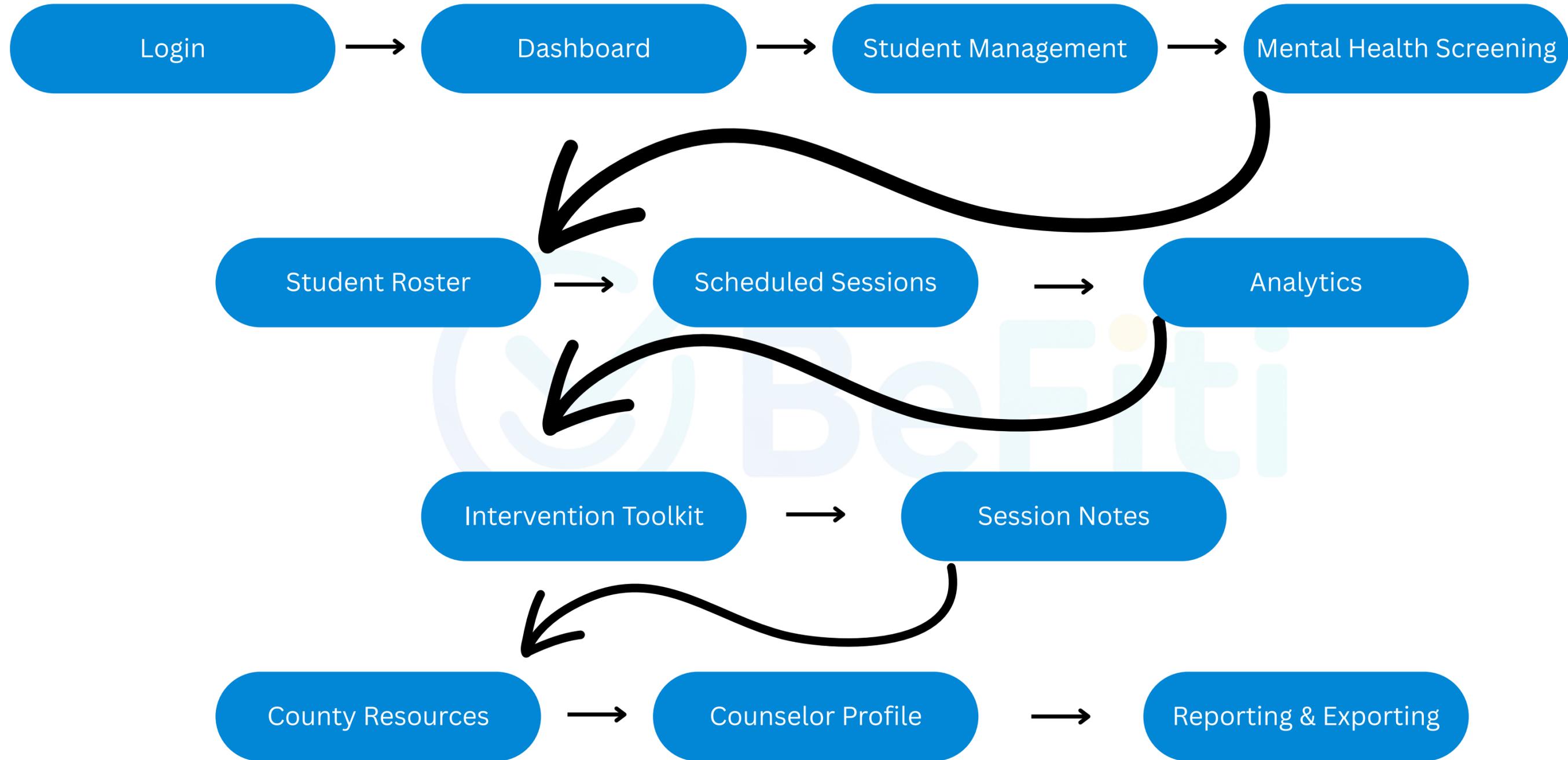


BeFiti

Insights. Intervention. Impact



User Flow



User Flow

A counselor's journey through the web app—from login to intervention—follows a clear, intuitive path that maximizes efficiency and impact.

1. Login & Authentication

- Counselor enters credentials → JWT issued → redirected to Dashboard.

2. Dashboard (Landing Page)

- Left Sidebar (collapsible) with links to:
 - • Student Management
 - • Screening
 - • Student Roster
 - • Scheduled Sessions
 - • Mood Analytics
 - • Intervention Toolkit
 - • County Resources
 - • Session Notes
 - • Profile & Settings
- Main Canvas shows: Active Students, Screenings Due, Sessions Today, Mood Trends mini-chart, Roster Preview, Scheduler & Reminders, Quick Actions (“Start Screening,” “New Session,” “Access Toolkit”), and Intervention Toolkit shortcut.

3. Student Management

- Click Student Management → “Add Student” form → enter Name, Code, Class, Parent Details → Save → auto-redirect to Screening for that student.

4. Mental Health Screening

- Seven sequential modules (Depression, Stress, Anxiety, Trauma, Social Phobias, Conduct Disorders, ADHD) with progress bar → Submit → AI calculates scores and assigns Risk Group (High/Medium/Low) → Results saved to student profile and visible in Student Roster.

5. Student Roster

- Click Roster or access via Dashboard preview → color-coded table/grid of all students → filter/search by risk, class, date → click a student to view detailed profile (screening history, risk trend graph, contact info) → “Schedule Follow-up” or “Add Note.”

6 Scheduled Sessions

- Click Scheduled Sessions or “New Session” quick-action → fill Student Code (or Group), Date, Time, Duration, Type (One-on-One, Group, Follow-Up), Topic → toggle Recurrence and set Reminders → Save → appears in calendar/list with alerts.

7. Mood Analytics

- Click Mood Analytics → view cohort and individual mood trends over time → term/exam overlays highlight spikes → high-priority alerts feed into “Sessions Due.”

8. Intervention Toolkit

- Click Access Toolkit → browse Core Modules, Interactive Tools, Worksheets, Videos, Parent Communication templates → click to download or “Add to Plan” for a student or a group.

9. Session Notes

- From Roster or Scheduler, open a session → “Add Notes” → enter summary, observations, action plan → tag topics → attach files if needed → Save → linked to student profile and calendar event.

10. County Resources

- Click County Resources → select county/sub-county → view local clinics, NGOs, materials → “Add to Student Plan” to link resources to a profile.

11. Counselor Profile & Settings

- Click Profile in sidebar → update personal/professional info, notification preferences, appearance (light/dark, font size), privacy settings, regional locale/time-zone → Save changes.

12. Reporting & Export

- From Dashboard or Roster, generate PDF/CSV reports (screening coverage, risk distribution, intervention outcomes) for leadership or compliance → download or schedule recurring emails.

Why This Flow Works:

- Seamless Transitions: Auto-redirects (e.g., on add student → screening) eliminate friction.
- One-Click Access: Quick-action buttons ensure core tasks are never more than one click away.
- Data-Driven Decisions: Alerts and analytics guide every step, from screening to reporting.
- Scalable Architecture: Modular pages and serverless APIs support thousands of users without performance lag.

