
Dedham Public Schools Counseling Services

— Ashley Dubé, PsyD, NCSP, LEP —

May 2019

MetroWest Adolescent Health Survey (MWAHS) 2018 Key Findings

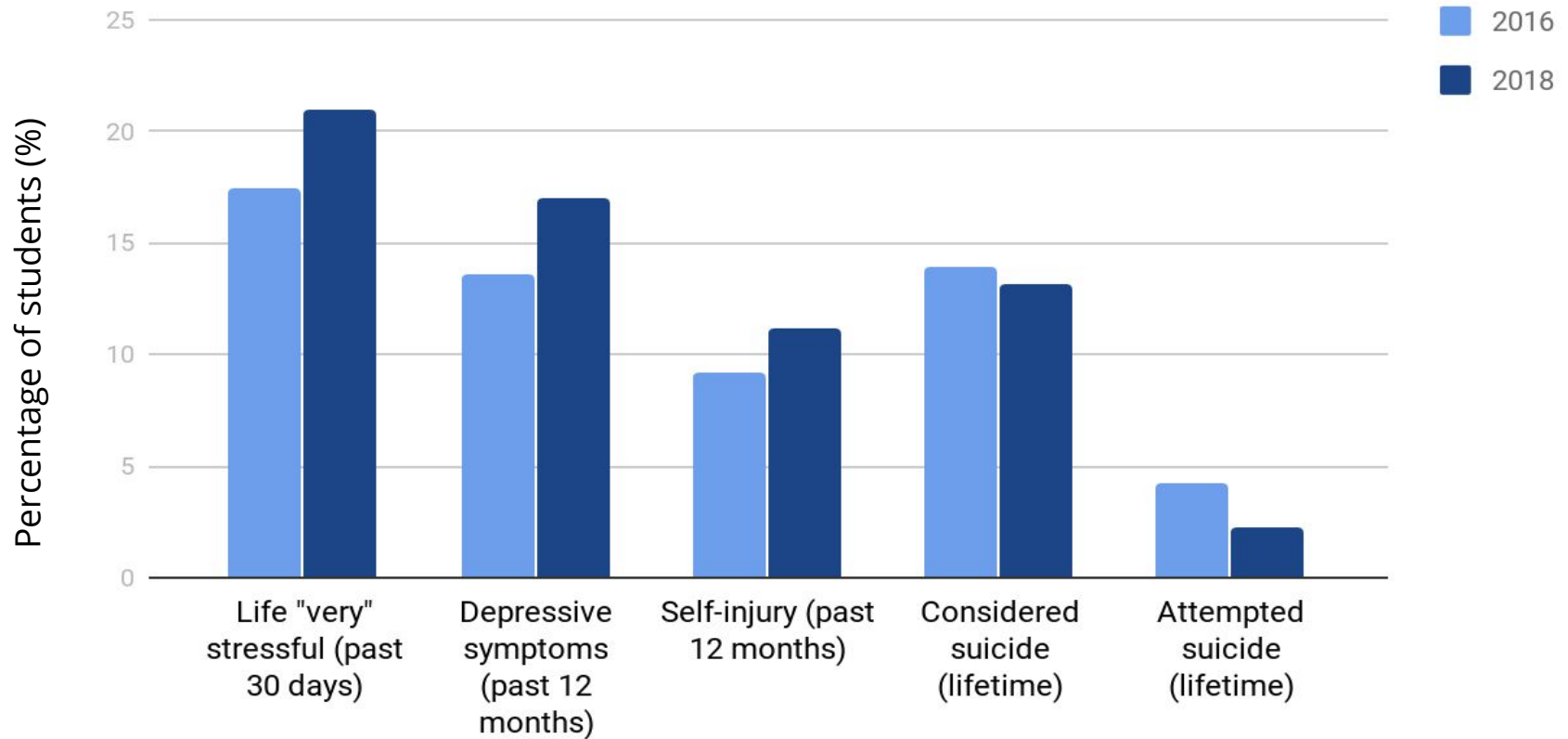


Education
Development
Center

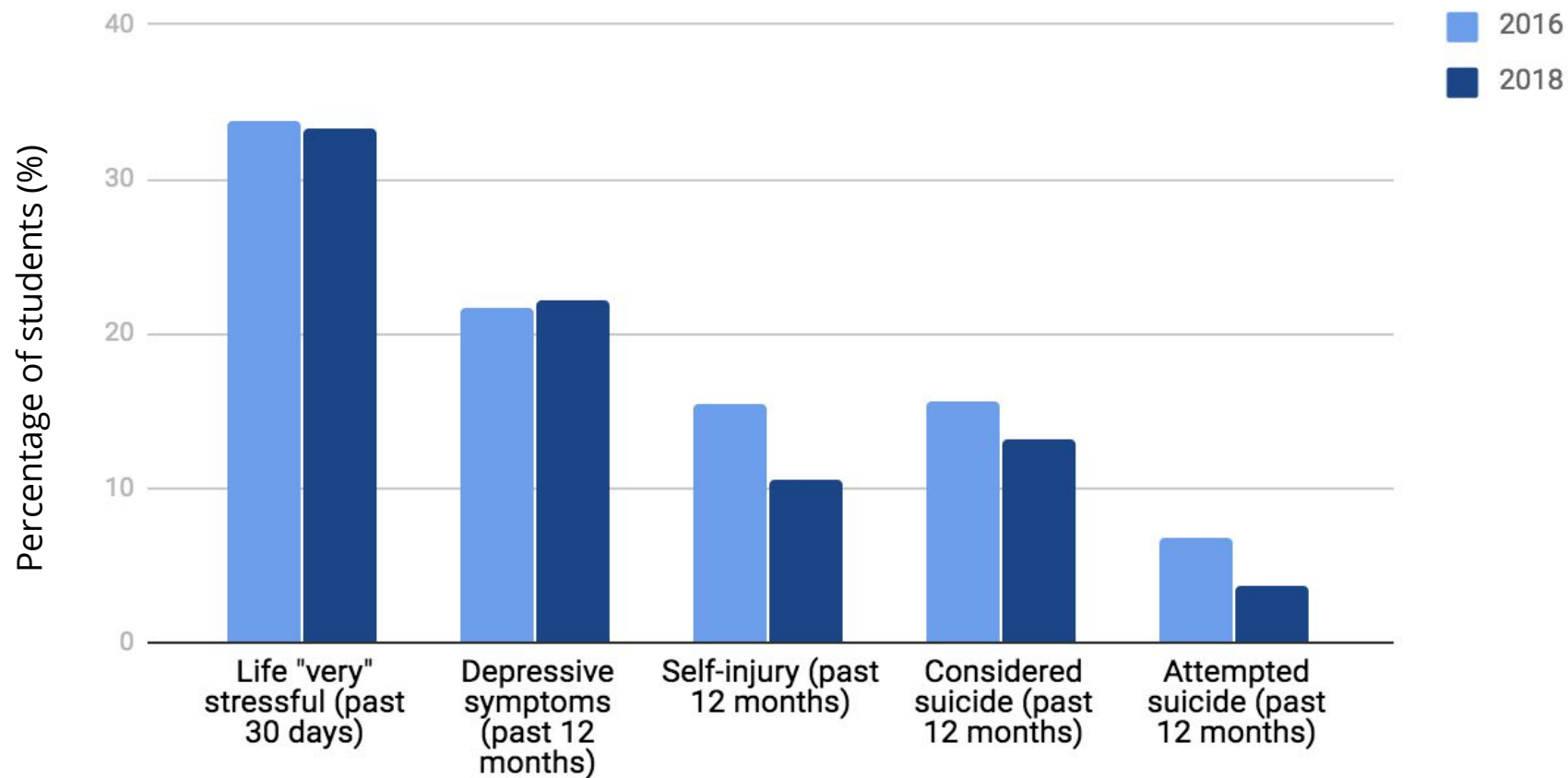
Journal of American Medical
Association (Pediatrics); Rise in ER
Visits



