

Counselor's Corner

December 2024

Ms. Jennifer Weber

- **MAP Testing:** The second round of MAP testing began this week in grades K-8. Ms. Weber worked with the homeroom teachers and the special education team to provide testing accommodations and quiet testing settings for students who need additional support. We are excited to see our Lions' academic growth at this midpoint of the school year!
- **1N5 Suicide Prevention Presentation:** Per a new state law, all Kentucky public school students in grades 6-12 must have bi-annual suicide prevention training instead of just the initial training that is offered in the fall of each school year. To meet this requirement and offer a unique training experience to our students, Ms. Weber organized a presentation from Mike Mizer, a representative from the local non-profit group 1N5. Mr. Mizer visited Southgate Middle School students on Tuesday (12/10) and shared a program with them called SOS (Signs of Suicide). The students were engaged in the presentation and offered thoughtful discussion questions. They were also respectful and showed their Southgate pride throughout the program. We look forward to working with Mr. Mizer and the other professionals from 1N5 in the future.
- **Accelerated Resolution Therapy:** Mr. Ray recently attended a training to earn his certification in ART (Accelerated Resolution Therapy). This opportunity was paid for by the NKCES Trauma-Informed Services grant (TISS) and allowed many of the clinicians now working in NKY schools to learn how to use this ground-breaking form of therapy to help students. ART can address a variety of mental health issues ranging from trauma to poor self-esteem. It combines elements of visual imagery and EMDR (Eye Movement Desensitization and Reprocessing) to help clients replace their negative memories and feelings with healthy emotions. ART is proven to work fast and has an extremely high success rate. We are so lucky to have someone at Southgate who is now licensed to conduct this type of therapy. Ms. Weber will work with Mr. Ray to explore ART personally and identify students who might also benefit from it. They will discuss the details of the therapy with parents and obtain informed consent for Mr. Ray to offer it to specific students.

