



# Coffee with the Counselors

November 11, 2021



# Agenda:

5:30pm - 6:00pm Refreshments & Mingle

6:00pm Welcome Message from Administration

6:05pm Presentation by Members of LBHS Guidance Team

7:00pm Closing Remarks and Q&A



# Thank You Veterans

Thank you to our veterans of each branch of America's Armed Services.  
Your commitment and sacrifice to your country is admired and appreciated.



Thank you  
PTSA!





# Semester 2 Focus:

## Grades 9 & 10

- Best grades possible
- Get involved
- Build connections/relationships
- Get caught up

## Grade 11

- Best grades possible
- Get/stay involved
- Start considering post-high school plans
- Get caught up

## Grade 12

- Ensure grad requirements are completed/in progress
- Post Secondary applications
- Financial Aid applications

# Guidance Semester 2 Focus

## Registration

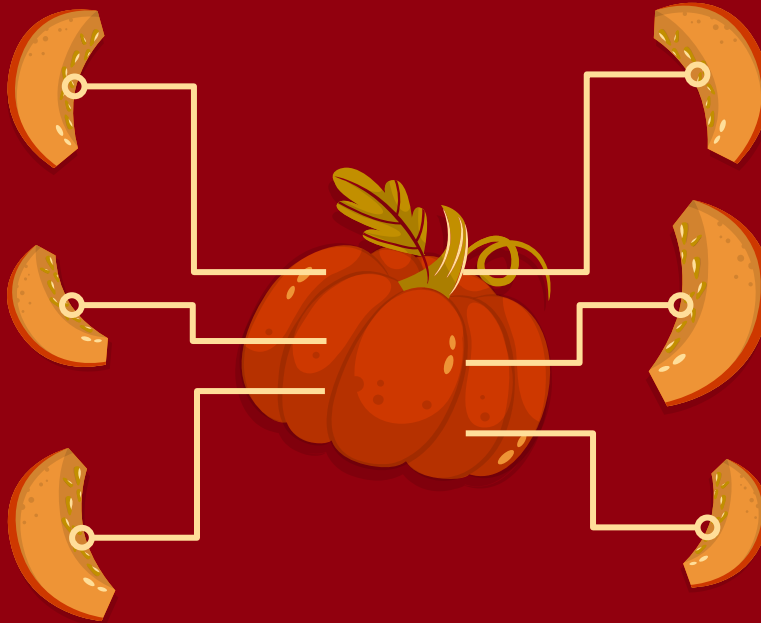
Individual meetings with  
9th & 10th graders

## Graduation

Communicating to at-risk  
Seniors & families.  
Checking all seniors status.

## JR Sessions

Post-secondary  
information sessions for  
current Juniors



## College Night

College Night for LBHS  
students as well as other  
district wide opportunities

## Financial Aid

Financial aid support for  
Seniors  
TRIO & CCR Room

## 8th Grade Art.

Working with families to  
prepare our newest  
Patriots.

# 22'/23' Registration Timeline

January

February

March

April

Phase 1

Counselors review teacher recommendations for core class placement

Phase 2

Counselors will meet individually with all current 9th & 10th grade students to input elective choices. Patriot Preview for current 8th graders and counselors will complete 8th grade course registration.

Phase 3

School will send out communication about preliminary courses for next school year. Students will be able to request changes.

# Statistics



# Mental Health Support

9.2% of youth (over 2.2 million) cope with severe/major depression.

13.01% of youth (age 12-17) report suffering from at least one major depressive episode in the past year.

4.13% of youth in America reported having a substance use disorder in the past year.

1.87% had an alcohol use disorder in the past year, while 3.07% had an illicit drug use disorder.

**The number of youth experiencing a major depressive episode increased by 99,000 from last years' data set.**

**The number of youth experiencing a severe major depressive episode increased by 121,000 from last year's dataset.**





## *What does this mean for OUR kids?*

Keep an eye out for signs that your child may be experiencing elevated amounts of anxiety, stress or depression.

Teenagers are emotional beings, but here are some signs that there is something else going on:

# Emotional Changes

Feelings of sadness, which can include crying spells for no apparent reason

Frustration or feelings of anger, even over small matters

Feeling hopeless or empty

Irritable or annoyed mood

Loss of interest or pleasure in usual activities

Loss of interest in, or conflict with, family and friends

Low self-esteem

Feelings of worthlessness or guilt

Fixation on past failures or exaggerated self-blame or self-criticism

Extreme sensitivity to rejection or failure, and the need for excessive reassurance

Trouble thinking, concentrating, making decisions and remembering things

Ongoing sense that life and the future are grim and bleak

Frequent thoughts of death, dying or suicide

# Behavioral Changes

Tiredness and loss of energy

Insomnia or sleeping too much

Changes in appetite — decreased appetite and weight loss, or increased cravings for food and weight gain

Use of alcohol or drugs

Agitation or restlessness — for example, pacing, hand-wringing or an inability to sit still

Slowed thinking, speaking or body movements

Frequent complaints of unexplained body aches and headaches which may include frequent visits to the school nurse

Social isolation

Poor school performance or frequent absences from school

Less attention to personal hygiene or appearance

Angry outbursts, disruptive or risky behavior, or other acting-out behaviors

Self-harm — for example, cutting, burning, or excessive piercing or tattooing

Making a suicide plan or a suicide attempt





# Mental Health Supports:

## At LBHS

- School Counselors
  - District Mental Health Counselor
  - School Social Worker
  - New Horizons
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## In The Community

Mobile Crisis Response:  
Dial 2-1-1 and request Mobile Crisis Services

Speak Out Hotline  
(800)423-TIPS or  
Speakouthotline.org

National Suicide Prevention Lifeline  
1-800-273-8255

Seminole Systems of Care  
[www.seminolesystemofcare.com](http://www.seminolesystemofcare.com)


## Other Supports

Please contact your child's pediatrician for additional information and supports.

*LBHS School Counselors are not certified mental health counselors.*

*In a mental health emergency our priority is student safety and connecting families to resources.*

*We do not have the ability to diagnose or treat any medical or mental health condition.*



# Study Skills & Tips



Questions?



