

**SB 159**

FINANCE COMMITTEE REPORT

(11)

Date Referred: May 16, 1991

FURTHER REFERRALS:

Date of Committee Action: 5/17/91

The FINANCE Committee considered:

SB 195

SENATE BILL NO. 195

COUNSELING SERVICES GRANT FUND

"An Act creating the Alaska school counseling program grant fund."

RECOMMENDATIONS:

the same title

be replaced with \_\_\_\_\_  a new title

have attached amendments(s)

do pass

do not pass

no recommendations

individual recommendations

additional referral to the \_\_\_\_\_ Committee

ADOPTS: \_\_\_\_\_ letter of Intent

ATTACHES NEW FISCAL NOTE(S): (Dept)

APPROVES PREVIOUS: (Dept/Date)

fiscal impact \_\_\_\_\_

fiscal note(s) DCE 5/10/91

zero fiscal note \_\_\_\_\_

zero fiscal note(s) \_\_\_\_\_

SIGNING DO PASS	DP	OTHER RECOMMENDATIONS	DNP	NR	AM
<i>Mike Hawane</i> <sup>NAVARRE</sup>	<input checked="" type="checkbox"/>	<i>Ed Mader</i> <sup>Mackay</sup>		<input checked="" type="checkbox"/>	
<i>Martin Boyer</i> <sup>Boyer</sup>	<input checked="" type="checkbox"/>	<i>Ken</i> <sup>Kapone</sup>		<input checked="" type="checkbox"/>	
<i>Tom Brown</i> <sup>Brown</sup>	<input checked="" type="checkbox"/>	<i>Bob</i> <sup>Shamp</sup>		<input checked="" type="checkbox"/>	
<i>Ullmer</i>		<i>Phillips</i>		<input checked="" type="checkbox"/>	
		<i>Lansol</i>		<input checked="" type="checkbox"/>	

*Mike Hawane* <sup>NAVARRE</sup> *Ed Mader* <sup>Mackay</sup>  
 CHAIRMAN'S SIGNATURE

FISCAL NOTE

Version: 5A 95  
 (S) Publish Date: 5/9/91

STATE OF ALASKA  
 1991 LEGISLATIVE SESSION

Revision Date: 5/9/91 Department Affected: Education  
 Title: Creating the School Counseling BRU: Education Program Support  
Program Grant Fund Component: Basic Education and Instructional  
Sponsor: Collins Improvement  
 Requestor: Senate Finance COMPONENT SERIAL NO.           

Expenditures/Revenues: (Thousands of Dollars)

OPERATING	FY 92	FY 93	FY 94	FY 95	FY 96	FY 97
PERSONAL SERVICES	32.5	32.5	32.5	32.5	32.5	32.5
TRAVEL	1.0	1.0	1.0	1.0	1.0	1.0
CONTRACTUAL	15.6	15.6	15.6	15.6	15.6	15.6
SUPPLIES	.5	.5	.5	.5	.5	.5
EQUIPMENT						
LAND & STRUCTURES						
GRANTS, CLAIMS	150.0	150.0	150.0	150.0	150.0	150.0
MISCELLANEOUS						
TOTAL OPERATING	199.6	199.6	199.6	199.6	199.6	199.6
CAPITAL	-0-	-0-	-0-	-0-	-0-	-0-
REVENUE						

FUNDING: (Thousands of Dollars)

GENERAL FUND	199.6	199.6	199.6	199.6	199.6	199.6
FEDERAL FUNDS						
OTHER						
TOTAL	199.6	199.6	199.6	199.6	199.6	199.6

POSITIONS:

FULL-TIME	-0-	-0-	-0-	-0-	-0-	-0-
PART-TIME	1	1	1	1	1	1
TEMPORARY	-0-	-0-	-0-	-0-	-0-	-0-

Estimate of current year impact: None

ANALYSIS: (Attach a separate page if necessary.)

This fiscal note assumes retention of existing department staff and resources dedicated to the school counseling function and assumes an allocation of \$150.0 to the grant fund per Senate Finance intent.

Prepared By: Mary Hakala Phone: 465-2300  
 Division: Commissioner's Office Date: 5/9/91  
 Approved by Commissioner: Steve Hule, Acting Commissioner  
 Agency: Education Date: 5/9/91

Distribution (by preparer): Legislative Finance, Legislative Sponsor, Requestor, CMB, & Impacted Agency(ies).

Fiscal Note Analysis

SB 195: Creating the Alaska school counseling program grant fund

Revised May 9, 1991

Page 2

Personal Services

1 PT Education Associate II, Range 15	\$25.3
.25 FTE clerical support, Range 3	\$7.2

It is the Department's intention to utilize existing staff and resources to the maximum extent possible, including use of staff funded with a combination of federal and state general funds.

Travel

Attendance at School Counselor's association training. \$1.0

Contractual

Fiscal management/subgrant accounting functions \$10.0  
Phone, postage, photocopying and audioconferencing \$5.5

Commodities

General supplies \$3.5

Grants

Per Senate Finance intent, an allocation of \$150.0 is proposed for the School Counseling grant fund.

## SENATE BILL NO. 195

IN THE LEGISLATURE OF THE STATE OF ALASKA

SEVENTEENTH LEGISLATURE - FIRST SESSION

BY SENATORS COLLINS, Menard

Introduced: 3/13/91

Referred: HES and Finance

## A BILL

## FOR AN ACT ENTITLED

1 "An Act creating the Alaska school counseling program grant fund."

2 BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF ALASKA:

3 \* Section 1. PURPOSE. It is the purpose of this Act to

4 (1) provide a comprehensive counseling program to public school students in grades K-  
5 12;

6 (2) implement and expand the model school counseling program developed and piloted  
7 by the Department of Education as a result of recommendations of the Governor's Interim Commission  
8 on Children and Youth;

9 (3) create a fund for providing financial aid to school districts specifically for the purpose  
10 of implementing and expanding the model Alaska School Counseling Program.

11 \* Sec. 2. AS 14.07.020(a) is amended by adding a new paragraph to read:

12 (15) administer the grants awarded under AS 14.30.750.

13 \* Sec. 3. AS 14.30 is amended by adding a new section to read:

14 ARTICLE 10. ALASKA SCHOOL COUNSELING PROGRAM GRANT FUND.



# Alaska State Legislature

SENATE

SENATOR VIRGINIA COLLINS

Official Business

P.O. Box V  
State Capitol  
Juneau, Alaska 99811

Dear Senator,

Senate Bill 195, "An Act creating the Alaska school counseling program grant fund," is before you today.

In a recent survey of 5000 Alaskan students, the following statistics were released:

- \* One out of six youths report they have attempted suicide.
- \* 25% of all females respondents and 8% of all male respondents reported sexual abuse.
- \* 75% of females and 67% of males reported being sexually active by their senior year.
- \* Over 20% of Alaska's teenage girls have been pregnant and more than 1 in 4 have been pregnant multiple times.
- \* Nearly half of 10-12th grade males and one third of the females report drinking and driving.
- \* Nearly 40% of all youth have been involved in violent behaviors.

