



SUSSEX COUNTY TECHNICAL SCHOOL
School Based Youth Services Program - The Student Center



Student Center Group Services

The Student Center offers many different types of supportive, therapeutic groups throughout the school year. We'd like to give parents the opportunity to know a little bit more about these groups and hope you will enroll your child in the group(s) they feel might best support your child.

\*Please note that groups are offered when there is sufficient student interest.

RTR "Girl Power": Discusses the concepts of healthy and unhealthy relationships. Education on topics such as prevention of Sexually Transmitted Infections (STI's), reducing the risk of pregnancy, and understanding consent and refusal skills.

"Kids Cope": Discusses healthy coping skills and dealing with life's frustrating moments. Students gain confidence in managing their emotions, hopefully leading to a reduction in disciplinary action.

"Journeys": This group addresses social skills issues or students having difficulty navigating social situations in school, with peers or in general. Students who fall under the Autism spectrum fit in well in this group.

"Teen 2 Teen": This Lesbian, Gay, Bisexual, and Transgendered group provides therapeutic support for any teen who is identifying on the LGBTQI spectrum or is unsure of how they identify.

"Grief and Loss": Addressing the needs of students who are coping with the loss of a loved one which includes normalizing grief experiences by hearing from other teens, providing education and support.

"DBT": "Dialectical Behavioral Therapy". This group is designed to provide support to students who have a difficult time regulating their emotions, have intense, often unhealthy relationships, poor coping skills in the face of perceived/real rejection and may engage in risky behaviors.

Other: Please describe a group you think your student could benefit from. We'll consider running a group when we have sufficient interest:

Two horizontal lines for writing a response to the 'Other' category.

Student Name: (please print) \_\_\_\_\_ Grade: \_\_\_\_\_

Parent Signature: \_\_\_\_\_