

# MENTAL HEALTH IN SCHOOLS LEARNING SERIES

## Virtual Strand

### Virtual Suggestions for Large Group Counseling

*Presented by Dr. Julia Taylor*

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#### Resources:

- [Presentation Handout](#)
- Recovery Resource Library for School Counselors (*padlets developed by Sarah Bazemore, School Counseling Specialist and Student Assistance Systems Coordinator, Office of Student Services, VDOE*)
  - [Elementary School Counselors Recovery Resources](#)
  - [Secondary School Counselors Recovery Resources](#)
- [COVID-19 Pandemic Resources](#)
- American School Counseling Association
  - [Virtual Elementary School Counseling](#)
  - [Virtual Middle School Counseling](#)
  - [Virtual High School Counseling](#)

#### References:

- [VDOE SEL Resources](#)
- [CASEL Cares, SEL Counseling](#)

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## Discussion Guide

1. If you are counseling students using a virtual platform, what are some risk factors that you must be on the look out for? And, if there is student who presents suicide ideation, what is the first thing that you should try and do?
2. How does your school or school district recruit students to participate in groups? Are parents' permission required to participate or is there an opt out process?
3. What are some user-friendly assessments and screening tools that could be use within a virtual environment to screen students for participation?
4. If some students do not want to use their cameras, should it be mandatory? Why or Why not? How can you go about using the chat/text feature when counseling students?
5. What grade or age level of students should be able to participate in virtual small groups? What brings you to this conclusion?
6. What is an appropriate number of students that should be in each of your groups and how long should each session be?
7. To what extent is resiliency a concept that is developmentally appropriate for all students k-12 and from all racial and cultural backgrounds?
8. Traditional groups in school settings help students with social, emotional and behavioral issues. Which of these might be most easily addressed in a virtual environment?
9. What are some aspects of this session that are applicable to your work within your particular setting and what areas are you still in need of further exploration?