

INDICATORS FOR CONSULTATION

WITH THE SCHOOL
WELLNESS COUNSELORS
AND/OR STUDENT
SUPPORT TEAM

SOCIAL-EMOTIONAL AND BEHAVIORAL CONCERNS

- Repeated disciplinary concerns
- Symptoms of persistent worries, anxiety, or panic attacks
- Outbursts of anger or persistent agitation
- Unhealthy coping skills
- Persistent conflicts with peers
- Negative self-talk
- Perfectionism
- Self-isolation
- Impulsive behaviors
- Appearing tired in class on an on-going basis
- Frequent visits to the School Clinic

ACADEMIC CONCERNS

- Academic skills that are consistently below grade-level expectations
- Consistently low or declining grades
- Challenges with basic academic skills
- Persistent challenges with executive functioning skills
- Consistently low scores on summative and formative assessments
- Struggling to keep up with classwork and homework assignments
- Persistent difficulty paying attention
- Persistent lack of motivation
- Persistent lack of engagement/participation
- Frequent Absences

MORE SERIOUS CONCERNS REQUIRING IMMEDIATE REFERRAL FOR FURTHER INQUIRY

MOOD

- Unusually sad mood; frequent crying
- Loss of interest in activities that were previously enjoyable
- Self-isolation
- Low motivation
- Symptoms of persistent anxiety; panic attacks
- Excessive worries or guilt
- Themes of violence, death, or self-harm in writing, artwork, or conversations in person or online
- Comments reflecting despair
- Persistent anger/agitation
- Change in appetite and sleeping patterns

UNHEALTHY COPING SKILLS

- Visible cuts/lacerations
- Chronically accident-prone
- Talk of self-harm, risk-taking, or reckless behavior
- Negative self-talk
- Signs of substance abuse or dependence
- Wanting to do things “perfectly”
- Over-exercising; restricting food intake
- Compulsive hair-pulling or skin-picking
- Excessive time spent online, to the point of interfering with daily activities

UNHEALTHY RELATIONSHIP WITH FOOD OR BODY-IMAGE

- Significant weight change
- Often asking to leave class to go to the restroom, particularly after lunch
- Frequently skipping lunch or snacks/desserts; fasting without a religious or cultural purpose
- Talking about dieting or excessive exercise
- Negative self-talk about physical appearance/body image
- Excessively layered clothing or efforts to cover the body
- Binge eating
- Evidence of deliberate vomiting or laxative use

SUSPECTED ABUSE OR NEGLECT

- Disclosure made about physical, emotional, or sexual abuse or neglect
- Frequent injuries including bruises, cuts, black eyes, burns, or other injuries without a clear explanation
- Fear of going home or seeing parents
- Injuries that appear after a child has been absent from school
- Child/Adolescent that reports being left unattended by an adult for long periods of time
- Child/Adolescent that has unmet needs for glasses, dental care, or other medical attention
- Frequent absences or tardies from school
- Evidence of injury to the genital area; physical signs of sexually transmitted disease
- Sexual victimization of other children
- Knowledge of sexual relations or sexual behavior that is beyond developmental expectations
- Extreme fear of being alone with certain adults
- Over compliance, low self-esteem
- Lagging in physical, emotional, and intellectual development
- Caregiver who belittles the child, withholds love, and/or seems unconcerned about the child’s problems