

WSCA Ethics Committee 2020

WE ARE HERE FOR YOU

As school counselors we have always been available to you and your child(ren). We want to maintain that availability during this time.

Louise Berman, Chair	louisebermanWSCA@gmail.com	June Hyun	jhyun@spu.edu
Lisa Lucas	lisalucasWSCA@gmail.com	Erin Riordan	eriorda@tacoma.k12.wa.us
Joni Sherman	jsherman6157@gmail.com	Stephanie Robinson	stephrobinson48@gmail.com
Lexi Awdziejczyk	awdziejczyka@spu.edu	Maggie Halela Mosholder	maggiehalelamosholderWSCA@gmail.com
Kate Oliver	kateob1331@gmail.com	Amy Wiskerchen	WiskerchenA901@edmonds.wednet.edu

WSCA Ethics Committee Resources for Counseling in a Virtual Setting

Important Considerations:

- Self Care
- Follow District Policies (as they vary from district to district)
- Follow ASCA Guidelines on Virtual School Counseling
- Follow ASCA Ethical Standards
- Confer with Colleagues

Resources:

[The School Counselor & Virtual School Counseling - ASCA Position Statement](#)

[FAQ's: Virtual School Counseling Ethics | American School Counseling Association](#)

Virtual Tier 1 Elementary School Counseling

<https://videos.schoolcounselor.org/virtual-elementary-school-counseling-tier-1-how-to>

Virtual Tier 1 middle school Counseling

<https://videos.schoolcounselor.org/virtual-middle-school-counseling-tier-1-how-to>

The ASCA Webinar Series on Ethics:

Pop-Up Webinar: Ethical Considerations: School Counseling in a Virtual Setting (Part 1) March 23, 2020 [Watch on ASCA On Air](#)

Pop-Up Webinar: Ethical Considerations: School Counseling in a Virtual Setting (Part 2) March 27, 2020 [Watch on ASCA On Air](#)

Alone Together: <https://videos.schoolcounselor.org/alonetogether>

ASCA Ethical Standards: <https://www.schoolcounselor.org/asca/media/asca/Ethics/EthicalStandards2016.pdf>

ASCA School Counselors Professional Standards and Competencies: <https://www.schoolcounselor.org/asca/media/asca/home/SCCompetencies.pdf>

Resources on Stress: <https://www.edutopia.org/article/stress-management-resources>
<https://www.edutopia.org/article/prioritizing-self-care-while-working-home>

Grief Resources during COVID 19: <https://naswnj.socialworkers.org/Portals/18/Documents/News/NASW%20GLNN%20C19%202020.pdf?ver=2020-04-07-104327-730>

How to Talk to Your Kids About Coronavirus https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3iv6yAtRyTQoC-AHOP3H1D5QgEqQneurbBPnE_L6Omv30#.XmqzisKG7LA.facebook

Just for Kids: A Comic Exploring the New Coronavirus from NPR: <https://m.youtube.com/watch?feature=youtu.be&v=x2EiBzCnn8U>

Talking to Children About COVID-19 (Coronavirus): A Parent Resource

https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?fbclid=IwAR2qPcQ9tI8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w_2rzqWceI_OdFpM

WSCA Ethics Committee 2020

WE ARE HERE FOR YOU

As school counselors we have always been available to you and your child(ren). We want to maintain that availability during this time.

Louise Berman, Chair	louisebermanWSCA@gmail.com	Erin Riordan	eriorda@tacoma.k12.wa.us
Lisa Lucas	lisalucasWSCA@gmail.com	Stephanie Robinson	stephrobinson48@gmail.com
Joni Sherman	jsherman6157@gmail.com	Maggie Halela Mosholder	maggiehalelamosholderWSCA@gmail.com
Lexi Awdziejczyk	awdziejczyka@spu.edu	Amy Wiskerchen	WiskerchenA901@edmonds.wednet.edu
Kate Oliver	kateob1331@gmail.com	Sahja Cove	sahjac@yahoo.com
June Hyun	jhyun@spu.edu	Cynthia Galloway	galloway.c.t.95@gmail.com

