



School Year: 2017-2018

**HEALTH & WELLNESS
AT CARDEN**

- Solution Focused
- Strength Based
- Social-Emotional Learning
- Character Education (Virtues)
- Social Skills
- Conflict Resolution
- Communication Skills



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FROM THE COUNSELOR'S OFFICE

Aloha Parents ~

Welcome to a new school year! Hopefully you and your child(ren) have successfully navigated the transition from long summer days to another full school year ahead.

I want to take this opportunity to introduce myself and to share with you about our Health & Wellness Program here at Carden.

About me....

I have been a resident of Kula, Maui since 1984 and employed at Carden since 2006. I work as both the Business Manager and the Health & Wellness Counselor.

Besides a strong background in business, I have a Master's Degree in Marriage & Family Therapy, a relationally-focused field of psychology that recognizes how much we are all influenced by our environment and the people around us. I am licensed through the state of Hawaii and am also a Certified Group Psychotherapist (CGP). I am available to offer social and emotional support to the students, staff, and families during school hours.

About our Program...

Character Education and Social-Emotional Learning (SEL) are the cornerstones of our Health & Wellness Program. We focus on cultivating system-wide health & wellness, which includes the staff and parents as well as the students. Our intention is to maintain a warm, welcoming spirit of inclusivity for everyone in our school community.

"The child is healthy emotionally when he is secure, has a sense of belonging and of being liked." ~ Mae Carden

Commit to Character



“There is no quality so important in the classroom as the health of both teacher and child. By health I refer to their physical, mental, and emotional well-being.”

~ Mae Carden

The students at Carden are fortunate to be in a small school where their social-emotional challenges are quickly recognized and addressed.

I feel honored to assist students when they struggle with a new situation, are having trouble getting along with a friend, have problems at home, are coping with the death of a family member, or are just trying to adjust to being 12! These types of social and emotional challenges make concentrating in class difficult, if not impossible. Students typically have a much easier time learning once attention is given to these issues.

I use developmentally appropriate interventions with the students that include sand tray, art, role play, and just talking, listening, and offering suggestions for improving their situations.

The virtues and the 5 Competencies of SEL are integrated into most interventions with students.

Individual and/or groups of students are usually referred to me by the teacher; although, parents and students can also schedule meetings, which are typically short-term. If a child needs more long-term support, we will make a referral for outside services.



If you have any questions about our Health & Wellness

Program, or if you have any concerns about your child's social and/or emotional well-being this year, please feel free to email mdavenport@cardenmaui.org , call, or stop by my office.

I hope that you and your child(ren) have a great year!