This end-to-end flow turns raw data into timely care—empowering counselors to support each student efficiently and confidently.

Dashboard

The Dashboard is the first screen counselors see—a powerful, at-a-glance command center with everything they need to manage their caseload.

Layout & Navigation

- Left Sidebar (Collapsible): Links to Student Management, Screening, Roster, Resources, Family Support, Reports, and Settings.
- Main Canvas: Summary cards, charts, quick actions, and toolkit shortcuts—no clicks wasted.

Key Widgets on Landing Page

1. Active Students
 - Total number currently enrolled and being monitored.
2. Screenings Due
 - Count of students due for their next assessment this term.
3. Sessions Today
 - Scheduled one-on-one or group interventions on the calendar.
4. Mood Trends
 - Mini line chart showing average mood score over the past 4 weeks.
5. Student Roster Preview
 - A small, scrollable list of top 5 at-risk students (Red and Yellow tags).
6. Scheduler & Pro Reminder Hub
 - Today's schedule with auto-reminders for follow-ups and family check-ins.
7. Quick Actions
 - Buttons for "Start Screening," "New Session," and "Access Toolkit."
8. Intervention Toolkit Shortcut (Bottom)
 - Persistent banner linking directly to your collection of guides, worksheets, and activity packs.

Why It Matters

- Efficiency: All critical metrics and actions on one screen—counselors save hours each week.
- Engagement: Visual prompts (due screenings, sessions) keep counselors proactive, reducing risk escalation.
- Retention: Easy access to the toolkit and quick actions increases platform stickiness and repeat usage.
- Scalability: Modular design handles growing student populations without clutter or performance loss.

Dashboard

Welcome, Counselor!
Here's an overview of your student wellness activities and tools.
Navigate through student rosters, track mood trends, schedule sessions, and access intervention tools efficiently.

Active Students
78
Currently managed
[View Details](#)

Screenings Due
12
Upcoming this week
[View Details](#)

Sessions Today
5
Check your schedule
[View Details](#)

Mood Trend
Improving
Overall student mood
[View Details](#)

Student Roster
Quick overview & flagged students. Total Students **20**

3 students flagged for follow-up

- Peter Jones 5003
- David Mwangi 5005
- Samuel Kariki 5007

[View Full Roster](#)

Quick Actions

[Start Screening](#)

[New Session](#)

[Access Toolkit](#)

Scheduler Pro & Reminder Hub
Manage student sessions and reminders. [New Session](#)

May 2025 Month Week Day

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
| 28 | 29 | 30 | 1 | 2 | 3 | 4 |

Sunday, May 18

Filters

Search student code...

All Types

From To

Mood Trends
7-day avg for Form 1 [View Full Analytics](#)

Dashboard

Scheduler Pro & Reminder Hub
Manage student sessions and reminders. [New Session](#)

May 2025 Month Week Day

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
| 28 | 29 | 30 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |

Sunday, May 18

Filters

Search student code...

All Types

From To

mm/dd/yyyy

Clear Filters

Aisha Khan
7:30 PM - 8:00 PM
Topics: Anxiety, Academics

Mood Trends
7-day avg for Form 1 [View Full Analytics](#)

Intervention Toolkit & Resources
Quick access to essential support materials and guides.

[Core Modules](#)

[Referral Guides](#)

[Session Notes](#)

[County Resources](#)

Student Roster

The Student Roster empowers counselors with a dynamic, at-a-glance view of every student's mental health status—streamlining prioritization and follow-up.

Step 1: Cohort Overview

- Upon login, counselors land on the roster showing all onboarded students in a color-coded grid or table:
 - Green (Low Risk)
 - Yellow (Medium Risk)
 - Red (High Risk)
- A headline summary displays total counts per risk group and recent screening completion rates.

Step 2: Filtering & Search

- Counselors can quickly narrow the list by:
 - Risk Level (Green/Yellow/Red)
 - Class/Grade
 - Screening Date
- A search bar finds individual students by name or code in seconds.

Step 3: Student Detail View

- Clicking any student opens their confidential profile, showing:
 - Latest screening scores by module
 - Risk history graph (term-over-term trends)
 - Parent/guardian contact info
- Secure “Add Note” and “Schedule Follow-up” buttons let counselors record observations or set reminders.

Step 4: Action & Reporting

- Bulk-select students for group workshops or mass notifications.
- Export filtered lists and summary reports (PDF/CSV) for termly leadership review.
- Automated alerts flag un-screened students or those due for re-assessment.

Why It Matters

- Data-Driven Efficiency: Enables counselors to focus on the most at-risk students immediately, maximizing impact.
- Scalable Monitoring: Handles thousands of profiles with zero latency, ensuring seamless growth.
- Measurable Outcomes: Built-in reporting and export functions provide clear metrics on intervention success.

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Full Student Roster

← Back to Dashboard

Manage all students, filter, sort, and perform bulk actions. Click rows for details.

Student Roster Pro

Interactive overview of student check-ins and status.

Search code... All Classes All Risk Needs Follow-up Clear

- ✓ All Risk
- Low Risk
- Medium Risk
- High Risk

| | Code | Name ↑ | Class | Mood | Trend (7d) | Risk | Last Check-in | Flag |
|-----------------------|------|------------------|--------|------|------------|--------|---------------|------|
| <input type="radio"/> | S005 | David Mwangi | Form 4 | 😞 | | High | 2025-05-05 | ★ |
| <input type="radio"/> | S017 | Joseph Maina | Form 1 | 😞 | N/A | Medium | 2025-05-04 | ★ |
| <input type="radio"/> | S013 | Kevin Otieno | Form 1 | 😞 | N/A | High | 2025-05-05 | ★ |
| <input type="radio"/> | S003 | Peter Jones | Form 3 | 😞 | | High | 2025-05-05 | ★ |
| <input type="radio"/> | S007 | Samuel Kariuki | Form 3 | 😞 | | Medium | 2025-05-04 | ★ |
| <input type="radio"/> | S004 | Aisha Khan | Form 2 | 😞 | | Medium | 2025-05-03 | 🚩 |
| <input type="radio"/> | S019 | Alex Kamau | Form 3 | 😞 | N/A | Low | 2025-05-02 | 🚩 |
| <input type="radio"/> | S014 | Brenda Chepkoech | Form 2 | 😞 | N/A | Medium | 2025-05-03 | 🚩 |
| <input type="radio"/> | S011 | Brian Kimani | Form 3 | 😞 | N/A | Low | 2025-05-05 | 🚩 |
| <input type="radio"/> | S015 | Daniel Njoroge | Form 3 | 😞 | N/A | Low | 2025-05-05 | 🚩 |
| <input type="radio"/> | S010 | Esther Achieng | Form 1 | 😞 | N/A | Medium | 2025-05-05 | 🚩 |
| <input type="radio"/> | S020 | Faith Njeri | Form 4 | 😞 | N/A | Medium | 2025-05-05 | 🚩 |
| <input type="radio"/> | S008 | Fatima Ali | Form 1 | 😞 | | Low | 2025-05-05 | 🚩 |
| <input type="radio"/> | S008 | Grace Wanjiru | Form 4 | 😞 | N/A | Low | 2025-05-05 | 🚩 |



Student Management

The Student Management module is the counselor's first point of contact with the student within the web app.