Alaskan youth are faced with choices and problems no group earlier has ever had to confront.

Senate Bill 195 creates a school counseling program grant fund for public school students in grades K through 12. The program is comprehensive, curriculum-based, and is designed to assist individuals with total development on a K-12 basis. It is preventive, rather than remedial in nature.

Grants would be given to school districts to implement and expand the model Alaska School Counseling Program developed in 1988 under the sponsorship of the Department of Education. The funding would consist of legislative appropriations and public or private donations made to the fund.

This concept has received support from the Governor's Interim Commission on Children and Youth, the Alaska School Counselor's Association, the Alaska Association of Elementary School Principals, the Alaska Association of Secondary School Principals, the Alaska Association of School Administrators, the Alaska State Vocational Association, the National Education Association, and NEA-Alaska. Thirty states are currently involved in adopting the program.

I would appreciate your support of Senate Bill 195.

Sincerely,

Senator Virginia Collins



Official Business

# Alaska State Legislature

Senate

SENATOR VIRGINIA COLLINS

Pouch V  
State Capitol  
Juneau, Alaska 99811

## SPONSOR STATEMENT

Senate Bill 195

Senate Bill 195, "An Act creating the Alaska school counseling program grant fund."

This bill creates a school counseling program grant fund for public school students in grades K through 12. Grants would be given to school districts to implement and expand the model Alaska School Counseling Program developed in 1988 under the sponsorship of the Department of Education. The funding would consist of legislative appropriations and public or private donations made to the fund.

Pilot projects have been ongoing for two years in Alaska and the pilot program has expanded from 12 to 34 sites. Feedback from teachers indicates improved student performance and classroom behavior. The Alaska program was developed by a professional task force and the success of the pilot projects has been the result of positive administrative support within the participating districts.

The program is comprehensive, curriculum-based, and is designed to assist individuals with total development on a K-12 basis. It is preventive, rather than remedial in nature. The purpose of the program is to focus and revitalize school counseling in Alaska to be more responsive to the challenges which children, young people, and parents face today and into the future. Individual acquisition of knowledge and skills has been and will continue to be a major goal of public education. In addition, parallel efforts to assist students to grow socially and emotionally as well as intellectually and physically are essential.

Support for this concept has come from the Governor's Interim Commission on Children and Youth, the Alaska School Counselor's Association, the Alaska Association of Elementary School Principals, the Alaska Association of Secondary School Principals, the Alaska Association of School Administrators, the Alaska State Vocational Association, the Lake and Peninsula School District, the National Education Association, and NEA-Alaska. Thirty states are currently involved in adopting the program.

I would appreciate your support of Senate Bill 195.

---

**RECOMMENDATION:**

The State should fund the development of a Peer Counselor Program.

---

Issue

All across the state, and more frequently in rural areas, access to services is lacking or insufficient. In both rural and urban areas of Alaska, adolescents do not know where to receive services or advice on healthy life skills, pregnancy prevention, contraceptive services, and/or prenatal care. They frequently delay taking positive action in particular for prenatal care because they are uninformed about how to utilize existing programs. Because adolescents frequently go to other adolescents for advice rather than to adults, the Task Force recommends the development of a Peer Counselor Program.

Implementation

The Department of Health and Social Services should be mandated to provide training coordinators for peer groups selected from each community. The training coordinators would:

- 1) conduct training sessions to:
  - a) develop interpersonal communications skills;
  - b) teach accurate health information, emphasizing sexual development; and
  - c) provide information about services available in their areas and how to access those services for pregnancy prevention, prenatal care, and healthy life skills.
- 2) be readily available to the peer counselors to answer specific questions and provide supportive counseling; and
- 3) provide updated information for the peer counselors.

### Cost

For program development, training of the training coordinators, provision of materials, and operation for the first year the cost would be approximately \$300,000. Costs for future years program operations would be considerably less.

### Benefits

The establishment of a statewide peer counseling program focused on reproductive health needs would ensure, 1) the dissemination of accurate information regarding human reproduction, and 2) timely referral to professional services. From time immemorial, adolescents have shared information about sexual development and reproduction, the classical "back behind the barn" conversation. The peer counseling program would tap into this time honored ritual, but this time the information would be accurate and appropriate. Teenagers who are reluctant to approach adults would now have access to adult wisdom and support through trusted and knowledgeable peers.

This increased access to information and available services has far reaching potential. Accurate information regarding family planning and support of abstinence would decrease the number of unplanned teen pregnancies, thus reducing the tax burden upon the state of Alaska. The dissemination of accurate health information and concomitant referral service would reduce the social and economic cost of obstetrical and gynecological care through early intervention in life threatening conditions such as ectopic pregnancy, preterm labor and delivery, and other medical emergencies. Reduction of sexually transmitted infections, and the resulting infertility, holds promise for our families of tomorrow. The soaring costs of medical care are most efficiently controlled through, 1) prevention, and 2) early detection and treatment. The peer counseling program is a tool to achieving both.

Development of a peer counseling program introduces a resident and constant source of information and referral in all our communities. This presence would not only be sensitive to the particular culture of that community, but to the subculture of adolescence. The information would be accessible and comprehensible. The resident resource is of special importance in our smaller communities where information is needed in a timely fashion, but it is not feasible to have professional services continually available in the community.

The training and responsibility of the peer counselor would also benefit that specific adolescent, giving him or her additional education and responsibility. Additional education is a factor known to be associated with a delay in the onset of sexual activity and pregnancy.

*Before Senate H&ED Committee  
4/5/91*

**TESTIMONY IN FAVOR OF SENATE BILLS 195 and 196**

**"An Act Creating the Alaska School Counseling Program Fund"**

Madam Chair:

My name is Drew Alexander. I am completing my second year as counselor at the Juneau-Douglas High School. Prior to moving to Juneau, I was a counselor for a couple of years at Barrow High School. I appreciate the opportunity to talk to you this morning regarding Senate Bills 195 and 196 . . . "An Act creating the Alaska School Counseling Program grant fund" and "An Act making a special appropriation to the Alaska school counseling program grant fund; and providing for an effective date."

This past October the Alaska school counselors convened for their annual meeting in Anchorage. A message sent from this body was a proposal asking the State Legislature to provide incentive grant funding for the Alaska School Counseling Program . . . 90 counselors from every corner of the state vote unanimously to recommend funding as proposed in these two bills. I want to share with you that getting 90 counselors to agree unanimously on any one issue is a small miracle in itself. What do they know that would make them all embrace this proposal?

