

**Cincinnatus Central School**

**Comprehensive Developmental**

**School Counseling Plan**

2022-2023



**Mission and Vision:**

 The mission and vision of the district counseling team and their work as guided by the Comprehensive District School Counseling Plan adheres to the mission and vision of the district. The Comprehensive District School Counseling Plan outlines how our district counseling team will support all students throughout each grade level with targeted instruction, assessments, events, and guidance. Instruction provided by the team maintains a focus on building skills in the area of social-emotional development and mental health. Our school counselors also provide enriching activities and individualized support to increase student knowledge of pathways, careers, and postsecondary opportunities.

**PROGRAM DESCRIPTION**

The district counseling team works with all students, school staff, families and members of the community as an integral part of the education program. As professionals, we are trained with unique qualifications and skills to address all students’ academic, personal/social and career development needs. We implement a comprehensive school counseling program that promotes and enhances student academic achievement, career development, and social emotional learning.

**ACCOUNTABILITY**

The district counseling team will serve as the advisory council for the creation, review, and revision of the Comprehensive Developmental School Counseling Plan. The district counseling team meets twice weekly. Once as a student support team to discuss specific needs of students and the other to work through the multi-tiered system of support (MTSS). The district counseling team consists of all school counselors, all social workers, school psychologists, and Director of Pupil Personnel Services. This team consults with the building principals, teachers, students, school nurse, community-based service providers, families, and stakeholders to assess strengths and areas of concern to be addressed during the annual plan revision process. In addition, the district counseling team will be continuing to implement universal screening measures to provide data to guide the creation of the 2022-2023 Comprehensive Developmental School Counseling Plan.

**District Counseling Team**

Chris Aiken - Guidance Secretary Rebecca Barrows - School Social Worker

McKenzie Lidell - High School Counselor Ashley Bush - School Social Worker

Jane Manning - Middle School Counselor Barbara Englehart- School Social Worker

Cathy Aitchison - School Social Worker Bridgitte Cook - Director of Pupil Personnel

**SCHOOL COUNSELING NATIONAL DOMAINS AND STANDARDS SUMMARY OF HIGH SCHOOL COUNSELING PROGRAM OBJECTIVES**

**Academic Achievement**

* High School students will approach learning with a positive attitude, a willingness to persist when challenged, take personal responsibility, and maximize academic opportunities.

 **Career Development**

* Students will gain understanding of post-secondary options as they explore a variety of traditional and nontraditional occupations, college and military options.

 **Social Emotional Learning**

* Using Bimas data, students will gain an understanding of emotional control/self-regulation, conflict resolution and personal mental health wellness.

**SUMMARY OF MIDDLE SCHOOL COUNSELING PROGRAM OBJECTIVES**

**Academic Achievement**

* Middle school students will be able to identify productive student behaviors as they relate to time management skills, pride in academic work, ability to work independently and balance academics with extracurricular activities.

 **Career Development**

* Students will engage in career exploration activities, develop awareness of interests, abilities and skills, and gain an understanding of the school-work connection.

 **Social Emotional Learning**

* Middle School students will be able to recognize and employ personal boundaries, self control, self regulation strategies and know when to seek adult assistance.

**SUMMARY OF ELEMENTARY SCHOOL PROGRAM OBJECTIVES**

**Academic Achievement**

* School staff and parents will assist in student learning by providing academic opportunities to all students while encouraging full participation in preventive and educational programs, early identification and intervention.

 **Career Development**

* Students will have opportunities to explore interests and begin the career exploration process through in class and/or group lessons, individual conversations and community interaction.

 **Social Emotional Learning**

* Curriculum will be integrated in classrooms as well as taught in small group or individual sessions to develop positive attitudes toward self and others, identify and express feelings, learn appropriate school behavior and self management skills.