MWAHS 2016-2018 (Dedham Middle School)



MWAHS 2016-2018 (Dedham High School)



DPS Counseling Staff and Snapshot of Supports

DPS Counseling Staff

Counseling Programming (brief overview)



Counseling Caseloads and Evaluations

School	Counseling per IEP	Counseling per 504 Plan	Non-mandated counseling	TOTAL Students receiving counseling services	Total psychological evaluations completed
DHS	98	22	75	195 (26% of school)	33
DMS	103	6	22	131 (20%)	34
Avery	38	3	38	79 (26%)	25
Greenlodge	22	8	18	48 (19%)	12
Oakdale	23	2	23	48 (18%)	14
Riverdale	22	5	23	50 (30%)	17
ECEC	29	0	13	42 (14%)	22

January 2019

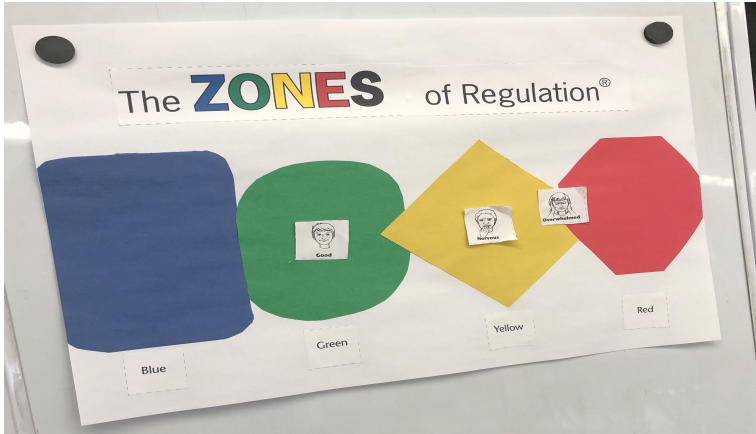
Social-Emotional Learning Initiatives

ELEMENTARY

Calming Corner Check-In & Out						
Name	Date	Time of Check-in	Zone at Check-In	Tools used	Time of Check-Out	Zone at Check-Out

Calming Corners

Riverdale



Targeted Prevention/Intervention

Groups at Avery

- Mindfulness (Grade 4) and Anxiety/Depression (Grade 5) Groups with DHS
- Confidence Group (Grade 1)
- Classwide Zones of Regulation (Grade 1)
- *New* TBL partnership with DHS
- Social Thinking lessons with clinicians and Sp/L Pathologist
- SEL lessons in 1st, 3rd, 4th, and 5th grade



Targeted Prevention/Intervention

Groups at Oakdale

- Rotating grade-based groups
- Parent-child meetings with school psychologist



Targeted Prevention/Intervention

Groups at Greenlodge

- Social thinking
- Self-regulation
- Anxious behaviors

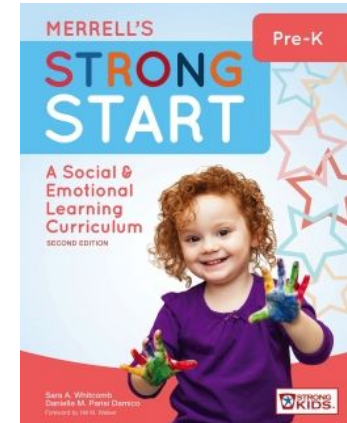


High School and elementary partnership

Focus on short-term interventions

Increase in staff consult

Increased parent involvement in treatment



Hospitalization Data 2018-2019

School	Number of Psychiatric Screenings/Hospitalizations
ECEC	0
Avery	4
Greenlodge	1
Oakdale	0
Riverdale	4
DMS	9
DHS	20
TOTAL	38



