

Teacher & Parent Wellness Coaching



A no-cost resource for teachers & families working and learning from home during COVID-19

Teachers and parents, do you need some additional support right now?

Axis is now offering Teacher Wellness Coaching and Parent Coaching with K.D. Bryant, Licensed Professional Counselor (LPC), School-Based Mental Health Specialist. K.D. can offer phone or virtual parent and teacher coaching sessions at no cost to you either one-time or up to four (4) weeks. Sessions are 25 minutes.

Who is eligible for coaching with K.D.?

Services are available to families with kids of any age and teachers who are not currently enrolled in Axis services. If you are enrolled in Axis services, please contact the office where you receive services to make a phone appointment with your behavioral health provider.

What kind of things can K.D. help me with?

- Setting up a new routine while school is out that will help your family feel safe.
- Feelings of overwhelm when trying to attempt to homeschool your own children.
- Tips for crafting better responses when your kid says “you don’t help me like my teacher does”.
- How to talk to establish better communication within your family.
- Trauma-informed lesson planning.
- How to make mental health and substance use prevention a part of overall wellness for your students.
- How to screen for and identify issues to refer students to needed services.
- And more! Not sure if she can help? Give her a call.

What is the cost?

Services are available at no cost to you. You will not be billed for coaching services or be required to enroll in Axis services. Services are completely confidential. K.D. will ask for your name and the school where you work or the school your child attends (for grant reporting requirements).

How do I use this service?

Services are first come, first served. Please call K.D. to reserve your space at **970-903-9423**.

About K.D.

K.D. Bryant is a LPC employed with Axis Health System as the School Based Mental Health Specialist. K.D. is uniquely qualified for this position and very passionate about supporting teachers and parents. K.D. holds a Ph.D. in Educational Leadership and Policy Studies from the University of Denver, a Masters in Marital and Family Therapy, a Cross Cultural Language Acquisition Teaching Credential, and a Bachelor of Arts in Psychology. KD’s first career was in public education, she was a teacher and a principal in Colorado public schools for over 18 years. K.D. has a deep understanding of childhood developmental trauma, ADHD, learning issues, behavioral issues at school, addictions and suicide ideation. As a therapist she has worked directly with these issues, serving on our Crisis Team for over 18 months and as Child and Adolescent Therapist. K.D. works from a strength based perspective and combines a Psycho-dynamic approach with Cognitive behavior therapy, Dialectical Behavior Therapy, Mindfulness and short-term solution focused therapy.

K.D. Bryant, LPC, can be reached at 970-903-9423
For more information about our services, visit us online at
www.axishealthsystem.org