**K-12 School Counseling Action Plan**

|  **Elementary School** | **Middle School** | **High School** |
| --- | --- | --- |
| **September** |  |  |
| * Kindergarten Orientation
* Ice Cream Social
* Teacher work day for Classroom work
* Start SEL Curriculum
* District Counseling team meets weekly
* Social Worker meets with students
 | * Meet with each student – Establish Goals
* Start SEL Curriculum
* Schedule Changes
* New Student Orientation
* 7th Grade Orientation
* Ice Cream Social
* LPP Begins
* Individual Counseling
* District Counseling team meets weekly
* County Counselor Meeting
 | * Senior Audit, Individual Meetings
* Schedule Changes
* College Night (Parents & Students)
* In School College/Recruiter visits
* LPP Begins
* District Counseling team meets weekly
* ACT/SAT deadlines
* County Counselor Meeting
* SUNY OpInform
* TC3 Concurrent enrollment registration
 |
| **October** |  |  |
| * Open House
* AIMS Web benchmarks
* Quick phonics screening (QPS)
* Phonemic Awareness Screening Tool (PAST)
* Emergency & Fire Station visits
* SEL Curriculum continues
* Erin’s Law presentations
* District Counseling team meets weekly
* Social Worker meets with students
* OT, PT & Speech scheduled in student school day
 | * Individual Counseling
* Lunch Groups
* SEL curriculum
* Review progress reports and meet with students as needed
* Erin’s Law presentations
* Open House
* District Counseling team meets weekly
* County Counselor Meeting
 | * FAFSA opens (Oct 1)
* Financial aid workshop
* Start course description updates
* ACCES-VR meets with students
* Review progress reports and meet with students as needed
* College Recommendations
* ED/EA College Apps complete
* In School College/Recruiter visits
* Open House
* District Counseling team meets weekly
* TC3 College Fair with Jr & Sr
* ACT/SAT deadlines
* County Counselor Meeting
 |
| **November** |  |  |
| * Social Worker meets with students
* OT, PT & Speech scheduled in student school day
* Curriculum Night
* P/T Conferences
* District Counseling team meets
* SEL Curriculum
* BIMAS administration
 | * Individual Counseling
* Lunch Groups
* SEL curriculum
* District Counseling team meets
* County Counselor Meeting
* Naviance Introduction for 8th graders
* P/T Conferences
* BIMAS administration
* NYSSCA Conference
 | * College Recommendations & Applications sent
* In School College/Recruiter visits
* District Counseling team meets
* ACT/SAT deadlines
* County Counselor Meeting
* P/T Conferences
* January Regents needs to Principal
* Student Seminar
* BIMAS administration
* Course Requirements updated in Description Book
* NYSSCA Conference
 |
| **December** |  |  |
| * Social Worker meets with students
* OT, PT & Speech scheduled in student school day
* SEL Curriculum
* District Counseling team meets
 | * Naviance Introduction for 7th graders
* Individual Counseling
* Review report cards and meet with students as needed
* Lunch Groups
* SEL curriculum
* District Counseling team meets weekly
* County Counselor Meeting
* Naviance curriculum for 7th & 8th grade
 | * College Recommendations
* In School College/Recruiter visits
* Review report cards and meet with students as needed
* Student Seminar
* District Counseling team meets weekly
* ACT/SAT deadlines
* County Counselor Meeting
* College Applications
* Individual Counseling
 |
| **January** |  |  |
| * Social Worker meets with students
* AIMS Web benchmarks
* Quick phonics screening (QPS)
* Phoenix Awareness Screening Tool (PAST)
* OT, PT & Speech scheduled in student school day
* SEL Curriculum
* District Counseling team meets
* CSE/504 Annual Reviews
 | * 8th Grade Parent Night
* 8th Grade Scheduling with parent invite
* Naviance Introduction for 6th graders
* CSE/504 Annual Reviews
* Naviance Curriculum for 6th-8th grade
* 2nd semester starts
* Schedule changes
* Individual Counseling
* Lunch Groups
* SEL curriculum
* District Counseling team meets
* County Counselor Meeting
 | * Junior Night- Post Secondary Options
* 11th grade Scheduling with Parent invite
* ACCES-VR info to Students with Disabilities
* AP testing ordering
* Manage & disseminate Scholarship info
* Mid-year reports to colleges
* 2nd semester starts
* Schedule changes
* In School College/Recruiter visits
* Individual Counseling
* Lunch Groups
* SEL curriculum
* CSE/504 Annual Reviews
* District Counseling team meets weekly
* County Counselor Meeting
 |
| **February** |  |  |
| * Elementary Scheduling begins
* Social Worker meets with students
* OT, PT & Speech scheduled in student school day
* SEL Curriculum
* District Counseling team meets
* CSE/504 Annual Reviews
* Winter Ball
 | * 7th grade scheduling
* 6th grade scheduling
* 8th grade visit to BOCES
* Individual Counseling
* Lunch Groups
* Review progress reports and meet with students as needed
* SEL curriculum 5 & 6
* District Counseling team meets
* CSE/504 Annual Reviews
* County Counselor Meeting
