



Ringling in the New Decade

Happy New Year to everyone! The new year always makes us reflect on the passage of time – how quickly it goes by and how much has changed.

The 2009/2010 academic year marks the fourth year that PATHWAYS has provided services for Carteret High School. The program has grown and changed but most importantly the program has become a part of the High School.

Being treated as a welcomed part of this high school with continued respect for our need is an honor. The movement toward acceptance with the school community has been gradual but continuous and this growing partnership between PATHWAYS and high school staff allows the students to receive the greatest benefit from our presence.

The students have embraced the clinical services, the recreational activities and the group activities. More students use our space for recreation in one month now than they did the whole first year.

During this four month period, 141 students have received individual counseling services at PATHWAYS and over 200 have participated in group activities. Since there is an overlap, the unduplicated number is 276 students. This number is astounding considering a population of about 1100 students. This translates into 25% of the school population has utilized PATHWAYS' clinical services already this year!

- 141 students have been seen for individual counseling so far this year.
- 202 students have come to one of the group services offered through PATHWAYS this year.
- Approximately 700 recreation visits per month.



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Frequently Asked Questions

Q. What counseling needs do students have when they visit PATHWAYS?

A. The issues range from conflict with peers or relationship issues to serious depression and anxiety. We also help a large number of students either cope with or resolve issues with their families.

Many students utilize counseling to help deal with the overwhelming stress that adolescence and high school bring. A primary goal of treatment is to help students become more successful in school by helping them deal with the issues that interfere with their ability to focus on school. In addition, much of the work we do is to help students improve their self esteem and feelings of self worth, this in turn will help those students make better choices in and out of school.

Q. Can students go to PATHWAYS during class?

A. PATHWAYS staff will not call a student down during class unless there is a crisis. If a student asks to come to PATHWAYS during class, it is at



the teacher's discretion whether there is an issue that warrants sending the student to the office in lieu of staying in class; if there is not a crisis, then a teacher should NOT permit students to come to PATHWAYS.

Students are only allowed to come for recreation during their lunch period. If the student needs to come to PATHWAYS, the teacher must call the PATHWAYS office to confirm that there is someone available to assist the student and to ensure that the student makes their way to the PATHWAYS office in a timely manner.

Q. Are teachers allowed to refer students; I heard they were not allowed in the past?

A. In the past there was a policy that teachers could not refer students directly, however, that policy has changed and teachers can now refer students directly. They should do this using the PATHWAYS referral form or stopping into the PATHWAYS office.



Groups and Clubs offered at PATHWAYS

- P.A.L.S. (Partnering, Achieving, Leading, Supporting):**
 P.A.L.S. is a recreational program developed to provide the students of CHS an opportunity to positively impact their social environment. The program includes peer to-peer tutoring services, in-school based community service and offsite community services, such as Habitat for Humanity and walking for a cause. For more information, or to join, please contact Ms. Rich.
- Peer Tutoring:**
 Also arranged and facilitated through PATHWAYS. If a student needs assistance in a subject or can offer assistance in a subject, Pathways will find a match for a tutoring relationship. Typically tutoring takes place during lunch or after school. We will be in need of tutors and would appreciate any referrals.
- Girl Talk:**
 A motivational support group for high school females. Designed to empower, encourage, and educate, Girl Talk provides a safe place for teens to voice their opinions.



- Character Education:**
 Program runs in all ninth grade English classes.
- Nurse Practitioner Services:**
 These are available one day per week in the nurse's office.
- Safe Dates Support Groups/Dating Discussion Group**
 These groups will allow students a venue to share more personally their feelings regarding relationships and how to identify healthy relationships versus abusive relationships.
- Safe Dates Clubs:**
 These will be run at the high school and middle school. These clubs will be forums to educate and advocate around the issues of dating violence.
- Unity:**
 This is a recreational program developed to bring together Carteret High School students of different cultural backgrounds, races, sexual orientations and gender identities to meet new people, hang out and have fun while coordinating activities and events that will raise awareness and acceptance. For more information please see Ms. Kirzner.



Safe Dates Utilizes Students to Teach Safe Dating Messages

PATHWAYS' Preventionist, Christine Hughes has trained a team of Peer Leaders on *Safe Dates*; the dating violence prevention curriculum taught during ninth grade health classes by PATHWAYS staff.

Students are now utilizing their knowledge of dating abuse prevention to teach their fellow students. While they educate peers and debate issues during classes, students are challenged to discuss topics of dating abuse and gender stereotypes.

The students in the classroom are impacted by the positive examples provided by Peer Leaders and Preventionist staff. The classroom setting presents a comfortable environment for adolescents to express concerns' especially when the information is presented by another student.

As one Peer Leader notes, "I love when classes understand the material, but I also know we have more work ahead of us." While the stigma of addressing this topic seems to be decreasing incrementally, 2010 should offer exciting new challenges in prevention as staff and Peer Leaders join efforts to make a difference.



Meet the Staff

Steven G. Liga,
MSW, LSW, LCADC, CPS, CCS
CEO & Executive Director

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Clinician II

Christine Hughes, LSW
Clinician I

Catherine Donahue, RN
Nurse Practitioner

Margarita Bossa, *MSW Rutgers Intern*

Kaili Perillo, *MSW Rutgers Intern*

Ryan Schmidt, *MSW Rutgers Intern*

Funded in large part by the New Jersey Department of Human Services, Division of Prevention and Community Partnerships, the School-Based Youth Services Program seeks to help young people stay emotionally and physically healthy so they are more likely to stay in school, graduate and ultimately become productive, responsible community members. This program provides individual and group counseling, employment preparation, recreation, health services and club activities to the students of Carteret High School.

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