

# Adult Learning Center FY'17 Report



The Charlestown Family Support Circle staff provides student support services at the Charlestown Adult Learning Center throughout the academic year. Students have the option to meet with a clinician to address stressors or barriers to their education. Students are able to meet with student support during drop-in hours on Tuesday and Wednesday from 10:30 am to 12:30 pm or by appointment.

Services provided to students may include:

- Short term counseling
- Access to resources and referrals
- Mindfulness groups
- Case management services

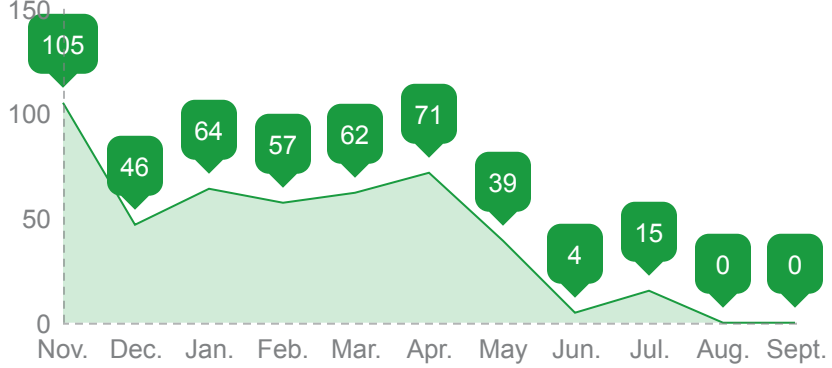
The time frame of this report is October 1, 2016-September 30, 2017. It is important to note the Adult Learning Center was closed August and September 2017. During that time, there was a total of 48 sessions held at the center.

# 608

Students met with a clinician at the Adult Learning Center to address stressors and/or barriers to their education



Number of Students Reached, by Month



## Concerns Addressed

### Top 2 Concerns Addressed



Mental Health  
(most addressed concern)



Basic Needs

### Other concerns addressed included:

- Access to health care
- Family/conflict/resolving problems
- Insurance
- Job resources
- Stress management
- DCF involvement
- Domestic violence
- Support

## Interventions

### Top 2 Interventions



Provided emotional support/validation



Group counseling or workshops

### Other interventions included:

- Provided resources
- Provided psycho-education
- Relaxation exercises
- Shared resources at a classroom presentation
- Counseling
- Research resources/referrals
- Stress management group
- Provided referrals for job resources
- Care coordination
- Paperwork assistance
- Scheduled appointments
- Mindfulness group exercise