 | * 9th & 10th Grade scheduling Share NCAA info with student athletes
* ACT/SAT registration & deadlines for Juniors
* Review progress reports and meet with students as needed
* Manage & disseminate Scholarship info
* Diploma types for Seniors to Administration
* AP exam registration for students
* Individual Counseling
* In School College/Recruiter visits
* SEL curriculum
* CSE/504 Annual Reviews
* District Counseling team meets
* County Counselor Meeting
 |
| **March** |  |  |
| * Social Worker meets with students
* OT, PT & Speech scheduled in student school day
* SEL Curriculum
* CSE/504 Annual Reviews
* District Counseling team meets
* PARP - Pick a Reading Partner
 | * Finish all individual scheduling
* Naviance curriculum 7 & 8
* Individual Counseling
* June Regents needs to Principal
* Review report cards and meet with students as needed
* Lunch Groups
* SEL curriculum 5 & 6
* CSE/504 Annual Reviews
* District Counseling team meets
* County Counselor Meeting
 | * Finish all individual scheduling
* Individual Counseling
* ACT/SAT registration & deadlines for Juniors
* Help with senior college decisions
* Afterschool college/career talks
* Prepare scholarship info for teachers & students
* In School College/Recruiter visits
* June Regents needs to Principal
* SEL curriculum
* CSE/504 Annual Reviews
* District Counseling team meets
* County Counselor Meeting
* 10th grade field trip to BOCES
 |
| **April** |  |  |
| * Social Worker meets with students
* OT, PT & Speech scheduled in student school day
* CSE/504 Annual Reviews
* SEL Curriculum
* District Counseling team meets
* Curriculum night
 | * Career Day 5-8
* Begin Master schedule
* Lunch Groups
* SEL curriculum 5 & 6
* CSE/504 Annual Reviews
* District Counseling team meets
* County Counselor Meeting
 | * Spring College fair (OCC)
* Begin master schedule
* 30 Week at risk letters/mailing
* CSE/504 Annual Reviews
* Junior class presentations – with Naviance college/career planning
* ACT/SAT registration/deadlines
* District Counseling team meets
* County Counselor Meeting
 |
| **May** |  |  |
| * Social Worker meets with students
* AIMS Web benchmarks
* Quick phonics screening (QPS)
* Phonemic Awareness Screening Tool (PAST)
* OT, PT & Speech scheduled in student school day
* SEL Curriculum
* District Counseling team meets
* UPK-4 Career activities
* CSE/504 Annual Reviews
* BIMAS administration
 | * Get Summer School Info
* Continue Master Schedule
* UPK-4 Career activities
* Lunch Groups
* Review progress reports and meet with students as needed
* SEL curriculum 5 & 6
* BIMAS administration
* CSE/504 Annual Reviews
* District Counseling team meets
* County Counselor Meeting
 | * Get Summer school info
* AP exams
* Senior info for Scholarships
* Review progress reports and meet with students as needed
* ACT/SAT registration/deadlines
* Continue Master Schedule
* AP Course renewal – online
* BIMAS administration
* CSE/504 Annual Reviews
* District Counseling team meets
* County Counselor Meeting
 |
| **June** |  |  |
| * Social Worker meets with students
* OT, PT & Speech scheduled in
* SEL Curriculum
* CSE/504 Annual Reviews
* District Counseling team meets
* UPK-4 Career activities
 | * 4th Grade Visit Day
* Lunch Groups
* SEL curriculum 5 & 6
* Finish Master Schedule
* Regents administration
* Summer School Registration
* District Counseling team meets
* County Counselor Meeting
 | * Finish Master Schedule
* District Counseling team meets
* ACT/SAT registration/deadlines
* County Counselor Meeting
* Summer School Registration
* Regents administration
* Graduation
 |
| **July** |  |  |
|  | * Document permanent records with exam scores, report cards, credit, GPA, etc
* Regional summer school coordination
* Complete/update student schedules
 | * Document permanent records with exam scores, report cards, credit, GPA, etc
* Transcripts to colleges
* Regional summer school coordination
* August regents registration
* Complete/update student schedules
 |
| **Ongoing** |  |  |
| * Plan and support
* Academic intervention
* Parent Teacher Conferences as needed
* weekly common planning periods
* Data Meetings
* Daily interventions in Math and Reading
 | * Provide Academic intervention
* Parent Teacher Conferences as needed
* Monthly Newsletters
* New Student Enrollment
* Verification and Maintenance of student information/data in school tool
* Daily interventions in Math and Reading
 | * Provide Academic intervention
* Parent Teacher Conferences as needed
* Monthly Newsletters
* College/Recruiter visits
* New Student Enrollment
* Verification and Maintenance of student information/data in school tool
* Daily interventions in Math and Reading
 |
| **Areas for Growth:** |  |  |
| * MTSS
* Specific lessons for SEL, College/career readiness
* K-12 Career Day
 | * MTSS
* Specific lessons for SEL, College/career readiness
* K-12 Career Day
 | * MTSS
* Specific lessons for SEL, College/career readiness
* K-12 Career Day
 |