NEWTON-WELLESLEY
HOSPITAL



**Boston
Children's
Hospital**

Until every child is well™

Riverside Community Care

THE HELP YOU NEED CLOSE TO HOME

Data as of 4/30/10

Social-Emotional Learning Initiatives

MIDDLE SCHOOL

Think:Kids

RETHINKING CHALLENGING KIDS



8th-9th Transition Planning



8th Grade Transition Assembly --
March 2019

Electives Fair -- April 2019

Link Crew -- August 2019

Social-Emotional Learning Initiatives

HIGH SCHOOL



Prevention/Intervention Groups -- Tier 2

DEF Grant Award Recipient

Group Topic	Dates	Time	Targeted Population
<i>Stress Management for Teens</i> Nell Scribner <u>Objective:</u> Develop an understanding of the body's physiological/psychological stress response; Identify negative thinking patterns; Create more positive thinking patterns; Learn specific relaxation and mindfulness strategies; Develop an individualized stress reduction plan for each student.	March 6- May 1 <i>8 weeks</i>	Wednesdays 1:30-2:10	High-achieving 11th/12th grade students
<i>Yoga/Mindfulness</i> Liz Vail <u>Objective:</u> Students will practice the physical postures of yoga as well as breathing techniques. Students will learn how they can practice yoga in a variety of settings and how to incorporate these techniques in the classroom to enhance learning.	March 6- May 1 <i>8 weeks</i>	Wednesdays 1:30-2:10	Students with psychosomatic complaints; anxiety/depression manifesting physically

Group Topic	Dates	Time	Targeted Population
<p><i>Finding Balance in Life and Relationships</i> Svea Bissonnette and Ashley Dube</p> <p><u>Objective:</u> This group will focus on building and maintaining relationships as well as building and maintaining self respect. In this 8 week series we will explore how our emotions and thinking patterns impact our self-perceptions and interpersonal skills. Lessons will include mindfulness exercises, self esteem building, and creating a stress tolerance toolbox.</p>	<p>March 6- May 1 <i>8 weeks</i></p>	<p>Wednesdays 1:30-2:10</p>	<p>Students with difficulties navigating social interactions and maintaining positive/trusting relationships</p> <p>Students with boundary difficulties</p>
<p><i>Fitness and Healthy Decision-Making</i> Mike Monaghan</p> <p><u>Objective:</u> Designed to improve students' overall mental health and wellbeing by incorporating fitness components (e.g., weight room, athletics on the track, team-building exercises). Topics embedded within this group may include anger management, substance use, self-care, and social decisions.</p>	<p>April 3-May 29 <i>8 weeks</i></p>	<p>Wednesdays 1:30-2:10</p>	<p>Students struggling with anger management and/or emotion regulation challenges (e.g., anxiety)</p>

Offered Fall 2018 and Spring 2019 sessions (8 weeks each)
Approximately 72 students participated in the 2018-2019 school year

Other New Groups and Initiatives

Bereavement Group (Spring 2019)

- 8-week grief coping group
- Open to any student who has lost a parent
- 13 students recommended; 6 participating
- Partnered with Boston Medical Center's Good Grief Program



SEL Support in all Strategies for Success Classes (2019-2020)

- Monthly push-in model
- Establishing SEL lesson/curriculum for mental health topics

Therapeutic Strategies for Success (2019-2020)

- New course offering
- Piloting in Alternative Program
- Joint effort between Special Educator and School Psychologist

