Learning Outcomes:

• Tools to Implement:
  – A Peer Mediation Program incorporating cultural norms and traditions.
  – A Parent Workshop promoting student and parent collaborative engagement.
  – Interactive Games to engage students in mental health awareness.
Presentation Overview

• Counselor Cultural Competence
• Our Story & Cultural Norms
• Cultural Tools for Counselors
• What We Learned
• Additional Resources
• Q & A

Counselor Cultural Competence

• Critical Reflection
  – Analyze Cultural Assumptions
  – Engage Students
• Respect Other
• Accommodate Individual Learners
• Intercultural Communication Skills
• Focused Activities & Intentionally Structured Environments
• Be Genuine
Demographics
McEachern High School

1. Total Number of Students - 2,400
2. African American - 70%
   Hispanic - 18%
   White - 8.3%
   Other - 3.7%
3. Economically Disadvantaged - 60%
4. Graduation Rate - 84% (2018)
   - 90% (2019)

Cultural Norms & Research
African-American Community

1. Artistic Expression - Art, Music, Literature
2. Traditions - Religion & Family
3. Fellowship & Food
4. Attitudes Toward Mental Health
Demographics
Hillgrove High School

1. Total Number of Students - 2,400

2. White – 46.65%
   Black – 34.82%
   Hispanic – 10.58%
   Other – 7.95%

3. Economically Disadvantaged – 22.7%

4. Graduation Rate – 93.4% (2018)
   – 93.6% (2019)

Cultural Norms & Research
Hispanic/Latin American Community

1. Traditional Patriarchal Structure

2. Familismo

3. Recent Immigration Policies

4. Attitudes Toward Mental Health
USING THE TOOLS
Strategies & Interventions for African-American & Hispanic/Latino Students

• PEER MEDIATION PROGRAM

• FOOD FOR THOUGHT

• PARENT WORKSHOPS
PEER MEDIATION

Goals
• Reduce Time & Resources Spent on Discipline
• Empower Students to Resolve Problems Themselves
• Teach Problem-Solving Skills

Program Process
• Communication
  • Student
  • Faculty
• Training
  • Initial
  • Ongoing
• Program Usage & Incentives
  • Mediator Strengths
  • Gift Cards

REVIEWING THE DATA

Peer Mediation

• Pre-Survey (Faculty)
• Post-Mediation Survey (Students)
• Pre & Post Awareness Student Survey
• Disciplinary Referrals
• Program Usage
Parent Night and Parent Workshop

- Two Sessions
  - Night Session
  - Day Session
- Overview of Mental Health and Mental Illness
- Hispanic/Latinx Attitudes toward Mental Illness
- PPT, Video, Q & A
- Sit down conversation
REVIEWING THE DATA
Parent Workshop

- Pre and Post Surveys
  - Attendance
- Viewpoints
- Knowledge gained
- Thinking outside the box
● Social Media Addiction
  ○ Prize Wheel
● Developing Healthy Relationships
  ○ Plinko
● Coping with Stress
  ○ Jenga
● Healthy Eating Habits
  ○ PowerPoint Trivia
● Toss Out Depression
  ○ Corn Hole
● Anxiety
  ○ Putting Green

REVIEWING THE DATA
Food For Thought

● Number of Students Reached
● Mental Health Subjects Addressed
● Information/Resources Distributed
● Changing Perceptions of Mental Health Issues and Resources Available
ADDITIONAL TOOLS

- Senior Class Inspiration
- Birthday Recognition
- Upper Class Student Mentors
- Snacks
- Office Decor & Ambiance
- Self-Serve Resources
- Student Encouragement
ADDITIONAL TOOLS

- Spanish Population
- Mental Health Video
- Spanish Speaking College Fair
- Funding
- Hispanic Student Forum
- Student ID – Back Side Printing

REFERENCES


THANK YOU
QUESTIONS

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