Step 1: Student Onboarding

The counselor inputs key student details:

- Full Name
- Unique Student Code / ID
- Class / Grade Level
- Parent/Guardian Names
- Parent/Guardian Contact Information

This onboarding step ensures each student is uniquely identifiable and easily reachable for follow-ups and parental engagement when necessary.

Step 2: Immediate Transition to Screening

Once the student profile is created, the counselor is seamlessly redirected to the Mental Health Screening module.

This direct handoff from onboarding to screening minimizes friction and ensures timely assessment and triage.

Why It Matters:

- **Efficiency at Scale:** Designed for counselors to onboard and screen hundreds of students monthly, with smart data flow and no manual paperwork.
- **Actionable Data:** All student assessments are stored securely and linked to their profile, building a longitudinal mental health record.
- **Parental Engagement:** Parent contacts enable fast response and support when flagged risks are detected.
- **Scalable Architecture:** Built to handle tens of thousands of student records with data privacy and performance in mind.

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Student Management

Manage student records, conduct screenings, and monitor risk levels.

Use the tools below to manage students, conduct mental health screenings, and track risk levels. Filter by class or risk category for focused monitoring.

Add New Student

All Classes ▾

All Risk ▾

Needs Follow-up

× Clear

| Student Code | Name ↑ | Class | Screening | Parent/Guardian | Parent Phone | Parent Email | Actions |
|--------------|--------|-------|-----------|-----------------|--------------|--------------|---------|
|--------------|--------|-------|-----------|-----------------|--------------|--------------|---------|

No students found. Add a new student to get started.

Mental Health Screening

The Screening module empowers counselors to conduct in-depth, AI-powered evaluations—swiftly identifying student needs across seven critical dimensions.

Step 1: Launch Screening

- From the Student Roster or via “Start Screening” quick-action, the counselor selects a student and clicks “Start Screening.”
- The app navigates to a dedicated Screening Page with a clean, mobile-friendly layout.

Step 2: Seven Structured Modules

Students progress through modules—one at a time—with clear instructions and a progress bar: Depression, Stress, Anxiety, Trauma, Social Phobias, Conduct Disorders, ADHD

Each module features culturally relevant, multiple-choice questions, validated for Kenyan adolescents.

Step 3: Instant Scoring & Risk Assignment

- Upon completion, the AI engine calculates:
 - Module Scores (per category)
 - Total Risk Score (aggregate of weighted modules)
- Students are auto-classified into:
 - High Risk (Red)
 - Medium Risk (Yellow)
 - Low Risk (Green)

Step 4: Seamless Data Integration

- Screening results and risk group tags are saved to the student’s profile.
- The student is added (or updated) in the Student Roster with color-coded status.
- Counselors receive an on-screen confirmation and can immediately schedule follow-up sessions.

Why It Matters

- Speed & Accuracy: AI-driven assessments reduce counselor workload by 70%, enabling hundreds of screenings per month.
- Cultural Relevance: Locally validated questions ensure higher engagement and more reliable data.
- Actionable Insights: Automated risk grouping and immediate roster updates drive timely, targeted interventions.
- Scalable Design: Modular architecture allows easy addition of new screening categories or question refinements.

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Screening Modules

Select an assessment area to begin.

Depression Assessment

Anxiety Screening

Stress Indicators

Trauma Evaluation

ADHD Checklist

Social Phobias

Conduct Disorders

General Well-being

Risk Distribution

Current student risk levels.

No risk data available. Screen students to see distribution.

Screening Status

Overall assessment progress.

No students to display status for.

Total Students: **0**

Screened: **0**

Pending Screening: **0**

Depression Screening Module

1. How often have you felt down, depressed, or hopeless over the past 2 weeks?

- Not at all
- Several days
- More than half the days
- Nearly every day

2. How often have you had little interest or pleasure in doing things?

- Not at all
- Several days
- More than half the days
- Nearly every day

3. How often have you had trouble falling asleep, staying asleep, or sleeping too much?

- Not at all

Stress Indicators Screening

1. How often have you felt overwhelmed by your responsibilities?

- Not at all
- Several days
- More than half the days
- Nearly every day

2. How often have you found it difficult to cope with stress?

- Not at all
- Several days
- More than half the days
- Nearly every day

3. How often have you felt that difficulties were piling up so high that you could not overcome them?

- Not at all

Anxiety Screening Module

1. How often have you felt nervous, anxious, or on edge?

- Not at all
- Several days
- More than half the days
- Nearly every day

2. How often have you not been able to stop or control worrying?

- Not at all
- Several days
- More than half the days
- Nearly every day

3. How often have you had trouble relaxing?

- Not at all

ADHD Checklist Module

1. How often do you have difficulty staying focused on tasks or play activities?

- Never
- Sometimes
- Often
- Very Often

2. How often do you feel restless, fidget, or have trouble sitting still?

- Never
- Sometimes
- Often
- Very Often

3. How often do you interrupt or intrude on others (e.g., butts into conversations or games)?

- Never

Trauma Evaluation Module

1. Have you experienced any particularly stressful, frightening, or upsetting events that you have difficulty moving past?

- No
- Yes, but it doesn't affect me much
- Yes, it sometimes affects me
- Yes, it significantly affects me

2. How often do you have unwanted memories, flashbacks, or nightmares about stressful experiences?

- Not at all
- Several days
- More than half the days
- Nearly every day

3. How often do you try to avoid thoughts, feelings, or situations that remind you of a stressful experience?

Social Phobias Screening

1. How often do you avoid social situations (e.g., parties, group work, presentations) due to fear of being judged or embarrassed?

- Never
- Sometimes
- Often
- Very Often

2. How often do you feel extremely self-conscious or worried about what others think of you in social settings?

- Never
- Sometimes
- Often
- Very Often

Conduct Disorders Screening

1. How often do you lose your temper or have angry outbursts?

- Never
- Sometimes
- Often
- Very Often

2. How often do you argue with adults or refuse to follow rules?

- Never
- Sometimes
- Often
- Very Often

3. How often do you deliberately annoy others or blame others for your mistakes?

- Never

Scheduler Pro & Reminder Hub

The Scheduler module ensures counselors can plan, track, and be reminded of every intervention—keeping student care proactive and organized.

Step 1: Create a New Session

- Click “New Session” from the Dashboard or Scheduler page.
- Fill in the session details:
 - Student Code (for one-on-one or follow-up) or Group Name
 - Date & Time
 - Duration (e.g., 30, 45, 60 minutes)
 - Type of Session: One-on-One, Group, or Follow-Up
 - Topic: Anxiety, Family, Mood, Stress, Academics, Friendships, Self-Esteem, or Other

Step 2: Recurrence & Reminders

- Toggle “Recurring Session” and select frequency (Daily, Weekly, Monthly) if ongoing support is needed.
- Set automated reminders (in-app notification, email or SMS) to alert the counselor—and optionally parents—a configurable time before the session.