School counselors interact daily with students who are involved with issues addressed in The State of Adolescent Health in Alaska, the

results of a survey released 11 months ago of over 5000 Alaskan students. We are not surprised by the fact that one-in-six Alaskan youths report that they have attempted suicide . . . . that 25% of all the female respondents and 8% of all male respondents report sexual abuse . . . . that 75% of females and 67% of males report being sexually active by their senior year. School counselors are not surprised by the fact that over 20% of the state's teenage girls have been pregnant and more than 1-in-4 of that number have been pregnant multiple times . . . that nearly half of 10 - 12 grade males and a third of 10 - 12 females report drinking and driving. School counselors are not surprised by the fact that one-in-ten seniors report daily or weekly use of marijuana . . . and that nearly 40% of all youths have been involved in violent behaviors and between 15% and 25% of Alaskan youths have participated in illegal activities such as vandalism, shoplifting, and stealing from home.

It's a fact of life that unprecedented changes are taking place in our state, society, and the various cultures that compose it. Alaskan youth are faced with choices and problems no group earlier has ever had to confront.

In response to these challenges, the Governor's Interim Commission on Children and Youth recommended the expansion and extension of

kindergarten through twelfth grade counseling programs. This recommendation was the catalyst for the Alaska School Counseling Program that is in existence today. To quote William Demmert, former Commissioner of Education, "The program is intended to focus and revitalize school counseling to be more responsive to the challenges young people and parents face today."

As a pilot site, Juneau-Douglas High School is in the first year planning phase of the program. We are forced to look at how we operate, and, to be honest, it isn't always a pleasant sight. By completing time-task analyses, we can document the time we spend in counseling and non-counseling functions, the time we spend reacting instead of delivering preventive services, the time we spend shuffling schedules instead of building self-esteem. This year has also been a time to review counseling curriculum and try to discover what is the best product to deliver and the best way to deliver it. This planning year has also provided the opportunity to survey students and parents to see what kind of counseling program they envision for themselves. This planning year has also afforded the counselors, teachers, and administrators in the district the time to get together and discuss how the the program should improve to meet the needs of our most precious resource . . . our youth.

The Alaska School Counseling Program is not the complete answer to all the adolescent woes of our state . . . . but it should be viewed as a vehicle that all state schools should "hop aboard" to respond to our students needs. Instead of sitting back and trying to solve the problems as they erupt, this program advocates tackling them before they get started. This new Alaskan counseling model, with a proven track record nationwide, needs your support and funding to be a reality statewide. Your support is support for the state's youth and the state's future.

Thank you. I would be happy to respond to any questions at this time.

Madam Chair:

My name is Doug Wessen and I am employed by the Juneau school district as an elementary counselor at Glacier Valley Elementary School.

I appreciate the committee letting me speak about Senate Bill 195-196.

I work in a school with over 600 students in kindergarten through fifth grades. Often when I meet people and tell them what I do for a living, people have 3 questions or statements.

1. What does an elementary counselor do?
2. Why do they need counselors in elementary schools?
3. That's great, we need counselors to help kids today.

To answer the first question, elementary counselors assist schools to achieve educational goals and help children understand their unique nature. An elementary counseling program supports the teaching of academic skills such as reading, writing and arithmetic but also provides a comprehensive developmental program to help children gain an understanding of themselves, enhance self-concept to improve self-esteem and learn to work cooperatively with others. Elementary counselors help children to develop critical thinking skills, communication and listening skills and develop a capacity for responsible decisions for themselves and others.

Elementary counseling is crucial because 80% of a child's intellectual growth takes place during their first 8 years of life. It is proactive and works toward prevention. Counseling services are delivered through classroom presentations, small group counseling sessions and consultation with parents, teachers and administrators.

To answer the question; why do we need elementary counselors? Counselors are needed to teach decision making skills and to provide support to children through small group counseling sessions.

These services are needed when you consider that over half of the children in my school come from families where there has been a divorce or separation. Not all these children come from single parent families but many are in blended families. Four out of ten children have some kind of alcohol or drug abuse situation in their homes. One out of 4 girls and 1 out of 10 boys are reported to be sexually abused as well as the number of children who are physically abused or neglected.

Families are now much more mobile and transient and these children need assistance in adjusting to new schools and neighborhoods. Counselors are needed to teach children conflict resolution skills and to get along with others.

Counselors are also needed to help children with special needs such as gifted and talented students and children with attention deficit disorder ( a condition in which children have difficulty paying attention, completing assignments and who are often hyperactive) to help them acquire skills to cope in the regular classroom so that they can learn effectively. Counselors also provide support to mainstreamed special education students to improve their self-esteem and study skills.

We provide services to parents as consultants to help parents understand developmental change in children as they grow. In summary school based counselors are change agents helping students with academic, social and personal concerns. Counselors serve as the vital links connecting students, parents, teachers and school system staffs. We serve as catalysts in enabling young people to become productive citizens.



# ALASKA SCHOOL COUNSELOR ASSOCIATION

Rod Poole, Gov't Relations Chair  
Alaska School Counselor Association  
c/o Sitka High School  
1000 Lake Street Extension  
Sitka, AK 99835  
January 7, 1991

The Honorable Arliss Sturgulewski  
P. O. Box V-Legislature  
Juneau, Alaska 99811

Dear Senator Sturgulewski:

As Government Relations Chair for the Alaska School Counselor Association, I am pleased to write to you with an update from our organization. Enclosed you will find a legislative proposal which is reasonable and positive, an effort to make school counseling more available to more of Alaska's children and teens.

Since I have been sending legislative packets for five years now from ASCA, you are already aware that our state is involved in a counseling pilot project program. If you are new to the legislature, this information may not be familiar to you. From the time that the state Board of Education adopted the Alaska School Counseling Program Guide as the official state model on May 2, 1989, interest has grown rapidly. The model guide is now being piloted in about two dozen schools around the state. A copy of the Alaska School Counseling Program brochure is also enclosed for you and your staff to review. You will find this informative.

You will also want to know that ASCA has engaged the services of Ms. Wanda Cooksey as our professional representative in Juneau during the 1991 legislative session. With her educational experience and legislative staff experience, she is uniquely qualified to speak to school counseling concerns.

No doubt you are aware that the Governor's Interim Commission called for initiating, expanding, and funding school counseling programs K-12 for Alaska. ASCA Executive Board and membership, Alaska State Vocational Association Executive Board and membership, Elementary and Secondary Principals and Superintendents have all gone on the record calling for K-12 school counseling programs in Alaska. NOW is the time to take concrete steps in that direction. We hope you will give serious consideration to our legislative proposal for the sake of Alaska's next generations.

