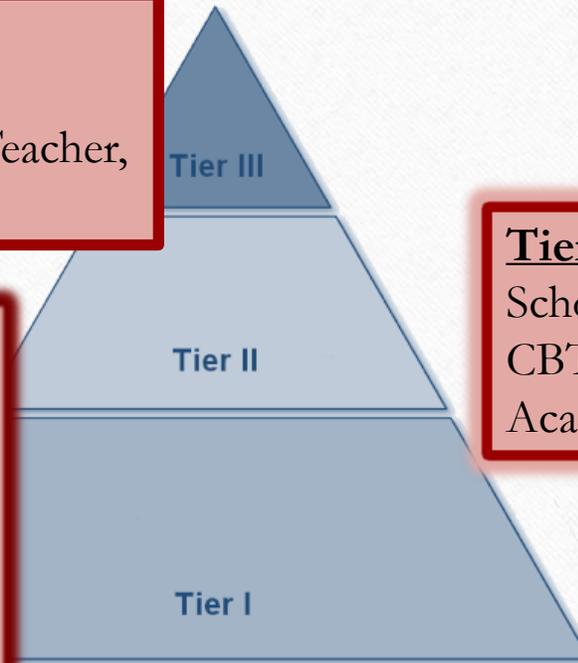
# Multi-Tiered System of Support: 2023-2024

## **Tier III: highest level of interventions**

School Adjustment Counseling Services  
Student Support Center: (MS) 3 SAC and 1 Teacher,  
(HS) 4 SAC and 1 paraprofessional

## **Tier I: - all students**

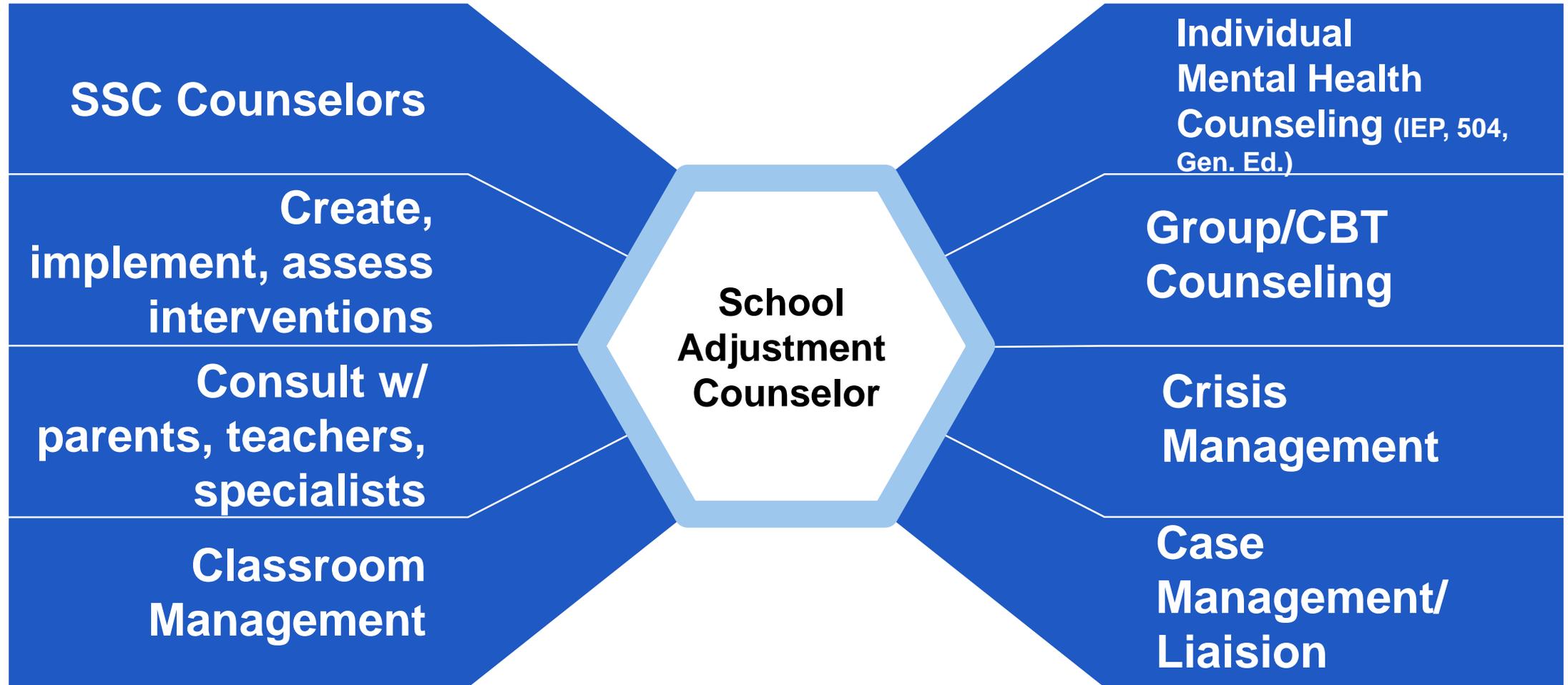
Teachers, Teams (MS), School Counselors,  
School Nursing, M-Block,  
Engagement Opportunities:  
Excels (MS), Clubs, Sports, Music, Art,  
After school help,  
Student Support Teams (HS/MS)  
Universal Mental Health Screening(HS/MS)