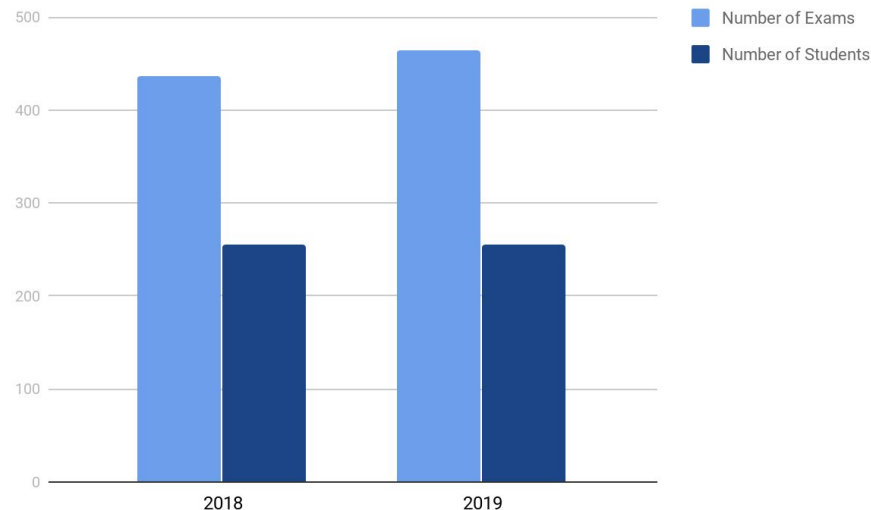


DHS Guidance Department

New Google Site

Advanced Placement Course Offerings and Enrollment

- Biology
- Calc AB
- Chemistry
- Computer Science A
- Computer Science Principles
- English Language and Composition
- English Literature and Composition
- Environmental Science
- European History
- French Language and Culture
- Physics C: Mechanics, Electricity and Magnetism
- Psychology
- Spanish Language and Culture
- Statistics
- Studio Art 2-D
- US History
- US Politics and Government



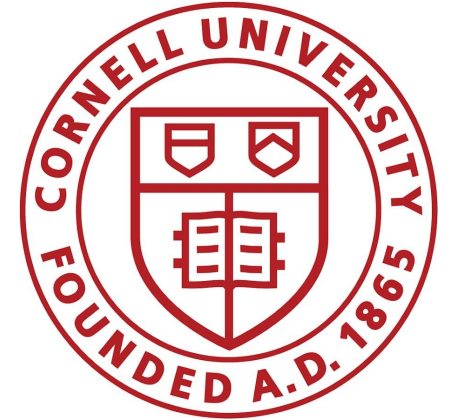
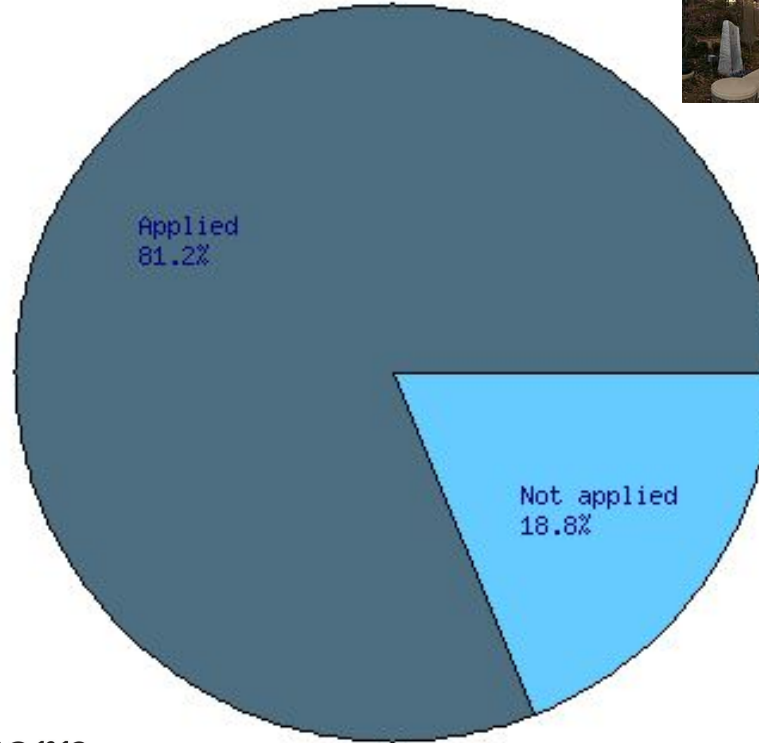
2018: 436 exams administered

