NORTHSHORE CHRISTIAN ACADEMY

# COUNSELING GUIDE

Northshore Christian Academy's Counseling Department provides **brief, school-based counseling and behavior support** to help K-8 students grow spiritually, socially, emotionally, and academically. Our Counselors work in partnership with parents, teachers, and administrators to support students so that they can be better equipped to access learning, build healthy relationships, and thrive.

## How Students Receive Support from NCA Counselors

**Student Self-Referral**
A student may ask to speak with a counselor.

**Teacher or Staff Request**
Teachers may request support when behavior is persistent, significant, and/or disruptive to the entire class.

**Parent & Caregiver Request**
Families may contact the school if they believe their child could benefit from counseling support.

### INDIVIDUAL SUPPORT
Students can meet with a counselor for concerns such as friendship challenges, grief, family changes, anxiety or stress, emotional regulation, school adjustment, motivation, executive functioning, or other concerns.

### MTSS & SCHOOL SUCCESS
Counselors are part of our Multi-Tiered System of Supports (MTSS). They collaborate with teachers, administrators, Thrive staff (when applicable), and parents to identify needs, plan individualized supports, and monitor student success.

### SHORT TERM STUDENT SESSIONS
Short-term groups (Tier 2) may be requested to support skills such as friendship and social skills, coping and regulation, executive functioning, grief, and/or transitions. It is our desire to seek permission from parents prior to students participating in these sessions.

### FAMILY & TEACHER PARTNERSHIP
Counselors provide consultation for parents and teachers about strategies that can help students succeed. Families are important partners when concerns are significant, ongoing, require frequent counseling supports, or call for outside professional services.

### SAFETY & CRISIS SUPPORT
Counselors help respond when students experience significant emotional distress or safety concerns. They partner with administration and families, follow required safety and reporting procedures, and help connect families with outside resources when needed.

### REFERRALS & COMMUNITY RESOURCES
When a students' needs go beyond brief school counseling, counselors help parents identify specialized care providers who can assist. These specialized care providers may include professionals in mental health, medical care, behavioral specialists, occupational therapists, or others.

*Parent Partnership | It is our desire to always partner with parents when providing care and supports to students. However, we cannot guarantee that parents will be notified prior to receiving counseling support.

## Our Counseling Team



**Mr. Gene Berge**
*K-4th Grade*
*Gberge@nca.school*



**Mrs. Chelsea Gyapong**
*5th -8th Grade*
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NCA counseling is brief, developmentally appropriate, school-based support. **It is not intended to be long-term or to replace therapy or clinical treatment.** **Our goal:** Students feel known, supported, safe, and equipped with skills to grow and succeed.