

Social Emotional Wellness

Ms. Takeisha Rheams, MA, LCPC,BC-TMH

Mrs. Alexis Pratt, MA,LCPC,PEL-SC, BC-TMH

Congratulations
You are An IMSA Student!!!



School Counselors



Keisha Rheams

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



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 can you connect with us

- Email us at counseling@imsa.edu
- Email us individually
 - Keisha: trheams@imsa.edu
 - Alex: apratt@imsa.edu
- Stop by our offices. We are located in the Student Affairs Suite!
- We are available during school hours: 7:30-4:30
- Reslife can reach us, if there is an emergency after hours/weekends.

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 Choice YOU For A REASON, You DESERVE To BE HERE!!!

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

A meme featuring Homer Simpson from The Simpsons. He is shown from the chest up, wearing his signature white shirt. He has a wide, enthusiastic smile, showing his teeth, and his eyes are wide open. Both of his arms are raised, with his thumbs pointing up in a 'thumbs up' gesture. The background is a solid light blue. The text 'I HOPE YOU ENJOYED MY PRESENTATION' is written in large, white, bold, sans-serif capital letters with a black outline, positioned at the top of the image. The text 'ANY QUESTIONS ?' is written in the same style at the bottom. In the bottom right corner, there is a small, faint watermark that says 'makea'.

ANY QUESTIONS ?

Thank you for your
time