Sincerely,

Rod Poole, Counselor, Sitka High School

cc: Cindy Folsom, ASCA President  
Alecia Lybrand, ASCA President-Elect  
Robbi Nadeau, ASCA Past President  
Wanda Cooksey, ASCA Professional Representative in Juneau



# NEA-ALASKA

AFFILIATED WITH THE NATIONAL EDUCATION ASSOCIATION

## ANCHORAGE REGIONAL OFFICE

1411 W 33RD AVENUE  
ANCHORAGE, ALASKA 99503  
(907) 274-0536  
FAX: (907) 274-0551

## JUNEAU OFFICE

105 MUNICIPAL WAY, SUITE 302  
JUNEAU, ALASKA 99801  
(907) 556-3090  
FAX: (907) 556-2744

## FAIRBANKS REGIONAL OFFICE

2118 CUSHMAN STREET  
FAIRBANKS, ALASKA 99701  
(907) 456-4435  
FAX: (907) 456-2159

## Alaska School Counseling Program Grant

RE: SB 195

NEA-Alaska believes that the shortage of school counselors in Alaska public schools is perhaps the greatest weakness in our schools. The problem is especially acute in the primary through eighth grades but is certainly serious in all of our schools.

We believe the number of counselors should be no less than one for every 250 elementary students, or major fraction thereof, or every 175 students of combined grades K-12 or major fraction thereof. In every case there should be at least one certificated school counselor in every school.

It is important that our school counselors have training in drug and alcohol abuse, suicide prevention, crisis intervention and related mental health areas--as well as other guidance skills required by their duties.

The Department of Education should have the financial and technical support needed to implement and expand the model school counseling program developed and piloted by the Department as a result of recommendations of the Governor's Interim Commission on Children and Youth.

It is good public policy to provide funding for the department for grants to school districts to implement counseling programs--including personnel and materials. Each school district should be encouraged to apply for the grants.

NEA-Alaska believes such grants are only a stop-gap measure and should not be construed as meeting the state obligation to provide adequate counseling services for the schools. A far better social and educational policy would be to provide additional funding on a yearly basis to each school district for counselors on a formula as stated above. Such funding should be in addition to the current foundation allotment.

We believe improved counseling services in our Alaska Public schools will greatly enhance the learning of our students and help our children better work through many of the social and educational problems maturing youngsters face in our rapidly changing environment.

LE04/Counseling/dl



ALASKA ASSOCIATION OF ELEMENTARY SCHOOL PRINCIPALS  
ALASKA ASSOCIATION OF SECONDARY SCHOOL PRINCIPALS  
ALASKA ASSOCIATION OF SCHOOL ADMINISTRATORS

• ALASKA COUNCIL OF SCHOOL ADMINISTRATORS •  
326 Fourth St., Suite 408, Juneau, AK 99801-1101 (907) 586-9702 FAX (907) 586-5879

## POSITION STATEMENT

SB 195/SF 196

### "COUNSELING SERVICES GRANT PROGRAM"

The Alaska Council of School Administrators supports the concept of counseling in the k-12 school program and supports the grant program which will provide incentives for those schools who have not implemented a counseling program, the ability to start a pilot project if they desire to do so.

We recognize the complexity of today's society and the need for a variety of services to the children in schools to provide them with the necessary tools to be successful learners and to become productive members of society.

We caution the legislature on mandating programs and would strongly encourage the continued flexibility for the local school district to make the final determination as to the level and involvement they desire in the counseling project as well as other individual programs which are currently before the legislature.

We also recognize that school counseling has taken on a new meaning in order to meet the changing needs in our schools. The pilot projects which have taken place over the past two years have proven the value to the total commitment to children by the school district.



# Soldotna High School

425 W. Marydale Ave.  
Soldotna, AK 99669  
(907) 262-7411  
FAX (907) 262-4288

Ken Meacham  
Principal

Mark Norgren  
Assistant Principal

David McCard  
Athletic Activities

*Kenai Peninsula Borough School District*

April 3, 1991

To: Senator Sturgelewski, *Chair*

From: Dennis Dunn, Counselor

Subject: Senate Bill 195

I am writing to urge you to pass out of your committee Senate Bill 195, an act creating the Alaska School Counseling Program Grant Fund. Our district has been involved with the Alaska School Counseling Program and have found it to be effective program.

Thank you for your time and consideration.

Sincerely,

Dennis Dunn, Counselor

April 2, 1991

Senator Arliss Sturgulewski  
P.O. Box V  
Juneau, Alaska 99811

Dear Senator Sturgulewski,

I am writing to you in support of Senate Bill 195 "an act creating the Alaska school counseling program grant fund" to be heard by the Hess committee this Friday.

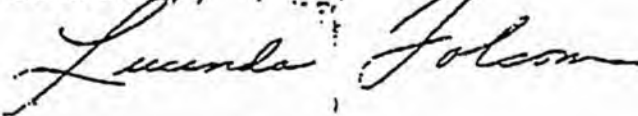
As President of the Alaska School Counselor Association, I have had the opportunity to meet with educational professionals from all over the state. Again and again I have heard people express concern over the lack of adequate counseling services in many parts of Alaska. Often, in rural areas, one counselor may have to serve six or seven schools on a rotating basis. It is hard to implement and continue a viable counseling curriculum without sufficient personnel and/or resources.

In 1989 the Alaska School Counseling Pilot Program was initiated through Carl Perkins grants. I was fortunate to be working at one of the original pilot sites, North Pole High School. This program has a set scope and sequence as part of a developed counseling curriculum. As a result of participating in this school counseling program, students will acquire and apply knowledge of self and others, develop competencies in careers/life planning, and achieve educational success. In addition to reaching more students, the Program provides for parent input, administrator evaluation and accountability. In order to bring more schools on line with this Program, there must be funding available to make the transition.

As counselors, we are key components in schools to help students become contributing members of society and to be employable! Our students need the best counseling programs we can give them - they are our future. More funding is needed to provide these services to ALL Alaskan students. I feel Senate Bill 195 will help us tremendously in achieving these goals.

I appreciate your support.

Sincerely,



LUCINDA FOLSOM  
ASCA - PRESIDENT



April 2, 1991

Senator Arliss Sturgulewski  
Alaska State Senate  
P.O. Box V  
Juneau, Ak. 99811

Dear Senator Sturgulewski:

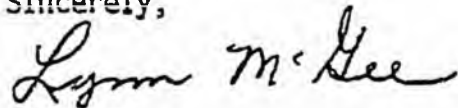
I wish to urge the support of Senate Bill 195, "an act creating the Alaska School Counseling Program Grant fund." I am currently serving as the project director for a pilot project utilizing this new Alaska School Counseling Program, and I have already seen the benefits to students involved in this developmental type of counseling. To be brief, the Program gives a structured approach to school counseling, making better use of counselors' time, reaching more students in group and classroom situations, and in general, creating a preventive mode of counseling instead of merely a reactive approach.

This type of school counseling program, curriculum based, is nationally acclaimed, with many states utilizing it statewide, and seeing the same positive results that our pilot project schools in Alaska have seen. In addition to reaching more students with counseling curriculum, the Program provides for parent input, administrator evaluation, and accountability. However, in order to bring more schools on line with this Program, there must be some funding available to make the transition. Each school will have different needs, but first and foremost, the counselors and administrators need to attend training sessions, which will necessitate travel funds, and there will be a need for grant money for purchase of curriculum items, and other expenses as the individual schools evaluate their needs.