## **Tier II: - students requiring more support**

School Adjustment Counseling Services  
CBT Group Counseling Services  
Academic Success Center (ASC)

# Role of the School Adjustment Counselor



# MS Student Support Center (SSC)

2023-2024	T1	T2	T3
# Students Accessing SSC	156	178	
# Students Scheduled into SSC for study	17	49	
# Students ISS in SSC	1	0	
# Students in CBT Group	8	8	
# students in lunch group 7th/8th	16/9	16/10	

T1: Updated as of 11/1/23

T2: Updated as of 2/12/24

# HS Student Support Center (SSC)

2023-2024	Q1	Q2	Q3	Q4
# Students Accessing SSC	125	151		
# Students Scheduled into SSC for study	21	26		
# Students ISS in SSC	6	4		
# Students in CBT Group	0	0		
# Unscheduled visits to SSC	179	272		
# Students accessing SSC Lunch	12	9		

*Unscheduled visits includes: Academic help/test, short term SSC plan, break, seeking SAC or M Block*

*Q1: Updated as of 11/1/23*

*Q2: Updated as of 1/22/24*

# School Adjustment Counseling Services: *Middle School*

	IEP	504	General Education	Total # of students/SAC
SAC #1	12	11	5	28
SAC #2	24	4	4	32
SAC #3	25	6	4	35
<b>Total:</b>	<b>61</b>	<b>21</b>	<b>13</b>	<b>95</b>
<b>Avg. w/ 2 SACs</b>	<b>30</b>	<b>10</b>	<b>7</b>	<b>47</b>

*SY 2023-2024, 7 full-time school adjustments counselors (4 in the High School and 3 in the Middle School; including the 2 positions which are currently grant-funded) are providing direct, individual school adjustment counseling  
SY 2024-2025, 5 full-time school adjustment counselors (3 in the High School and 2 in the Middle School)*

# School Adjustment Counseling Services: *High School*

	IEP	504	General Education	Total # of students/SAC
SAC #1	13	5	4	22
SAC #2	26	11	0	37
SAC #3	18	14	4	36
SAC #4	22	10	2	34
<b>Total:</b>	<b>79</b>	<b>40</b>	<b>10</b>	<b>129</b>
<b>Avg. w/ 3 SACs</b>	<b>26</b>	<b>13</b>	<b>3</b>	<b>43</b>

*SY 2023-2024, 7 full-time school adjustments counselors (4 in the High School and 3 in the Middle School; including the 2 positions which are currently grant-funded) are providing direct, individual school adjustment counseling SY 2024-2025, 5 full-time school adjustment counselors (3 in the High School and 2 in the Middle School)*

What supports are available to  
our students?



# School Counseling Services (Tier I)

**Student**

- **Academic**
  - **EF Skills**
  - **Academic Stress**
- **Social/Emotional**
  - **Coping Strategies**
  - **Connecting & Engaging**
  - **Finding Hope & Resilience**
  - **Anxiety & Struggle**
- **College/Career**



# Academic Success Center (Tier II):

Purpose	Strategy Instruction
<ul style="list-style-type: none"><li>• provides <b>short-term</b> opportunities for students who have <b>missed school</b> for a period of time to get <b>back on track</b> with their <b>academic coursework</b></li><li>• <b>develop skills</b> that <b>promote success</b>, <b>practice self-advocacy</b>, and <b>become self-directed learners</b></li><li>• <b>identify academic concerns</b> and <b>perceived barriers</b> to success in achieving short-term goal</li></ul>	<ul style="list-style-type: none"><li>• <b>Academic Expectations</b></li><li>• <b>Time management</b></li><li>• <b>Organization and Planning</b></li><li>• <b>Prioritization</b></li><li>• <b>Procrastination</b></li><li>• <b>Test preparation</b></li><li>• <b>Study Skills</b></li><li>• <b>Dealing with test anxiety</b></li></ul>

