

Stone Bridge High School Unified Mental Health Team (UMHT)



Meet the Team



The Counselors:

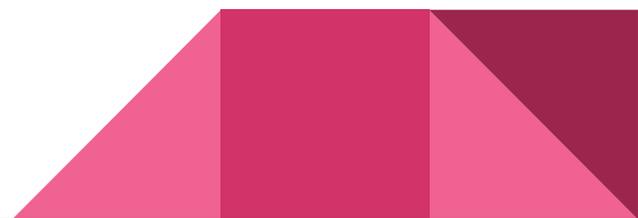
Tim Lucas	Director
Joseph Berry	Grades 9-12: A-Cas
Trish Garrett	Grades 9-12: Casl-Fra
Eric Demorest	Grades 9-12: Fre-Jaf
Lucas Lauer	Grades 9-12 Jaff-Mas
Kristen Fulcher	Grades 9-12: Mass-Pin
Cynthia McCarthy	Grades 9-12: Pio-Sr
Catherine Donovan	Grades 9-12: St-Z

Rounding out the Team:

School Psychologist: Theresa Lichtman

School Social Worker: Allyne Zappalla

Student Assistance Specialist: Kim Hager



School Wide Initiatives

- Access to school counselor or other UMHT members
 - Social-Emotional learning (currently provided through Advisory) streamlined within the classroom environment with support from the UMHT
 - School-wide, strengths-based resilience programs
 - Sources of Strength
 - PEER
 - Positive Behavioral Interventions and Supports (PBIS) to promote positive climate
 - Mental Health and Wellness Education (classroom lessons, responsive services)
 - Use of Restorative Practices to resolve student conflict through Conferences
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Individual Student Supports

- School Counselor, School Psychologist and School Social Worker assigned to each school (UMHT)
- Provide short term mental health support services to address student concerns that impact learning and may include:
 - Responsive Services (direct interventions offered to students to address an immediate need; consultation with parent/teacher/counselor-via telephone, email or through Google Meet; may involve short term counseling)
 - Periodic check-ins
 - Develop strategies to support student engagement
 - Outreach to disengaged students
 - Telecounseling (individual and skill-based support groups - with parent permission)



Individual Student Supports cont'd

- Return to Learn plan after an extended absence from school
 - Suicide screenings
 - referrals to outside
 - providers
 - follow-up
 - Threat assessments
 - Insight Class (substance abuse intervention)
 - Referrals to Community Services
 - Responding to Gaggles
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How to Access Help

Stone Bridge High School Counseling page

<https://www.lcps.org/domain/4621>

***Resources for families:** mental health and wellness website*

<https://sites.google.com/lcps.org/resourcesforfamilies/home>

Questions?

