

## *Monitoring and Evaluation*

The level, type, and intensity of educationally related social-emotional/behavioral supports and services are revisited at least annually and are based on assessment and progress towards goals.

Ongoing progress monitoring may consist of the following:

- Student observations
- Teacher contacts
- Parent feedback
- Point sheets
- Ratings
- Interviews
- Questionnaires



## *We serve the following districts:*

*Alum Rock Union School District*

*Berryessa Union School District*

*East Side Union High School District*

*Evergreen School District*

*Franklin-McKinley School District*

*Gilroy Unified School District*

*Milpitas Unified School District*

*Morgan Hill Unified School District*

*Mt. Pleasant School District*

*Oak Grove School District*



**Educationally Related  
Social-Emotional Supports  
and Services (ERSESS)  
Counseling Program**

*For more information, please contact:*

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## Purpose

*We strive to provide evidence-based educationally related social-emotional/behavioral supports and services to students. The ERSESS Counseling Program focuses on:*

1. Addressing the academic, social, emotional, and related behavioral needs of students.
2. Providing support services to students, teachers, and families.
3. Supporting home and school continuity in meeting the student's social-emotional and related behavioral goals.

## Meet Our Social-Emotional and Behavioral Support Specialist

Elena Vasquez, M.A., P.P.S. in School Counseling, provides counseling, training, and consultation services to students, families, and staff in the ERSESS Program. Below are sample activities and supports that may be utilized with students and staff:

1. Cognitive Behavioral Therapy
2. Self-monitoring charting
3. Check-in/Check-out
4. Role-play
5. Video modeling
6. Mindfulness
7. Relaxation activities
8. Task analysis
9. Coping strategies for anxiety and stress
10. Anger management strategies
11. Social skills building
12. Social emotional regulation
13. Trauma-informed care
14. Crisis management/planning with school staff

## Referral Guidelines

Services are available to students with disabilities in grades TK to Post Senior who exhibit educationally related social-emotional and related behavioral need(s) and are not currently receiving school-based counseling services or supports. Students who exhibit reciprocal communication, reasoning, and comprehension of cause-and-effect concepts are more likely to benefit from our counseling support.



## Referral Procedure

1. Special Education Director or appointed designee will consult with SELPA Program Administrator if uncertain about referral appropriateness.
2. Submit a completed referral packet, which includes the following:
  - ✓ Referral form
  - ✓ Supporting documentation (current IEP, recent psychoeducational assessment report, current BIP)
  - ✓ Student's class schedule
  - ✓ Release for exchange of information
  - ✓ Signed Assessment Plan for SELPA ERSESS Counseling Program in the area of "social/emotional" (submit to SELPA within 5 days of receiving parent permission)
3. ERSESS staff will confer with assessing district within the 60-day assessment window. We may observe the student, gather relevant information from the teacher, assessors, and/or parent/guardian to determine current educationally related social-emotional needs.

*\*Please note: ERSESS assessment should be completed in tandem with district's social/emotional assessment if one has not been completed recently.*

## Related Services

Students may receive the following supports and/or services based on their identified needs:

- ❖ **Individual counseling** – Counseling may focus on aspects, such as educational, career, personal; or be with parents or staff members on learning problems or guidance programs for students. Individual counseling is expected to supplement the regular guidance and counseling program.
- ❖ **Counseling and Guidance** – Counseling services include student's social skills development. Guidance services include interpersonal, intrapersonal, or family interventions. These services are expected to supplement the regular guidance and counseling program.
- ❖ **Psychological Services** – Includes planning and implementing a program of psychological counseling for students with exceptional needs and their parents. It also includes assisting in the development of positive behavioral intervention strategies as well as consultative counseling services to parents, students, teachers, and other personnel.
- ❖ **Parent Counseling & Training** – Includes assisting parents in understanding the needs of their child and providing parents with information about child development.

## Reminder

ERSESS Counseling Program does not involve:

- Applied Behavior Analysis
- Special Circumstance Individual Assistance
- Wraparound Services
- In-home counseling
- Conducting Functional Behavioral Assessments
- Writing Behavior Intervention Plans
- Duplicating services for students currently placed in a therapeutic program (unless otherwise agreed upon)