

BACK TO SCHOOL NIGHT - WEDNESDAY, SEPTEMBER 7, 2022





Director of Student Services
Coordinator of Special Education
Dept. Secretaries
Registrar

Administrative Office Staff



8 School Counselors
1 Full-Time SIF
1 Part-Time SIF
1 Career & College
Counselor

School Counselors

Alpha-Split

2022-2023 School Year Alpha-Split - School Counselors

SCHOOL COUNSELOR	CLASS OF 2023	CLASS OF 2024	CLASS OF 2025	CLASS OF 2026	PHONE
Sears, Eileen	A-CA	A	A-B	A-DE	5630
Pastiak, Jeffrey	CB-GO	B-D	C-HA	DF-H	5628
Szala, Susan	GP-K	E-L	HB-ME	I-ME	5631
Rhodes, Jason	L-N	M-Q	MF-R	MF-P	5627
Peterson, Ashley	O-Q	R	SA-SC	Q-SE	5845
Razik, Samantha	English Language Learners (EL)				5643
Krupa, Tim	SF-Z	S-Z	SD-Z	SF-Z	5629
Kenny, Kelly	Career & College Counselor				5853

Social Workers

SOCIAL WORKER	ALPHA	PHONE
McNulty, Sara	A-GAR	5635
Schumacher, Melissa	GAS-NOV	5659
Lee, Erin	NOW-Z	5637

Finding the Student Services Website

www.olchs.org



Spartan Pride
OAK LAWN COMMUNITY HIGH SCHOOL

Calendar | Contact Us

I'm looking for:

- select --
- Board Docs
- Media Center
- Oak Leaflet E-Newsletters
- Schedule Star
- Student Services**
- Service Learning
- Skyward Family Access
- iPad Help
- SchoolMessenger
- Naviance
- Attendance

About District 229

Academics

Activities

Athletics

Calendar

Contact Us

Alumni

Incoming Students

Partners



Student Service Website/Twitter



<https://www.olchsstudentservices.com>

<https://twitter.com/OLCHSStServices>

Reach Your Students' Counselor

You can find each counselor's Calendly account on the Student Services Website

To schedule a meeting with a School Counselor, or our College & Career Counselor, please click on their name below:

MS. SEARS

MR. RHODES

MRS. RAZIK

MR. PASTIAK

MRS. PETERSON

MRS. KENNY

MRS. SZALA

MR. KRUPA

MR. SUNQUIST

HOW COUNSELORS CAN HELP

- ACADEMIC SUPPORT (SCHEDULING, GRADES, HOMEWORK)
- SOCIAL/EMOTIONAL ASSISTANCE
- COLLEGE/CAREER PLANNING

HOW WE WILL WORK WITH YOUR STUDENT

- GRADE LEVEL SEMINARS (POSTED IN THEIR SEMINAR CANVAS COURSE)
- SMALL GROUP SEMINARS
- INDIVIDUAL MEETINGS WITH YOUR STUDENT (STUDENTS CAN SIGN UP TO SEE THEIR COUNSELOR BY SCHEDULING AN APPOINTMENT ON CALENDLY) OR WE WILL SEND A PASS TO SEE THE STUDENT
- EMAILS
- PHONE CALLS

HOW YOU CAN HELP YOUR STUDENT

- SIGN UP FOR SKYWARD FAMILY ACCESS - ALLOWS YOU TO MONITOR YOUR STUDENT'S ATTENDANCE, GRADES, AND RECEIVE ALERTS
- DOWNLOAD THE PARENT CANVAS APP - ALLOWS YOU TO SEE WHAT HOMEWORK ASSIGNMENTS YOUR STUDENT HAS, WHAT HAS BEEN TURNED IN, AND THE MOST UP-TO-DATE GRADES
- KEEP THE LINES OF COMMUNICATION OPEN - CALL OR EMAIL
- ATTEND PARENT-TEACHER CONFERENCES ON THURSDAY, OCTOBER 6, 2022

Spartan + Flexible Support Period



The Spartan+ program allows students to choose where to get extra help, remediate or retake exams, or they can attend enrichments during 3rd period.

- 120 minutes of extra help per week with teachers within the school day
- Academic support from teachers, tutors or small groups
- Counseling seminars & counselor office hours
- Intervention examples: Anchor sections, Reading intervention, Remediation for improving grades and retaking exams, Peer Tutoring
- Enrichment examples: A.P. / SAT test prep, academic strategies groups, peer mentors, mindfulness & stress relief, service learning, college/career.

