

WHAT IS STUDENT ASSISTANCE?



As WMC's Student Assistance Counselor I am here to provide support and information to both parents and students. I assist many students in developing coping skills for addictions, anger, depression, and grief, family and school stressors. I can offer information regarding resources and act as a sounding board for various concerns. I truly believe that my role with our students is to provide them with support while increasing their self-esteem so they become empowered and responsible adults.

Along with my duties as the Student Assistance Counselor I also am the Anti-Bullying Specialist at WMC. Some of the responsibilities of this position include participating in investigations and counseling participants. I am also an integral part of both freshman and junior health classes educating them on how to identify bullying behaviors and how to empower our students so they can be active participants in creating a positive school culture. The goal is to give them the skills, knowledge and power to be an upstander so we can continue to build a climate of mutual respect and tolerance. I also address online literacy so they are aware of the risks and dangers of social networking and technology.

Some of my other responsibilities include:

- Individual counseling
- Group counseling
- Municipal Alliance Meetings
- Health classes
- Assemblies
- West Morris Academy
- Project Peace (anti-bullying club)
- Senior Reach
- Stress management
- Substance Abuse support
- Safety Committee Meetings
- 504 committee
- GSA co-advisor
- Bowling Club co-advisor

I am a great resource for students, parents and the communities so please feel free to contact me with any concerns or questions!