



*Where Education **Empowers.***

PAWsitive Approach to Counseling

Kristal McCathern

Purpose

To ensure staff and students have the necessary support to maintain their mental health and feel safe and supported at Southern Tech.



Money can buy you a fine dog,
but only love can make him wag his tail.
-KINKY FRIEDMAN

LETS talk about de-escalation!

What does de-escalation mean?

Use purposeful actions, verbal communication, and body language to calm a potentially dangerous situation.

What is the highest priority?

Your safety and the safety of others! Avoid being alone with an individual that is combative or potentially violent.

Know who you are?

Be aware of your vulnerabilities and tendencies. The best intervention for you may be backup.

Oklahoma State Dept. of Public Edu. FY2021-2022

Grades	Substance Incidents	Property Incidents	Bullying Incidents Staff/ Students	Weapons Incidents Excluding Firearms	Gang/Hate Incidents	Truants / Suicide	Increased From 2016- 2017 Data
Grades KG-05	405	444	6959	470	23	10885	64%
Grades 06-08	4931	1204	10535	572	109	9170	60%
Grades 09-12	8087	690	5003	454	99	15487	61%

Have you seen an increase in incidents in your school? What ages?

LETS get started!



Student A

- ***Puppy Trauma***
- ***Lives in Fight or Flight***
- ***Separation Anxiety***



Student B

- ***No Puppy Trauma***
- ***No Fight or Flight***
- ***No Anxiety***



Who are we?

“Being called weird is like being called a limited edition, meaning you’re something people don’t see that often. Remember that”

LETS talk strategies

Listen- Give your full attention, nod, ask questions, and avoid changing the subject or interrupting. (Silence is OK!) (PAWS)

Empathize- Present genuine concern and a willingness to understand without judging. (No Bias!)

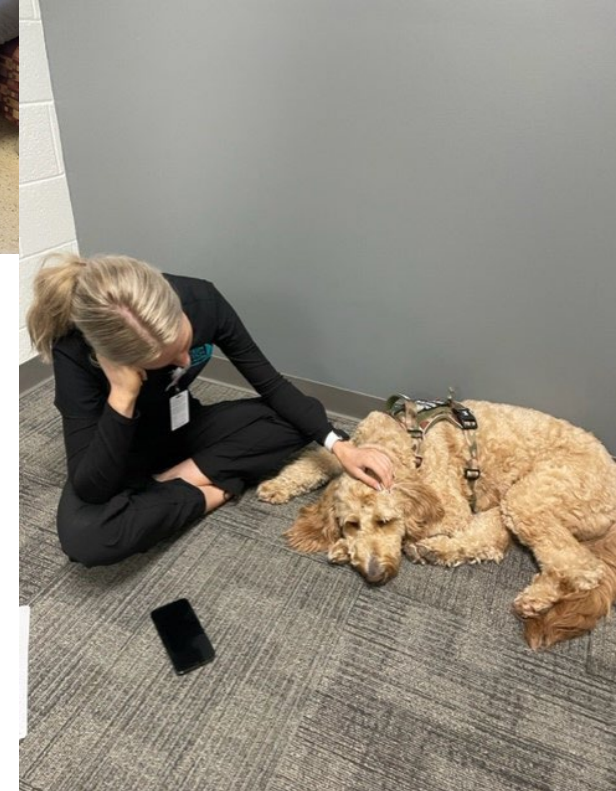
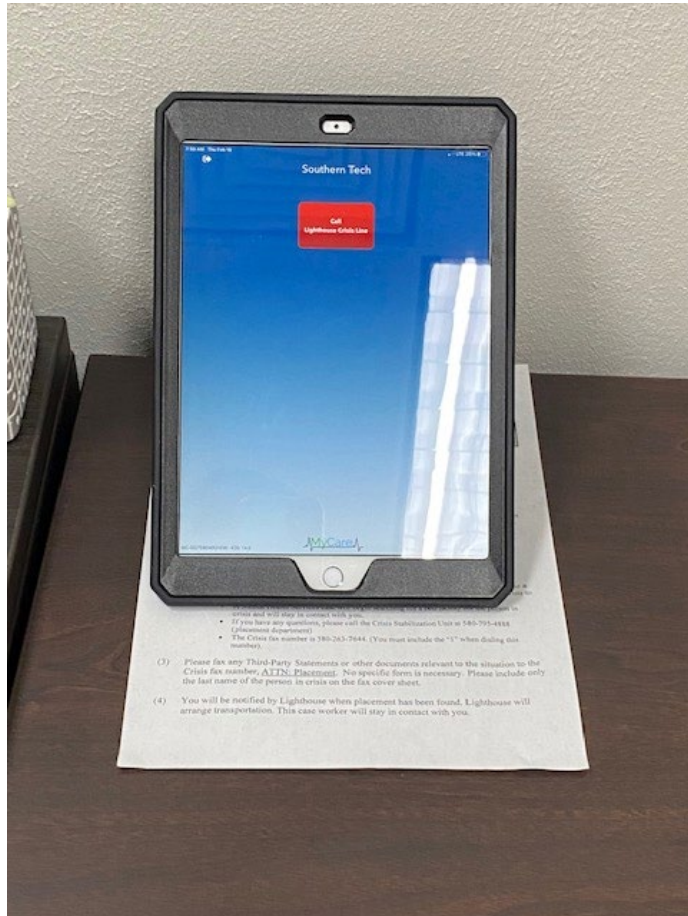
Tone- Speak calmly to demonstrate empathy. (How can I help?)

