

Social Emotional Wellness

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**Congratulations!!
You are an IMSA Student!!!**



School Counselors



Keisha Rheams

- Fave Music Artist: J. Cole
- Fave Self Care Activities: Baking and Listening to Music



Kevin Kusy

- Fave Music Artist: Thrice
- Fave Self Care Activities: Exercise and Dinner with Friends



Alex Pratt

- Fave Music Artist: Modest Mouse
- Fave Self Care Activities: Exercise and Being Outside



Rosa Zarate, Intern

- Fave Music Artist: Bad Bunny
- Fave Self Care Activities: Walking in nature w/family and dogs

How you can connect with us

- Email us at counseling@imsa.edu
- Email us individually
 - Keisha: trheams@imsa.edu
 - Alex: apratt@imsa.edu
 - Kevin: kkusy@imsa.edu
- Stop by our offices. We are located in the Student Affairs Suite!

Services, Programs, Initiatives

Services

- Individual Counseling
- Crisis Intervention
- Long Term Counseling Referrals
- Mental Health Days

Programs/Initiatives

- Navigation
- STEP
- MHI Week
- Fitness/Running-ish Club led by Alex
- Advise the Psychology Club
- SPARK Program
 - Peer Support
 - Mental Health Mondays
- Resiliency Based Screening

Mental Health Days

- **5 Mental Health Days (MHD) a year.**
- Parent/RC will need to complete a MHD google form that will be located on the IMSA website.
- If a student takes a MHD they have to do the following:
 - Check-in with both their Day Hall Monitors and RC once a day.
 - Must turn in homework the following day.
 - If they take a MHD on the day they have a test, quiz or lab, they must contact their teacher before/during MHD to reschedule what they missed.
 - If a student takes more than 1 MHD in a week: parents will be required to pick them up and explore other options that will provide support.
- Counselors will follow up with students upon receiving all the MHD google forms.

Reasons students come to see us

- Academic (i.e., academic stress, time management, feelings overwhelmed with the workload)
- Emotional (i.e., Feelings around anxiety, sadness, worrying, difficulty focusing or sleeping, self-care)
- Relational (i.e., Challenges with a peer, staff member, or family member)

Reasons Sophomores come to see us

- **Adjusting to a new academic environment**
 - More Daily Homework (sometimes 4-6 hours a night)
 - Have to learn time management
 - The way you approached academics will not work here
- **Imposter Syndrome**
 - Being **academically-challenged** for the first time
 - IMSA is very **competitive! (Everyone wants to be #1)**
 - Struggling to find your people
- **Homesick**

IMSA Chose YOU For A REASON, You DESERVE To BE HERE!!!

Please know you will put in work, but you are not alone. Don't be afraid to ask for help.

A cartoon illustration of Homer Simpson from The Simpsons. He is shown from the chest up, wearing his signature white short-sleeved shirt. He has a wide, enthusiastic smile, showing his teeth, and his eyes are wide open. His right arm is raised, with his thumb pointing up in a thumbs-up gesture. The background is a solid blue color.

**I HOPE YOU ENJOYED MY
PRESENTATION**

ANY QUESTIONS ?

**Thank you for your
time**