



VIRGINIA  
SCHOOL  
COUNSELOR  
ASSOCIATION

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# School Counselors Taking the Lead

Virginia School Counseling Leadership Summit 2018

School

~~GUIDANCE~~  
COUNSELOR

# It's more than a name change...

## Guidance Counselor

- Teachers inherited position or took limited number of additional classes for counseling certification



## School Counselor

- Hold a Master's Degree or higher in Counseling (48-60 graduate credit hours)
- Meet VA Board of Counseling's degree requirements for Licensed Professional Counselors (LPC)
- Exceed VA's educational requirement of Qualified Mental Health Professionals (QMHP-C) working with children and adolescents
- SB1117- Mandatory training in the recognition of mental health disorder and behavioral distress, including depression, trauma, violence, youth suicide, and substance abuse.

# It's more than a name change...

## Guidance Counselor

- Vocational movement- Occupational assessment, employment services, assist students in planning for future employment or college
- Provided a reactive service for some students
- Pointed students in a productive direction and provide “quick fix” to problems



## School Counselor

- Academic Achievement, College & Career Readiness, Social/Emotional Development and Mental/Behavioral Health
- Provides a comprehensive program, driven by data that includes 8 different delivery methods of counseling services to all students
- Provides education, prevention, early identification, and intervention/crisis response services to all students

# Today's students

- **1 in 4** children have been exposed to a traumatic event that can affect learning and/or behavior.
- **1 in 5** children from birth to 18 years has a diagnosable mental disorder.
- Onset of mental illness may occur as early as 7-11 years old, and half begin by age 14
- Suicide is the second leading cause of death for ages 10-24
- Children who struggle with mental health may miss copious amounts of school, and their rates of suspension and expulsion are 3x higher than children without a mental health concern or illness.
- Of school-aged children who receive any behavioral or mental health services, 70-80% of them receive them only at school.

***Student's unmet mental health needs pose barriers to development, learning, and compromise school safety.***

Things I want in  
my family.

I want food and water.

Don't hit on me.

A house with running water  
and lights. I want love.

Mom and dad don't fight.

I want no drugs.

Don't kill my pets.

Help with school.

Nice clean clothes.

No lice. No bug in house.

Clean house.

Clean bed with covers.

Don't sell my toys. Treated fair.

Don't get drunk. TV in house.

Let me keep my games. School  
stuff. Nice shoes. My own comb.

Soap. Nice house and safe. A card  
heater. Coat. Toothbrush.



# School Counseling Services

## DIRECT COUNSELING

- Counseling Curriculum
- Small Group Counseling
- Individual Counseling
- Crisis Response
- Individual Student Planning
- Consultation
- Collaboration
- Referral



# School Counseling Get Results

Schools with lower school counselor to student ratios had statistically significant **lower rates of student suspensions** and **fewer disciplinary incidents**

(Lapan, Whitcomb, & Aleman, 2012)

Students with access to school counselors and comprehensive school counseling programs are **more likely to achieve academically and behaviorally**; particularly students in high-poverty schools (Lapan, Gysbers, Bragg, & Pierce, 2012)

A comprehensive school counseling program in every elementary, middle, and high school is a **necessary component of any effort directed at school safety**