Parent Tips for Spartan+



- Students sign up in Arena Scheduling - starting each Monday at 8:00 a.m.
- Parents can check grades and review their students choices & supports
- Skyward Schedule - 3rd period shows Spartan+ sections

Schedule	Period 3	ENGLISH - SG Shannon Greene Days M Room 202
Discipline		FOR LANG - RY Robin Yerian Days T Room 357
Test Scores		ENGLISH SOC STUDIES - JN Jessica Nickless Days R Room 204
Fee Management		



LICENSED SUPPORT STAFF

3 Social Workers
1 CSN
2 Psychologists
1 Speech Language

WORKING WITH YOUR SUPPORT STAFF

SOCIAL WORKERS- Mrs. Erin Lee, Mrs. Sara McNulty & Mrs. Melissa Schumacher

- *Role: individual and/or group therapy for students who have been referred by parents, teachers or counselors. Referrals and/or consultations are often made with outside support personnel including private therapists, psychiatrists and community agencies. The social worker also serves as a consultant to the faculty and staff.*
- **Contact Info:** elee@olchs.org; smcnulty@olchs.org; mschumacher@olchs.org

PSYCHOLOGISTS – Mrs. Urooj Yawer, Ms. Amanda McCurrie

- *Role: psychological screening and testing of students who have been referred by parents, teachers, and counselors. A significant portion of that process involves the assessment for possible special education services. Ms. McCurrie & Ms. Yawer are available for consultation to the faculty, staff, and parents.*
- **Contact Info:** uyawer@olchs.org; amccurrie@olchs.org

NURSE- Mrs. Christina Ebertsch

- *Role: identification, assessment, planning intervention and evaluation of student health concerns, medication administration, serving as a resource for health related issues, management of medical conditions, manage health compliance per public health mandates and collaboration with the local health department in reporting COVID-19 cases.*
- **Contact Info:** cebertsch@olchs.org

SPEECH/LANGUAGE PATHOLOGIST- Ms. Kara Melvin

- *Role: screening, testing, and services for students who have been referred by parents, teachers, and counselors for Special Education services.*
- **Contact Info:** kmelvin@olchs.org

Mental Health Services

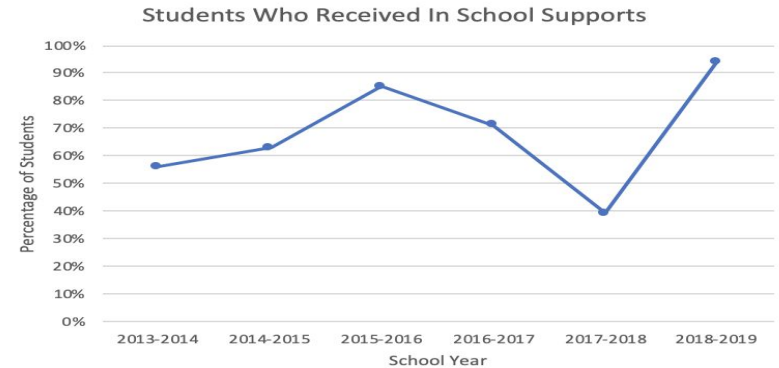
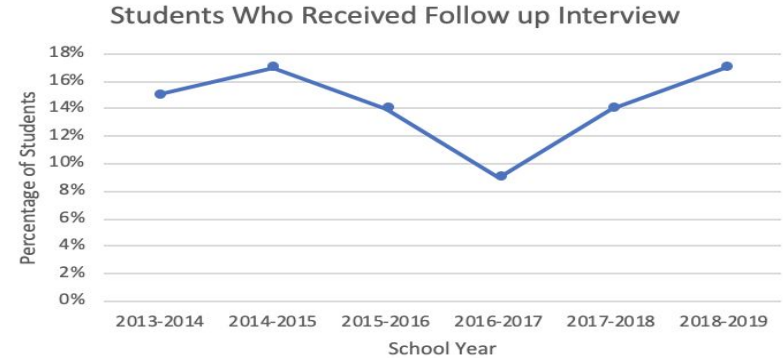
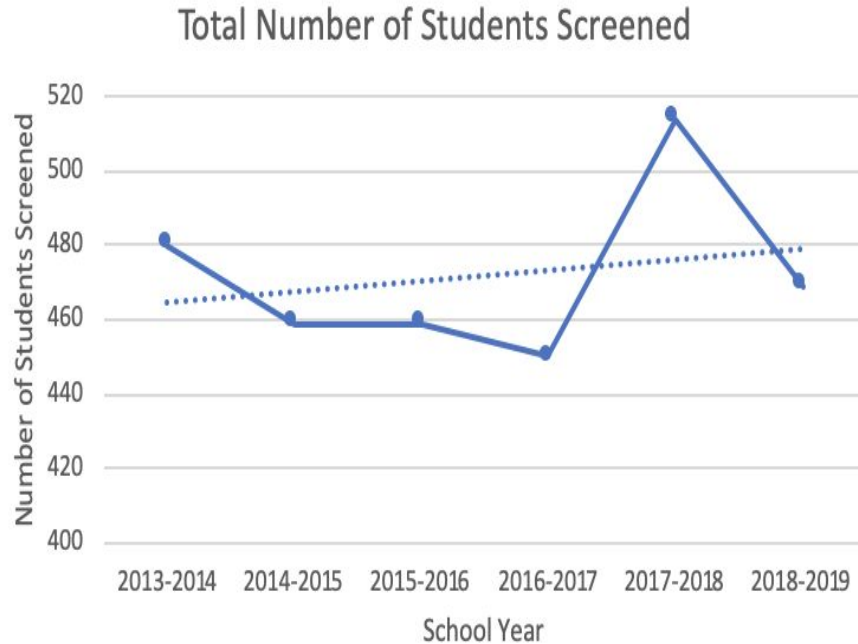
Our 3 social workers address mental health needs by providing individual and group support to students with identified mental health concerns (students with 504 plans, IEPs, or otherwise identified through SST or the mental health screening).