2019: 464 exams administered

2020: 143 students new to AP



Class of 2019 college application status, May 2019



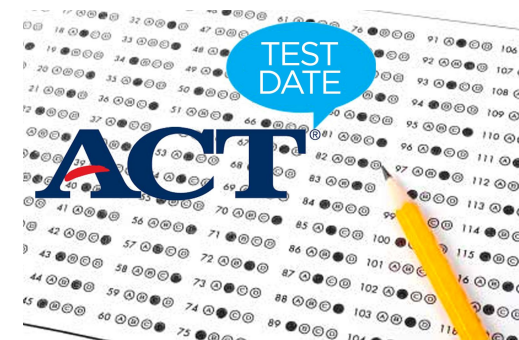
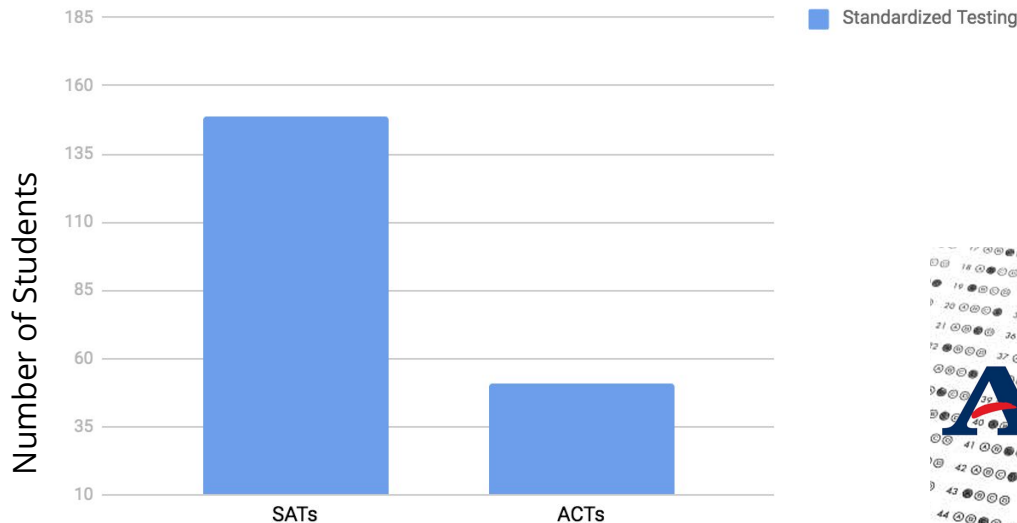
**Northeastern
University**

CLEMSON
UNIVERSITY

Naviance data as of 5/1/19



SAT and ACT Testing - Class of 2019



Post-Secondary Data

	<u>2018</u>	<u>2017</u>	<u>2016</u>
Class Size	158	180	181
Four-Year College:	77%	72%	70.80%
Two-Year College:	16%	13%	18.80%
Military	2%	2%	2.20%
Employment	2%	2%	1.70%
Non-College Education	3%	3%	2.80%


