

# Oak Park High School Advanced Peer Counseling Program



Presented by OPHS Advanced Peer Counselors

# What is Advanced Peer Counseling?



# Beginning Peer Counseling

- Weekly meetings take place on Thursdays at lunch
- Topics include: conflict mediation, relationship building, coping skills, mental health, effective peer counseling techniques and much more
- Current issues and relation to counseling
- Tools for becoming a peer counselor
- Great place to meet new friends



# Freshmen Mentoring

- APCs go into P.E. classes once a month to teach a lesson
- Includes most of the freshmen class
- Large Outreach
- 1-10's
- Discuss topics relevant to being a freshman
- Teach themes through activities
- Meaningful conversations
- Advice at the end
- Freshmen get to know upperclassmen

Class of  
2023





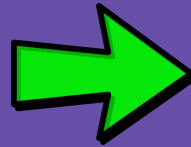
# New Student Welcome

- Increase comfort
- Decrease nervousness
- Increase connections
- New Student Luncheon
- Every new student is paired with an Advanced Peer Counselor
- Contact numbers
- One on one questions & answers



# 8th Grade Transition

- Occurs every spring
- Advanced Peer Counselors visit 8th graders at Medea Creek Middle School
- Answer questions about what high school is like
- Cover topics from academics → 7th period → clubs → athletics
- Emphasize mutual experiences
- Help to reduce transitional stress



# Mental Health Awareness Day

- Suicide awareness
- Help reduce the stigma
- Beginning of year (September)
- Peer counselors distribute information on Mental health
- Distribution of bracelets with suicide hotline, Lifesavers candies, handouts on helpful hotlines and resources



# Kick-Back Events

- Student Inclusion Coordinator
- Events throughout the year
- Variety of activities (pumpkins, hot cocoa, movies, crafts, etc.)
- To relax, have fun and meet new friends!





# One-On-One Counseling

- Any student can request to talk to a Advanced Peer Counselor
- Counselors will recommend Advanced Peer Counselors to help certain students
- Students can also contact Advanced Peer Counselors directly
- Trained in confidentiality
- Helping students find solutions or just being there to listen
- Continue meetings if necessary
- “Counselor On Call”

## OPHS Advanced Peer Counseling Contact List

Amber Arquilevich.....	(10th)	(818) 324-4156
Sam Barney Gibbs.....	(11th)	(818) 912-2157
Julia Barylak.....	(12th)	(818) 451-6467
Maddie Brown.....	(12th)	(805) 312-7227
Gavin Cornick.....	(11th)	(818) 661-0458
Cade Creason.....	(12th)	cadecreason@yahoo.com
Brandon Desilets.....	(11th)	(805) 300-7228
Audrey Farnsworth.....	(11th)	(818) 424-7187
Jackson Finch.....	(10th)	(818) 322-8220
Emily Francis.....	(10th)	(818) 309-8488
Stravya Gadepalli.....	(12th)	(805) 460-8886
Lexi Garfinkel.....	(12th)	alexis.garfinkel@gmail.com
Danielle Gould.....	(12th)	(818) 471-3365
Grade Hassanieh.....	(11th)	(818) 267-6062
Catie Herberg.....	(12th)	catherberg@gmail.com
Danielle Janvrin.....	(12th)	(805) 906-1956
Megan Johnson.....	(11th)	meganj3102@gmail.com
Jordan Julius.....	(10th)	(818) 661-8020
Lauren Killian.....	(12th)	(724) 813-8887
Alia Koe.....	(11th)	(818) 912-1222
Maxim Manyak.....	(12th)	(818) 815-7492
Russell Myers.....	(12th)	(818) 665-5461
Logan Prince.....	(11th)	(805) 390-5520
Ethan Rinkov.....	(10th)	(818) 325-5175
Lily Rosen.....	(12th)	(818) 620-6368
Aashika Srinivas.....	(11th)	(805) 428-8571
Sabrina Stone.....	(12th)	(818) 397-4646
Emily Warren.....	(10th)	(805) 990-6604
Joey Ybarra.....	(12th)	(818) 419-8159
Mrs. Svoboda.....		jsvoboda@opusd.org
Ms. Ross.....		jross@opusd.org



# Counselor On Call



- New this year!
- APC choose periods most available (dedicate their time to counsel)
- Administration Office and Special Education Department has list of names and periods
- When staff counselors are in meetings, occupied, etc., APC are called
- For students needing immediate aid (panic, overemotion, etc.)