Ethical and Legal Considerations

HIPAA/FERPA:

- HIPAA is for private health information and does not pertain to us.
- FERPA is the world we live in and is about educational records.
- Any information maintained by a school employee is covered under FERPA.
- Information on FERPA - Protecting Student Privacy - Department of Education <https://studentprivacy.ed.gov/>

FERPA and Virtual Learning: https://studentprivacy.ed.gov/sites/default/files/resource_document/file/FERPA%20%20Virtual%20Learning%20032020_FINAL.pdf

Confidentiality

- A.15.a. Adhere to the same ethical guidelines in a virtual/distance setting as school counselors in face-to-face settings.
- A.15.d. Recognize and mitigate the limitation of virtual/distance school counseling confidentiality, which may include unintended viewers or recipients.
- Headphones with microphone
 - Room with a door
 - Noise Machine
- A.15.f. Educate students on how to participate in the electronic school counseling relationship to minimize and prevent potential misunderstandings that could occur due to lack of verbal cues and inability to read body language or other visual cues that provide contextual meaning to the school counseling process and school counseling relationship.
 - Help students find a space
 - Talk about how it is different

Insurance

- If you are a member of ASCA you have liability insurance that DOES cover tele-counseling coverage as long as it's part of your school activities: <https://www.schoolcounselor.org/school-counselors-members/member-benefits-info/liability-insurance>

Teletherapy

- While you will need to continue to support students, remember that school counselors do not provide therapy. Update your referral lists to know who is providing teletherapy in your area, referring to therapists in your area will allow for continued care as the need for social distancing ends.
- Seek professional development- increase your expertise
- **Consult with colleagues**



Pay Attention to Your Reactions: It is normal to experience stress, anger, anxiety and fear during a crisis. Being aware of your reactions can help you decide what you need to cope with these feelings.

Take a Break + Relax: There is life outside of the current crisis. Make sure to schedule a break and relax or do things you enjoy such as meditation, listening to music, coloring etc... Different coping strategies work for different people, use what have worked for you in previous time of stress.

Maintain a Healthy Routine: It is important to maintain your regular schedule for sleeping, eating, studying, working, socializing and etc... Don't use smoking, alcohol or other drugs to cope with your stress. (This may reduced your body's capacities to heal itself)

Connect with Others: When in distress, you may feel lonely and isolated in what you are going through. You can benefit from connection with other where you can provide and receive support from each other. Talk to your friends and family.

Limit Information: too much information leads to overload and more stress so try to limit your exposure to news and information regarding the virus.

SELF CARE

Apps to calm, relax, de-stress and clear your mind:

Calm

Although ambient noise helps some people relax, it can annoy others. If you're looking for something different, try the relaxation app Calm. While it's a [great meditation app](#) for beginners, there are also a number of options for more advanced users. The guided meditations sessions are available in different lengths from 3 to 25 minutes. Some of the different topics include managing stress, happiness, gratitude, self-esteem, forgiveness, and many others. You can also select from an open-ended and unguided, timed meditation. Breathing exercises will also help you relax. Every day, a new 10-minute program is designed to help ease you into the day or unwind.

Download: Calm for [iOS](#) | [Android](#) (Free, subscription available)\

Ambi Pro

Ambient noise is a great way to help you relax and concentrate by masking the boisterous world around us.

Ambi Pro is unique because instead of using looping audio recordings, it creates a blend of changing noise algorithmically that never repeats.

Special digital reverb helps give the app a sense of depth. To help further personalize the output, there is also an 8-band graphic equalizer. You can design your own presets and save them.

An automatic timer can also switch off the sound after a specific time period.

Download: Ambi Pro for [iOS](#) (\$1.99)

Breathe2Relax

Breathing from your diaphragm has been shown to reduce anxiety and stress while helping you stay calm. Breathe2Relax is a great free relaxation app for users who want to practice deep breathing without any prior experience.

Unlike other apps that focus on meditation, Breathe2Relax focuses on both breathing and tools to help reduce your stress levels.

It guides you through breathing exercises and offers the option of listening to music during each session to help create a calm environment.