**AMERICAN SCHOOL COUNSELORS ASSOCIATION**

**National Standards for School Counseling Programs**

**ACADEMIC STANDARDS:**

**STANDARD A: Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the life span.**

 **A:A1** Improve Academic Self-concept

**A:A1 .1** Articulate feelings of competence and confidence as learners

**A:A1 .2** Display a positive interest in learning

**A:A1 .3** Take pride in work and achievement

**A:A1 .4** Accept mistakes as essential to the learning process

**A:A1 .5** Identify attitudes which lead to successful learning

**A:A2** Acquire Skills for Improving Learning

**A:A2.1** Apply time management and task management skills

**A:A2.2** Demonstrate how effort and persistence positively affect learning

**A:A2.3** Use communications skills to know when and how to ask for help when

 needed

**A:A2.4** Apply knowledge and learning styles to positively influence school

 performance

**A:A2.5** Refine study and organizational skills

**A:A3** Achieve School Success

**A:A3.1** Take responsibility for their actions

**A:A3.2** Demonstrate the ability to work independently

**A:A3.3** Work cooperatively with others

**A:A3.4** Develop a broad range of interest and abilities

**A:A3.5** Demonstrate dependability, productivity, and initiative

 **A:A3.6** Share knowledge

**STANDARD B: Students will complete school with the academic preparation essential to choose from a wide range of substantial postsecondary options, including college.**

 **A:B1** Improve Learning

**A:BI .1** Demonstrate the motivation to achieve individual potential

 **A:B1 .2** Learn and apply critical thinking skills

**A:B1 .3** Apply the study skills necessary for academic success at each level

**A:B1 .4** Seek information and support from faculty, staff, family and peers

**A:B1 .5** Organize and apply academic information from a variety of sources

**A:B1 .6** Use knowledge of learning styles to positively influence school performance

**A:B1 .7** Become a self-directed and independent learner

**A:B2** Plan to Achieve Goal

**A:B2.1** Establish challenging academic goals in elementary, middle/junior high, and high school

**A:B2.2** Develop an initial four-year plan

**A:B2.3** Update and modify the four-year plan

**A:B2.4** Use assessment results in educational planning

**A:B2.5** Develop and implement annual plan of study to maximize academic ability

**A:B2.6** Apply knowledge of aptitudes and interests to goal setting

**A:B2.7** Use problem-solving and decision-making skills to assess progress toward educational

goals

**A:B2.8** Understand the relationship between classroom performance and success in school

**A:B2.9** Identify post-secondary options consistent with interests, achievement, aptitude, and

abilities

**STANDARD C: Students will understand the relationship of academics to the world of work, and to life at home and in the community.**

**A:C1** Relate School to Life Experiences

**A:C1.1** Demonstrate the ability to balance school, studies, extracurricular activities, leisure time,

 and family life

**A:C1.2** Seek co-curricular and community experiences to enhance the school experience **A:C1.3** Understand the relationship between learning and work

