

# YOUTH GUIDANCE

GUIDING KIDS TO BRIGHT FUTURES

# SCHOOL-BASED COUNSELING

Youth Guidance interventions are designed to create meaningful change in all the areas of school life that affect social-emotional development. Youth Guidance's professionally-trained counselors help students discover and use their own resiliency to overcome barriers to school success and help schools create interventions that will produce the greatest change in the school culture and environment.

Responding to the requests of educators and school administrators, counselors address issues such as adjusting to a new school environment, improving behavior and interpersonal relations, coping with grief or loss, handling environmental trauma and stress (e.g., family, school, neighborhood) and regulating emotions.

## About School-Based Counseling

Youth Guidance meets youth where they are—physically in schools, socially and emotionally—to offer counseling support in 9 Chicago Public Schools, serving more than 279 youth in SY19. Staff address a student's entire support system and facilitate positive change through individual, group, and/or family counseling. Through advocacy and case management, they provide resources and linkages to services that ensure that students attend school regularly, move on to the next grade level, achieve academically, and graduate from school.



## Counseling Service Values

- Addressing the mental health needs of the school community
- Working from a systems perspective, including families, schools, and communities
- Instilling hope and coping skills
- Advocating for and empowering clients
- Assuring that all clinical interventions consider the traumas that students have experienced
- Being committed to culturally competent programming
- Implementing and utilizing evidence-based practices
- Using a strengths-based perspective and fostering assets that clients already possess
- Social-emotional learning
- Following the National Association of Social Workers Code
- Setting goals and planning for the future



*DeAndre\* had a hard time adjusting to the 4th grade. Years earlier he'd lost his mom to chronic illness. He then went to live with his grandmother, who also passed away. Heartbroken, DeAndre was acting out in class and struggling academically. Family explained that he was often unable to sleep at night. Every time his aunt/guardian left the house, he feared he'd never see her again. A school-based, Youth Guidance counselor gave him individualized, weekly support for four months. DeAndre learned new coping skills and his mood and behavior improved dramatically. Soon after, his grades and ability to connect with his peers improved as well. Intensive, personal outreach helped him heal his emotional wounds and address his feelings of confusion and fear. School-based counselors help youth chart a new course towards better school and life experiences.*  
*\*Name changed for confidentiality*