Applied to at least 1 college

81%

Class year 2019

YTD results

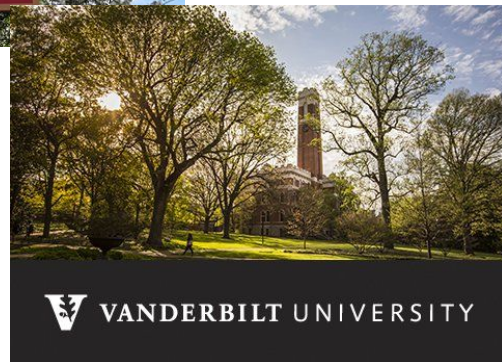
Applied to 1+ ▼

 Analysis



Top Tier College Acceptances 2018

Boston College, Boston University, Brandeis University, College of the Holy Cross, Fairfield University, Fairleigh Dickinson University, Fordham University, Hofstra University, Ithaca College, James Madison University, McGill University, Mass. College of Pharm. & Health Sciences, New York University, Northeastern University, Providence College, Quinnipiac University, Rensselaer Polytechnic Institute, Smith College, Syracuse University, University of Connecticut, University of Denver, University of Maryland, University of North Carolina, University of Pittsburgh, University of South Carolina, University of Vermont, Vanderbilt University, Wellesley College, Wentworth Institute of Technology, Williams College, Worcester Polytechnic Institute



 VANDERBILT UNIVERSITY

Dedham Local Scholarships

Class of 2018 Stats:

- 187 scholarships distributed
- \$175,000 awarded
- 99 students awarded



Class of 2019 Application Process:

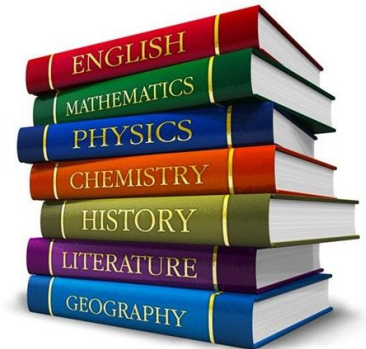
- Universal application through Naviance
- All senior assembly held in April
- Applications due 5/2
- Recipients announced at graduation

DHS Guidance and Career Seminars

Timeline	Grade	Topic
September	9	Freshman Seminar I in 9th grade classrooms
September	12	Parent Workshop: Senior Post-Secondary Planning Night
September- Decemeber	12	College Application Workshops for all 12 grade students
October	12	Financial Aid Workshop: 12th grade students and families
December	9	Individual meetings with counselor
January	9	Freshman Seminar II in 9th grade classrooms
January	10	Individual meetings with counselor
January	10 and 11	PSAT “Drop In” Night for families

Timeline	Grade	Topic
February	9	Freshman Seminar III on Professional Communication and Career Workshops
March	9, 10, 11	Parent Workshops: 9th, 10th, and 11th Grade Planning Night
March - May	11	Individual parent/guardian meetings with 11th grade families
April	10	Sophomore Career Workshops in 10th grade classrooms
May	8th - 11th	Course selection process: Individual meetings with guidance counselor

DHS Guidance Scope
and Sequence
2018-2019



Parent Workshop Satisfaction Ratings

March 2019

Was the presentation helpful in thinking about the post-secondary planning process? Please use the rating below:

1=Not at all

2=Somewhat

3=Moderately

4=Extremely helpful

	Satisfaction Ratings	# of Families in Attendance
Junior Class	3.6/4.0	48
Freshman/Sophomore Class	3.5/4.0	49

97 total families!

NEW Career Planning Course

- **Topics:** self-assessment, career exploration, professional communication, resume writing, cover letters, interview skills and guest speakers
- **2018-2019:** 28 students enrolled in half year elective
- **2019-2020:** 124 requests for course; *69 students requested as a first choice elective*



Class field trip to Boston College to learn about careers in hospitality and event planning.

DELTA Partnership with DHS Students

- 2019-2020 Pilot Program
 - 14 students per semester
 - Open to Seniors, Juniors and Sophomores
 - 2.5 graduation credits
- Application now live for students to apply
- Students will gain experience and exposure in early childhood education

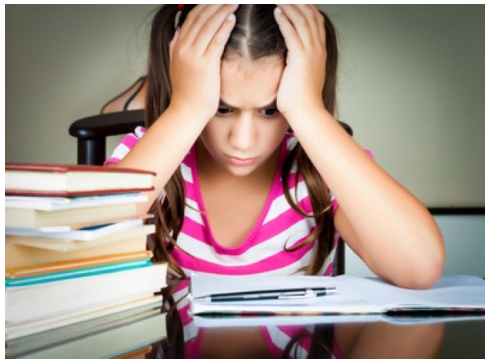


[DELTA in action!](#)

