

Mrs. Elissa Stern, LCSW, MPH
School Counselor
Riley Elementary School
801-974-8310 ext.1620
Available: Monday-Friday
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Welcome To Riley Elementary School 2019-2020

K-5 Supportive Counseling Program:

Throughout the school year I provide supportive counseling support services to students and families. Classroom-based presentations are provided using developmentally appropriate curricula and materials to teach all students how to be successful in their academic learning and respectful in their social-emotional interactions. In addition, support is provided to students through smaller, skill-building groups and individual counseling.

A research-based prevention program; **Second Step** is incorporated into grade level presentations to teach academic and social-emotional learning skills. Learning and practicing these skills at school and in the community encourages students to establish a respectful school climate for learning. Topics include, but are not limited to:

- Skills for learning- listening, focusing attention, positive self-talk, assertive communication skills
- Building empathy and compassion
- Perspective taking
- Recognizing feelings
- Emotional regulation
- Making friends
- Recognizing Bullying, Refusing Bullying, Reporting Bullying
- Self-esteem
- Anger Management
- Relaxation Skills/ Stress Management
- College/Career Readiness

Family Involvement:

Family involvement and collaboration is an essential part of a child's social-emotional and overall developmental growth. I encourage you to contact me during the school year with any question or concern you may have about your student(s). Students may be referred for supportive counseling by parents, teachers or administrators. Parent permission is required for a child to receive these school services. At times a child may require more ongoing and therapeutic services offered outside of school and a community behavioral health service referral will be discussed with the caregiver prior to making a referral.

Making A Referral:

At Riley we are available to help and support students and their families. If you have a question or concern about the following or other questions, please contact me directly. Thank you.

- Concerns about academic progress
- Difficulty making or keeping friends
- Grief/Loss of family member, close friend, pet, etc.
- Behavior struggles at home or at school
- Mood (e.g. student often feels anxious, sad, angry, frustrated, low self-esteem, etc.)
- Low self-esteem
- Student is being bullied, bullying others or observing bullying
- Resources- Housing, clothing, medical, dental, food
- Abuse, violence, drug/alcohol use
- Divorce, Separation