As a former President of the Alaska School Counselors Association, I have seen the wide diversity of school counseling programs in this state, and the difficulty involved in making counseling available to all students across the state. I admire those counselors who persevere in providing services in the midst of very challenging situations. I feel our students need the very best school counseling programs we can give them, and I feel this Senate bill will bring more schools on line to utilize the new Program.

I appreciate your support.

Sincerely,



Lynn McGee, Counselor  
North Pole High School

MEMO

March 29, 1991

TO: Senator Arlis Sturgelewski

FROM: LeeAnn Crumbley, Ed. D. *LAC*  
Principal, Nunaka Valley School  
Anchorage, Ak.

SUBJECT: Senate Bill 195

I urge your support for SB 195, Alaska School Counseling Program. As you no doubt are aware, Anchorage School District began an elementary school counseling program two years ago by placing counselors in nine high-need elementary schools. The plan was to add to the number each year until all district elementary schools had counselors. Funding problems and budget cuts, as well as changes in the school board, have prevented the expansion of the program beyond the initial nine schools. The need is district-wide!

You deal daily with the problems people in our changed society are facing -- and those people send their children to us in the school systems. We see increasing numbers of children trying to cope with increasingly complex pressures. The new buzz word to describe these students is children "at-risk." That is exactly what they are. You know all of the reasons. They include single parent or blended families, poverty or near-poverty, substance abuse in the home, no roots or extended families, stresses felt by racial or cultural minorities, transiency, various types of abuse of children. The list goes on. Add to that the growing number of ADD (Attention Deficit Disorder) students, Fetal Alcohol Syndrome and Fetal Alcohol Effect students, and crack babies and the composite picture of an elementary school changes dramatically from even 10 years ago.

My staff and I deal with these children daily. We don't sit on our hands waiting for the day when we will be a school with a counselor. We've put programs in place to attempt to meet the demanding needs of these students, without neglecting other students or allowing the at-risk youngsters to completely disrupt the educational process. Frustration at failing to adequately meet the needs of the at-risk students and frustration at the time we spend on the seemingly futile task are feelings we deal with daily.

Many parents are just as frustrated and lack the means to get private help. Some simply don't recognize or admit the problems. School counselors, who are also certified teachers, are proving to be worth "their weight in gold" at the schools fortunate to have been in the first wave. Again, I urge your support for SB 195 and then for SB 196 to provide a funding source for counselors for schools.

I am sending the same letter to five of you because I don't have the time to write five different letters. I'm involved in an inservice designed to help teachers provide the kind of classroom environment and management that enhances positive self-concept in students.

Thank you.



**ALASKA  
SCHOOL  
COUNSELOR  
ASSOCIATION**

April 1, 1991

Dear Senator Sturqilewski:

I am an elementary counselor at Denali Elementary School in Anchorage and I am also a member of the Executive Board of the Alaska School Counselor Association. I am writing to ask for your support of Senate Bill 195 the act creating the Alaska School Counseling Program Grant Fund. The elementary counselors in Anchorage have been an active part of the Alaska Program Pilot Guide which Ursula Major has been doing for the past two years, and I feel that a K-12 counseling program is vital for every child in our state.

Thank you very much for your consideration in this important matter.

Sincerely,  
LaRue Davenport

P.S. You have an open invitation to visit our school at any time.

Gloria H. Thorson, M. Ed.  
4611 Shelikof  
Anchorage, AK 99507  
(907) 562-1745

Honorable Arliss Sturgulewski,  
Senator  
State of Alaska  
Box V  
JUNEAU, AK 99811

April 2, 1991

Dear Senator Sturgulewski:

The purpose of this letter is to urge your support for S.B. 195. This is significant and important legislation. Elementary Counseling is quite vital to the educational process. Especially, with the many youth in our Elementary schools today who have low self esteem.

Counseling is providing the bridge between the school and the community. It has been my experience these past 12 years that the Counselor is an integral part of the educational staff. The Counselor is the one who the youth can confide in and seek assistance. The Counselor is the one who is also the individual who has direct contact with the parents. This contact helps bring the parents into the school in a non-threatening manner and environment.

This ability of the Counselors, helps to increase parent awareness. This in turn fosters parental support. We all know how vital parental support is, not only for the child, also for the educational community. In short --  
**Counseling WORKS !!!!**

Sincerely,

*Gloria H Thorson*

Box 2653  
Sitka, AK. 9983

April 1, 1991

Senator Sturgulewski -

I'm writing to ask your support of Senate Bill 195. As a counselor in Alaska for 9 years I can say that without counselors "in the trenches" in the schools we will never obtain strong prevention programs that see results.

I read continually about the governor's task force or other political organizations recommending long-term programs for school age children. The reality is that few districts have been able to afford K-12 Counseling. As a middle school counselor I realize that children have already formed patterns and attitudes by the time they are in 6<sup>th</sup> grade. My job becomes reactionary because of the lack of programs that are not in the primary grades. Counselors are professionals who can see to it that comprehensive drug abuse prevention is in place.

Your support of this Bill would be an investment into the future for all Alaskans. Sincerely, Tracy Mager, Counselor.

Hunter School  
1630 Gilliam Way  
Fairbanks, Alaska 99701  
April 3, 1991

Senate Hess Committee Members  
Alaska Senate  
Juneau, Alaska 99801

Dear Senator Sturgulewski,

I am writing in support of Senate bill 195, "an act creating the Alaska School Counseling program grant fund".

It is essential for each Alaskan youth to be able to make responsible decisions and to have the skills that will enable them to do so. It is important for each Alaskan youth to have the opportunity to learn how to handle the situations and problems that he/she confront in their formative years. It is necessary for each Alaskan youth to feel there is someone that will listen and not judge, comfort but not coddle, and guide but not demand. Our children today face many obstacles on the way to becoming responsible and educated citizens. A comprehensive developmental counseling program can help them gain information, skills and a sense of worth to help them overcome the odds working against them in today's world.

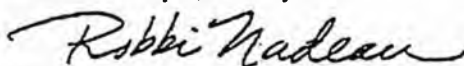
A recent study done for the Fairbanks School District cited that the Fairbanks schools needed to invest in preventive programs that stressed healthy life skills and gave the students the confidence to resist the pressures of drugs, violence and gangs. They stated that the crime rate of youth has risen and that Fairbanks is in the pre-gang stage.

The Governor's Commission on Children and Youth recommended expanding School Counselor Programs K-12, and stated that: "We must invest our limited human and financial resources to prevent problems as well as treat them once they arrive—prevention is cost effective and the only real alternative to band-aid approaches that are not working."

At this time school counseling programs are not available for all Alaskan youth and even when they are the counselor student ratio is often overwhelming. With school budgets becoming tighter each year, school counseling programs are sometimes viewed as nonessential and are subject to the first cuts. With Senate bill 195 it will give school districts the money and opportunity to give a developmental comprehensive counseling program the chance to show its effectiveness. Hopefully, each Alaskan youth would then have the opportunity to become a responsible Alaskan citizen.