Step 3: Session Dashboard & Calendar

- View all upcoming sessions in a calendar view or list view, color-coded by session type.
- See at a glance: Today’s sessions, Overdue follow-ups, Recurring session series

Step 4: Session Details & Post-Session Notes

- Click any session on the calendar to open its detail panel:
 - Confirm student attendance
 - Review session topic and objectives
 - Add private counselor notes and next-steps
- Save notes to build a longitudinal record for each student or group.

Why It Matters

- Proactive Care: Recurring sessions and reminders ensure no student or topic falls through the cracks.
- Time Efficiency: One-click scheduling and automated notifications save counselors hours each week.
- Data-Backed Follow-Up: Detailed notes tied to each session create a rich dataset for outcome analysis and reporting.
- Scalability: Supports individual and group planning across dozens of counselors, making the model ready for rapid expansion.

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[+ Schedule New Session](#)

Scheduled Sessions

View, manage, and schedule all student counseling sessions.

| May 2025 | | | | | | |
|----------|-----|-----|-----|-----|-----|-----------|
| MON | TUE | WED | THU | FRI | SAT | SUN |
| 28 | 29 | 30 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |

Sessions for:

Sunday, May 18, 2025

Filters

All Types

From

To

Clear Filters

Aisha Khan

6:12 PM - 6:42 PM

Topics: Anxiety, Academics

Schedule New Session

Fill in the details for the counseling session. Use unique codes for students.

Student Code*

Date*

Time*

Duration

Type

- Topics
- Anxiety
 - Stress
 - Friendships
 - Family
 - Academics
 - Self-esteem
 - Mood
 - Other

Recurring Repeat this session

Reminders 1 day before session

1 hour before session

Next reminder: Tomorrow

Cancel

Save Session

Analytics Section

The Mood Analytics module transforms raw mood check-ins into actionable insights, helping counselors spot trends and tailor interventions.

Step 1: Student Mood Check-Ins

- Students complete brief, periodic mood surveys (e.g., weekly “How are you feeling today?” scales) via the app.
- Responses feed directly into each student’s profile—no extra counselor work.

Step 2: Aggregated Trend Visualization

- Counselors view a mini line chart on the Dashboard showing average mood scores over a time period.
- Counselors can compare mood trends between different classes or groups.
- A cohort heatmap displays mood distributions by class or grade, highlighting areas needing attention.

Step 3: Contextual Correlation Insights

- The system overlays term dates and exam periods on the mood trend chart to reveal stress spikes or recovery periods.
- Call-outs automatically flag significant dips (e.g., “Mood down 15% during midterms”).

Step 4: Personalized Alert Engine

- AI monitors sliding windows of check-ins; if a student’s mood falls consecutively by a defined threshold, a High-Priority Alert appears.
- Alerts feed into the Scheduler as “Sessions Due,” ensuring timely follow-up.

Step 5: Outcome Tracking & Reporting

- Counselors generate Mood Reports showing before-and-after intervention scores for individual students or groups.
- Quarterly analytics summarize overall well-being improvements—valuable for school leadership reviews and investor impact metrics.

Why It Matters

- Proactive Identification: Early detection of downward mood trends prevents escalation into high-risk cases.
- Scalable Monitoring: Automates emotional assessments for thousands of students with minimal counselor effort.
- Actionable Correlations: Contextual insights (term vs. mood) guide resource allocation and program timing.
- Measurable Impact: Reports quantify intervention effectiveness, underpinning renewal discussions and demonstrating ROI.
- Competitive Edge: Few solutions offer integrated mood analytics tailored to the academic calendar—setting our platform apart.

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School Mood Analytics

Detailed insights into mood trends across classes and over time.

[← Back to Dashboard](#)

Mood Trends Analysis

Visualize average class mood over time and compare classes.

Form 1

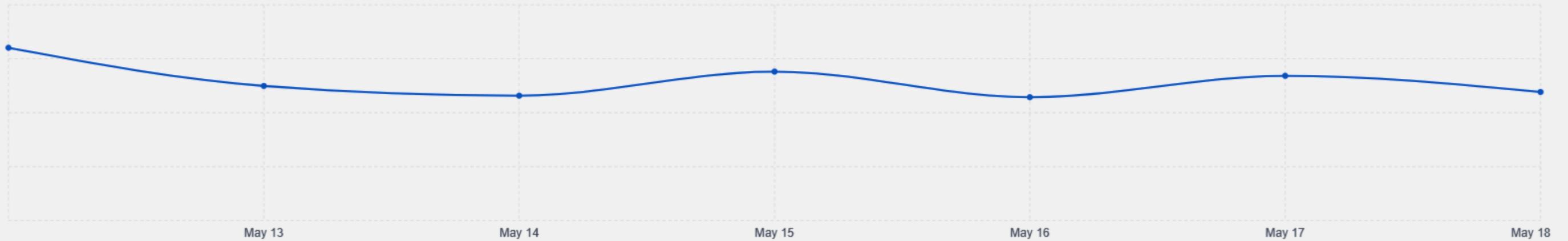


Last 7 Days



Compare

None



Overall Avg (Form 1): **3.6** Lowest: **3.3** (May 16) Highest: **4.2** (May 12)

Export CSV

AI-Powered Insights

Automated analysis of the current mood data.

Overall average mood for Form 1 in the last 7 days is 3.6.

The average mood is generally positive. Continue fostering this environment and monitor for any changes.

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School Mood Analytics

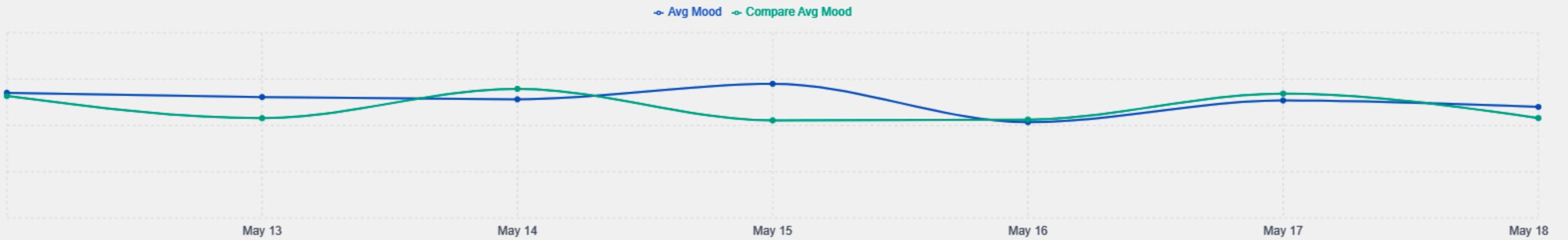
Detailed insights into mood trends across classes and over time.

[← Back to Dashboard](#)

Mood Trends Analysis

Visualize average class mood over time and compare classes.

Form 1 Last 7 Days Compare Form 3



Overall Avg (Form 1): 3.5 Lowest: 3.1 (May 16) Highest: 3.9 (May 15)

Export CSV

AI-Powered Insights

Automated analysis of the current mood data.