Space- Maintain a safe distance and avoid touching the other person. (Close talkers

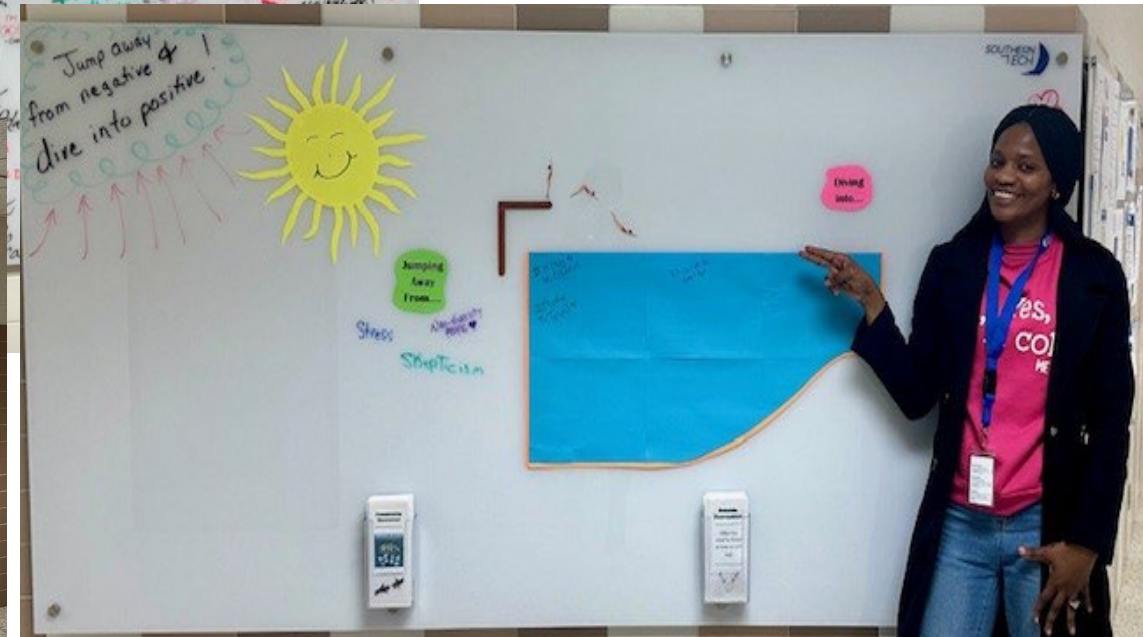
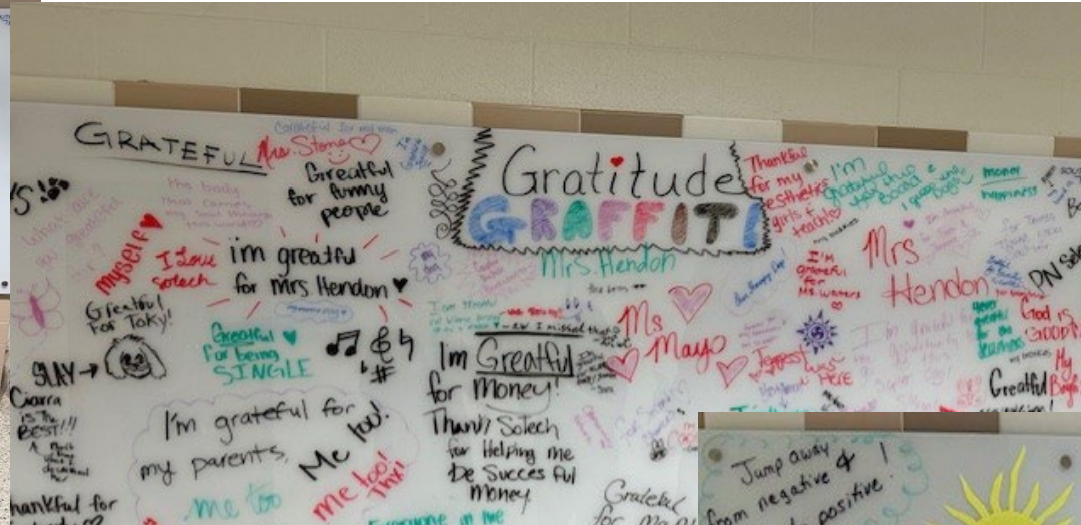
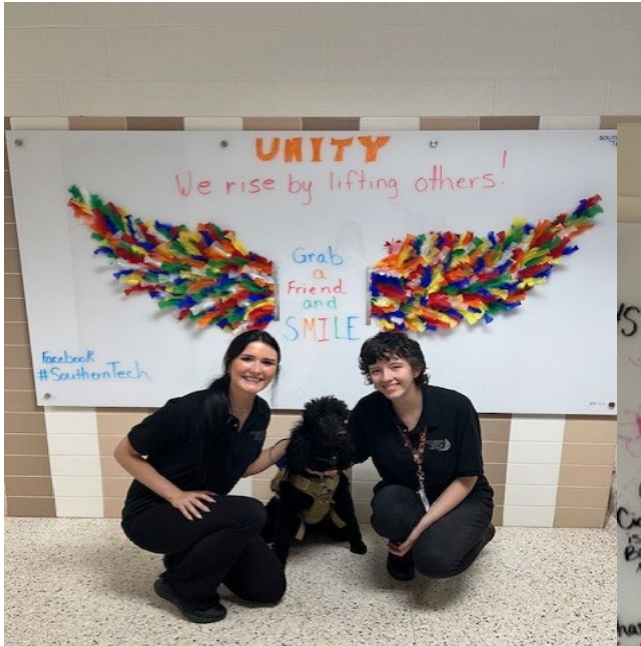
All Students on Campus