Please consider the importance of this bill and support it knowing that it is a step in the right direction to help today's children and youth.

Sincerely yours,



Robbi Nadeau  
Hunter School Counselor  
Past President ASCA



**HOMER HIGH SCHOOL**  
KENAI PENINSULA BOROUGH SCHOOL DISTRICT



800 E. FAIRVIEW  
HOMER, ALASKA 99603-7881  
PHONE: (907) 236-8188  
FAX: (907) 235-8833

**"MARINERS"**

DENNIS DEMPSEY, PRINCIPAL  
MICHAEL BUNDY, ASST. PRINCIPAL  
BOB MACAULAY, ATH. DIRECTOR

April 4, 1991

Senator Arliss Sturgulewski  
P.O. Box V  
Juneau, Alaska 99811

Dear Senator Sturgulewski,

This is a letter of support for Senate Bill 195, the Alaska School Counselor Program Grant Fund.

We are part of the pilot program and found it to be an extremely beneficial improvement to our current guidance counseling curriculum. Through this program we learned how to organize our counseling duties, which enables us to provide more services to more students.

Thank you for your consideration.

Sincerely,

A handwritten signature in cursive script that reads "Kathy Hill".

Kathy Hill, Guidance Counselor  
Homer Junior High School



# WASILLA HIGH SCHOOL

MATANUSKA-SUSITNA BOROUGH SCHOOL DISTRICT

701 Bogard Wasilla, Alaska 99687



Main office-(907)376-5341  
Attendance Office-373-1572

Jane A. Feisthamel Ed.D - Principal  
Dwight Probasco - Assistant Principal  
Leonard Lusk - Assistant Principal

April 12, 1991

Senator Virginia Collins  
Alaska Legislature

Reference: Senate Bills 195 and 196

On behalf of counselors and other staff currently working as a Pilot Site for development of the Alaska School Counseling Program, I would like to encourage your support for these two bills. Continuation of the funding for the ASCP Pilot Project grant funds would enable us to continue improving our services to all students. The ASCP follows closely State Board of Education student outcome goals. We intend to enable all of our schools to participate in implementing this model for next year. Funding for guidance and counseling programs in the state education budget and SB 195 and 196 would help enable us to meet these important outcomes for all students. We appreciate your support.

Sincerely,

Jim Hoiem  
Guidance Counselor

To: Senator Virginia Collins *April 12, 1991 2:00 p.m.*

We are pleased to send support of Bill 195 and 196 regarding funding for the Alaska School Counseling Program Pilot Project. We at Palmer High have been participating in this project and have made good contributions for students. Thank you for your support. Sincerely, Jerri Amundson, Counselor, Palmer High School

*Jerri Amundson*

BOX 906  
KOTZEBUE, ALASKA 99752

April 12, 1991

Senator Virginia Collins  
Alaska State Senate  
Juneau, Alaska 99811

Dear Senator Collins:

This is to thank you for your outstanding support of the children and youth of our state. Specifically, thank you for your assistance with SB 195 and 196. These bills represent a giant step forward for school counseling programs in the Great Land! The Alaska School Counseling Program and the Pilot Projects around the state are helping to focus the efforts of school counselors on a comprehensive, developmental model. We believe, as you do, that prevention is essential if we are to remove the term "at risk" from our active vocabularies!

As a member of the task force that wrote the Alaska Program Guide, and as a rural counselor, I am painfully aware of the need to bring school programs into alignment with the basic concepts in the model. Counselors must be allowed to provide counseling services, not act as clerks, vice-principals or hall monitors. This program, with the support of SB 195 and SB 196 will allow that to happen!

Again, thank you, on behalf of the 250 wonderful young people I call "my kids."

Sincerely,

Dick Tardiff, Counselor  
Kotzebue Middle/High School



# Soldotna High School

425 W. Marydale Ave.  
Soldotna, AK 99669  
(907) 262-7411  
FAX (907) 262-4288

Ken Meacham  
Principal  
Mark Norgren  
Assistant Principal  
David McCard  
Athletic Activities

*Kenai Peninsula Borough School District*

May 16, 1991

To: Mike Nararre  
From: Dennis Dunn, Counselor  
Subject: Senate Bill 195

Dear Mike:

Pending referral of Senate Bill 195 from House Hess to House Finance we urge your immediate support for this legislation establishing a School Counseling Program Grant Fund. It is imperative to have action on this bill during this current session. The KPBSD is involved in the Alaska School Counseling Program and have found to be a valuable and effective program. Your support in this matter is appreciated.

Sincerely,

Dennis Dunn, Counselor



Southwest Region Schools

P.O. Box 90  
Dillingham, Alaska 99576  
Phone (907) 842-5287



April 15, 1991

State Senator Virginia Collins  
Juneau, Alaska

Dear Senator Collins,

This letter comes to you to express support for and documentation of need for the passage of Senate Bills 195 and 196.

As a Supervisor for Counseling in a rural Alaskan Community, I highly endorse the idea of a School Counseling Grant fund to supplement and/or establish Counseling in the Bush. The need is tremendous! There are so many critical issues that must be addressed if students are to



## Southwest Region Schools

P.O. Box 90  
Dillingham, Alaska 99576  
Phone (907) 842-5287



succeed! The "whole child" must be taken in consideration. Our "Student Outcomes" <sup>Chpt. 173</sup> are clearly centered on many areas that require the intervention of a trained Counselor (ex) increasing self-esteem, learning to form satisfying relationships etc.

Aside from that the very real issues of substance abuse, teen pregnancy, lack of goals, domestic violence, are needs that require professional counselor's interventions and prevention!!

Please consider the need in rural Alaska! Thank you for your efforts!

Sincerely,  
(Barbara Reichen)

SB195  
SB196

April 15, 1991

To: State Senator Virginia Collins  
From: Joseph Digrande/ Itinerant Counselor/ Southwest Regional School District  
Subject: Counseling Services in Bush Alaska

My name is Joseph Digrande and I currently serve five rural villages in Bristol Bay at the K-12 guidance counselor. I have served in this capacity for the last four years. Prior to this job assignment, I served as a teacher and counselor in Fort Yukon, Kake and Eek, Alaska. I first came to this state in 1979.

I support the Senate and House bills that propose more counseling services in Bush Alaska. I have lived in Bush Alaska for the last ten years and have noted the steady demise of each of those villages. I currently live in New Stuyahok and we can provide very little in the way of services. . . The three smaller villages that I serve have no services in the areas of counseling and mental health.

The Native Corporation in this area and Bristol Bay Area Health Corporation lack personnel and funds to service these villages. Their counselors do not live in the villages but come out from Dillingham on day visits for a few days a year. Four of my villages see these counselors less than five days a year and only for half-days at best.