Overall average mood for Form 1 in the last 7 days is 3.5.

The average mood is generally positive. Continue fostering this environment and monitor for any changes.

MAIN

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AI-Powered Insights

Automated analysis of the current mood data.

Overall average mood for Form 1 in the last 7 days is 3.6.

The average mood is generally positive. Continue fostering this environment and monitor for any changes.

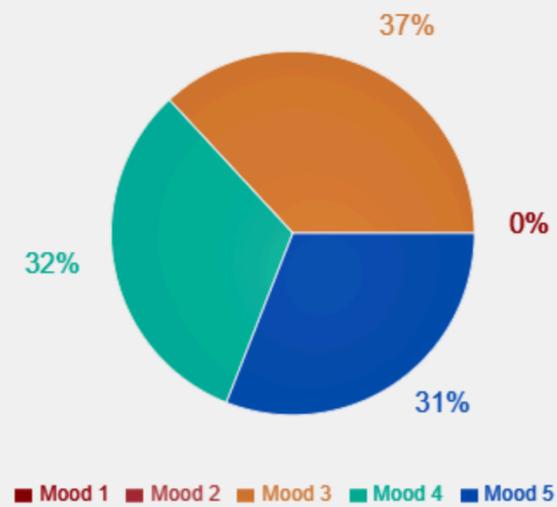
The lowest average mood of 3.3 was recorded on May 16. Investigate potential events or academic pressures around this day.

A downward trend in mood has been observed for Form 1. Further investigation is recommended.

These insights are automatically generated and should be used as a guide.

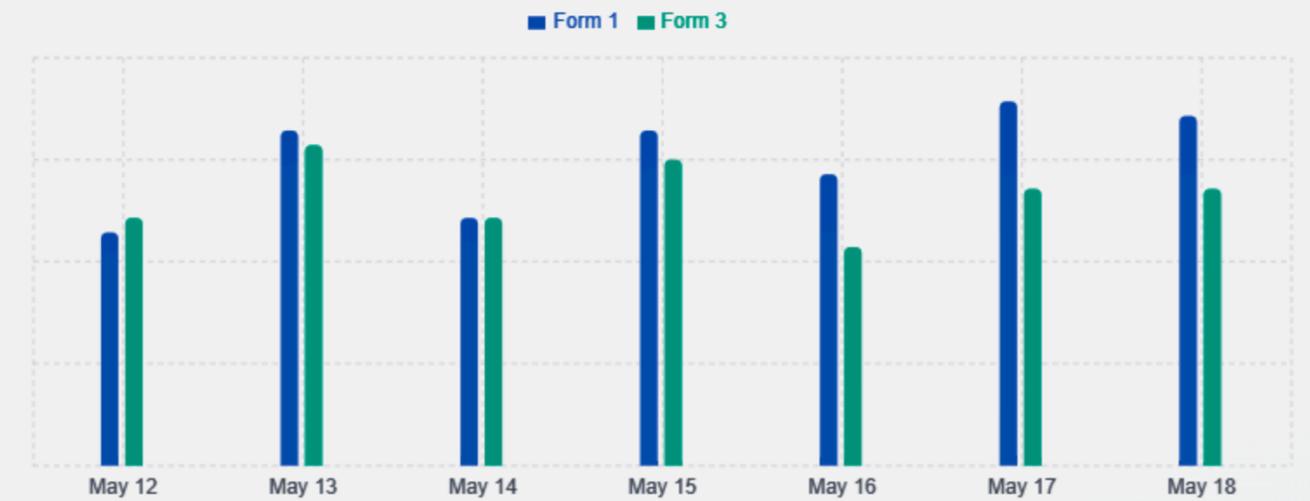
Mood Distribution

Breakdown of mood ratings for the selected class and period.



Check-in Consistency

Daily check-in counts for the selected class and period.



Intervention Toolkit

Equip counselors with a rich library of ready-to-use, level-based resources—designed to turn insights into action and support students and families at every step:

Core Intervention Modules

- Family Mental Health Support: Guided strategies to build a nurturing home environment
- Academic Pressures: Tools for managing study stress and exam anxiety
- Social Isolation: Activities to foster connection and belonging
- Bullying Support Journey: Step-by-step pathway for addressing and overcoming bullying
- Substance Abuse Support: Evidence-based guidance on substance-use concerns
- Emotional Regulation: Methods for understanding, labeling, and managing emotions
- Self-Esteem & Identity: Exercises to boost confidence and self-worth
- Peer Conflict Mediation: Structured scripts and role-plays for constructive dispute resolution
- Stress & Time Management: Proven techniques for prioritizing tasks and reducing overwhelm
- Grief & Loss Support: Resources for processing loss and finding healthy expression

Interactive Pro Tools

- BoxBreather Pro: Guided breathing sessions for instant calm
- Grounding Guru Pro: The 5-4-3-2-1 grounding technique to anchor presence
- BodyScan Pro: Mindful body scans to relieve tension and increase awareness
- CalmQuick Pro: Portable strategy cards for on-the-spot stress relief
- ResiliencePlan Pro: Customizable frameworks to map and strengthen personal resilience

Guided Exercises & Worksheets

- • Name It To Tame It: Emotion-labeling exercises to foster self-awareness
- • Thought Record: Templates for challenging negative thought patterns
- • Stress Bucket Simulator: Visual tool to manage and “empty” stressors
- • Friendship Role-Play Panel: Scenarios to practice social skills
- • Boundary Zone Mapper: Worksheets to define and maintain healthy boundaries
- • SMART Goals Worksheet: Stepwise goal-setting for achievable progress
- • Support Web Builder: Diagrams to map personal support networks
- • Weekly Reflection Journal: Prompts for ongoing self-reflection and growth

Video & Media Library

- • Short, county-tailored videos on topics like Emotional Literacy, Self-Esteem, Peer Conflict, Stress Management, Healthy Friendships, Substance Awareness, and Grief Support

Parent & Guardian Communication

- • Parent Communication Tool: Downloadable templates and conversation guides for compassionate, effective outreach

Each resource is tagged by level and topic, accessible directly from the counselor dashboard for instant deployment—ensuring every student and family receives the right support at the right time.

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Intervention Toolkit

A comprehensive suite of resources to support student well-being.

Core Intervention Modules

Family Mental Health Support

Tools and strategies for families.

[Open Tool →](#)

Academic Pressures

Manage study stress and anxiety.

[Open Tool →](#)

Social Isolation

Build connections and belonging.

[Open Tool →](#)

Bullying Support Journey

Navigate and overcome bullying.

[Open Tool →](#)

Substance Abuse Support

Guidance on substance use issues.

[Open Tool →](#)

Emotional Regulation

Understand and manage emotions.

[Open Tool →](#)

Self-Esteem & Identity

Build self-worth and identity.

[Open Tool →](#)

Peer Conflict Mediation

Resolve disputes constructively.

[Open Tool →](#)

Stress & Time Management

Effective techniques.

[Open Tool →](#)

Grief & Loss Support

Navigate loss and find expression.

