

## Wellness Support

The school counseling program is designed to provide students and families with a range of supportive services, including referrals to community agencies. The counseling center provides a safe, supportive environment where students can go to discuss a variety of issues from depression, grief, self-esteem, homelessness, foster care, substance use disorders, disabilities, mental illness, family life and stress to dating violence, gender identify and health issues. Students can get help and recognize that there is no stigma associated with seeking mental health, substance abuse, gender identity, or other supportive services. Through on-campus programs and community-based partnerships, students receive counseling and other support services to maximize student engagement and success.

For more information please visit  
[uprep.net](http://uprep.net) or contact the Student  
Support Services Office at  
530-245-2767

## How to connect with a counselor?

Self-referral

Parent referral

Administrative, teacher, or other  
staff referral

Peer referral

## Reasons to contact a counselor?

Academic support

Social and/or emotional concerns

Career development

Referral to outside agencies

Support during personal crisis

Post-secondary planning

## Student Support Services



### SCHOOL COUNSELORS

Mr. Williams  
Junior High Counselor  
[mwilliams@suhsd.net](mailto:mwilliams@suhsd.net)

Ms. Haworth  
High School Counselor  
[khaworth@suhsd.net](mailto:khaworth@suhsd.net)

Mr. Maikranz  
Academic Support Counselor  
[jmaikranz@suhsd.net](mailto:jmaikranz@suhsd.net)

## School Counselors help students by . . .

- Promoting positive attitudes among students toward self, family, peers and community.
- Assisting students in learning how school performance relates to future opportunities.
- Working collaboratively with students, parents, and teachers to identify and remove barriers to learning.
- Supporting students by teaching skills for achieving success.
- Helping students to recognize and make the best of their abilities.
- Counseling with students individually and in groups.
- Providing support during personal crisis.

## Counselors. . .

- Help create a safe school environment where students can learn.
- Work with students on attendance issues.
- Coordinate referrals to outside agencies.
- Help design interventions to enhance student success.
- Develop community partnerships to enhance student career awareness.
- Help teachers create a positive learning environment.
- Help students learn anger management, conflict resolution, stress management, and mediation skills, among others.
- Help parents, teachers, and administrators in learning how to meet the needs of all students.

## Resources available on campus

Peer Mentoring

Peer Tutoring

Senior Transition

College Trips

Parent Universities

Conflict Management

Bully Busters

Advisory

Tutorial

Office Hours

*For a list of outside community resources including therapists, tutoring and mental health referrals contact Mr. Williams (JH) or Ms. Haworth (HS)*