Because of the paucity of services in the Bush, K-12 guidance counselors are relied on by the villages for mental health counseling and alcohol and drug problems. I have intervened with villagers on a wide range of problems ranging from domestic violence and marital problems to suicide and substance abuse. Many times this type of counseling can hinder school-based counseling efforts when a client's children are involved. We have high levels of sexual abuse and neglect in our villages and we deal with this on a day to day basis. Many of our elders in our village cannot communicate with the students in that they speak Yupik while the students speak only English. The generation gap is widening as a result. Most health care counselors cannot speak Yupik, so our elders are completely cut off from services.

These problems have been greatly aggravated by the huge increase in drug abuse in the villages (including crack cocaine). We are witnessing more nervous breakdowns, suicides, suicide attempts, and random violence (breakins). We have many young people taken into Alaska Psychiatric Institute with drug-related psychotic problems. FAE and FAS is on the rise in these villages. I expect to see more crack babies in the future as the cocaine trade increases. In the village of New Stuyahok there are 420 people of which 90 are under the age of 4. I would estimate that 60% of these children come from dysfunctional families. The lack of jobs plus the benefits of welfare have made marriage an undesirable outcome for many of these families. Single mothers living in overcrowded houses with young children is the norm. Many of these mother and fathers are substance abusers.

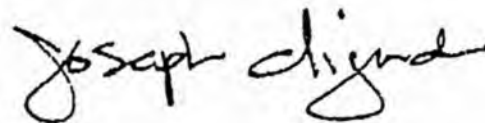
In many bush districts we have one counselor servicing up to 3 villages (K-12). On Kodiak Island we have no itinerant counseling services. We do not have counseling services in the Aleutians. If a district has counselors, they are frequently based in administrative centers and have scant knowledge of the people they are serving. Furthermore the districts themselves are pressuring the counselors due to a combination of budget cuts and an attitude that counseling is a "frill." (an attitude that disappears when there is a suicide in the village for some strange reason!). In our district we have three "full time counselors" but the superintendent and site principals have deemed it necessary to employ all of them more or less as classroom teachers. 70% of our time this year has been devoted to teaching and other non-counseling duties. Teaching is especially damaging to the counseling program in that counselors are being asked to discipline students. Counselors are also asked to substitute as principals and are further enmeshed in the discipline process.

There is a need for Native counselors but the University of Alaska, the Native Corporations and the School Districts have not aggressively pursued counseling preparatory programs for Natives. An Ex-CED style program is needed to prepare counselors. Counseling programs at the University must address village problems and not just deal in psychoanalytic theory. For example, I never had substance abuse training in my graduate program.

Over the last few years the Native Corporation has sought to hire local Natives as mental health and substance abuse workers. They rush them out for a few workshops and then employ them in the village with little or no supervision. Many of the people employed are substance abusers but because the pay is so low, there are only a few (or only one) applicant for these jobs. Many of them do not work at all and still collect paychecks. Some people see this job as a way to make a little fast money and then leave (with a few free trips to Anchorage). Thus the Native Corporations lose even more credibility in the villages, with the school counselor there to pick up the pieces.

The School Districts need more counselors. We can train them in mentor programs and they will be supervised. I do hope that the legislation that is being considered will be passed and that there is some supervisory language contained therein that protects counselors from administrators who see us as frills to exploit and people who are devoid of accountability and see counseling positions as just another free handout.

Respectfully,

A handwritten signature in cursive script that reads "Joseph Digrande". The signature is written in black ink and is positioned above the printed name.

Joseph Digrande

## WHY NOT HERE?

by Rod Poole, Government Relations Chair

Alaska School Counselor Association  
December 3, 1990

There is a very strong legislative movement nationally towards providing funding for K-12 counseling programs in school districts across the nation. Congress is currently considering funding an Elementary School Counseling Demonstration Act to encourage hiring of additional school counselors around the nation in accordance with good standards of professional school counseling procedures.

In Alaska, the Governor's Interim Commission called for the hiring of more school counselors around the state. The Elementary/Secondary Principals, Superintendents, Alaska State Vocational Association and Executive Board, and Alaska School Counselor Association and Executive Board have all called for K-12 school counseling programs statewide.

We have a terrific school counseling pilot program going currently around the state in an ever-growing number of sites. Currently a small amount of money is channeled to some of the pilot sites through the Office of Adult and Vocational Education to provide training for site counselors and principals to gear up to put the model plan into use in as many schools as possible. This model plan was developed by a task force of counselors and administrators in 1988 and 1989. After the model was approved unanimously by the State Board of Education on May 2, 1989, as the official state counseling model, the pilot project got underway full-steam.

I propose that the state legislature in Alaska set aside a specific amount of money, \$ 1,000,000, through the Department of Education budget, either within the regular DOE budget or as a separate incentive grant to be offered to districts which either want to 1) hire more school counselors or 2) want to pay to provide pilot program training for their current counselors and principals. If the grant were to be awarded to hire a new counselor, then it could be issued in the amount of perhaps \$ 40,000.00 or \$ 50,000.00 per site to help defray the cost of hiring the new staff person. Local districts would have to pay the rest, whether salary or benefits, retirement contribution, or whatever the local contract required. Districts that participate in the grant application process would have to agree to structure their programs in accordance with the official model program.

Recent Events in the K-12 Counseling Movement in Alaska  
by Rod Poole, ASCA Government Relations Chairperson, 1-7-91

February of 1987, 1988, 1989, 1990--Proclamation of School Counseling Week in Alaska, to coincide with national week.

Jan., 1988--Governor's Interim Commission on Children and Youth calls for state "to initiate and expand school counseling programs in grades K-12, especially at the elementary level."

Feb., 1988--Office of Adult and Vocational Education funds development of K-12 counseling model for Alaska. Task Force is selected, starts work in Juneau, second meeting in October, 1988.

October, 1988--Alaska School Counselor Association meeting in Anchorage unanimously adopts resolution for Alaska to establish and fund K-12 counseling programs statewide. Same resolution is adopted by Elementary/Secondary Principals and Alaska State Vocational Association in Oct., by Superintendents in November.

February, 1989--final meeting of Task Force group, completion of comprehensive K-12 Alaska School Counseling Program Guide.

May 2, 1989--Alaska State Board of Education unanimously adopts National School Boards Association resolution calling on local school boards to support comprehensive guidance and counseling programs K-12. The Board also unanimously adopts and accepts the Alaska School Counseling Program Guide as the official model for Alaska and encourages its use in Alaska schools.

May, 1989--Legislature funds a full-time statewide counseling coordinator position for the first time since the mid-70's.

September, 1989--selection of 7 official pilot sites for the implementation of the Alaska School Counseling Program Guide.

October, 1989--formal training for all pilot sites in Soldotna with about one dozen schools actually represented.

March, 1990--Dr. Christine Jensen begins work as full-time counseling coordinator for Alaska.

September, 1990--pilot project training in Juneau and Mat-Su for new groups of pilot schools.