[Open Tool →](#)

Interactive Tools

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Family Mental Health Support Module

Family Mental Health Support

Tools and strategies to support students and their families. (Level 1 of 5)

- || Level 1: Understanding Family Well-being
- 🔒 Level 2: Building Strong Foundations
- 🔒 Level 3: Effective Communication
- 🔒 Level 4: Navigating Challenges Together
- 🔒 Level 5: Celebrating Strengths & Resilience

← Back to Toolkit

Academic Pressures Module

Understanding & Managing Academic Pressures

A guide for counselors. (Level 1 of 5)

- || Level 1: Understanding Academic Stress
- 🔒 Level 2: Time Management & Organization
- 🔒 Level 3: Effective Study Strategies
- 🔒 Level 4: Managing Perfectionism & Test Anxiety
- 🔒 Level 5: Building Resilience & Seeking Support

← BACK TO TOOLKIT

Social Isolation Module

Addressing Social Isolation

Strategies for counselors. (Level 1 of 5)

🔍 Level 1: Understanding Loneliness & Connection

Objective:
Assess current feelings of loneliness and map existing social connections.

Activities:

- Complete the 'Loneliness Self-Reflection Scale'.
- Create a 'Social Network Map' (close friends, acquaintances, family, etc.).

Tools & Resources:

- Loneliness Self-Reflection Scale [Download PDF](#)
- Social Network Map Template [Download PDF](#)

Level 2 unlocks after assessments are logged.

[Mark Level 1 Complete](#)

← Back to Toolkit

Social Isolation Module



Addressing Social Isolation

Strategies for counselors. (Level 1 of 5)

- 🔍 Level 1: Understanding Loneliness & Connection
- 🔒 Level 2: Identifying Barriers & Strengths
- 🔒 Level 3: Practicing Social Skills
- 🔒 Level 4: Expanding Social Circles
- 🔒 Level 5: Maintaining Connections & Resilience

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Bullying Support Journey



Bullying Support Journey

A step-by-step guide. (Level 1 of 5)

- 👁️ Level 1: Recognizing Bullying
- 🔒 Level 2: Understanding Roles & Empathy
- 🔒 Level 3: Developing Coping & Reporting Skills
- 🔒 Level 4: Building a Support Network (Becoming an Upstander)
- 🔒 Level 5: Creating a Positive School Climate

← Back to Toolkit

Substance Abuse Support Journey



Substance Abuse Support Journey

A structured approach. (Level 1 of 5)

- 👁️ Level 1: Understanding Substance Use & Risks
- 🔒 Level 2: Personal Reflection & Triggers
- 🔒 Level 3: Developing Refusal & Coping Skills
- 🔒 Level 4: Building a Support System
- 🔒 Level 5: Making Healthy Choices & Future Planning

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Emotional Regulation Module



Emotional Regulation Module

Tools and strategies. (Level 1 of 5)

- 🧠 Level 1: Identifying Emotions
- 🔒 Level 2: Understanding Emotional Triggers
- 🔒 Level 3: Basic Calming Techniques
- 🔒 Level 4: Cognitive Reframing & Problem Solving
- 🔒 Level 5: Building Emotional Resilience

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Self-Esteem & Identity Module



Self-Esteem & Identity Module

Building self-worth. (Level 1 of 5)

- 📏 Level 1: Exploring Self-Concept
- 🔒 Level 2: Identifying Strengths & Values
- 🔒 Level 3: Challenging Negative Self-Talk
- 🔒 Level 4: Practicing Self-Compassion
- 🔒 Level 5: Living Authentically & Setting Goals

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Peer Conflict Mediation Module



Peer Conflict Mediation Module

Resolving disputes constructively. (Level 1 of 5)

- 📏 Level 1: Understanding Conflict Styles
- 🔒 Level 2: Active Listening & Empathy
- 🔒 Level 3: Effective Communication: 'I' Statements
- 🔒 Level 4: Brainstorming Win-Win Solutions
- 🔒 Level 5: Mediation Principles & Practice

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Stress & Time Management Module



Stress & Time Management Module

Effective techniques. (Level 1 of 5)

- ① **Level 1: Understanding Stress & Its Sources** ▾
- 🔒 **Level 2: Time Management Audit & Prioritization** ▾
- 🔒 **Level 3: Effective Planning & Scheduling** ▾
- 🔒 **Level 4: Stress Reduction Techniques** ▾
- 🔒 **Level 5: Building Healthy Habits & Resilience** ▾

[← Back to Toolkit](#)

Grief & Loss Support Module



Grief & Loss Support Module

Navigating loss and finding expression. (Level 1 of 5)

- ♥ **Level 1: Acknowledging the Loss** ▾
- 🔒 **Level 2: Exploring Emotions of Grief** ▾
- 🔒 **Level 3: Memory & Legacy Work** ▾
- 🔒 **Level 4: Coping Strategies & Support Systems** ▾
- 🔒 **Level 5: Finding Meaning & Moving Forward** ▾

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Interactive Tools



BoxBreather Pro

Guided breathing exercises for calm.

[Open Tool →](#)

Grounding Guru Pro

5-4-3-2-1 grounding technique.

[Open Tool →](#)

BodyScan Pro

Mindful body scan for awareness.

[Open Tool →](#)

CalmQuick Pro

Quick calming strategy cards.

[Open Tool →](#)

ResiliencePlan Pro

Develop a personal resilience plan.

[Open Tool →](#)

Guided Exercises & Worksheets



Name It To Tame It

Label and manage emotions.

[Open Tool →](#)

Thought Record

Challenge negative thoughts.

[Open Tool →](#)

Stress Bucket Simulator

Visualize and manage stress.

[Open Tool →](#)

Friendship Role-Play Panel

Practice social skills.

[Open Tool →](#)

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Define personal boundaries.

[Open Tool →](#)

SMART Goals Worksheet

Set achievable goals.

[Open Tool →](#)

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Identify support networks.

[Open Tool →](#)

Weekly Reflection Journal

Promote self-awareness.

[Open Tool →](#)

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Box Breathing Pro (Counselor)

Guide a student through a calming breathing exercise.

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Select Student

Select Breathing Pace

Standard (4s)

Quick (3s)

Deep (5s)

Custom

Guide to Box Breathing

Explain to the student: "We'll use this simple technique to help calm our minds and bodies. Just follow the guide."



Inhale



Hold



Exhale



Hold

Counselor Tips

- Encourage the student to sit comfortably with feet flat on the floor.
- Suggest placing one hand on their belly and one on their chest to feel the breath.
- Remind them to breathe slowly and gently, not forcing it.
- Watch for signs of dizziness or discomfort. If needed, pause or reduce the count.
- Normalize any thoughts or distractions that come up.

Start

Start Session

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Prepare for Grounding

Select the student you are working with.

Select Student

Select a student...

Start Grounding Session

Counselor Notes (Private)

Observe student engagement, difficulties, or comments during the exercise...

Notes are saved automatically during the session.

Select Student

Select a student... ▾

Print Sheet

Customize Calm-Down Strategies

Deep Belly Breathing

1. Sit or lie comfortably.
2. Place one hand on your belly.
3. Inhale slowly through your nose for 4 seconds, feeling your belly rise.
4. Exhale slowly through your mouth for 6 seconds, feeling your belly fall.
5. Repeat 5 times.