Building Capacity



Universal Screening Instrument (pilot 2019-20)



Staff consultation and training
(pilot 2019-2020 on MH topics)



Targeted Prevention/Intervention Counseling Groups (currently piloting 2018-19):

- DBT
- Yoga/Mindfulness
- Fitness and Healthy Decision-Making
- Stress Reduction for High-Achieving Teens

Think:Kids
RETHINKING CHALLENGING KIDS



Tier 1, PreK-8 (2018-2019 implementation)



**Districtwide
therapeutic and
“bridge”
programming**



Strengthening Community Partnerships

MetroWest Adolescent
Health Survey data analysis
and partnership with
MetroWest Health
Foundation



Substance use prevention
groups: Insight Group and
Kids of Promise



Community Mental Health
Stakeholder Meetings –
partnership with Dedham Police



Consultation with BMC for grief
and coping groups (HS and MS)



Ongoing partnership with DCF
Arlington



**WILLIAM JAMES
COLLEGE**

INTERFACE Referral Service

126 cases referred
(July 2016-November 2018)

Riverside Community Care®
THE HELP YOU NEED CLOSE TO HOME®

Utilizing school-based ES and
on-site assessments



Partnership with Dr.
Chief Medical Officer

Providing High Quality Training Opportunities

- **New Professional Development 2017-2019**

- *Collaborating to manage anxiety in schools*, Northeastern University
- *Psychopharmacological interventions*, Judge Baker Children's Center
- *Trauma and risk evaluation process*, Children's Charter Trauma Clinic
- *Supporting LGBTQ students in schools*, Safe Schools (DOE)
- *Hospitalization and re-entry process*, Franciscan Children's Hospital
- *Ongoing psychiatric consultation*, Dr. Christopher Bellonci
- *Grief support for children, adolescents, and families*, Care Dimensions
- *Understanding domestic violence*, Jewish Family and Children's Services
- *CBT and DBT interventions*, McLean Hospital



Northeastern



McLean HOSPITAL
HARVARD MEDICAL SCHOOL AFFILIATE



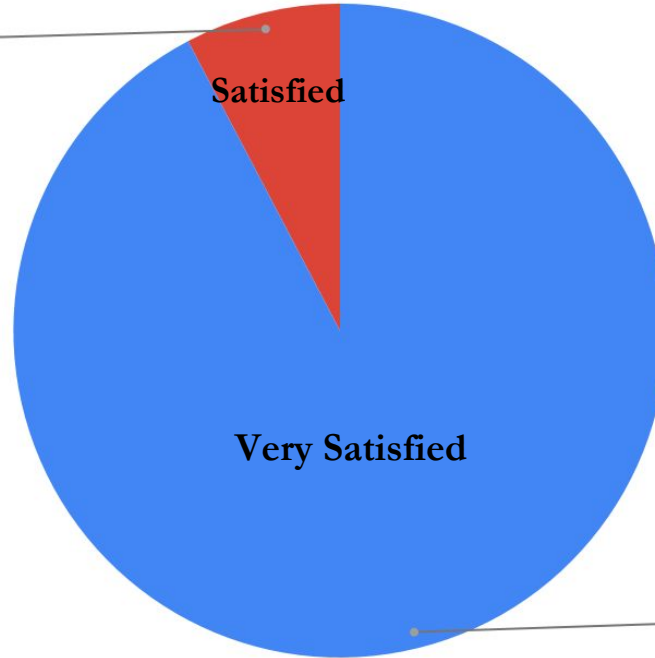
Franciscan
Children's
So every kid can.



Professional Development Satisfaction Ratings

Professional Development Satisfaction Ratings (2017-2019)

Satisfied (4)
7.7%



Satisfied

Very Satisfied

Likert-scale (1=not at all
satisfied; 5=very satisfied)

Very Satisfied (5)
92.3%

Questions and Comments

