

A Helping Hand Available at Dayton High

By Megan Walsh
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Many issues happen in life that we all must get through, no matter how tough the problem. Yet some students seem to have a harder time than others.

They need a push to the top and Ms. Michele Watkins is here at Dayton High school, Tuesdays through Thursdays, to help.

She has been here for five years as the Project Success counselor.

Project Success focuses on students and on school success. This program is designed to enhance students strengths and increase a students ability to make healthy choices.

It provides prevention, intervention and support services. Support groups teach communication skills, stress and anger management, problem solving, resisting peer pressure, dealing with loss, staying alcohol and drug free, and coping skills related to the pressures of being a senior or new student.

Students can be referred to this program by a parent, school administrator, teachers, or other human service providers in the community.

Students may also seek services on their own. They need a parental consent to access these services, though.

For more information on Project Success, you can contact the school counselor's office or call 246-6240.

Michele Watkins is the Project Success Counselor and her office is located in room five.

If you live in Dayton, and are having a hard time with any of the above issues don't be afraid to contact someone about it. They're here to help, use your resources and keep on living. GO D.H.S!