SCHOOL SETTING (ADJUSTMENT COUNSELOR)

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ADJUSTMENT COUNSELOR

- Addresses mental health needs of students within a school system
- Can meet one on one with students or in a group setting
- Helps students with emotional and behavioral needs
- Provides communication between child/adolescent, families, and school personnel
  - Fostering healthy therapeutic relationships between students and families
- Provide information for services outside of the school setting
ADJUSTMENT COUNSELOR CONT.

- Understand adaptive and maladaptive intellectual, social, emotional, and behavioral development
- Diagnosis and develop treatment plans for students learning, behavioral, and emotional disorders
  - E.g., depression, anxiety, ADHD, ODD etc.
- Advocate for students
  - Needs within the school system, along with additional care that is needed outside of the school
WHY IS AN ADJUSTMENT COUNSELOR RELEVANT?

• Counseling services help students to develop an understanding of their basic needs
  • Physiological, behavioral, emotional
• Develop problem solving strategies and coping skills relevant to a school atmosphere
• Specific to fostering children/adolescents with mental health
  • School systems do not have the knowledge / training to effectively aid students with mental health
STATISTICS ON MENTAL HEALTH IN SCHOOL SYSTEMS

- Diagnosable mental disorders in the school system:
  - 12-22% of adolescents under the age of 18
  - Adolescents in need of services for mental, emotional, and behavioral problems
  - 50% of students develop leaning, behavior, and emotional problems
  - School systems are seen to have a high rate of students who need support for mental health
SCHOOL COUNSELOR VS. ADJUSTMENT COUNSELOR

- Adjustment counselors work more directly with students experiencing mental health distress
  - Adjustment counselor work is more specialized to specific mental health needs of a student population
- School counselors are more academic based
- Majority of Adjustment Counselors obtain their LMHC or LICSW upon graduation
OBTAINING ADJUSTMENT COUNSELOR CERTIFICATE

• Individual must first obtain a masters degree in counseling (e.g., Clinical Counseling Psychology)

• Complete and pass the Communications and Literacy segments of the MTEL exam

• Apply for initial license
  • Good for 5 years
  • Applied through DESE

• Apply for professional license
  • 3 years after initial license

• Continue with professional development to maintain professional license
ADJUSTMENT COUNSELOR SALARY

- **Average salary in Massachusetts:**
  - $58,435
- **Average Range Salary:**
  - $50,631 - $67,393
- **Adjustment Counselors work typical school year**
  - September - June
WHY I THINK ADJUSTMENT COUNSELORS ARE IMPORTANT

- Advocate for students' mental health needs
- Provide support for students on a clinical level
- Increase knowledge of mental health within the school atmosphere
- Provide school staff (e.g., teachers) knowledge and tools to effectively help students with mental health diagnoses
QUESTIONS

1. Do you think Adjustment Counselors are important within a school system?

2. What do you think is the most important role of an Adjustment Counselor?

3. How many Adjustment Counselors do you think should be in each school?


