



Counseling Corner

SDUSD Counseling and Guidance Departments

Wiggin Center ~ 4350 Mt. Everest Blvd. ~ SD, CA 92117 ~ 858-503-3180

Volume 5, Issue 2

Winter 2008-2009

Elementary Program Manager's Message

This December has been very busy for such a short month. It started off with a highly successful Resource Fair held at Marina Village. There were over 50 Community Resources represented and over 150 counselors in attendance. There were also over a dozen administrators including the Chief Student Services Officer and the Superintendent of Schools. Evaluations from providers and attendees alike proclaimed the success of the event. I know the counselors appreciate the opportunity to network and communicate face to face with resources ready to provide additional supports to students and their families.

The 2008 school year came to a close with the 10th Annual Forum on the State of Counseling & Guidance in Schools held at USD. The Forum is an innovative professional devel-

opment conference where school counselors, counselor educators, counselor supervisors, graduate students in counseling and industry leaders gather to learn about the latest issues in counseling and guidance and collaborate on practical "take home" solutions to challenges in the field. The keynote speaker was Jason Womack, a professional workplace coach who provided strategies to increase productivity while maintaining a relaxed and concentrated focus on success. Thanks to the generosity of the Downtown Kiwanis Club of San Diego, 20 counselors were able to attend on scholarships. Additional counselors had the registration costs paid out of Medi-Cal monies that they helped generate by completing their MAA surveys.

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Middle and High School Counseling Program Manager's Message

Collaboration and the leveraging of internal and external resources, remains strong in the Counseling and Guidance Department. The Middle and High School Counseling Team would like to acknowledge and thank our collaborators.

On November 18 and November 19, 2008, middle and high school counselors participated in the annual *College, Career & Technical Education Counselor Conference*. This year's theme, *Succeeding in a Profoundly Different Future* met with great feedback from those in attendance. Reena Nadler, LifeCourse Program Director was the keynote speaker. Her presentation, *Millennials Rising: Understanding (& Managing) the New Youth Generation* had profound impact on the "Boomers" and "Gen X-ers" in the audience. Laughter coupled with new understanding of our millennial students and how to creatively educate, counsel and prepare them for their future assisted secondary counselors in looking at their current practice.

On December 2, 2008, the annual *Community Resource Fair* was sponsored by the department. Vendors consisted of community agencies and other SDUSD departments that provide curriculum and services to Pre-K-12 students and their families. Counselors and administrators were invited to participate and network with these organizations to meet the needs of their

schools. As evaluations from participants and vendors remain favorable, we will continue to re-tool this event to meet the needs of our students. If you are interested in the vendor resource list, please contact the department at 858-503-3180. We would like to especially thank our clerical team who went beyond the call of duty to organize this event.

As winter break is upon us, we would like to wish you all a relaxing and restful vacation and continued success in 2009!

Happy New Year!

Melissa Janak



Dr. Terry Grier at the 2008 Community Resource Fair.



Counselors meeting vendors at the 2008 Community Resource Fair



Elementary Program Manager’s Message

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Unfortunately there was the need to call on the District Crisis Team not once, but 5 times this month. The counselors, nurses and psychologists who comprise the team have had extended training in the response to grief and loss and crisis response and are called upon to leave their work at their assigned locations to assist sites when the situation is greater than could be handled by the site counselors and staff. I would like to publicly thank those administrators who released the crisis counselors from their regular duties to assist students and staff at

sites in need. With all we have on our plates in these difficult economic times, I also applaud those who willingly leave their own work undone to respond to the call. The members of the crisis team are truly awesome.

As the holiday season draws near I wish for all of you to have a safe and restful break. May you spend the holidays among those you love and may the New Year bring you and your loved ones peace and prosperity.

HAPPY HOLIDAYS.

Earlene



The 2006-2012 GEAR UP Grant brought encouragement to Morse High School’s 9th grade students on November 14, 2008. We had Mr. James Cannon present 2 separate motivational assemblies for the students and staff. James Cannon, a producer, writer and above all, supportive father of five sons, has committed his professional work to improving the lives of young people. His passion motivates and inspires thousands of youth around the country through engagements as a motivational speaker and life coach. James Cannon currently serves as Vice President of the Nick Cannon Youth Foundation. The students were thrilled when Reuben Cannon, one of Nick Cannon’s younger brothers, performed his song 16 Summers to be released in February 2009.



(left to right, Justine Ioane, Renasha Jones, James Cannon, and Erica Johnson)

The students were encouraged to stand strong, believe in themselves, reach for their dreams, respect their teachers and in the words of Mr. Cannon, introduce themselves to everyone they meet as “I am BRILLIANT and INTELLIGENT!”

If you have any questions about the 2006-2012 GEAR UP Grant, please contact Julia Conner at 858-503-3171 or jconner@sandi.net.



