Serving Students with Depression: Implications for School Counselors

Webinar 3: Serving Students with Elevated Needs
Presented by: Dr. Peg Donohue and Dr. Emily Goodman-Scott

KEY TAKE-AWAYS:

- Auger’s (2011; 2015) strategies for working with students with mood disorders:
  - Construct a relationship
  - Expand awareness of feelings
  - Emphasize connections between events, thoughts, and feelings
  - Challenge pessimistic and constricted thinking
  - Create a network of support
  - Maximize opportunities for success
  - Build on social skills
  - Provide concrete evidence of work performance and improving skills
  - Increase engagement in pleasant events
  - Increase level of physical activity
  - Provide education about mood disorder/depression

Please see the evidence-based practices table for Tier 2 and Tier 3 recommendations:

- TIER TWO EVIDENCE-BASED PRACTICES
- TIER THREE EVIDENCE-BASED PRACTICES

REFLECTION QUESTIONS:

- What is the school and school counselor’s role in supporting students with depression at the Tier 2 & 3 intervention level?
- How can school counselors integrate culturally sustaining and social justice-guided practices toward depression intervention (Tier 2 and 3)?
- What Tier 2 and 3 can you see yourself implementing?

ADDITIONAL RESOURCES:
School Counselor’s Role in Mental Health

Primary Resources Used

Auger, 2011; 2015
Sink, 2011
ASCA, 2020

- The School Counselor’s Mental Health Sourcebook, Rick Auger
Mental Health Interventions for School Counselors, by Christopher Sink
ASCA position statement on mental health
ASCA Aspects (October 2020): Unified Mental Health Teams by Dr. Tracy Jackson

Evidence-based Practices
- TIER TWO EVIDENCE-BASED PRACTICES
- TIER THREE EVIDENCE-BASED PRACTICES
- Intervention Central
- What Works ClearingHouse
- Center for School Counseling Outcome Research and Evaluation (CSCORE)

SEL, etc.
- Collaborative for Academic, Social, and Emotional Learning (CASEL) Core Competence Areas
- Harmony Social Emotional Learning (SEL)
- Mindful Schools
- Virginia Department of Education (VDOE) SEL

Racial Trauma and Fostering Growth
- Educators’ Toolkit for Addressing Racial Trauma and Fostering Growth

For more resources and professional development opportunities please subscribe to our newsletter, visit the Virginia Career and Learning Center for School Mental Health Professionals, or follow us on twitter @VDOE_SESS.