Progressive Muscle Relaxation

1. Find a quiet place.
2. Start with your toes: tense them tightly for 5 seconds, then release.
3. Move up your body (legs, belly, arms, face), tensing and releasing each muscle group.
4. Notice the feeling of relaxation after releasing.

Grounding: 5-4-3-2-1

1. Look around and name 5 things you can SEE.
2. Listen carefully and name 4 things you can HEAR.
3. Notice 3 things you can FEEL (touch).
4. Identify 2 things you can SMELL.
5. Name 1 thing you can TASTE.

Positive Self-Talk

1. Think of a short, calming phrase like:
- "I am safe."

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Prepare for Body Scan

Select student and ensure a quiet space.

Select Student

Select a student...

Start Body Scan

Select Student

Bob Williams (S002) ▾

Print ✕



Strengths



Support Net...



Coping Strat...



Action Steps



Commitment

Identify Your Strengths

What are 3 things you're good at or qualities you like about yourself?

★ Strength #1

e.g., Kindness

Please list at least one strength.

⚡ Strength #2

e.g., Creativity

♥ Strength #3

e.g., Problem Solving

Plan Summary

- Strengths
- Support Network
- Coping Strategies
- Action Steps
- Commitment

Strengths:

..

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Identify support networks.

[Open Tool →](#)

Weekly Reflection Journal

Promote self-awareness.

[Open Tool →](#)

Name It to Tame It [Close]

Name It to Tame It
Help students identify precise emotions and practice calming techniques. (Level 1 of 3)

Use Case: Counselor initiates when a student reports vague distress.

Level 1: Introduction: Label & Breathe [Expand]

Activities:

- Launch emotion wheel
- Label one emotion
- Perform one breathing cycle

Outputs:

- Logged emotion, technique used (initial)

[Interactive Emotion Wheel Placeholder]

[Breathing Animation Placeholder - 1 Cycle]

Start Breathing Exercise

Counselor Notes for Level 1

Observations, student engagement, specific inputs...

Save Level 1 Log (Simulated)

Mark Level 1 Complete

Cancel Save & Close

Thought Record [Close]

Thought Record
Guide students through cognitive restructuring. (Level 1 of 3)

Use Case: Counselor assigns after identifying unhelpful thought patterns.

Level 1: Introduction: Identify Automatic Thoughts [Expand]

Activities for Level 1:

- Enter one Situation & Automatic Thought
- Discuss Evidence-For

Outputs for Level 1:

- Situation, Automatic Thought, Evidence-For logged

Situation

Describe the situation...

Automatic Thought

What was your immediate thought?

Evidence For Thought

What supports this thought?

Save Level 1 Record (Simulated)

Mark Level 1 Complete

Cancel Save Record

Thought Record [Close]

Thought Record
Guide students through cognitive restructuring. (Level 1 of 3)

Use Case: Counselor assigns after identifying unhelpful thought patterns.

Level 1: Introduction: Identify Automatic Thoughts [Expand]

Activities for Level 1:

- Enter one Situation & Automatic Thought
- Discuss Evidence-For

Outputs for Level 1:

- Situation, Automatic Thought, Evidence-For logged

Situation

Describe the situation...

Automatic Thought

What was your immediate thought?

Evidence For Thought

What supports this thought?

Save Level 1 Record (Simulated)

Mark Level 1 Complete

Cancel Save Record

Stress-Bucket Simulator [Close]

Stress-Bucket Simulator
Visualize stressors and assign coping strategies. (Level 1 of 3)

Use Case: Help students identify and manage sources of stress.

Level 1: Introduction: Initial Stressors

Activities for Level 1:

- Add up to 5 stress drops
- Tag one coping strategy

Add a new stressor... Add Drop



Bucket is empty.

Save Level 1 Data (Simulated)

Mark Level 1 Complete

Level 2: Practice: Comprehensive Mapping

Level 3: Mastery & Reflection: Customization & Review

Cancel Export PDF & Save

Friendship Role-Play Panel [Close]

Friendship Role-Play Panel
Facilitate social skills practice. (Level 1 of 3)

Use Case: Social isolation or awkwardness identified.

Level 1: Introduction: Scripted Role-Play

Activities for Level 1:

- Run one scripted role-play
- Debrief with checklist

1. Select two character profiles (Placeholder).



Character A



Character B

2. Use scripted prompts for initiating conversation (Placeholder).

Script: "Hi, how are you?"...

3. Debrief with checklist (Placeholder).

Checklist: Eye contact, Tone...

Save Level 1 Summary (Simulated)

Mark Level 1 Complete

Cancel Save Summary

Boundary Zone Mapper [Close]

Boundary Zone Mapper
Visualize and define personal boundaries. (Level 1 of 3)

Use Case: Boundary issues arise (oversharing, difficulty saying no).

Level 1: Introduction: Basic Mapping

Activities for Level 1:

- Place 3 people/situations into zones
- Script one boundary statement



Zone Placements Notes (Level 1)

Log 3 entries...

Verbal Boundary Scripts (Level 1)

Script one statement...

Cancel Save Map & Scripts

SMART Goals Worksheet
✕

SMART Goals Worksheet
Define and plan objectives. (Level 1 of 3)

Use Case: Setting academic or personal objectives.

✓ Level 1: Introduction: Define & Measure
^

Activities for Level 1:

- Define general goal
- Fill Specific & Measurable fields

General Goal

S (Specific)

M (Measurable)

Save Level 1 Goal Data (Simulated)

Mark Level 1 Complete

🔒 Level 2: Practice: Complete SMART & Plan
∨

Cancel

Save Goal & Schedule

Support Web Builder
✕

Support Web Builder
Visualize and strengthen student's support system. (Level 1 of 3)

Use Case: Identify existing supports and areas for growth.

Level 1: Introduction: Initial Network
^

Activities for Level 1:

- Add 3 support nodes (peers/adults)
- Tag support types for these nodes

| Name | Type | Support Type |
|--|------------------------------------|---|
| <input type="text" value="e.g., Mom"/> | <input type="text" value="Peers"/> | <input type="text" value="Emotional, Academic..."/> |

+ Add Node

Interactive Canvas Placeholder

Student (You)

Save Level 1 Web Data (Simulated)

Mark Level 1 Complete

Cancel

Save Web & Actions

Weekly Reflection Journal Review
✕

Weekly Reflection Journal Review
Review progress and adjust plans. (Level 1 of 3)

Use Case: Review student's weekly coping, achievements, and plan adjustments.

☰ Level 1: Introduction: Basic Review
^

Activities for Level 1:

- Review exercise completions (from other tools)
- Highlight one key insight or success

Student's Weekly Journal Entries (Simulated)

2025-05-01

Felt anxious about presentation. Used breathing exercise, helped a bit. Grade: B+.

2025-05-02

Argument with friend. Felt angry. Walked away. Talked later, resolved.

