



Empowering Students: Effective School Counseling Practices and Interventions

Haverhill Public Schools
School Counseling Department 5-12



Youth Wellness Coach Interventions

Project Amp & Jump Start

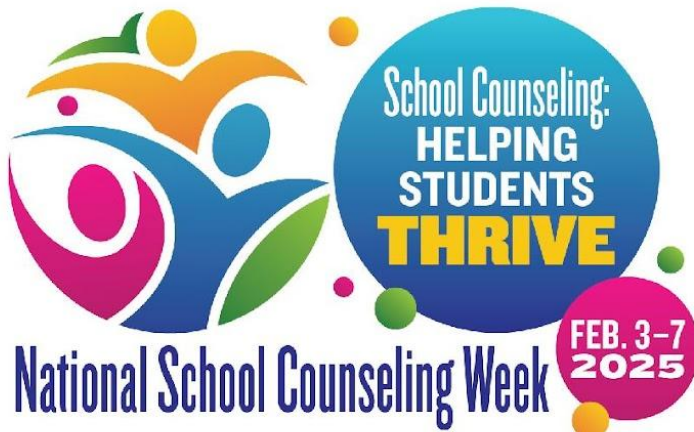
Project Amp-Is a brief and flexible 4-6 session peer mentoring intervention for high schoolers that consists of 1:1 meetings with a Youth Wellness Coach in order to:

- Explore strengths, interests, supports, and goals
- Help youth believe they can achieve these goals
- Build focus on wellness and resiliency
- Discuss perspectives/concerns about substance use, well-being, and coping
- Help connect with community resources and positive social networks

Project Amp is currently taking place at the High School with Youth Wellness Coach Gina Albano

Jump Start-Is a similar mentoring intervention that is slightly altered to better suit younger middle school aged students.

Project Amp Jump Start is currently taking place at Nettle Middle School with Youth Wellness Coach Jacqueline Fougere





National School Counseling Week

FEB. 3-7
2025

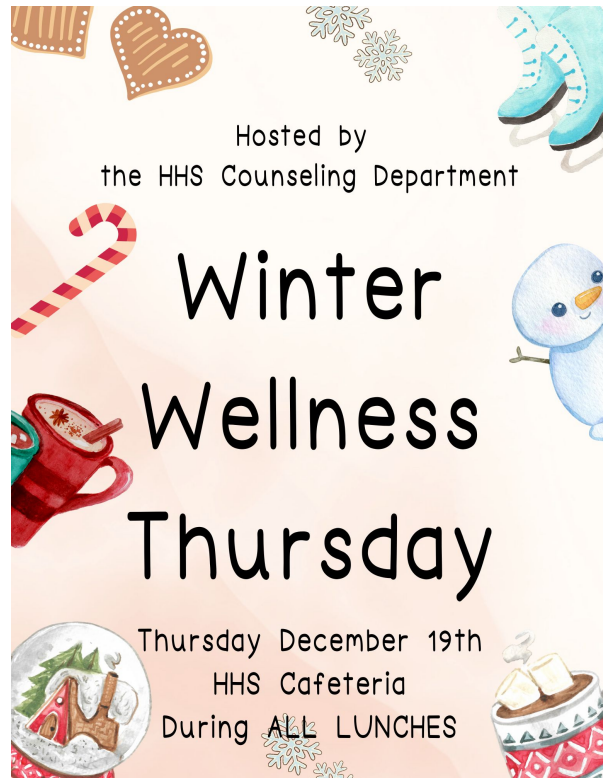


iDECIDE™

A tier 2 intervention curriculum that will be offered at the High School to support students exploring and using alcohol or any other drug.

- Developed by The Center for Addiction Medicine at Massachusetts General Hospital, in collaboration with Institute for Health Recovery and the Office of Youth and Young Adult Services
- Topics covered over four sessions include: Teen brain development, neurobiology of addiction, drug effects, industry tactics, risk and protective factors, motives for use, triggers and healthy alternatives, core values, wellness, and long term goal setting.
- iDecide will be provided by a HPS Youth Wellness Coach and/or HHS School Adjustment Counselor.

