



**Design and Architecture
Senior High School**

DASH Student Services

The Student Services Team members provide assistance to students and families with counseling, academic advisement, community resources, mental health referrals and resources, college assistance, crisis intervention counseling, mental health screenings, and more.

Staff:

Dr. Carlos Insignares, School Counselor

cinsignares@dadeschools.net

Remind:

9th grade - text **@kaf433** to 81010

10th grade - text **@kc9h4a2** to 81010

11th grade - text **@cdg26f** to 81010

12th grade - text **@2bc8e62** to 81010

Lisa Truby, School Social Worker

M-DCPS Department of Psychological Services

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Remind: text **@dashsocwkr** to 81010

Tre King, Mental Health Coordinator

M-DCPS Department of Mental Health Services

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Joan Maxwell, CAP* Advisor

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<https://www.dashschool.org/senior-bulletin-board>

*College Assistance Program

Helpful Links and Hotlines

- **M-DCPS Student Services:**
<http://studentservices.dadeschools.net/>
- **M-DCPS Project Upstart: (families in transitional living, unaccompanied minors):**
<http://projectupstart.dadeschools.net/#/>
- **M-DCPS Department of Mental Health Services:**
<http://mentalhealthservices.dadeschools.net/#!/fullWidth/313>
- **M-DCPS Department of Exceptional Student Education:**
<http://ese2.dadeschools.net/#!/rightColumn/480>
- **M-DCPS Cyber Safety:**
<http://cyberaware.dadeschools.net/#!/fullWidth/349> http://digital.dadeschools.net/pdfs/Social_2017.pdf
- **Share Your Heart (Food, basic needs, spiritual needs):**
<http://victoryforyouth.org/shareyourheart/>
- **Suicide Prevention and Crisis Intervention:**
Crisis Textline (text HOME to 741741) / <https://www.crisistextline.org/>
<https://jcsfl.org/programs/suicide-prevention/> <https://suicidepreventionlifeline.org/chat/>
<https://banyanhealth.org/service/mobile-response-team/>
https://www.thetrevorproject.org/?qclid=Cj0KCQjwZ7BRDzARIsAGjbK2bliaFmbnrzij3TE5zip1biHuS SLz-SK5a9aj1HUWKqp4ZBKz5M8EaAuw8EALw_wcB
- **Human Trafficking/Abuse:**
<https://humantraffickinghotline.org/>
<https://www.myflfamilies.com/service-programs/abuse-hotline/report-online.shtml>
- **211 Children's Trust Hotline** (One Stop Shop for resources by zip code and 24/7 counseling):
<https://jcsfl.org/services/helpline/>
- **Bullying & Harassment:**
<http://studentservices.dadeschools.net/bullying/students.asp>
<http://studentservices.dadeschools.net/bullying/index.asp>
- **LGBTQ and Student Equity support:**
<http://www.glbqtalliance.com/> <https://safeschoolssouthflorida.org/>
<https://yesinstitute.org/> <https://jcsfl.org/services/lgbtqia/>
<https://pridelines.org/> <https://soulsistersleadership.org/>
<https://www.circleofbrotherhoodmiami.org/youth-mentorship> <https://unitycoalition.org/>
<http://cnc.org/youth/>
<https://www.thetrevorproject.org/>
- **Grief support:**
<https://childbereavement.org/>
<https://elunanetwork.org/camps-programs/camp-erin>
- **Alcohol and Drug information/abuse/addiction:**
<https://hereshelpinc.com/>
<https://al-anon.org/al-anon-meetings/find-an-alateen-meeting/>
https://www.aa.org/pages/en_US/meeting-guide
<https://www.informedfamilies.org/students>
- **HIV/AIDS and STI prevention and sexual education:**
<https://www.plannedparenthood.org/planned-parenthood-south-east-north-florida/education-programs>
<https://www.testmiami.org/hiv-prevention>
[https://umiamihealth.org/treatments-and-services/pediatrics/adolescent-medicine-\(pediatrics\)/sexual-health](https://umiamihealth.org/treatments-and-services/pediatrics/adolescent-medicine-(pediatrics)/sexual-health)
- **Immigration support:**
<https://floridaimmigrant.org/> <https://egov.uscis.gov/office-locator/#/>
<https://cirmausa.org/mission-vision/> <http://www.ccadm.org/our-services/>

Values Matter

The MDCPS Division of Student Services has created a Values Matter Miami program for all students, parents, faculty, and staff. See the video here: <https://youtu.be/E1chb-3H9O4>



Values Matter by month:

- **September – Respect:** Treating someone with respect means that you interact with them in a way that shows that you care about their well-being and how they feel. When you respect someone, you treat them with kindness and good manners.
- **October – Responsibility:** Responsibility means being dependable, making good choices, and taking accountability for your actions.
- **November – Citizenship:** Citizenship means being a member of and supporting one's community and country. In addition to these privileges, a citizen has an obligation to be informed, law abiding, and be respectful of community and country principles, ethics and the common good.
- **December – Fairness:** Fairness is the quality of making judgments that are free of discrimination. Fairness is also treating others equally or in a way that is considered right or reasonable.
- **January - Pursuit of Excellence:** To commit to strive and work to achieve some goal which is not necessarily specified and may be in fact, unknown. Some goals may include excellence in academics, economics, community service, and citizenship.
- **February – Kindness:** Kindness is treating others with respect, compassion, and care. When people are kind, they are more accepting of others and their differences, and they are better able to form meaningful and strong social connections.
- **March – Cooperation:** Cooperation is about working together and helping others. When people cooperate, they have more positive social interactions and are better able to make and keep friends.
- **April – Honesty:** Honesty is when you speak truth and act truthfully. Honesty involves being trustworthy, loyal, fair and sincere.
- **May – Integrity:** Integrity is the ability to act in ways that are consistent with the values, beliefs, and moral principles we claim to hold. It's about doing the right thing even when no one is watching and about courage, honesty, and respect in one's daily interactions.