



Counselor's Corner

Piney Ridge is a Maryland State School of Character!

Welcome to the School Counseling webpage! My name is Christina Snively, the School Counselor and this marks my 17th year at Piney Ridge Elementary! Prior to being a school counselor, I was a classroom teacher.

My webpage was designed to provide you with a wealth of counseling related topics and resources.

During the year, if you have any questions or concerns regarding your child's academic and/or social/emotional health and well-being, please contact me at school at either (410) 751-3535 or (410) 795-9022.

I look forward to working with you and your children this year! I wish all of our Piney Ridge families a healthy, happy, and safe academic year!

The Mission Statement

The mission of the School Counseling Program in Carroll County is to promote the academic and social/emotional growth of all students. Counselors, as integral members of the educational team, help to support students in making positive life choices and becoming responsible and caring adults.

What is a School Counselor?

A certified, trained, and caring professional who is available to work with all students, parents, teachers, and staff in order to help students achieve academic and social success. The School Counseling program is delivered through the following four services:

Classroom Guidance Curriculum – developmentally appropriate classroom lessons that correspond to the needs of the K-5 population. Lessons encompass character education, academic, career, and/or personal/social goals. I see each class in the building every three weeks all year long.

Individual Student Planning – acting as a consultant between parents and teachers to assist in academic planning, decision - making and support.

Responsive Services – address students' immediate academic and/or social/emotional needs through individual counseling, group counseling, collaboration with teachers, staff, and parents, consultation with professionals in the counseling field, coordinating services for students and families, and crisis prevention and intervention.

System Support – school wide program planning, implementation, and support (Discipline Committee (B.A.R.K. program), School Improvement Team Planning, Instructional Support Team, Student Services Team).

What are the 3 “C’s” of Counseling?

1. **Consultation and Collaboration** – the School Counselor consults and collaborates with teachers and school staff, specialists, and outside resources in order to assist students. Communicating with parents is an integral part of the Counselor’s role. Please feel free to address any concerns you may have regarding your child with the Counselor. Also, the Counselor can refer you to outside counseling resources.
2. **Coordination** – the School Counselor will work with teachers, staff, and parents to assess the needs of the students in order to create and implement the best possible services. The program will also be evaluated for success throughout the school year.
3. **Counseling** – the School Counselor will provide counseling services to students in the following capacities:

Individual Counseling

A process where students discuss issues in a safe, positive, and confidential setting (for a limited time; ongoing therapy is not available at school). Topics are based on the needs of the students and may include: feelings, changing families, grief and loss, friendship, stress/anxiety, academics, bullying, problem-solving, and decision-making.

Small Group Counseling

A process where students, sharing similar issues and concerns, work together in a small group environment consisting of about 5-8 peers. The group sessions usually last about 30 minutes and are held for approximately 6-8 weeks. Topics are based on the needs of the students and may include divorce or changing families, grief and loss, friendship/social skills, work habits/study skills, anger management, self-esteem, anxiety and stress management.

Classroom Guidance

A process that includes planning and conducting developmentally appropriate classroom lessons based on student needs. Classroom guidance lessons are developed around the Carroll County Public School Character traits of focus for that month.

September - Respect

October - Responsibility

November – Cooperation/Kindness/Courtesy

December – Helpfulness/Service

January – Trustworthiness/Integrity

February – Fairness/Justice
March – Self-Discipline/Dependability
April - Self-Confidence
May/June - Perseverance

Programs Coordinated by the Counselor

- Character Education – incorporated in classroom guidance lessons
- Chairperson of the Discipline Committee
- Chairperson of the IST (Instructional Support Team)
- Chairperson of the SST (Student Support Team)
- Supervisor of School Safety Patrols (grade 5)
- Supervisor of Student Council (grades 4-5)
- Bully Prevention (coordinate with Health teacher)
- Career Awareness program and “Career Day” in 5th grade
- Homework Club

Counseling Resources Used to Assist Students

- Books
- Art
- Play
- Letter writing
- Videos
- Role Playing
- Games
- Puppets
- Counseling programs and activities

List of Parenting Resources

<http://www.behavioralhealth.army.mil/families/> (**Military Families**)

<http://www.childdevelopmentinfo.com/> (**Child Development**)

<http://www.connectwithkids.com/> (**Raising Kids with Character**)

<http://www.sandbox-learning.com/default.asp?page=105> (**Great Articles from Sandbox Learning**)

<http://kidshealth.org/parent/> (**KidsHealth is the #1 most visited site for children’s health and development**) – this is my favorite website for parents and kids!