## OPHS ADVANCED PEER COUNSELORS 2019-20



### \*Leadership Team

#### 10<sup>th</sup> Grade

Dylan Bezonsky  
Bellamy Burrell-  
Stevenson  
Abi Chadwick  
Shea Creason  
Nikita Manyak  
Amaan Nabeel  
Olivia O'Connell  
Siena Reale

#### 11<sup>th</sup> Grade

\*Amber  
Arquilevich  
\*Jackson Finch  
\*Emily Francis  
Lilly Fuller  
\*Jordan Julius  
Shoshana Medved  
\*Ethan Rinkov  
Emilee Teichner  
\*Emily Warren  
Chase Willet

#### 12<sup>th</sup> Grade

\*Sam Barney-  
Gibbs  
\*Gavin Cornick  
\*Audrey  
Farnsworth  
\*Grace Hassanieh  
\*Megan Johnson  
\*Alia Koe  
\*Logan Prince  
\*Aashika Srinivas



# Awareness Week

- Theme this year: Harmony
- Weeklong theme, speakers and presentations at lunch and nutrition
- Educate students on various aspects of the theme
- Organized by Advanced Peer Counseling, available to the entire student body



Advanced Peer Counseling Presents:

Awareness Week 2019

**HARMONY**



Oak Park High School Advanced Peer Counseling is excited to introduce Awareness Week 2019: **HARMONY**. We see harmony as a peaceful coexistence within the self and with others. Because we are living in a world filled with social polarization both physically and emotionally, it has become our generation's duty to embrace unification and one another, regardless of our individual differences. This theme is put in place to inspire students to not only tolerate differences but to invite individualities of all kinds by coming together. The week will focus on awareness and mindfulness and will include guest speaker, Gracie Fisher, current UCSB student. She will share her powerful story of resilience, following a debilitating virus which left her paralyzed. During the week, we will have other informative speakers and activities revolving around the theme of harmony.





# Alliance with the Anti-Defamation League



- OPHS is a designated “No Place for Hate” School
- Create activities on our campus to spread awareness
- Create action plans
- Listen to speakers
- Communicate with authority
- Learn about the Holocaust
- Learn about ‘taboo’ subjects

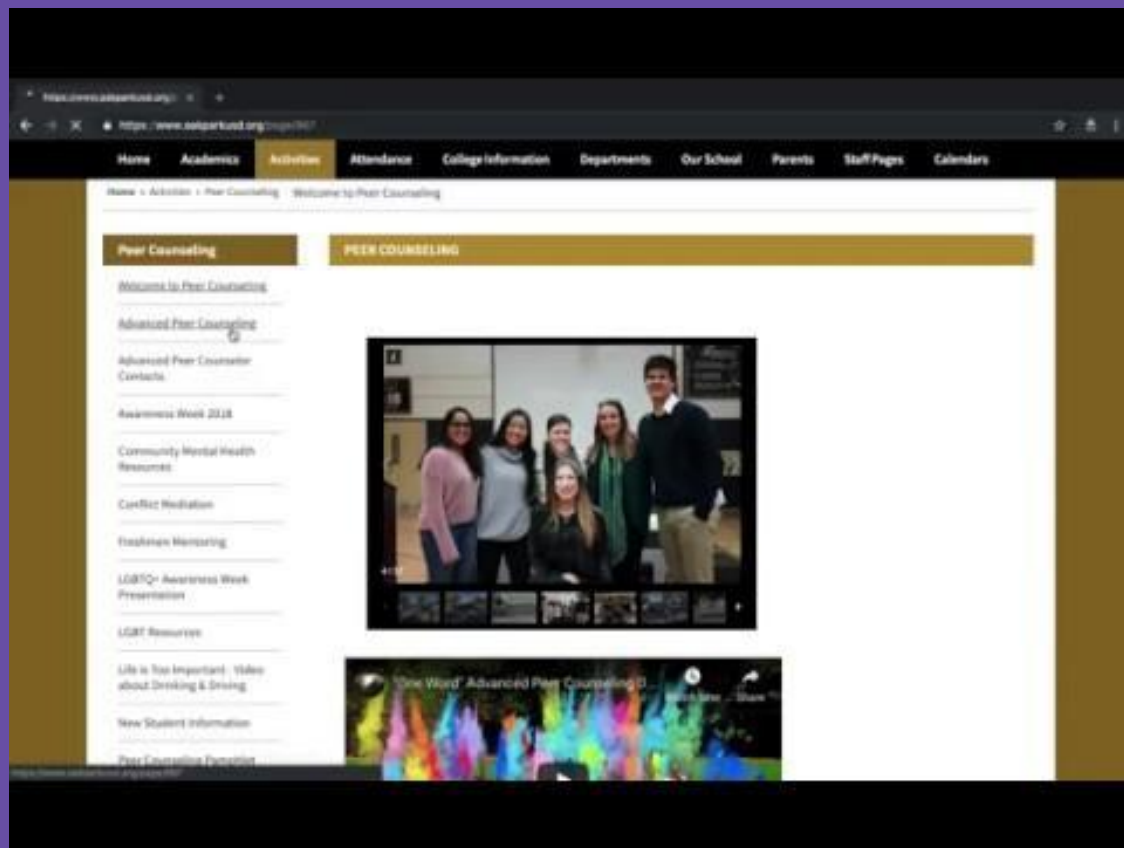




# Field Trips and Guest Speakers



# Peer Counseling Website Navigation



# “One Word” Video

