

# Meet Crysta

## Emerson's Behavioral Health Support Specialist

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Hello Emerson Students and Families,

My name is Crysta Cady, and I am your returning Youth Eastside Services counselor! I am so happy to be back with you all this year, and want to welcome any new students and families to the school. This is definitely a different time and way to engage with school than we are all used to, and I look forward to supporting you in this. Below is some basic information about myself, ways to contact me, and potential services I provide/what my job entails. As we know things seem to be ever changing in the world we are living in, so with that, some of this information regarding services, times, and dates may change. I am going to pre-apologize and pre-thank everyone in their flexibility and understanding. Any changes that happen will be communicated with you as soon as possible!



Best, Crysta

### Facts about Crysta

- This is my 3<sup>rd</sup> year at YES, though my 2<sup>nd</sup> year as a staff member. I completed my internship through YES for my graduate program, and then they decided to keep me in a staff role.
- I graduated with my Master's in Clinical Mental Health counseling in August of 2019.
- This will be my second year working with the Northstar/Emerson Campus.
- I have a dog named Gretchen, who I adore.
- My favorite color is orange.
- I enjoy a nice cup of coffee in the morning to ground myself for starting my day.
- I have lived in Washington my entire life. Originally, I grew up in Vancouver until spending four years at WSU completing my undergraduate degree (Go Cougs!) before ending up in the Seattle area to complete my training to become a mental health counselor.

### Crysta's Role as Behavioral Health Support Specialist

- Lake Washington School District has a partnership with Youth Eastside Services to provide mental health support in the form of education and prevention within the schools. This means I am technically not an employee of the district, but the agency I work for is a partner to provide services.
- I am technically a co-occurring counselor which means I hold both the credentials for a Licensed Mental Health Counselor Associate and a Substance Use Disorder Professional Trainee. This means I am able to work with students and families on issues related both to mental health and substance use.
- As a Behavioral Health Support Specialist, I provide many services for the school
  - 1:1 support to students in school as needed on issues related to mental health or substance use.
  - I can provide referrals or information on seeking out ongoing support.
  - Suicide risk assessments

- Group Counseling (i.e., meeting with small group of students at once over several weeks to address a common problem, such as anxiety)
- Support to Parents in the form of individual meetings, potentially group meetings, or presentations
- Education resources, which can include presentations in the classroom, potentially webinars with remote learning, news-letters, etc.
- Last year I did a games group at lunch where students could socialize with each other and relieve stress through games. I plan to revive something like this virtually, and is open to all students.
- Please note, this year due to limited time with teachers, I will not be meeting with students during Synchronous learning time (unless it is a serious emergency), only Asynchronous time. This means that my space this year will be slightly more limited, than when we are on campus, but support will still be provided in plenty.

## **Crisis Resources**

Due to us being virtual, my response can be a little slower. Drop-in office hours are meant to be check-ins for support and you can schedule more time with the counselor at a future date. **This is not a crisis line.** If you are experiencing a life threatening emergency or currently suicidal and cannot keep yourself safe, please call 911 or call the Crisis Line at 206-461-3222 or text HOME to 741741.

## **Ways to Contact Crysta**

- As of right now, I will be holding drop-in office hours via Zoom on Friday afternoons from 2pm-4pm. Office hours are open to both students AND parents.
  - You can register at <https://zoom.us/meeting/register/tJEtc-6srD4vGtxX1o4Xw1aEYNgKROKEvP1>
- You can also call me at 425-747-4937 extension 2807 and leave me your name, your school, and a phone number to call you back at. You can do this anytime during the week, and I will try to return your call as soon as possible. Please if you are in crisis and cannot keep safe, refer to the crisis resources below.
- As of right now, my agency does not allow contact via email with students or parents, due to our confidentiality policies. This may change in the future.
- Time and day of office hours may change as we progress into the school year. I will communicate this as it happens.

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## **\*\*Note\*\***

I am also still planning services coordinating with you school. More information will come regarding changes in office hours, increase in office hours, and general format for services moving forward. This is to just get us started.