Crisis iPads



Interactive Board



Monthly Newsletter

Staff/ Students

Social Worker Newsletter

March 2024/Mental Health Matters

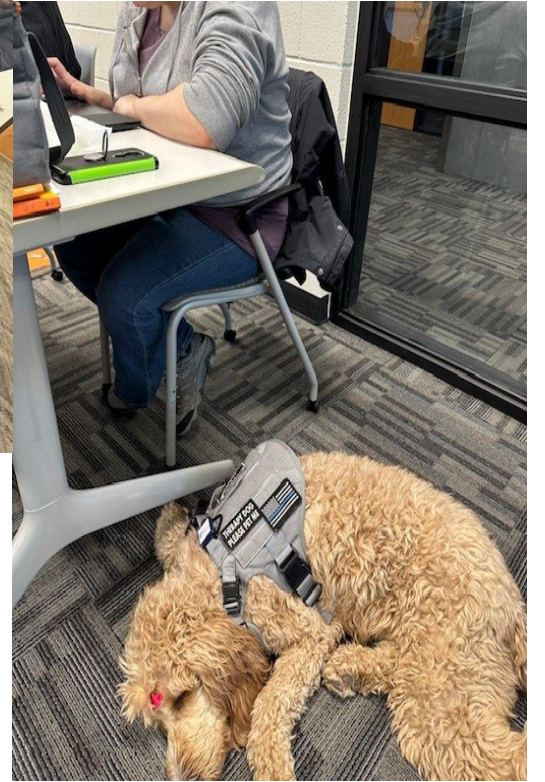


Quote of the Month

*"Drowning without water
You are screaming inside
for help but
No one can see your
struggle to be alive
That's how depression looks."
-Aparna Borchetia*



Think PAWsitive



Tokey's Social Media

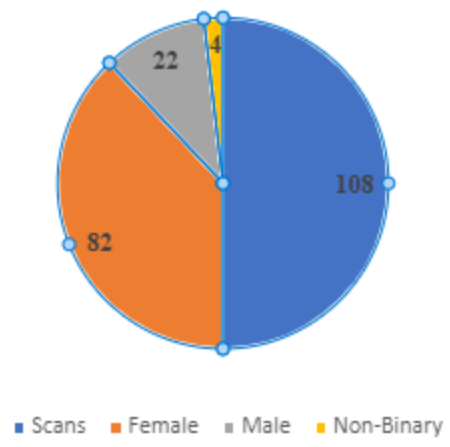
Ardmore Chamber Banquet



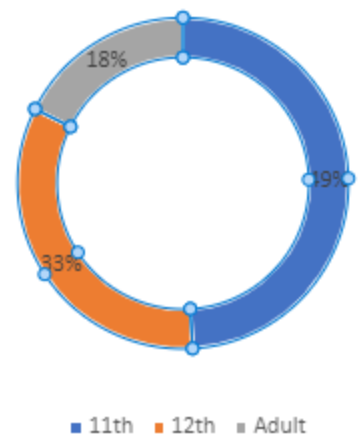
School Counselor Intern.