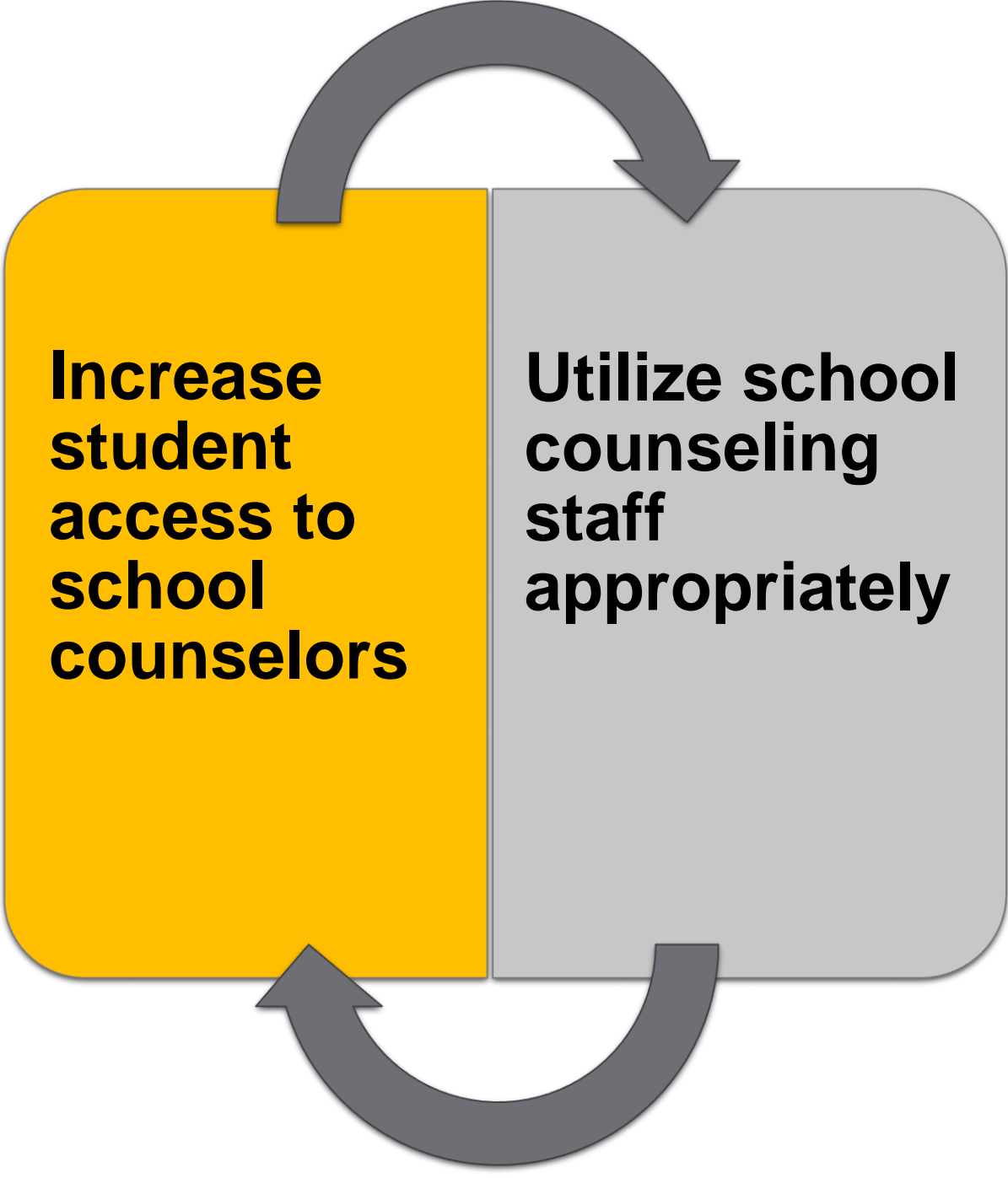
(Nims, 2000)

Students in schools with more fully implemented school counseling programs had a **more positive perception of school climate and safety** within their school

(Lapan, Gysbers, & Petroski, 2001).

School counselors can be catalysts for **identifying students with depression and suicidal thoughts** (Erickson & Abel, 2013)





**Increase  
student  
access to  
school  
counselors**

**Utilize school  
counseling  
staff  
appropriately**

# Recommendations

Standards of Quality Revision (§ 22.1-253.13:2. Standard 2. Instructional, administrative, and support personnel)

- K. Local school boards shall employ ***one full-time equivalent school counselor position per 250 students, with no caseload being larger than 300*** in grades kindergarten through 12.

Standards of Accreditation Revision (8VAC20-131-240. Administrative and Support Staff; Staffing Requirements)

- D. The counseling program for elementary, middle, and secondary schools shall provide ***a minimum of 80% of the time for each member of the school counseling staff devoted to the delivery of direct counseling services to students.***

THE NEWS VIRGINIAN

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Students tell legislators about mental illness, peer pressure

By NICK STUART [stuartn@newsvirginian.com](#) (540) 933-3562 Aug 25, 2018 2 min to read



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THE ROANOKE TIMES


Roanoke County school officials agree to hire more counselors

By Andrew Adkins [andrew.adkins@roanoke.com](#) 961-3334 Sep 13, 2018

Student access to mental health support is expected to increase in Roanoke County Public Schools.

The Roanoke County School Board voted 5-0 Thursday to hire five new licensed counselors to serve the secondary schools, and two additional counseling staff members at the elementary level. Hiring the new positions means all middle and high schools will have a full-time mental health counselor, and that a full-time counselor is present in all elementary schools.


The combined annual cost of the new positions is \$426,448, according to the school division.



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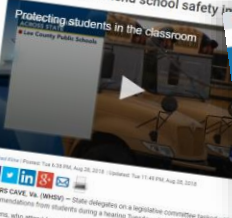
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By JENNIFER HARRIS [jharris@wvtz.com](#) 336-794-4828 Aug 28, 2018 1 min to read



Daily Press


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