

**Plainview-Old Bethpage
School District
Middle School Administration**

**Plainview-Old Bethpage
Middle School Guidance Department**

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Howard B. Mattlin Middle School

Dean Mittleman, Principal
Beth Torreano, Assistant Principal
Thomas Schwartz, Assistant Principal
516-937-6392

Plainview-Old Bethpage Middle School

John McNamara, Principal
Angela DeLessio, Assistant Principal
Joan Wartell, Assistant Principal
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Howard B. Mattlin Middle School

Counselors:
David Goldberg
Stephanie Ralton
Cathryn Riley
(Leave Replacement for Nicole Gigante)
Lorraine Spaterella

Plainview-Old Bethpage Middle School

Counselors:
Danielle Orgonik
Irene Petrsoric
Joan Sapir
Valerie Zaffers

**Plainview-Old Bethpage
School District
Central Administration**

Gerard W. Dempsey,
Superintendent of Schools
Arthur Jonas, Deputy Superintendent
Jill M. Gierasch, Assistant Superintendent,
Curriculum and Instruction
Ryan Ruf, Assistant Superintendent, Business

www.pobschools.org

**Plainview-Old Bethpage
School District
Board of Education**

Gary Bettan, President
Amy Pierno, Vice President
Trustees:
Debbie Bernstein
Angel Cepeda
Ginger Lieberman
Evy Rothman
Emily Schulman



**PLAINVIEW-OLD BETHPAGE
SCHOOL DISTRICT
MIDDLE SCHOOL
GUIDANCE AND
COUNSELING DEPARTMENT**

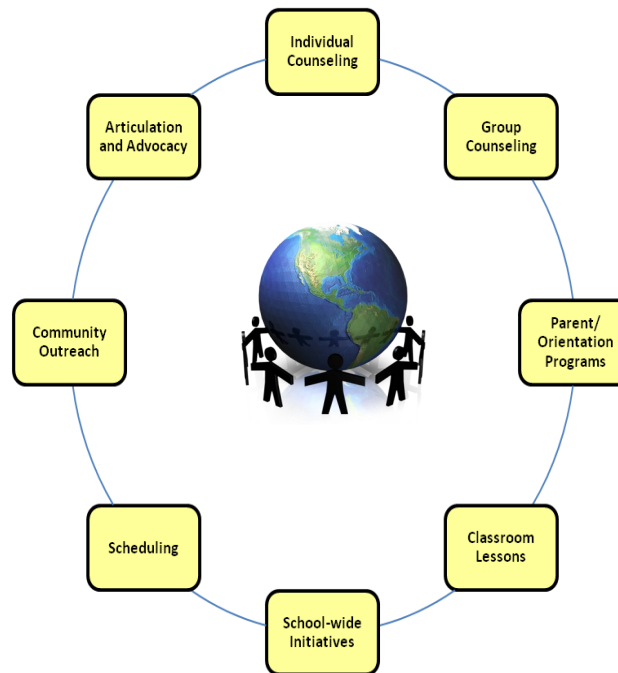
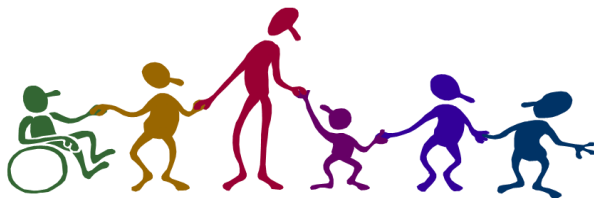
Group Guidance Programs

**Howard B. Mattlin Middle School
Plainview-Old Bethpage Middle School**

Middle School Guidance—Group Counseling program

Mission Statement

School counselors are professionally trained and New York State certified professionals whose role is to identify and address student needs through the use of a comprehensive school counseling program geared towards student success. Our main goal is to advocate for our students and ensure that they each have a successful middle school experience. We work with students individually and within the classroom setting to support and assist them with their academic, social/emotional, behavioral, and personal development. We also work collaboratively with students, parents, teachers, and other professionals in order to identify and minimize any barriers that stand in the way of student success. We specialize in post-secondary and transitioning planning. In addition, we serve as an important source of information, resources, and referrals.



Individual Counseling

- Crisis intervention
- Conflict resolution
- Academic counseling
- Career counseling
- Decision making skills
- Organizational skills
- Transition planning
- Mandated counseling
- Mediation
- Counseling as needed

Group Counseling

Small group counseling is a unique educational experience in which students can work together to explore their ideas, attitudes, feelings and behaviors, especially as related to personal development and progress in school. School counselors facilitate groups in a structured and nurturing environment which fosters relationships and self-confidence. Members learn to disclose, listen, and give feedback to one another.

Groups may vary, depending on the needs of children. Many groups continue throughout the four years of middle school, while others are short-term.

Examples of Counseling Groups

- Stress management** – learn strategies to cope with stress
- Friendship group** – learn ways to make new friends
- Social skills** - learn and practice social skills in a controlled environment
- Bereavement** – support group for students who have lost a loved one
- Changing Families** – families of divorce/separation
- New student** – familiarize new students with Middle School
- Relational Aggression** – learn and utilize strategies for positive communication
- Organization** – learn helpful organizational skills
- Study skills** – learn helpful study tips and strategies
- Time management** – learn effective time management strategies
- Decision making** - learn and practice effective decision making skills
- Public speaking** - learn helpful skills for public speaking
- Problem solvers** – learn how to use and apply problem solving skills to real life situations
- Self esteem** – support for group to assist students in feeling more positive about themselves
- Anger management** – learn coping skills, triggers, and strategies for managing anger