

# Welcome to Mrs. Mello's Webpage

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## Meet Mrs. Mello

My name is Mrs. Mello and I have been the school adjustment counselor at Assawompset since 1999. I have several different roles as the school counselor, however, my primary role is to assist the children with any difficulties they may be having school. Prior to working at the school, I was a clinician for local counseling agencies and I am a licensed clinical social worker.

## Counseling Services

I often assist children with social skills, friendship skills, anger management, divorce or separation issues and mental health assessments. Throughout the school year, I run several groups that address these issues as well. I must receive parental permission prior to any type of involvement with a student.

Both individual and group meetings take place during the school day. Students are referred for services by either their teachers or their parents. Some students work better on an individual basis and others in a small group setting.



## Social Skills Program

The goal of Assawompset is to develop well-rounded, responsible and independent children who show an appreciation for diversity and who demonstrate respect for themselves and others. To support this goal, we have developed a social skills program that highlights positive characteristics on a monthly basis. We encourage the staff to focus on themes such as responsibility, respect, kindness, honesty, courage and sportsmanship. Each grade is given age appropriate activities, videos and stories to work on throughout the months. Also, each theme is assigned a color and the students and staff wear that color the last Friday of the month in support of the theme.

## Bullying Program

One goal of the school is to have a 'no tolerance' policy regarding bullying. It is often difficult to deal with all issues that may arise at school; however, all of the staff takes this topic seriously. It is very important for all cases of bullying to be reported to the classroom teacher, principal, school psychologist or me.

Sensei John Marando of the Lakeville Martial Arts Club donates his time to assist the school in dealing with bullying situations. He meets with the classrooms to discuss different non-violent techniques to assist the children in developing skills. In conjunction with the social themes, bullying is addressed through the use of classroom activities and various assemblies.



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### Open Circle Parent Program

The Open Circle Parent Program is the parent supplement to the Open Circle Program run in several classrooms. The program addresses social skills and works to improve children's abilities to communicate. The parent program addresses some of the same issues including listening, giving compliments, the "double d's", family meetings and problem solving processes.



The parent program runs for five consecutive weeks and lasts for an hour and a half. There are 12 slots available and the sign up is on a first come basis. Parents receive a workbook with descriptions of activities and homework, and also watch a video that briefly describes the Open Circle Program with the students. Please contact me if this program is of interest to you as it does not run each year.

### Outpatient Services

There are many outpatient services available to assist families and children through difficult situations. Outpatient services are recommended when behavioral and/or emotional issues are created or observed outside of the school setting. An initial step in obtaining outpatient counseling is to discuss the difficulties with your pediatrician to obtain referrals. Then you must contact your health insurance company to determine what type of mental health coverage you have. You may also contact agencies and therapists/counselors directly to determine if they accept your health insurance. In most cases, your health insurance company will also have a list of providers that you can contact for services. Most providers will be clinical therapists who work with children and their families. You may also receive names of psychologists who provide the same services as therapists/counselors. In rare cases your child may require medications that are only provided by psychiatrists which are medical doctors and do not provide ongoing therapy.



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## Outpatient Mental Health/Counseling Services

The following is a list of local mental health agencies that accept most insurance. There are also many counselors in private practice; however, you must verify that they accept your health insurance.

### Local Counseling Agencies

Arbour Counseling Services .....508-947-8858  
339 Center Street  
Middleboro

Behavioral Consultants .....508-823-3531  
30 Taunton Green  
Taunton

Behavioral Psychiatric and .....508-880-6868  
Psychological Associates  
90 Route 44  
Raynham

Community Care Services.....508-821-7777  
70 Main Street  
Taunton

Community Counseling of Bristol County .....508-823-5400  
68 Church Green .....508-828-9116  
Taunton

The Counseling Center.....508-947-6100  
94 South Main Street  
Middleboro

Cutter Psychological Associates .....508-823-0304  
152 Dean Street  
Taunton

New Bedford Child and Family Services .....508-996-8572  
1061 Pleasant Street  
New Bedford

Psychiatric and Psychological Associates .....508-993-1377  
50 N. 2<sup>nd</sup> Street  
New Bedford

Dr. Stahl and Associates in Behavioral Health .....508-822-0006  
7 Dean Street  
Taunton



### Crisis/Emergency Services

Emergency Mental Health Services  
Morton Hospital and Medical Center  
88 Washington Street  
Taunton, MA 02780  
508-828-7100 (24 hour emergency department)  
508-285-9400 (24 hour crisis counseling services)

### State Agencies

Department of Child and Families (formerly Dept. of Social Services)  
61 Industrial Park Road  
Plymouth, MA 02360  
508-732-6200  
24 Hour Hotline 1-800-423-2338

Department of Mental Health  
Taunton/Attleboro Site Office  
60 Hodges Avenue  
Taunton, MA  
508-824-7551 ext. 174



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