

PGUSD Counseling Plan

Supporting the Social and Emotional Needs of
Students and Families Through Distance
Learning

Elementary Counseling Program

Tier 1 (support for whole school):

- Toolbox with Buck (FG) and Ms. Tobin (RHD)
- Counselor TOOLBOX Core curriculum
- Teacher led online etiquette and distance learning success
- Teacher led class meetings
- Counselor and/or teacher led class caring circles
- TK-5 Caring Circles
- Video counselor class lessons on Character Traits, MindUp, ToolBox, resiliency, friendship, 'Let's Talk' Book Group (inclusion, diversity, community connection)

Elementary counseling continued:

Tier 2 (students needing additional support):

- Small psychoeducational groups- social skills development, emotional awareness and regulation
- Individual student check-ins/sessions
- Parent consultations & referrals
- New PGUSD students online group

Tier 3 (highest need students)

- Refer to outside resources
- Continue targeted intervention online

Elementary counseling continued:

Parent Supports:

- New to peninsula parent group
- Kindergarten Families parent group
- Drop in virtual “Coffee with the Counselor”
- Parent Education Zoom Workshops in conjunction with the Adult School
(topics: supportive practices at home with DL and time management, managing stress and anxiety, ToolBox SEL at home guidance for parents)
- Individual parent consultations
- Referral to resources

Elementary Counseling Continued

Staff:

- Professional Development Mental Health
- Referral system for students in need
- Identify students not engaging & provide outreach
- Informing parents on how to access counseling services, mental health resources, and support
- Weekly staff caring circles

Pacific Grove Middle School

Tier 1 (whole school support):

- Classroom instruction on tips for success in distance learning
- Character Strong Lessons
- Teacher led class meetings
- Teacher supports for students: Check-ins, private emails, comments on work, small group and individual meets, journaling, meditation activities, tapping, Weather check, daily office hours
- Counselor classroom introductions
- Promote access to Counselors for students
- Counselor led Google Meets Groups open to all students
- Counselor open office hours, drop in time
- Counselor/Wellness Article

Pacific Grove Middle School cont.

Tier 2 (students needing additional support):

- New PGUSD student groups
- Individual Video Student Check-ins scheduled via Calendly
- Targeted Groups
- Parent Consultation & referrals
- Student Study Teams
- Students of Concern case management

Tier 3 (highest needs students)

- Refer to outside resources
- Monterey Behavioral Health Services
- Continue targeted intervention online
- Parent consultation & referrals

Parent Supports:

- Drop in parent groups & virtual 'Coffee with the Counselor'
- Individual parent consultations
- Parent education zoom workshops in conjunction with the Adult School
- Monthly wellness and mental health newsletters

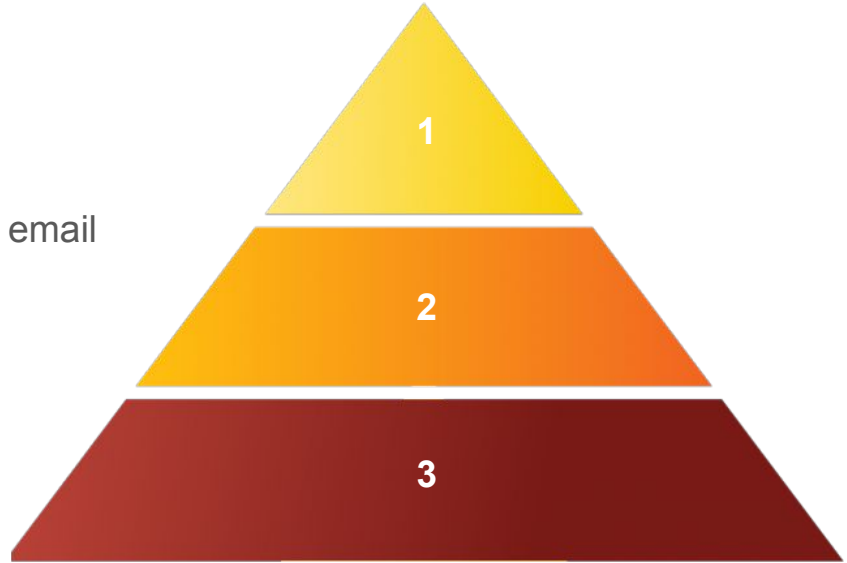
Staff:

- Professional Development: Mental Health
- Referral system for students in need
- Identify students not engaging & provide outreach

Pacific Grove High School

Tier 1

- Counseling Google Classroom
- Counseling Instagram
- Open Office Hours
 - Google Hangouts, Zoom, phone, email
- Student Check-In Form
- Shared Resources
 - Mental Health, COVID-19, etc.
- Teacher Referrals
- Parent Consultation and Referrals
- Classroom Introductions
- Classroom Lessons



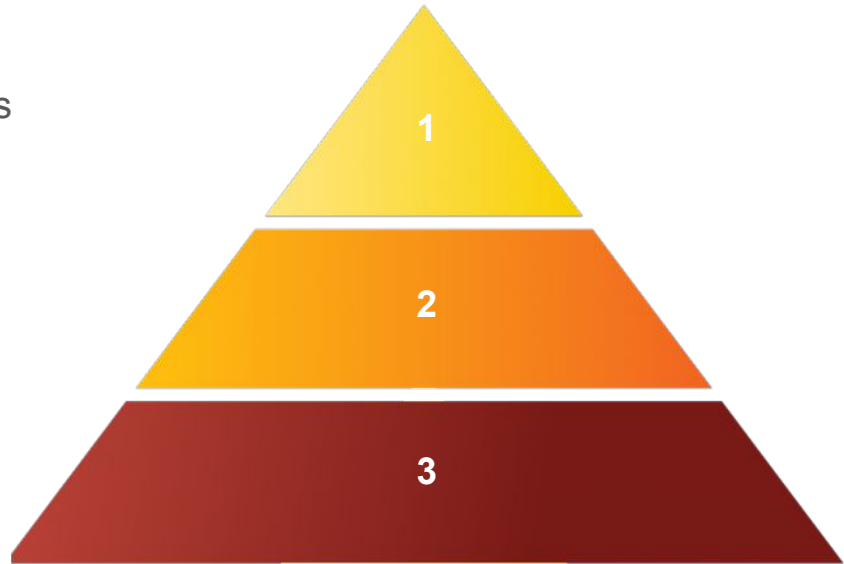
Pacific Grove High School

Tier 2

- Targeted Groups
 - Special populations, small groups
- SST's
- 504's
- Individual Check-In's

Tier 3

- 504's
- Refer Out
- Referral to CHS
- Continued Check-In's



PG Community High School

- Classroom Lessons
- Individual Sessions
 - Regularly scheduled and upon request
- Open Office Hours
- Counseling Google Classroom
- Counseling Instagram
- Shared Resources
- 504's
- Teacher Referrals
- Parent Consultation and Referrals
- Student Check-In Form

High School Parents and Staff

- **Parents**

- Shared Resources
- Open Office Hours for Consultation
- Referrals
- Information Nights

- **Staff**

- Professional Development on Mental Health
- Shared Resources and Strategies
- Review of Referral Process
- Collaboration

Your PGUSD Counseling Team

Please visit the Counseling Page of your school's website for resources, Google Classrooms, and contact information

Robert Down Elementary - **Sonda Frudden**
sfrudden@pgusd.org

Forest Grove Elementary - **Zoe Roach**
zroach@pgusd.org

PGMS - **Janie Lawrence, PGMS**
jlawrence@pguds.org



High School Counseling Team

- Margaret Rice
 - Grades 9 and 10
 - mrice@pgusd.org
- Kristin Paris
 - Grades 11 and 2
 - kparis@pgusd.org
- Michelle Cadigan
 - Outreach, crisis, CHS
 - mcadigan@pgusd.org