# Student Support Centers (Tier III)



- HS program is staffed with 4 adjustment counselors and 1 paraprofessional.
- MS program is staffed with 3 adjustment counselors and 1 teacher.
- The SSCs service students who may have an IEP or 504 as well as students without either of these plans.
- Students may access the SSC for crisis management, daily check-ins, adjustment counseling, organizational support, specialized homeroom, transition support from long-term absences, and for separate setting for testing.
- In-School Suspension is held in the SSC as it is viewed as an intervention as opposed to strictly discipline.
- HS students may access the SSC when enrolled in online classes through Graduation Alliance.

# Social Emotional Learning: Building a Comprehensive School Mental Health System

- Evolution of **Social Emotional Learning Leadership Team (SELLT)**
- Creation of an **SEL Strategic Action Plan** (5 year)

## **□ Priorities:**

- Provide SEL Supports to all students (Tier 1)
- Provide Mental Health Supports to all students in crisis (Tiers 2 and 3)
- Collect baseline data on the mental wellbeing of all Masco students
- Gather a baseline understanding of faculty readiness and resources to support upcoming SEL and Mental Health Initiatives\*
- Provide comprehensive Professional Development to faculty re: SEL, equity, diversity and Mental Health issues





# Social Emotional Learning: Strategic Action Plan Accomplishments



## Priority #1

---PD opportunities for faculty FY 23, FY 24 re: SEL & Trauma Sensitive Classroom

---Supported staff in creating faculty library of SEL and Trauma Sensitive Classroom activities

## Priority #2

---Created and supported the use of comprehensive Suicide Assessment Protocols including ASQ/Brief to use with students in crisis

---Completed Cognitive Behavioral Therapy (CBT) groups for identified students needing supports

## Priority #3

---Completed Universal Mental Health Screenings (UMHS) for all 7th and 9th graders

---Completed data collection and report analysis for Universal Mental Health Screenings with post intervention data

## Priority #4

---Completed SHAPES needs/resource mapping assessment (FY 22, FY 23)

---Compared data between 2021-2022 and 2022-2023 SHAPES assessment and identified areas for further programming need

## Priority #5

--- Developed and provided (3) 10- week sessions of “SEL 101” PD for all faculty (FY 23)

---Developed and provided (2) 10- week “SEL Take 2” PD for faculty (FY 24)

---Created and oversaw CPI Protocols and Procedures; provided CPI staff training

---Managed faculty library of SEL and Trauma Sensitive resources

# Moving Forward: SEL Strategic Action Plan 2024-2025



- Continue with Universal Mental Health Screening (UMHS) in some capacity at the MS and HS
- Explore opportunities to offer post-UMHS CBT groups
- Continue to update and expand the “SEL Faculty Library”
- Conduct the SHAPES assessment for the district

# Moving Forward: School Adjustment Counseling 2024-2025



- **With 5 vs. 7 full-time School Adjustment Counselors in the district for the 2024-2025 academic year:**
  - Re-evaluate counselor caseloads
  - Re-examine entry and exit criteria for Student Support Centers
  - Explore transitions (MS to HS and graduating seniors)
  - Referrals for CBT groups based on student needs
  - Increased connection with community mental health resources

# Moving Forward: Academic Success Center 2024-2025



## Staffing Model

Pilot 2021-2022	ESSER III Grant 2022-2024	Moving Forward 2024-2025
<ul style="list-style-type: none"><li>➤ ASC staffed by 1 Paraprofessional</li><li>➤ Pilot Program to address COVID 19 student needs</li><li>➤ Creation of the Center</li></ul>	<ul style="list-style-type: none"><li>➤ ASC staffed by 2 teachers – 1 special educator and 1 general educator* (*2022-2023 model; 2023-2024 model included co-teaching which restricted use of ASC and having only 1 teacher until Feb. 2024)</li></ul>	<ul style="list-style-type: none"><li>➤ ASC staffed by 1 teacher and 2 Paraprofessionals</li><li>➤ ASC teacher will not serve as a co-teacher for other classes. Therefore, the center will be open all day, 5 days/week</li></ul>

Thank you!