Social workers have a strong partnership as well with outside agencies such as Mirijam Quinn and Associates, Pillars, Metropolitan Family Services, Worth Township, National Youth Advocacy Program, Christ Hospital's Trauma Treatment Program, and Selah Freedom.

These local therapists also offer in school groups to our students as well as individual therapy sessions.

Since 2007 we have offered a mental health screening twice a year using materials from Elyssa's Mission Signs of Suicide (elyssasmission.org)

Historical Mental Health Screening Data



The latest information on mental health and teens

In 2020, 1 million youth ages 11-17 opted to take a mental health screener through the Mental Health of America Online Screening program, a **628%** increase from the year before! Furthermore, throughout the pandemic, youth ages 11-17 were more likely than any other age group to score for moderate-to-severe symptoms of anxiety and depression.

Suicide risk was also elevated among youth. In June of 2021, the CDC revealed the following:

- May 2020 marked the beginning of a rise in emergency room visits due to suspected suicide attempts
- In looking at a month-long period from February to March in 2021, and comparing it to the same period in 2019, it was found that suicide attempts were up **51%** in girls, and **3.7%** among boys

If your child sees Signs of Suicide, they are learning to ACT



A

Acknowledge signs of depression or suicide in a friend



C

Care: Show their friend they care



T

Tell a trusted adult

If your child is worried about a friend

- Listen to your child's concerns and encourage them to seek help
- Contact their friend's parents directly and share your child's concerns
- Contact school mental health staff/administrator so they can support the child/family
- If you are concerned about a child's immediate safety, call 911
- Reassure your child they did the right thing telling you. Work together to help save a life.

Remember, help is always available:

- Their pediatrician
- Their school counselor
- For immediate safety, call 911



CRISIS TEXT LINE |

Text **ACT** to 741741.

Safety is our #1!!

If you are worried about your child or another student here at OLCCHS please let us know right away.

If we receive information that someone else (a teacher, a friend) is worried about your child you will be notified.

Safety and well being are our top priorities. If there is a concern about abuse, suicidal behaviors, or any other safety risks we will take the proper steps to ensure safety and make sure our students receive the help they need.

Parent tips: your student's social/emotional health

- *encouraging activities/club- positive socialization
- *limiting screen time; monitoring social media activity
- *checking in- asking questions about school/friends
- *healthy habits- sleep, eating, exercise
- *modeling positive coping skills at home- they see how you handle stress; making an effort to be a good role model (in the face of a very difficult time in our world...we know it's hard!)

Talking to your teen

Take some time to start a conversation about mental health.

This can be tough since we don't usually talk about mental health like physical health. Feelings of depression or anxiety are often hidden because youth are confused, embarrassed, or ashamed. **Make sure your child knows they can talk to you about mental health.**

- **Ask open-ended questions.** Let your child steer the conversation to what they want to talk about.
- **Don't rush to solve their problems.** Instead, ask what they think would help a situation.
- **Be available and make sure your child knows it.** "I'm around if you want to talk later" may help.

Tips for getting teens to talk

1. **Teen-led family meetings**; let your teen set the agenda
2. **Playing a game**; this makes teens more comfortable talking about a difficult topic
3. **If the subject comes up in a movie or TV show**, have a discussion about it
4. **Out for a walk**; the relaxed atmosphere can make it easier for some teens to open up
5. **Taking a drive**; sometimes it's easier to talk about difficult topics without eye contact
6. **Continuing the conversation or have multiple mini conversations** on a regular basis instead of one big talk
7. **Enlist other trusted adults**; sometimes a grandparent or trusted aunt/uncle can break through when parents have been shut out

Local Individual and Family Therapy Resources

Metropolitan Family Services*

10537 S. Roberts Road 708.971.2300

Worth Township Youth Services*

11601 S. Pulaski 708.371.2900

Mirjam Quinn & Associates

10801 S. Western Suite 2B 773. 474.9840

*offer sliding scale fee and/or accepts medicaid

COMMUNITY RESOURCES....

**CHECK OUT OUR WEBSITE FOR A VARIETY OF
RESOURCES TO HELP WITH MENTAL HEALTH,
ASSISTANCE TO DUE COVID -RELATED DIFFICULTY, AND
MORE!**

<https://www.olchsstudentservices.com/community-resources--forms.html>

Questions/Concerns?

Thank you for your time!
We know it's valuable!