Book Review by Carolyn Prosi

I recently found this book, Have You Filled a Bucket Today? I loved the concept and have been reading it in every class I can. ALL children (1st-5th) love the book but more importantly they GET IT. I was talking about it at a staff meeting at Franklin and our ITL was there. She used the adult book that this one is based on (How Full is Your Bucket?) at an inservice for her principals! Anyway, I'm excited about it because the language is basic and can become school-wide. The abstract ideas of bullying and kindness become concrete and clear. When I checked their website I can see other possibilities as well (i.e. how to put a lid on your bucket so that bullies can't try to dip into it; bulletin board ideas, assemblies, etc.). Check it out and see what you think. I'd be happy to present at a D.C. meeting. The Web address for additional information is: <http://bucketfillers101.com/home.php>

Notes from the Life Skills Program

The San Diego Unified School District will be administering the California Healthy Kids Survey to students in grades 5, 7, 9 and 11 in over 40 schools during March 2009. Schools are randomly chosen by the California Department of Education to participate in this biannual survey. SDUSD has participated in CHKS since 1991 as a condition of receiving tobacco tax money for tobacco education and prevention.

The privacy of the students is carefully guarded. No identifying information is asked in order to keep the results anonymous and confidential. Parents of secondary students receive letters in the mail with information about the survey and are given an opportunity for their student to opt out of participating. Parents of fifth grade students are sent an active consent form for them to sign and return to school.

This is an important survey that will

help the district promote better health among our community's youth and combat problems such as drug use and violence. Health information such as amount of physical activity, nutrition habits, safety at school, alcohol, tobacco and other drug use, violence, harassment, gang membership and delinquency are some of the areas covered. By comparing the 2009 results to previous surveys, we are able to see trends in student behavior. This information is valuable because it provides feedback to the district on the effectiveness of the programs used to teach students how to stay healthy, make effective decisions, increase safety at school and succeed academically.

The staff is also given an opportunity to anonymously complete a Staff School Climate survey. The survey provides each school with feedback regarding staff and student safety, opportunities for staff input,

consistency of student discipline, positive work environment, staff interaction with students and staff perception of students' behavior – ready to learn, drug use, motivation, etc.

The selected school sites will be notified before Winter Break. All parents of students participating in the survey will be notified in January 2009. Sample surveys will be available at schools sites for parents to review in February 2009. If you have any questions, please contact Christina Boyd, Tobacco Use and Prevention (TUPE) Coordinator at cboyd1@sandi.net.



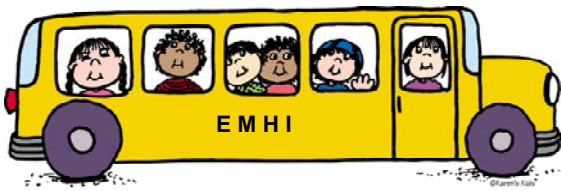
“Counseling helped me learn to control my anger and change my way of thinking.” (student)

Harmonium believes creative planning, collaboration, and strength-based intervention results in high quality *services that promote well-being* in children, youth, and adults in San Diego County. For over 30 years, Harmonium has listened to the needs of the community to develop and continuously improve our services. These services include individual, group and family counseling, affordable on site school age child care, innovative education, and after-school teen enrichment programs.

Harmonium specializes in counseling and related services for children, adolescents, couples and families; tailored to meet the client's needs.

- Individual & group therapy
- Assessments & psychological testing
- Mental health & substance abuse treatment
- Juvenile diversion
- Anger management
- Supervised visitation
- Parent education & support services
- Community presentations & trainings

Our highly trained professionals provide services at our counseling offices as well as neighborhood locations. Learn more about Harmonium and our Counseling services by calling 858-566-5740 or visit our website at www.harmoniumsd.org

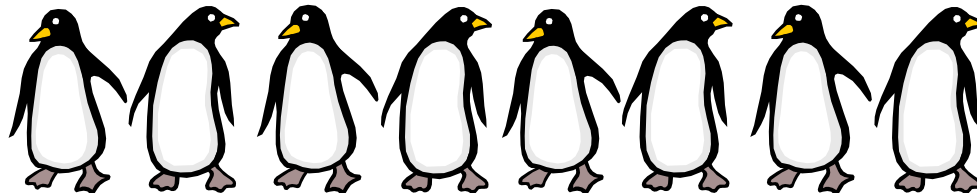


Early Mental Health Initiative (EMHI)

