

Here is a list of places where children and families can get extra help for special issues.

- **Plateau Outreach Ministries**...825-8961  
Emergency food/clothing bank, housing/energy assistance, and referral to various outside agencies. Just above "Pennies From Heaven" on Cole St. Kimberly Fish, director.
- **APPLE Parenting**...(253) 961-5517. Explores areas of child development, stress management, communication, behavior management/discipline. Some Spanish groups available. Amy Hart, director.
- **Enumclaw Youth and Family Resource Center**...825-4586 Counseling for youth, individuals, and families. "Drop-in" after school program for youth. Also offers substance abuse services.
- **Good Samaritan Child Therapy**(253) 697-5200. Evaluation and treatment of ADD, ADHD, OCD, Autism, Pervasive Developmental Disorders, speech, OT, PT. and adaptive equipment. Ask for Linda Buck, director.
- **Valley Cities Mental Health Center** (253) 939-4055 Individual and family therapy; medication evaluation and monitoring; outreach and home based services, parent support groups. Medical coupons, Medicare, and private insurance accepted. Various office locations.
- **Sound Mental Health** 1-800-828-1449 Individual and family counseling services. They are available to work with children at school or in the home as needed.

- **Black Diamond Community Center**.....886-1011 Child care, emergency food/ clothing bank, energy assistance, and parenting classes.
- **Washington Information Network**.....Dial 211 [www.win211.org](http://www.win211.org) Maintains a statewide database of community resources. Data bases includes: school supplies, health education, food, financial assistance and education, housing, material goods, health care, legal, employment assistance, mental health, and substance abuse services.

\*\*\*\*Most agencies are covered by insurance or may offer a sliding scale fee.

### Other Community Resources

#### Emergency and Referral

Crisis Line (24 hour) (800) 244-5767  
 Domestic Abuse Women's Network (DAWN)  
 (425) 656-7867  
 King County Sexual Assault Resource Center  
 (425) 226-5062  
 Children's Protective Service (800) 609-8764

#### Grief Issues

Weeks' Funeral Home (360) 825-3548  
 Safe Crossings Foundation (206) 652-4723

This was created by the Enumclaw School District Elementary Counselors with help from the Washington School Counselor's Association in conjunction with the National Model.

# Southwood Elementary's School Counseling Program



Counselor

Mrs. Rebecca Bowen

She can be reached at school by calling  
802-7375 or by e-mail at

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Southwood Elementary School  
3240 McDougall Ave.  
Enumclaw, WA 98022

*Andrew Means, Principal*

### *What is the Elementary School Counselor?*

The elementary school counselor has ESA (educational staff associate) certification with a Master's degree and specialized training.

#### Roles include:

- Providing individual counseling, small group counseling, and classroom guidance lessons that enhance academic, career, personal and social development.
- Working to establish and foster a safe, equitable, inclusive, and nurturing learning environment.
- Adhering to state/federal mandates, and ethical guidelines (e.g. confidentiality).
- Utilizing data driven information to design and deliver a comprehensive guidance and counseling program.
- Maintaining community contacts and making appropriate referrals.
- Supporting the integration of the State Learning Goals and Essential Academic Learning Requirements.
- Coordinating Guidance Team, 504 Case Management, Crisis Intervention

### *Who does the School Counselor help?*

#### STUDENTS

- Learn how to manage emotions.
- Understand themselves and others.
- Learn communication skills.
- Establish and maintain healthy relations with others.
- Develop decision making and interpersonal skills.
- Gain optimum benefit from their school experience.
- Participate in guidance activities.

#### PARENTS

- Learn about their child's growth and development.
- Appreciate their child's abilities, limitations, and progress in school.
- Encourage a home atmosphere for emotional security and personal growth.
- Gain additional information to further enhance parent-child relationships.

#### STAFF

- Consultation to understand children and their behaviors.
- Create a positive learning climate and personalized curriculum..
- Provide a leadership role in school improvement efforts.

### *Elementary students need counseling services because...*

- Children require academic and interpersonal skills to be successful in their every day lives .
- Children who understand feelings and can discuss them are able to cope more effectively with life's problems.
- Children who have a good self image make better learners.
- Children must deal with the reality of divorce, single parent homes, drug use and abuse, child abuse and violence.
- Children's problems can be corrected more effectively and less expensively when preventive measures are used in the early school years.
- Children live in an ever changing world and must learn to adapt and meld with their environment in order to become more successful learners.

