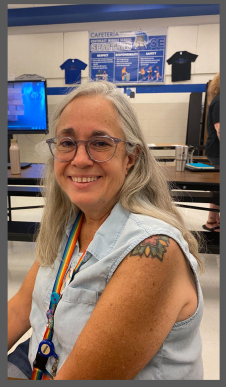


# Counselors Corner



**Becky Lindsey**  
Student Assistance Specialist  
[bglindsey@okcps.org](mailto:bglindsey@okcps.org)  
405-587-6790

## Student Assistance Specialist:

- Helps students & families in crisis
- Helps with social emotional counseling & concerns
- Provides group & individual counseling
- Provides referrals to outside agencies

## Academic Counselors:

- Help with scheduling changes & concerns
- Help with academic counseling & concerns
- Teach guidance in the classroom
- Provide career counseling and guidance

**Shauna Nealey**  
5th & 6th Grade  
Academic Counselor  
[smnealey@okcps.org](mailto:smnealey@okcps.org)  
405-587-6768



**Doug Roark**  
7th & 8th Grade  
Academic Counselor  
[dsroark@okcps.org](mailto:dsroark@okcps.org)  
405-587-6770

# Guidance And Counseling Program

## Goals 2022 – 2023

The SEMS Counseling program will:

- Address the needs of all students including those that are at risk through guidance and counseling services.
- Provide counseling services to individuals and small groups.
- Provide group guidance activities that promote development in academic, social-emotional, and career areas.
- Consult with staff, parents, and the community to make referrals to outside services and community agencies.

## Monthly Guidance Topics

- **August** : Introductions - Mental Health Team & Family Community Advocate
- **September**: Respecting Yourself & Others
- **October**: Red Ribbon Week - Live Drug Free!
- **November**: Bullying Awareness & Prevention
- **December**: Random Acts of Kindness
- **January**: College & Career Awareness
- **February**: College & Career Readiness
- **March**: Test Prep/Study Skills
- **April**: Testing & Enrollment
- **May**: Teacher & Staff Appreciation

# Community Resources

## Teen Hotlines



## Need Help?

### Substance Abuse:

Alcoholics Anonymous  
• 405-524-1100  
(available 24/7)

Al Anon/Alateen  
• 405-767-9071

Marijuana Anonymous  
• 1-800-766-6779

Oklahoma Tobacco Helpline  
• 1-800-QUIT NOW

Reach Out (Mental Health & Substance Abuse)  
• 1-800-522-9054

SAMHSA - Substance Abuse & Mental Health Services  
• 1-800-622-HELP  
(available 24/7)

### Physical, Emotional, or Sexual Abuse:

Boys & Girls Town  
• 1-800-448-3000

National Domestic Violence Hotline  
• 1-800-799-SAFE  
(available 24/7)  
• Text START to 88788  
• English & Spanish

YWCA Domestic Violence Hotline  
• 1-800-522-7233  
Emergency Shelter  
• 405-917-9922  
Rape Hotline  
• 405-943-7273

National Sexual Assault Hotline  
• 1-800-656-HOPE

### Self-Help:

SAFE Self-Abuse Finally Ends  
• 1-800-DONT-CUT

National Runaway Safeline  
• 1-800-RUNAWAY

Teenline  
• 1-800-852-8336  
• Text 839863

Youth Crisis  
• 833-885-CARE

National Eating Disorders Association  
• 1-800-931-2237

**988**  
Suicide Prevention Hotline

**211**  
Info and resources for crisis, housing, food, healthcare, & substance use.

### Pregnancy:

America's Pregnancy Helpline  
• 1-800-672-2296

Hope Pregnancy Center OKC South  
• 405-688-8700

**1-800-222-1222**  
Poison Control Hotline

Help is on the way. :) 



## Homeless Outreach



## Foster Care Services



call: (405) **587-CARE** (2273)

email: [fostercare@okcps.org](mailto:fostercare@okcps.org)

# College & Career Resources



Toll Free: 800.858.1840  
OKC Metro: 405.225.9152



1-800-GO-TO-XAP (1-800-468-6927)  
From outside the U.S., please call +1 (424) 750-3900