**A:C1.4** Demonstrate an understanding of the value of lifelong learning as essential to seeking,

 obtaining, and maintaining life goals

**A:C1.5** Understand that school success is the preparation to make the transition from student to

 community member

**A:C1.6** Understand how school success and academic achievement enhance future career and

 vocational opportunities

**CAREER DEVELOPMENT STANDARDS:**

**STANDARD A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.**

**C:A1** Develop Career Awareness

**C:A1.1** Develop skills to locate, evaluate, and interpret career information

**C:A1.2** Learn about the variety of traditional and non-traditional

 occupations

**C:A1.3**. Develop an awareness of personal abilities, skills, interests, and motivations

**C:A1.4** Learn how to interact and work cooperatively in teams

**C:A1.5** Learn to make decisions

**C:A1.6** Learn how to set goals

**C:A1.7** Understand the importance of planning

**C:A1.8** Pursue and develop competency in areas of interest

**C:A1.9** Develop hobbies and vocational interests

**C:A1 .10** Balance between work and leisure time

**C:A2** Develop Employment Readiness

**C:A2.1** Acquire employability skills such as working on a team, problem-solving and

organizational skills

**C:A2.2** Apply job readiness skills to seek employment opportunities

**C:A2.3** Demonstrate knowledge about the changing workplace

**C:A2.4** Learn about the rights and responsibilities of employers and employees

**C:A2.5** Learn to respect individual uniqueness in the workplace

**C:A2.6** Learn how to write a resume

**C:A2.7** Develop a positive attitude toward work and learning

**C:A2.8** Understand the importance of responsibility, dependability, punctuality, integrity,

 and effort in the workplace

**C:A2.9** Utilize time and task-management skills

**STANDARD B: Students will employ strategies to achieve future career goals with success and**

 **satisfaction.**

**C:B1** Acquire Career Information

**C:B1 .1** Apply decision making skills to career planning, course selection, and career transition

**C:B1 .2** Identify personal skills, interests, and abilities and relate them to current career

 choice

**C:B1 .3** Demonstrate knowledge of the career planning process

**C:B1 .4** Know the various ways in which occupations can be classified

**C:B1 .5** Use research and information resources to obtain career information

**C:B1 .6** Learn to use the internet to access career planning information

**C:B2** Identify Career Goals

**C:B2.1** Demonstrate awareness of the education and training needed to achieve career goals

**C:B2.2** Assess and modify their educational plan to support career

**C:B2.3** Select course work that is related to career interests

**C:B2.4** Maintain a career planning portfolio

**STANDARD C: Students will understand the relationship between personal qualities, education, training, and the world of work**.

**C:C1.** Acquire Knowledge to Achieve Career Goals

**C:C1 .1** Understand the relationship between educational achievement and career success

**C:C1 .2** Explain how work can help to achieve personal success and satisfaction

**C:C1 .3** Identify personal preferences and interests which influence career choice and success

**C:C1 .4** Understand that the changing workplace requires lifelong learning and acquiring new

 skills

**C:C1 .5** Describe the effect of work on lifestyle

**C:C1 .6** Understand the importance of equity and access in career choice

**C:C1 .7** Understand that work is an important and satisfying means of personal expression

**C:C2** Apply Skills to Achieve Career Goals

**C:C2.1** Demonstrate how interests, abilities and achievement relate to achieving personal,

 social, educational, and career goals

**C:C2.2** Learn how to use conflict management skills with peers and adults

**C:C2.3** Learn to work cooperatively with others as a team member

**C:C2.4** Apply academic and employment readiness skills in work-based learning

situations such as internships, shadowing, and/or mentoring experiences

**PERSONAL/SOCIAL DEVELOPMENT STANDARD:**

**STANDARD A: Students will acquire the knowledge, attitudes, and interpersonal skills to help them understand and respect self and others.**

