



School counseling programs are collaborative efforts benefiting students, parents, teachers, administrators and the overall community. School counseling programs should be an integral part of students' daily educational environment, and school counselors should be partners in student achievement. ASCA



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Resources and information provided in the Counselors Digest are for communication purposes only. Listing these resources and information does not constitute endorsement by either the School Counseling Services Section or the Department of Elementary and Secondary Education.

DESE Update

You've made it through your first month! Who would have guessed the school year would look so different? Self-care has never been as important as it is right now. As we navigate the new school year we want you to know the DESE School Counseling Team is here to help.

As schools begin the 2020-21 school year, they are welcoming back students and staff members who have experienced unprecedented trauma, lost loved ones, experienced economic insecurity and missed crucial socialization opportunities due to the COVID-19 pandemic. To address these needs, the Department of Elementary and Secondary Education (DESE) has partnered with Alive and Well Communities- (Admin Memo CCR-20-002) to provide additional [guidance documents, training sessions and engagement strategies](#) for

educators regarding social-emotional learning and development. Visit <https://dese.mo.gov/traumainformed> each month for regularly updated information.

With welcoming Shana to our new school counseling team (yay!) and transitioning to new roles, the DESE school counseling supervisor position is still open. Apply to be part of our team [here](#).

Legislation you NEED to know!	
638 - Trauma Informed	Must be shared by October 1 ST each year
1606 (167.902) - Critical Need/Shortage Occupations	Must be shared by November 1st each year
3 - Computer Science	Substitution for an academic credit – not accepted at all higher education institutions. School has specific role of informing parents

Announcements

Trauma-Informed Schools ECHO

ECHO uses videoconferencing to connect interdisciplinary teams of experts with educators, clinicians, and other professional service providers. Together, they learn to develop advanced skills and best practices. The Trauma-Informed Schools ECHO uses the Missouri Model as a guide to help participants. More information: <https://showmeportal.missouri.edu/redcap/surveys/?s=9KXP7MP4LE>

Trauma Informed Schools Training - Hosted by DMH (Prerecorded)

-NEAR Science

-Trauma's Impact on Learning

- In-Webinar Poll/Questionnaire

- Session 1:
<https://stateofmo.webex.com/recording/service/sites/stateofmo/recording/play/c54fdca91c48448bbd1313796320bac0>
- Session 2 Return to School Information:
<https://stateofmo.webex.com/recording/service/sites/stateofmo/recording/play/90e9105d6f4d4a03a599301fb5b7a8b3>

Distance Learning Modules

Community Building

The Community Building module offers educators suggestions for building a positive classroom environment, whether that is in a building or in a virtual environment. Students learn best when they feel

safe and supported. Creating a trauma-responsive environment is crucial to building community and relationships, from the first day of school and throughout the year.

Establishing Strong Family-School Connections

The Establishing Strong Family-School Connections Module offers educators suggestions and tools for engaging students and families whether learning occurs in a building or in a virtual environment. Students learn best when families and school work together, and creating connections is crucial to learning from the first day of school and throughout the year.

Integration of Social-Emotional Learning in Academics

Academics and social-emotional learning should not live in separate silos and can easily be melded, as demonstrated in the Integration of Social-Emotional Learning in Academics module. All strategies shared will be instructional strategies that promote emotional/intellectual safety. These low floor-high ceiling strategies will make learning accessible to students in all grade levels and content areas.

Child Abuse & Neglect Hotline Video

DESE, MSBA, and the Missouri Department of Social Services (DSS) have created a video to heighten Missouri educator awareness of the increased importance of reporting child abuse and neglect as the new school year begins. “[See Something, Say Something](#),” is a short seven-minute video that highlights the online reporting option, important information, tips, and resources.

Courage2Report Message for Middle and High School Students

Student councils from Fulton Middle School and Jefferson City High School worked with the Missouri State Highway Patrol to create a [video](#) regarding the use of Courage2Report for school safety concerns. Courage2Report and the Missouri School Boards’ Association promotes sharing the link with students and staff, as well as on a district website and/or provided to parents, if possible.

