

What is Counseling?

You can come to the counselor for many reasons:

- Trouble with school, friends or family
- To discuss options for the future
- To celebrate something positive
- Just need someone to listen
- Not feeling like yourself
- You need help or feel overwhelmed
- You are scared, worried, hurt or angry
- And much more!
- If you have questions, I am always here for you. I may not always have the answer, but we can find it together.

Reaching the Counselor

- Ask your teacher if you can come, try to choose an elective or other free time, but you must have a pass.
- In between classes, you can fill out a self-referral slip, hand it to me, or put it under my door.
- Parents can email, call, or make an appointment to see Mrs. Pinkleton or Mrs. Channell

Echols Middle School Counselors

Donora Pinkleton, LPC

Leah Channell, MA

205-342-2884

DPinkleton@tcss.net

LSChannell@tcss.net

<http://echolsmiddle.tcss.net>

Community Resources

Ambulance, Emergency, Fire – 911!

Teen Link – Crisis Center

(205) 328-LINK (5465)

Crisis & Suicide Line

(205) 323-7777

National Suicide Prevention Lifeline

1-800-273-8255 or

1-800-SUICIDE

Indian Rivers

Mental Health Crisis Response Team

(205) 345-1600

Northport Police Department

(205) 339-6600

Tuscaloosa County Sheriff's Office

(205) 752-0616



Echols Middle School Comprehensive School Counseling Program

Mission Statement

We strive to assist all students in acquiring the skills, knowledge and attitudes needed to become effective students, responsible citizens, productive workers and lifelong learners.



We believe all students can learn, grow and achieve!

The counseling program at EMS does not consist of just one counselor, but also a great number of truly inspiring teachers, administrators and staff. We also have fantastic community members and organizations that bring a wealth of information and services to our students.

Thank You Echols Community!

Program Components

School Counseling Curriculum

- ◆ Large and Small Group Guidance
- ◆ Advisory Lessons
- ◆ Community Speakers
- ◆ Career Cafés

Individual Student Planning

- ◆ Individual Academic Counseling
- ◆ Course Selections/Academic Opportunities
- ◆ Transitioning to/from Middle School

Responsive Services

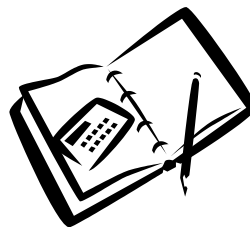
- ◆ Crisis Counseling
- ◆ Consultation
- ◆ Individual and Small Group Counseling
- ◆ Conflict Resolution
- ◆ Parent/Guardian Contact
- ◆ Community Referrals

System Support

- ◆ Problem Solving Team Collaboration
- ◆ Consultation
- ◆ Professional Development
- ◆ Program Management and Operation

Academic Development

Individual Academic Counseling
Study Skills
Goal Setting
Test Preparation



Personal/Social Development



Substance Abuse Prevention
Character Education
Healthy Relationships
Personal Growth

Career Exploration

Career Cruising
4-Year Plans
Career Cafés



Echols

- ◆ Planners are required by ALL students. They are required for hall passes and grades in class.
- ◆ Start using your planners now to write down assignments, upcoming tests, projects, sports practices, etc. The more often you use your planner the quicker it will be a habit. Planners are a great way to keep stress down in trying to manage the 6 classes of middle school along with extracurricular activities.

CONFIDENTIALITY

Everything you tell me is kept confidential *unless*:

- ◆ You want to hurt yourself or others.
- ◆ You have been hurt by someone.
- ◆ You know of someone who is being hurt.

Then we will get help *together*.