

# *Bonnie Brae*

## *Mental Health & Wellness Team*

### Counselors

Lisa Jeffries (grades K-2)

Laura Kaniewski (grades 3-6)

School Social Worker: Amy Marshall

School Psychologist: Sophia Antoci



# School Counselors at BBES



## Lisa Jeffries (grades K-2)

I grew up in Falls Church and attended elementary, middle & high school in FCPS.

I enjoy spending time with loved ones, sports, reading & traveling.

This is my 25th year as an educator in FCPS.

Bonnie Brae is an amazing place to work, learn and grow!



## Laura Kaniewski (grades 3-6)

Hello, Scotties! I've lived in Northern Virginia for 12 years and have worked as a school counselor for FCPS for the last 10. I have a Master's Degree in counseling from George Washington University and this is my 4th year at Bonnie Brae.

I genuinely enjoy supporting the social/ emotional development of students in grades 3-6 by fostering warm and trusting relationships.

# School Counseling at BBES

- Monthly Classroom School Counseling Lessons: Lessons tie into CASEL Core Competencies, FCPS' Portrait of a Graduate traits, and support Bonnie Brae's focus on equity and social awareness.
- Small Counseling Groups: Small counseling groups are aimed at improving skills in the areas of personal/social, academic and career development.
- Individual Counseling: Brief, solution-focused counseling support in a one-on-one setting.
- Crisis and Behavior intervention: Includes gentle deescalation of student behavior and conducting suicide risk assessments and threat assessments
- Consult: We work with teachers, parents, students, staff, & admin to support our students and their families and help them be successful in and out of the classroom.

[Click here to learn more about School Counseling Services in FCPS](#)

# School Social Worker: Amy Marshall



Hi Scotties! This is my 3rd year at Bonnie Brae and I love being a part of this school community.

I'm originally from Indiana and moved to Virginia in 2018. I got my Master's of Social Work from Indiana University. I love living in Northern Virginia and being close to my family here.

I love getting to know our Bonnie Brae students and their families. As the school social worker, I help families find community resources, make mental health referrals, and work with parents and teachers to address the social-emotional needs of students.

*Days at BBES: Mon afternoons/Tues/Fri.*

# School Social Workers in FCPS

FCPS school social workers are committed to assessing and addressing those social, emotional, and behavioral factors that may stand in the way of students realizing their promise.

## How We Help Students, Families, and Schools:

- Serve as liaison between home, school, and community
- Link students and families to community resources to address issues such as poverty, chronic absenteeism, trauma, and child abuse
- Provide individual and group counseling to students
- Participate in student-centered meetings to address academic, mental health, and behavioral needs
- Provide crisis interventions to include conducting suicide risk assessments and threat assessments

# School Psychologist: Sophia Antoci



Hello Scotties! This is my 2nd year with Bonnie Brae & FCPS.

I'm originally from southern California and moved here in 2019. I'm enjoying exploring this side of our country and am so grateful to be a part of the FCPS & BBES community!

As your School Psychologist, I'm here to support our students succeed academically, socially, and emotionally. I do this through working directly with our students as well as through consulting and supporting our school, staff, and families.

*Days at BBES: Mon/Tues/Fridays.*

# School Psychologists in FCPS

**We collaborate with family, staff, and providers to help foster and support positive social, emotional, & academic achievement for students.**



- **Counseling**: implement evidenced-based techniques to foster social skills, address mental health concerns, and enhance self regulation skills.
- **Assessment**: explore students' strengths and areas of need to aid school teams in identifying educational needs and generating interventions.
- **Consultation**: collaborate with staff, families, and providers to develop a well-rounded understanding of and approach to the student's needs
- **Crisis Support**: are members of Crisis Teams, which intervene as necessary when schools are impacted by a traumatic event, and help support students in crisis.

# Links and Resources

- [BBES Mental Wellness Blackboard](#)  
Must be signed into your BBCU account to access
- [Mental Health Resources and Emergency Services Information](#)
- [Health, Mental Health, and Community Resources](#)
- [Parent Resource Center](#)
- [Behavior Support Resources for Home](#)
- [Resources for Military Families](#)