

Student Services Resources

Antioch Community High School

(847)395-1421

www.chsd117.org



Student Support Group Programs

(These groups are ran during the day, week, and based on need)

- * **Challenge**— Established for students who have struggled with alcohol and drug usage in the past and are now attempting to refrain from any use.
- * **Concerned Persons**— Support for students who have a family member or friend who is using drugs and/or alcohol that is negatively impacting their life.
- * **Conflict Resolution**— Do you find yourself exploding with anger? Having difficulty with frustration? If you can relate, and want to break the cycle of anger, this group may be for you.
- * **GLBTQ**— Helps students with issues related to sexual orientation or gender identity. Students will learn coping strategies, as well as build on self-esteem, in order to establish a plan for a positive and productive future.
- * **Grief**— Provides support for those students who are attempting to cope with the death of a loved one. Students with parents, siblings, or friends who suffer from terminal illness are also invited to participate.
- * **Family Issues**— Support provided to students that are struggling with home life issues due to problems in the home, divorce, or separation.
- * **Minority Voices**— This group is designed to allow students, who identify as minorities, a safe forum to discuss life issues, as well as any concerns brought about by living in a multicultural society.
- * **Resilience**— Helps survivors of sexual assault, trauma, or destructive relationships adjust and move toward closure/recovery.
- * **Stress/Anxiety Management**— Learn positive effective methods of coping with stress.
- * **Young Women's Issues**— Helps young women cope with issues that they face on a daily basis. Students participating in this program will also examine issues related to relationships.
- * **Young Men's Issues**— For young men who find themselves frustrated to the point of anger. Learn effective problem solving skills, anger management techniques, and appropriate ways to express anger and frustration. Relationship issues will also be discussed.

Counseling & Support Staff

Mr. Scott Leverentz, Assistant Principal of Student Services
Mr. Brett Heintz, Counselor, SAP Coordinator
Ms. Kelly Lindgren, Counselor
Ms. Kelly McCracken, Counselor
Ms. Darcy Peck, Counselor
Ms. Taylor Travers, Counselor
Ms. Robin Vlosky, Psychologist
Mr. Jim White, Psychologist
Ms. Peg Larson, Social Worker
Mr. Joe Loffredo, Social Worker
Ms. Patricia McGuigan, Dean
Mr. Grant Murray, Dean

Counseling

What is a Support Group?

A support group brings together students attempting to cope with similar concerns and issues. A number of support and educational groups will be offered to students at Antioch Community High School. Groups will meet once a week and rotate through periods so students do not consistently miss the same course. While students are excused from class to participate in a group, they are expected to make up the work they miss.

In most cases, groups are open for any students to join



Community Youth Network (CYN) Groups:

(Any student interested in these groups can sign up, groups are run weekly and are also available for one on one counseling.)

- * Anger Management
- * Anxiety/Stress
- * Executive Functioning
- * Responsibility
- * Substance Abuse
- * Technology Addiction

-If Interested, Please see Mr. Brett Heintz, SAP Coordinator.

Support

Interested in a Group? If you are interested in participating in one of the groups described, please complete with the information below and return it to the Student Services Office.

Name: _____ Group: _____

Comments: (Is there an area you feel you might need/want support in that you did not find? Please tell us about it.)

** All information you fill out on this form is confidential. We will not divulge any information without your permission.