**PS:A1** Acquire Self-Knowledge

**PS:A1.1** Develop positive attitudes toward self as a unique and worthy person

**PS:A1 .2** Identify values, attitudes and beliefs

**PS:A1.3** Learn the goals setting process

**PS:A1.4** Understand change is a part of growth

**PS:A1.5** Identify and express feelings

**PS:AI .6** Distinguish between appropriate and inappropriate behavior

**PS:AI .7** Recognize personal boundaries, rights, and privacy needs

 **PS:A1.8** Understand the need for self-control and how to practice it

**PS:A1.9** Demonstrate cooperative behavior in groups

**PS:A1.10** Identify personal strengths and assets

**PS:A1.11** Identify and discuss changing personal and social roles

**PS:A1.12** Identify and recognize changing family roles

**PS:A2** Acquire Interpersonal Skills

**PS:A2.1** Recognize that everyone has rights and responsibilities

**PS:A2.2** Respect alternative points of view

**PS:A2.3** Recognize, accept, respect and appreciate individual differences

**PS:A2.4** Recognize, accept and appreciate ethnic and cultural diversity

**PS:A2.5** Recognize and respect differences in various family configurations

**PS:A2.6** Use effective communications skills

**PS:A2.7** Know that communication involves speaking, listening, and nonverbal behavior

**PS:A2.8** Learn how to make and keep friends

**STANDARD B: Students will make decisions, set goals, and take necessary action to achieve goals.**

**PS:B1 Self-Knowledge Application**

**PS:B1.1** Use a decision-making and problem-solving model

**PS:B1.2** Understand consequences of decisions and choices

**PS:B1.3** Identify alternative solutions to a problem

**PS:B1.4** Develop effective coping skills for dealing with problems

**PS:B1.5** Demonstrate when, where and how to seek help for solving problems and making

 decisions

**PS:B1.6** Know how to apply conflict resolution skills

**PS:B1.7** Demonstrate a respect and appreciation for individual and cultural differences

**PS:B1.8** Know when peer pressure is influencing a decision

**PS:B1.9** Identify long-and short-term goals

**PS:B1.I0** Identify alternative ways of achieving goals

**PS:B1.11** Use persistence and perseverance in acquiring knowledge and skills

**PS:B1.12** Develop an action plan to set and achieve realistic goals

**STANDARD C: Students will understand safety and survival skills**.

**PS:C1** Acquire Personal Safety Skills

**PS:C1.1** Demonstrate knowledge of personal information (i.e. telephone number, home

 address, emergency contact)

**PS:C1.2** Learn about the relationship between rules, laws, safety, and the protection of 21 rights

 of the individual

**PS:C1.3** Learn about the differences between appropriate and inappropriate physical contact

**PS:C1.4** Demonstrate the ability to set boundaries, rights and personal privacy

**PS:C1.5** Differentiate between situations requiring peer support and situations requiring adult

 professional help

**PS:C1.6** Identify resource people in the school and community, and know how to seek their help

**PS:C1.7** Apply effective problem-solving and decision-making skills to make safe and healthy

 choices

**PS:C1.8** Learn how to cope with peer pressure

**PS:C1.9** Learn techniques for managing stress and conflict

**PS:C1.10** Learn coping skills for managing life events

**COMMUNITY RESOURCES/SERVICES**

**Service Referrals for Cortland County Families**

Youth Development

YWCA of Cortland: Bridges for kids (K-5 grade) - (607) 753-9651

Cortland Prevention Resources: Mentoring (6 -12 grade) - (607) 756-8970

Cornell Cooperative Extension /4-H Club - 607-391-2660

Special Olympics - email: sunycortlandspecialolympics@gmail.com

Cortland Prevention Resources – Youth Assist Program, LGBTQ+ Resource Center, Compass - (607) 756-8970

Access to Independence: Peer mentoring for individuals with disabilities - (607) 753-7363

Youth Employment

Cortland Works Career Center - 607-756-7585

Parenting Support

WIC - 607-453-6781

Rural Services - 607-863-3828

SNAP (Food assistance in Cortland County)-(607) 753-5320

Cortland Prevention Resources – Family Matters, Parenting Wisely – 607-756-8970

Cortland County DSS- Strengthening Families - 607-753-5265

Prevention Services/Anger Management/Violence Prevention and Mediation

Cortland County DSS - 607-753-5265

PINS (Persons In Need of Supervision) -607-753-5019

AVV (Aid to Victims of Violence)-607-753-6363

Cortland Prevention Services – Stand Up! – 607-756-8970

Counseling or Mental Health Services

Cortland County Mental Health 607-758-6100

Family Counseling Services 607-753-0234

SPOA (Single Point of Access) 607-758-6100

Cortland Regional Medical Center - (607) 756-3500

Cortland County Mobile Crisis Team (after hours) –607-756-3771

Alcohol and Drug Services

Family Counseling Services - 607-753-0234

AA (Alcoholics Anonymous)-607-753-1344

Cortland Prevention Resources - Teen Intervene - 607-756-8970

Suicide Support

Cortland County Crisis Line (Contact Community Services) – 607-756-3771- 24/7

National Suicide Prevention Lifeline – 1-800-273-8255

SOLOS (Survivor of Loved Ones Support) – 607-753-3021