

To: Eric Waddell, Superintendent
From: Mathew Kiernan
Date: February 6, 2019
RE: Q2 School Counselor, District-Level Team, Report

- The holidays were particularly busy for our team, as many of us worked to connect families with resources such as Kittery Holiday Baskets, York Hospital, The Kittery Police Department, and Nancy's Cafe and Catering (Nancy Breen and Eva Diharce) to help ease the burden on our neediest of families.
 - There are many organizations and individuals that deserve praise here in our community, we're fortunate to be a part of this.
- All counselors have been particularly impressed this year with the work that Nicole Hutzler of Sweetser has been doing with our students and families. She's proved herself a valuable asset working alongside us in so many situations.
- We have, as a team, worked very hard to standardize some forms and procedures around dealing with situations where students are in danger, either to themselves or others. We have worked together and with assistance from neighboring counselors to standardize the following forms:
 - Crisis Response Service Notes
 - Crisis Conference Summary Notes
 - Medial/Crisis Release Notes
 - Suicide Threat Checklist
 - Having these in circulation across our district helps us to keep our practice cohesive and enables relevant information to be transmitted in a timely and accurate fashion with an eye towards best practice, safety, and confidentiality.
- As a team we have seen recently a rise in student anxiety and other mental health concerns. These issues impact every aspect of our students' lives and manifests in behavioral issues, relationship trouble and chronic absenteeism. As we move forward we would like to continue to investigate professional development related to these issues for ourselves as counselors and also for our schools and the greater Kittery community at large.
- National School Counselor's week is this week (Feb. 4 - Feb. 8) and comes on the heels of Kindness week where counselors at Mitchell in particular were very busy teaching kindness, modelling kindness and introducing the idea to students that in a world where you can be anything that you want, the first thing you should choose is to be kind.