<http://www.keepkidshealthy.com/> (**Child Health and Safety**)

<http://www.aap.org/> (**American Academy of Pediatrics**)

<http://www.common sense media.org/internet-safety/> (**Internet Safety**)

<http://www.upsidedownorganization.org/> (**Brain Health**)

<http://www.realparentsrealanswers.com/> (**parents talk and share about kids not smoking**)

<http://www.baltimoreschild.com/home/index.cfm> (**Baltimore's Child**)

<http://advance.com/> (**answers questions regarding ADD/ADHD**)

<http://chadd.org/> (**children and adults with ADD/ADHD**)

<http://www.parents.com/> (**happy kids; healthy families**)

<http://www.autismspeaks.org/school> (**Community Resources**)

List of Child Resources

<http://pbskids.org/itsmylife/> (**PBS Kids site**)

<http://kidshealth.org/kid/> (**KidsHealth is the #1 most visited site for children's health and development**) – this is my favorite website for parents and kids! –

<http://www.net smartz.org/index.aspx> (**Internet safety/cyber bullying**)

<http://www.how-to-study.com/> (**Study Skills/Test Taking Strategies**)

<http://www.bls.gov/oco/> (**Career Information – 2008-2009 Occupational Outlook Handbook**)

<http://faculty.washington.edu/chudler/neurok.html> (**Healthy Brains**)

<http://www.factmonster.com/> (**games/puzzles/quizzes, homework center and more**)

Counseling professionals/organizations located in Eldersburg / Westminster

1. Progressive Counseling & Treatment Service, Inc.

266 East Main Street
Westminster, MD 21157
Phone: 410-848-7848

2. Get Connected Family Resource Center

255 Clifton Boulevard, Suite 204
Westminster, MD 21158
Phone: 410-871-0008; 866-664-0008
Fax: 410-871-0228
www.GetConnectedcc.org

3. Family and Children's Services of Central Maryland

Westminster Counseling Office
22 North Court Street
Westminster, MD 21157
Phone: 410-876-1233
Fax: 410-876-4791
Email: info@fcsmd.org
<http://www.fcsmd.org>

4. Carroll County Youth Service Bureau

332-140 Village Road
JCK Center Suites 1-7
Westminster, MD 21157
Phone: 410-848-2500 or 410-876-2500
Fax: 410-876-3016
<http://www.ccysb.org>

5. Carroll Counseling Center, LLC and Attention Learning Disorders Clinic

South Carroll Medical Offices
1380 Progress Way, Suite 101
Eldersburg, MD 21784
Phone: 410-549-5181
Fax: 410.549.5182
Drs. Malcy and Shapiro
<http://www.carrollcounseling.com>

This is the only mental health facility in Carroll County that has a Child & Adolescent Psychiatrist who practices in Mt. Airy. This practice also has a Pediatrician who specializes in behavioral issues.

6. Carroll Mental Health Center

Psychiatric Care with Compassion
Child & Adolescent Psychiatry
Adult Psychiatry
Children with Special Needs
6190 Georgetown Boulevard, Ste 105
Eldersburg, MD 21784
Phone: (410) 552-9004
Fax: (410) 552-9003
Dr. Sandy Saville, LCSW-C
ssaville@carrollmhc.com

7. Cedar Ridge Counseling Center

1475 Liberty Road
Suite 108
Eldersburg, MD 21784
Phone: (410) 552-0773
<http://www.cedarridgecounseling.com/>

8. Access Counseling Services, LLC

Kate Sanner, LCSW-C

Psychotherapist for: Children (0-12) and families

Specialist-Developmental Delays & Disorders

Women (Specialist-Midlife Issues)

Westminster Office

280 Main Street, Suite 103

Westminster, MD 21157

Ph: 410-995-5555, ext. 13

Website: www.accesscounselingcolumbia.com

E-mail: k_sanner@msn.com

9. M.Y. Counseling Services

Mindy Yard, LCPC

Works with children, adolescents, teens, and adults

play therapy, individual counseling, family counseling

66 East Main Street, Suite 300E

Westminster, MD 21157

Ph: 443-536-1277

Please stay tuned for upcoming counseling events and activities!! This site will be updated throughout the school year!!