For Apple devices, the app offers support for the [Health app](#) and Apple Watch so you can see how a breathing exercise impacts your heart rate.

Download: Breathe2Relax for [iOS](#) | [Android](#) (Free)

Happify

How you feel matters! Whether you're feeling sad, anxious, or stressed, Happify brings you effective tools and programs to help you take control of your feelings and thoughts.

Download: [Happify.com](https://www.happify.com)

Alto's Odyssey

You don't need to find relaxation apps to help you get rid of stress and anxiety. Games that can destress you are all the rage on mobile platforms, and there is a myriad of different titles that can help calm you. While the puzzle genre is known for relaxing titles, Alto's Odyssey offers a different type destress game. The follow-up to the hugely popular iOS game Alto's Adventure, the new title sees the titular Alto—along with his friends—set off an endless sand boarding adventure. Thanks to a simple one-touch control system, almost anyone can learn the basics and set off in no time. There are an enormous amount of secrets to explore and tricks to learn.

Along with the beautiful scenery while playing, the original musical score for the game is easily worth the price of admission. Put on your headphones and melt away into the beautiful environment. The special Zen mode features its own special soundtrack and allows you to enjoy the game without a score, coins, or power-ups.

Download: Alto's Odyssey for [iOS](#) (\$4.99)

WSCA Ethics Committee 2020

WE ARE HERE FOR YOU

As school counselors we have always been available to you and your child(ren). We want to maintain that availability during this time.

Louise Berman louisebermanWSCA@gmail.com
Lisa Lucas lisalucasWSCA@gmail.com
Joni Sherman jsherman6157@gmail.com
Lexi Awdziejczyk awdziejczyka@spu.edu
Kate Oliver kateob1331@gmail.com
June Hyun jhyun@spu.edu

Erin Riordan eriorda@tacoma.k12.wa.us
Stephanie Robinson stephrobinson48@gmail.com
Maggie Halela Mosholder maggiehalelamosholderWSCA@gmail.com
Amy Wiskerchen WiskerchenA901@edmonds.wednet.edu
Sahja Cove sahjac@yahoo.com>
Cynthia Galloway galloway.c.t.95@gmail.com

SELF CARE

Signs of Stress

YOUR BEHAVIOR:

- An increase or decrease in your energy and activity levels
- An increase in your alcohol, tobacco use, or use of illegal drugs
- An increase in irritability, with outbursts of anger and frequent arguing
- Having trouble relaxing or sleeping
- Crying frequently
- Worrying excessively
- Wanting to be alone most of the time
- Blaming other people for everything
- Having difficulty communicating or listening
- Having difficulty giving or accepting help
- Inability to feel pleasure or have fun

YOUR BODY:

- Having stomach aches or diarrhea
- Having headaches and other pains
- Losing your appetite or eating too much
- Sweating or having chills
- Getting tremors or muscle twitches
- Being easily startled

YOUR EMOTIONS:

- Being anxious or fearful
- Feeling depressed
- Feeling guilty
- Feeling angry
- Feeling heroic, euphoric, or invulnerable
- Not caring about anything
- Feeling overwhelmed by sadness

YOUR THINKING:

- Having trouble remembering things
- Feeling confused
- Having trouble thinking clearly and concentrating
- Having difficulty making decisions

Supporting kids

- Keep routines in place
- Be creative and new activities and exercise
- Manage your own anxiety
- Limit consumption of news
- Stay in touch virtually
- Make plans
- Keep it positive
- Keep kids in the loop - but simple
- Check in with the little kid
- Let little things go. Pick your battles
- Accept and ask for help

Practice Self-Care

- ◆ Take time out for self-care.
- ◆ Pursue reliable information.
- ◆ Step away when you need to.
- ◆ Remember these:
 - Stay hydrated - drink water often
 - Get outside every day
 - Stay as active as possible
 - Set aside time for laughing
 - Be kind to yourself
 - Journal

Mindfulness activities

- ◆ Practice breathing exercises
- ◆ Belly breathing
- ◆ Squeeze and release muscles
- ◆ Meditation
- ◆ Color something
- ◆ Listen to music