Student Support



RoX  TM
RULING OUR EXPERIENCES

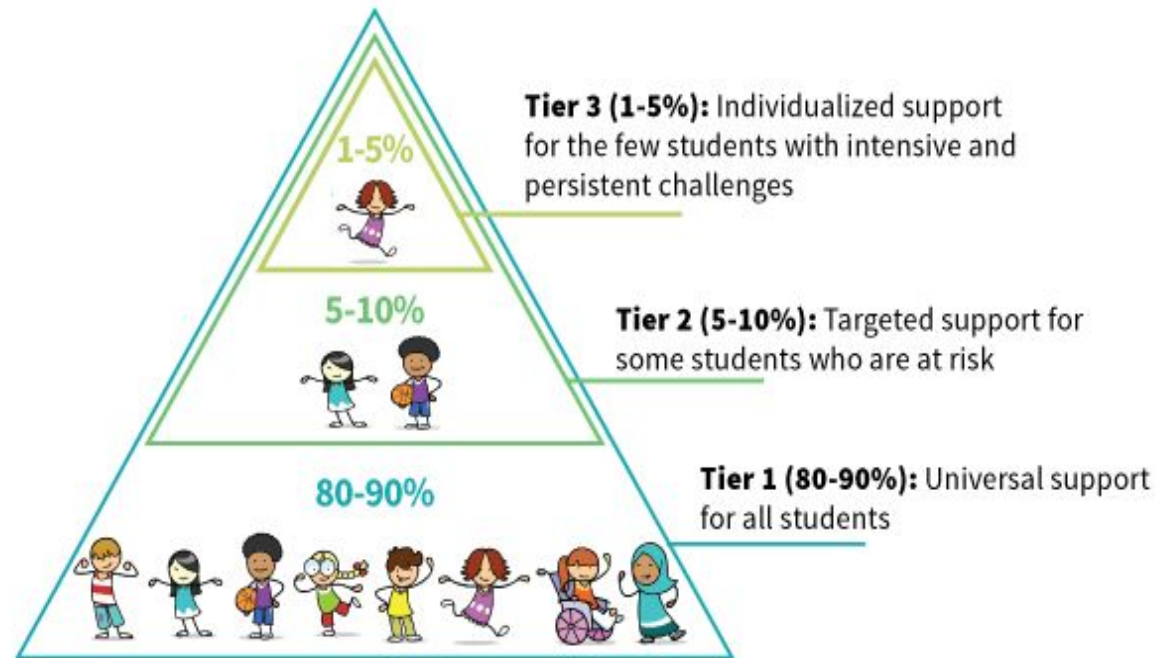


Tiered Supports

Behavioral management course

Restorative Practices

Youth Mental Health First Aid





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Middle School

- **Attitudes & Behavior Survey for 7th & 8th grades**
- **High School Informative Lessons grades 7&8**
- **Interview Skills Lessons Gr. 8**
 - Preparation for high school program interviews, job interviews, private school interviews and technical school interviews
- **Building Application Support Presentation**
 - For parents & guardians in all languages
 - Will include information about FAFSA
 - Completed for Fall 2025
- **NAN Project Visit Gr. 8 Health Classes**
 - Initiative seeking to promote mental health awareness and suicide prevention using a peer-to-peer model
 - School Adjustment Counselor and School Counselor attended to support students

High School

- **Student Tip Line**
 - Opportunity for students to express concerns
 - Responses go directly to the school principal and once resolved to the Safe & Supportive Schools Liaison.
 - Students can access through the LaunchPad, Google Classroom & flyers available in the school counseling offices.
 - Reintroducing this initiative from the top down starting at the high school.
- **SBIRT (Screening, Brief Intervention, and Referral to Treatment)** survey was completed for Grade 10.
 - 80% of grade 10 students were screened
 - Follow up survey in Spring
 - Students that seek resources/additional support have been identified and paired with Youth Wellness Coach
 - NFI clinicians meet with individual students and small groups for identified at-risk for substance use.

Post-Secondary Planning

- **Individual Senior Meetings**
 - Counselors met with seniors to discuss individual post high school plans and help students navigate through this process.
- **CTI-Whittier Tech Summer Program**
 - Limited space available in this FREE program (10 seats per program)
 - Counselors have been supporting students through this application process
 - Hosted Whittier Tech to discuss program with interested students
 - Held an application event where students could physically apply for the program with a school counselor.
 - Over 60 applicants to this program from HHS!
- **MakeIT Haverhill-** Keith Boucher teaming with Counseling Dept. at HHS
 - Held an event on 2/10 for students who are interested in the CTI Program, working in a trade or pursuing a job after high school. The goal of this event is to connect them with MakeIT Haverhill, MassHire and additional resources.

FAFSA (Federal Application For Student Aid)

- Journey to FAFSA-January 14th-MakeIT Haverhill
- Early College Event-March 13th 5PM at NECC
- Partnership with NECC-On Campus FAFSA Help M-F 9-3:30PM-walk ins welcome!
- Junior Parent Night-February 13th 6-7PM HHS Auditorium
- Senior Parent Night
- Individual student FAFSA assistance from school counselors