Recently, 61 district staff, including 17 administrators, 2 teachers, 20 counselors, and 22 guidance assistants from 29 EMHI schools, participated in the state-wide training conference, sponsored by the California Department of Mental Health and Time For Kids, Inc. This year's EMHI conference theme was "Play: It's Brain Food." Dr. Daniel Siegel, an award-winning educator and the Associate Clinical Professor of Psychiatry at UCLA, was the Keynote Speaker for the audience of 900 people. Dr. Siegel emphasized that the relationships we build with children through play have a tremendous impact on shaping their brains so that they develop resilience. Rosa Ana Lozada, CEO of Harmonium Inc., Cooperating Mental Health Entity for all SDUSD EMHI schools, presented a fun and interactive workshop, "Nurturing Spirit with Cultural Competence," to help participants to explore effective strategies to be applied within EMHI programs. Clara Cho-Hayashigawa, SDUSD EMHI Project Coordinator also participated as an administrative panel member in a workshop which discussed a variety of EMHI implementation issues encountered in establishing a successful program. The conference ended with an eloquent speech, "The Brain Will not Work if the Heart is Hurt," by Mr. Clinkscale who is currently an elementary administrator in the Elk Grove Unified School District.



For more information regarding EMHI, please contact Clara Cho-Hayashigawa, Project Coordinator at 858-503-3170 or email at ccho@sandi.net.



Tariq Khamisa Foundation

The Tariq Khamisa Foundation served over 20,000 students throughout San Diego County during the 2007-2008 school year. This year we are pleased to once again be offering our core programs to all schools throughout the county. Our experienced, trained program coordinators will come out to your school and facilitate our programs. If you are interested in having TKF at your school, please contact Robin Hart at robin@tkf.org or 858-565-0800 ext 102.

Our core programs include:

Violence Impact Forum Assembly: This is a 70 minute assembly that uses real life stories and people to emphasize the importance of forgiveness and choice making. Target audience: 4th-12th grade students.

Ending the Cycle of Violence: This is our 12-week curriculum program that addresses issues such as violence, gangs, drugs, health and more. Target audience: 6th-12th grade students.

Circle of Peace: This is our 16-week curriculum based youth leadership program that addresses issues of inner peace, life skills and culminates with a community service project. Target audience: 4th-8th grade students.

We look forward to hearing from you!

The Jenna Druck Foundation's "Young Women's Leadership" Program Launches an expanded program for 2009!

Another exciting year is being planned for the middle and high school age girls in our community. Please share this special training and development opportunity with the girls, parents and teachers at your school -

Program Highlights:

- Two "Spirit of Leadership" conferences this year – high school *and* middle school! Young leaders are nominated by the community to receive the "Spirit of Leadership" award and then are honored at these special events, which include keynote speakers, breakout sessions and a mentor experience (nominations forms available in the New Year).
- Four inspiring and impactful workshops throughout the year for girls, women interested in learning about our program, educators and youth leaders.
- Graduation certificate for those who attend throughout the year with our new "Passport to Success".
- Expanded mentor program offering three mentor experiences over the year and special training from a teen mentoring expert Tami Walsh (www.teenwisdom.com). (Mentor applications will be available in the New Year)
- World Class key-note speaker Lisa Nichols (www.motivatingtheteenspirit.com) in the line-up for the high school conference along with other highly dynamic and impactful faculty members.

Save these dates:

February 21, 2009	Leadership Workshop 9:00-11:30am
March 21, 2009	"Spirit of Leadership" Conference (high school) 8:30-4:30pm
May 9, 2009	Leadership Workshop 9:00-11:30am
July 18, 2009	"Spirit of Leadership" Conference (middle school) details TBA
Sept 26, 2009	Leadership Workshop 9:00-11:30am
Nov 7, 2009	Leadership Workshop 9:00-11:30am



Visit our website – www.jdfleadership.org for further details. Contact program director Leanne Tibiatowski with questions or to request an on-site visit with Your school's leadership team 619.294.8000, ltibiatowski@jennadruck.org

Happy
Holidays!

Upcoming Events



- December 22, 2008-January 2, 2009, **Winter Vacation.**
- January 19, 2009, **Martin Luther King Jr. Birthday (observed).**
- January 31, 2009, 9:00-12:00, **Cal-SOAP Cash for College, San Diego State University.**
- February, **Black History Month.**
- February 2 through February 6, 2009, **National School Counseling Week.**
- February 9, 2009, **Abraham Lincoln's Birthday (observed).**
- February 16, 2009, **George Washington's Birthday (observed).**
- February 21, 2009, **Cal-SOAP Cash for College, TBD.**
- February 26 to March 27, 2009, **CHKS & YRBS Surveys — Grades 5, 7, 9, and 11.**
- February 28, 2009, **Cal-SOAP Cash for College, TBD.**
- March, **National Women's History Month.**
- March, **Youth Arts Education Month.**
- March 8, 2009, 2:00 a.m., **Daylight Saving Time begins.**
- April 6 through 10, 2009, **Spring Vacation**



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