

NEWS FROM THE COUNSELOR



Meet The New Counselor



I am Madi Kohls the new school counselor at Loma. I work part-time at Loma and part-time at Gateway. I will be at Loma every Tuesday, Thursday and the 1st and 3rd Friday of the month. I grew up in Grand Junction graduated from Furita Monument. Earn my bachelors in Marriage and Family studies, My masters is in School Counseling. I am very excited to be back in the valley and working at Loma!

My Role at Loma

My job includes teaching guidance lessons, supporting classroom behaviors, teaching coping skills, career exploration, and checking in with students. Every week I will be teaching a 45 minute lesson to every class. These lessons include, problem-solving, dealing with emotions, healthy coping skills, different types of careers, expected behaviors, and staying safe. I may also work with a couple of students one on one or in groups to help learn emotional regulation and coping skills.



How to Get a Hold of Me

There are a couple ways to get a hold of me the best is to call the school at (970)-254-6520. You are also welcome to email me at madison.kohls@d51schools.org.

Do to Covid regulations at this time I am unable to meet in person but would love to do a video chat, please email me if that this is wanted and I will send an invite.

I follow confidentiality, Meaning I will keep what is said in my office between the student and myself unless the student is harming themselves, others, or someone is harming the student. I do not provide therapy to students nor their families. If I feel there is a need for support the school can not provide I will call and have that conversation with guardians. I will be available for all students if they need someone to talk to and will advocate for them.

SERVICES

2020-2021

GROUPS

Guardians must give permission for a student to join a group, please contact me if you would like your student to join one of the following groups.

GIRL'S GROUP: using DOVE' s self esteem project curriculum girls group will be looking at how society has morphed and changed what we think a person's body should look like. The program is about becoming comfortable in your own skin, becoming body confident, and empowering students. This group is only for students in 4th and 5th grade. I can adapted the program for boys and create a boys group covering the same things.

SUPERFLEX: Using Superfelx and the team of unthinkables this group will cover impulse control, expected behaviors and how to have a growth mind set that will set students up for success.

GRIEF GROUP: The loss of a loved one can be hard for every member of the family. Partnering with WestHope I will be doing a grief group every semester. WestHope will be providing resources and having prerecorded activity from grief counselors. They also will give resources to the whole family and offer summer camps for our students.

DRUMBEAT: DrumBeat is a program using drums to aide in healing trauma, preventing violence, and building community. Rhythmic music supports the two hemispheres of the brain to work together to calm the reactivity that trauma can produce.

ONE ON ONE



Due to time limits my service for one on one meeting with students consist of 5 to 10 minutes to check in. At times I will invite a student to eat lunch with me if they are in need of more support. I will also sit in class with students and do observations.

REFERRALS

Referrals I Often Make

Hilltop: Hilltop is a family center that can help with insurance, parenting classes, behaviors, and much more.

Therapy: Finding the right therapist can be hard and time consuming. I can help send familes in the right direction. I can also work with therapist to help support treatment at school.

211: Calling 211 will put families in contact with Untied Way. They have an up to date list of all community resources to help families get their needs meet.

EVENTS

This year Loma will be having a clothing exchange at the end of September. Bring cloths and shoes your kids have outgrown and grab things your kids will need for the up coming year.

All left over items will be used to start a wardrobe at Loma free for all students and their families.