October, 1990--training for second year pilot sites in Anchorage. ASCA membership unanimously approves proposal for legislature to set up state grants to get districts to hire school counselors and put state model into practice in more pilot sites.

November, 1990--ASCA Executive Board contracts with Wanda Cooksey to be the ASCA professional representative to 1991 legislature.

January, 1991--ASCA legislative proposal to all 60 legislators.

# Alaska School Counseling Program

## SB 195 and SB 196

The Alaska School Counseling Program is a student oriented program that is curriculum based. The 1990-91 school year is the second year of a pilot program in Alaska.

In 1988, a group of 12 Alaskan school counselors and administrators, with the help of the Department of Education and a national leader in counseling, developed a model counseling program for Alaska. In 1989 the program was piloted, implementing and testing the model. In 1990, the second year of piloting, 34 sites located in 12 school districts are participating.

Forty-two, or 78%, of Alaska's school districts are not yet participating in the program. The Department of Education has been able to use their Carl Perkins Vocational Education Grant funding to assist with this activity over the past two years. The approximately \$100,000 per year has been able to

get the program designed and started but is not adequate to provide the start-up costs that are needed across the state. These federal funds are limited and directed primarily at secondary programs, leaving out a great portion of Alaskan students grades K-12 who would benefit from a comprehensive, high quality, student support service. These services are directed at assisting students with skills to help them succeed in school, work and society. Alaska has approximately 475 school sites. Presently 441 sites, or 93% of the schools, are excluded from the Alaska School Counseling Program.

SB 195 and SB 196 address the need through a grant program providing incentive grants on a diminishing basis over a period of three years. A grant, as called for in SB 196, would provide excellent assistance to districts desiring to implement or further this program.

The grant account would be available to help school districts or school sites:

- Begin a program—Phase I
- Move to Phase II
- Implement program district-wide.

The funds would primarily provide assistance for:

- Counselor, teacher, administrator inservice training
- Materials for counselors and classroom teachers
- Completion of the Curriculum Guides, Scope and Sequence and Needs Assessment Instruments.

It is anticipated that the Alaska School Counseling Program needs financial assistance for getting it into the schools. Once schools have a curriculum-based program in place, it will be a basic component of the education program and supported as such.

The Alaska School Counseling Program grew out of a need identified by the Governor's Interim Commission on Children and Youth.

*Prepared on behalf of Alaska School Counselor Association  
by Wanda J. Cooksey  
586-9073*

EVERY DAY 2,989 AMERICAN CHILDREN SEE THEIR PARENTS DIVORCED.

EVERY 26 SECONDS, A CHILD RUNS AWAY FROM HOME.

EVERY 47 SECONDS, A CHILD IS ABUSED OR NEGLECTED.

EVERY 8 SECONDS OF THE SCHOOL DAY, A CHILD DROPS OUT.

EVERY DAY, SIX TEENAGERS COMMIT SUICIDE.

(Source: Children's Defense Fund, 1990)



FOR MANY PEOPLE, THE WORD "COUNSELOR" BRINGS TO MIND THE IMAGE OF SOMEONE THEY SEE ONCE OR TWICE DURING THEIR HIGH SCHOOL YEARS. THE STEREOTYPIC SCHOOL GUIDANCE COUNSELOR OF 20 YEARS AGO WAS THE PERSON WHO GAVE TESTS, PASSED OUT INFORMATION, HELPED HIGH SCHOOL STUDENTS WITH THEIR CLASS SCHEDULES, FILLED OUT COLLEGE APPLICATIONS, AND OFTEN ACTED AS A DISCIPLINARIAN. BUT THIS IS NOT AN ACCURATE PICTURE OF WHO ELEMENTARY SCHOOL COUNSELORS ARE AND WHAT THEY DO. FOR MANY CHILDREN, THE SCHOOL COUNSELOR MAY BE THE ONE PERSON WITH WHOM THEY FEEL SAFE AND CAN CONFIDE IN. UNLIKE TEACHERS, COUNSELORS DO NOT GRADE STUDENTS. CAN OFTEN MEET WITH THEM INDIVIDUALLY, AND DO NOT CHANGE CLASSES FROM YEAR TO YEAR.

(Source: "Children Achieving Potential: An Introduction to Elementary Counseling and State-Level Policies" by American Association for Counseling and Development and the National Conference of State Legislatures, 1990)

# **A SCHOOL COUNSELING PROGRAM**

## **DEFINITION**

The Alaska program definition for School Counseling is:

School counseling is an integral part of the total educational program. It is developmental by design and includes sequential activities organized and implemented by certified school counselors with the support of teachers, administrators, students and parents. A school counseling program shall include:

- 1. Counseling Curriculum**
- 2. Individual Student Planning**
- 3. Responsive Services**
- 4. System Support**

The program addresses the needs of all students by helping them to:

- \* Acquire knowledge of self and relating effectively to others.**
- \* Develop competencies in career/vocational planning and exploration.**
- \* Achieve educational success.**

# Alaska School Counseling Program

## SB 195 and SB 196

The Alaska School Counseling Program is a student oriented program that is curriculum based. The 1990-91 school year is the second year of a pilot program in Alaska.

In 1988, a group of 12 Alaskan school counselors and administrators, with the help of the Department of Education and a national leader in counseling, developed a model counseling program for Alaska. In 1989 the program was piloted, implementing and testing the model. In 1990, the second year of piloting, 34 sites located in 12 school districts are participating.

Forty-two, or 78%, of Alaska's school districts are not yet participating in the program. The Department of Education has been able to use their Carl Perkins Vocational Education Grant funding to assist with this activity over the past two years. The approximately \$100,000 per year has been able to

get the program designed and started but is not adequate to provide the start-up costs that are needed across the state. These federal funds are limited and directed primarily at secondary programs, leaving out a great portion of Alaskan students grades K-12 who would benefit from a comprehensive, high quality, student support service. These services are directed at assisting students with skills to help them succeed in school, work and society. Alaska has approximately 475 school sites. Presently 441 sites, or 93% of the schools, are excluded from the Alaska School Counseling Program.

SB 195 and SB 196 address the need through a grant program providing incentive grants on a diminishing basis over a period of three years. A grant, as called for in SB 196, would provide excellent assistance to districts desiring to implement or further this program.

The grant account would be available to help school districts or school sites:

- Begin a program—Phase I
- Move to Phase II
- Implement program district-wide.

The funds would primarily provide assistance for:

- Counselor, teacher, administrator inservice training
- Materials for counselors and classroom teachers
- Completion of the Curriculum Guides, Scope and Sequence and Needs Assessment Instruments.

It is anticipated that the Alaska School Counseling Program needs financial assistance for getting it into the schools. Once schools have a curriculum-based program in place, it will be a basic component of the education program and supported as such.

The Alaska School Counseling Program grew out of a need identified by the Governor's Interim Commission on Children and Youth.

*Prepared on behalf of Alaska School Counselor Association  
by Wanda J. Cooksey  
586-9073*