ASCA Back to School Resources

The 2020–2021 school year is one like no other. Whether schools reopen in person or online-only – or some hybrid of the two – school counselors will be required to constantly innovate to support student learning and social/emotional development; to focus more heavily on the critical issues of trauma and grief, anti-racism, anxiety and more; and to find and create new and innovative resources to assist students in career planning. On top of all of this, educators are challenged to consider self-care and manage their own social isolation, pandemic fears and difficult workloads. As you navigate this new territory, the following resources can help you adapt and refine your school counseling program to respond to the new landscape.

<https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/back-to-school-resources>

Opioid and Prescription Drug Prevention Education

The Missouri Department of Elementary and Secondary Education (DESE) partnered with local experts to develop a comprehensive resource for schools on opioid and prescription drug misuse. The site includes a dedicated page for vetted resources on explaining opioids and the opioid crisis, data and statistics, and additional tools. The site also includes lessons teachers can use in K-12 classrooms. The shortened URL for this resource site is <http://tiny.cc/MO-OpioidEd>

Registration with Selective Service

Please inform your students that all male U.S. citizens are required to register with the Selective Service within 30 days of their 18th birthday. In addition, non-US citizen men between the ages of 18 and 25 (inclusive) living in the United States must register.

In addition, please designate a staff member as your school's Selective Service System "Registrar." The Registrar is a point of contact that your students can go to if they need assistance registration.

[Register with Selective Service Registrar Program](#)

Youth Mental Health First Aid

Mental Health First Aid is an 8-hour course that teaches you how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand and respond to signs of addictions and mental illnesses. **Find a Mental Health First Aid course near you using the search tool:**

<https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/>

Professional Development and Upcoming Conferences

Show-Me FAFSA Challenge Details:

This challenge is aimed at helping increase the number of FAFSA filers in Missouri.

Visit our webpage here: <https://dhewd.mo.gov/ppc/fafsachallenge.php>

Journey to College Social Press Kit Details:

The social press kit is an online social media toolkit that we've created for partners to easily share our messaging. To access the social press kit, visit: <https://thesocialpresskit.com/journeytocollege>. We have campaigns set up for Apply Missouri, FAFSA Frenzy, the Show-Me FAFSA Challenge, Decision Day, and Motivate Missouri. It contains ready-to-share social media content for Twitter, Facebook, and Instagram as well as other downloadable resources. We plan to continuously update the content as the campaign goes on.

MOACAC

SAVE THE DATE: Virtual

MOACAC is providing virtual college fairs, college presentations and virtual professional development on many topics! Visit [their website](#) to sign up and share more information with your students.

MOACAC Virtual College Fairs

- Mon., Oct. 12, 12 NOON-8 PM
- Sun., Oct. 18, 11 AM-7 PM
- Sun., Nov. 8, 1 PM-9 PM

Virtual 21st Annual Community Services Summit

SAVE THE DATE: Oct, 13th 2020

Plan to attend the Community Services Summit in St. Peters, Missouri! Skill building workshops on trauma, assessing suicide, personal safety, and expressive arts therapy will be offered which would be beneficial for anyone working with youth and families. A special midday theme will focus on: Taking Care of You is the Best Way to Help Others. Register and find more information at: <http://www.communitycouncilstc.org/community-services-summit>

Responsive Services

Mandated Reporter

Missouri's Mandated Reporter requirements state, "All mandatory reporters shall, upon finding reasonable cause, directly and immediately report suspected child abuse or neglect."
(Section 162.069.3 RSMo.) (Section 210.115 RSMo.) <http://missourikidsfirst.org/>

Resource Numbers

National Suicide Prevention Lifeline

1-800-273-TALK (8255) <http://www.suicidepreventionlifeline.org/>

Courage 2 Report

<https://www.mshp.dps.missouri.gov/MSHPWeb/Courage2ReportMO/index.html>

Missouri Child Abuse or Neglect Hotline

1-800-392-3738 <http://dss.mo.gov/cd/can.htm>

Final Thoughts



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