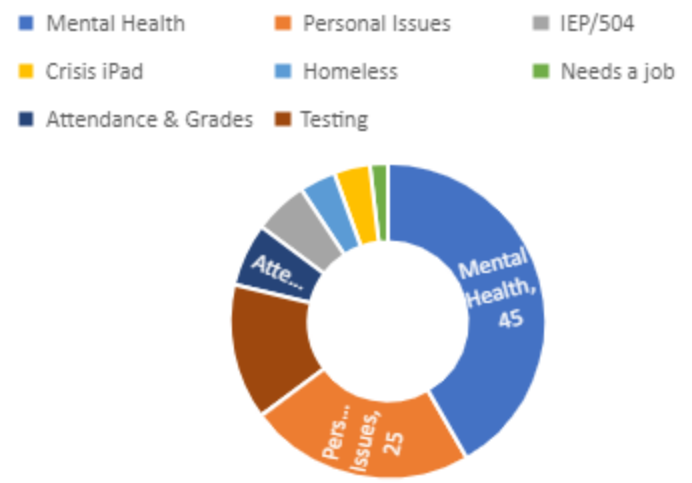
Gender



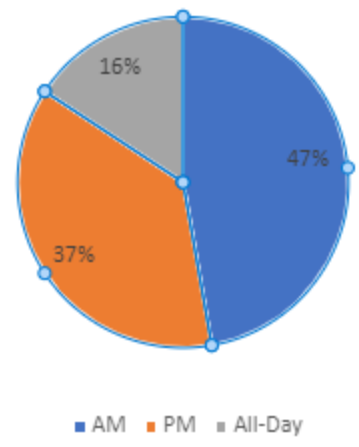
Grade Level

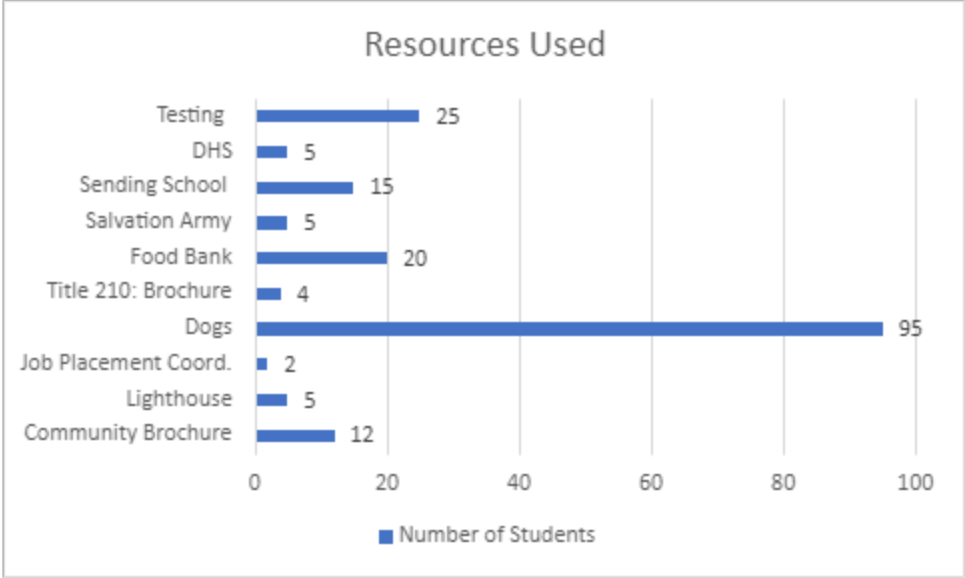


Reason For Visit



Session







Activities

- *QR Code for Badges*
- *Crisis iPads*
- *Interactive Board*
- *Mental Health Matters Newsletter*
- *Tokey Paws*
- *Dogs for testing*
- *Tokey's Social Media*

Contact Info:



K9's In Direct Service - KIDS, Inc
49 likes · 100 followers

K.I.D.S., Inc goal is to improve the physical and psychological health and well-being of vulnerable children by capitalizing on the human-animal bond and providing access to the healing power of therapy dogs to all vulnerable children in Oklahoma.

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Heroes with Hope of Southern Oklahoma
2.5K followers · 6 following

Community nonprofit, benefiting children.

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SOUTHERN TECH

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