Key Insight/Success

Save Level 1 Reflection (Simulated)

Mark Level 1 Complete

🔒 Level 2: Practice: Deeper Analysis
∨

Cancel

Save Review & Plan



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[Intervention Toolkit](#)[Referral Management](#)[Session Notes](#)[County Resources](#)[Logout](#)**Boundary Zone Mapper**

Define personal boundaries.

[Open Tool →](#)**SMART Goals Worksheet**

Set achievable goals.

[Open Tool →](#)**Support Web Builder**

Identify support networks.

[Open Tool →](#)**Weekly Reflection Journal**

Promote self-awareness.

[Open Tool →](#)**Video Resources****Understanding Emotions**

Video on emotional literacy.

[Open Tool →](#)**Building Self-Esteem**

Tips for self-worth.

[Open Tool →](#)**Peer Conflict Resolution**

Strategies for harmony.

[Open Tool →](#)**Managing Stress**

Techniques for stress.

[Open Tool →](#)**Healthy Friendships**

Building positive peer connections.

[Open Tool →](#)**Substance Abuse Awareness**

Information on risks.

[Open Tool →](#)**Grief & Loss Education**

Understanding grief.

[Open Tool →](#)**Parent & Guardian Communication****Parent Communication Tool**

Templates for effective communication.

[Open Tool →](#)

PsychoEd Video: Understanding Emotions

A guided video module to help students understand and manage their emotions.

Understanding Emotions Module

A 3-level video series on emotional awareness and regulation. (Currently on Level 1 of 3)

Level 1: Introduction: What Are Emotions?

Video: Basics of Emotional Awareness



[← Back to Toolkit](#)

PsychoEd Video: Building Self-Esteem

A guided video module to help students build positive self-image and confidence.

Building Self-Esteem Module

A 3-level video series on positive self-image. (Currently on Level 1 of 3)

Level 1: Introduction: What is Self-Esteem?

Video: Importance of Positive Self-Image



[← Back to Toolkit](#)

PsychoEd Video: Peer Conflict & Resolution

A video module on understanding and resolving peer conflicts constructively.

Peer Conflict & Resolution Module

Video series on constructive conflict resolution. (Currently on Level 1 of 3)

Level 1: Introduction: What Causes Conflict?

Video: Types of Peer Conflict



[← Back to Toolkit](#)

PsychoEd Video: Healthy Friendships & Boundaries

A video module on building healthy peer relationships and setting boundaries.



Mark as Watched

Reflection: One quality student values most in a friendship.

Log student's insight...

Save Reflection

< Previous

Mark Level 1 Complete

Next >

Level 2: Skill Building: Setting and Respecting Boundaries

Level 3: Application: Problem-Solving Friend Issues

Back to Toolkit

PsychoEd Video: Managing Stress & Anxiety

A video module on understanding stress responses and coping tools.



Mark as Watched

Reflection: One way student notices stress in their body or mind.

Log student's insight...

Save Reflection

< Previous

Mark Level 1 Complete

Next >

Level 2: Skill Building: Coping Tools for Stress

Level 3: Application: Balancing Life and School

Back to Toolkit

PsychoEd Video: Grief & Loss Education

A video module on understanding grief, healthy practices, and finding meaning.



Mark as Watched

Reflection: One aspect of grief student learned or related to.

Log student's insight...

Save Reflection

< Previous

Mark Level 1 Complete

Next >

Level 2: Skill Building: Healthy Grieving Practices

Level 3: Application: Finding Meaning After Loss

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PsychoEd Video: Substance Abuse Awareness

A video module covering risks, resistance skills, and healthy alternatives.



Mark as Watched

Reflection: One risk factor student identified or found surprising.

Log student's insight...

Save Reflection

< Previous

Mark Level 1 Complete

Next >

Level 2: Skill Building: Saying No and Getting Help

Level 3: Application: Building a Substance-Free Lifestyle

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Define personal boundaries.

[Open Tool →](#)



SMART Goals Worksheet

Set achievable goals.

[Open Tool →](#)



Support Web Builder

Identify support networks.

[Open Tool →](#)



Weekly Reflection Journal

Promote self-awareness.

[Open Tool →](#)



Video Resources



Understanding Emotions

Video on emotional literacy.

[Open Tool →](#)



Building Self-Esteem

Tips for self-worth.

[Open Tool →](#)



Peer Conflict Resolution

Strategies for harmony.

[Open Tool →](#)



Managing Stress

Techniques for stress.

[Open Tool →](#)



Healthy Friendships

Building positive peer connections.

[Open Tool →](#)



Substance Abuse Awareness

Information on risks.

[Open Tool →](#)



Grief & Loss Education

Understanding grief.

[Open Tool →](#)



Parent & Guardian Communication



Parent Communication Tool

Templates for effective communication.

[Open Tool →](#)

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Parent Communication Templates

Generate, personalize, and send letters to parents in English or Kiswahili.

This tool helps streamline communication with parents by providing pre-built templates that can be customized and (simulated) sent via email or printed as PDF.



Academic Stress Concern

Inform parents about signs of stress or burnout affecting school performance.

Generate Letter



Positive Progress Update

Celebrate improvements in academics, behavior, or emotional wellbeing.

Generate Letter



Invitation to Mental Health Workshop

Invite parents to attend a workshop or counseling awareness event.

Generate Letter



Behavioral/Conflict Incident Report

Notify parents about peer conflict, mediation participation, or behavioral concerns.

Generate Letter



Substance Abuse Awareness Notice

Alert parents discreetly if there are early warning signs of substance use risk.

Generate Letter



Counseling Support Consent Request

Request formal consent to provide ongoing counseling sessions if school policy requires it.

Generate Letter



Grief & Loss Support Notification

Inform parents that grief counseling support is available after a family loss or community tragedy.

Generate Letter



General Wellbeing Check-In

Offer a soft-touch check-in if there are minor concerns that could benefit from a home-school partnership.

Generate Letter

Generate Parent Letter: Academic Stress Concern

Select student, choose language, personalize, and then print or send.

Select Student

Aisha Juma (Form 2)

Student & Parent Info:

Student: Aisha Juma, Form 2

Parent Email: parent.aisha@example.com

Parent Phone: 0712345678

Language

English

Counselor Name

Ms. Wanjiku

Date

18 May 2025

Letter Content (Editable)

Dear Parent/Guardian of Aisha Juma,

I am writing to you today regarding your child, Aisha Juma, in Form 2. Recently, I've observed some signs that suggest Aisha Juma might be experiencing academic stress or potential burnout. This can sometimes manifest as [mention common signs like changes in mood, work habits, or fatigue].

I believe a collaborative approach between home and school can be very beneficial. I would like to discuss this further with you and explore ways we can support Aisha Juma together.

Please feel free to contact me at your earliest convenience to schedule a brief chat.

Sincerely,
Ms. Wanjiku
School Counselor
18 May 2025

Save Customized Letter

Print (PDF)

Send Email (Simulated)

Generate Parent Letter: Positive Progress Update

Select student, choose language, personalize, and then print or send.

Select Student

 Aisha Juma (Form 2) 

Student & Parent Info:

Student: Aisha Juma, Form 2
Parent Email: parent.aisha@example.com
Parent Phone: 0712345678

Language

 English 

Counselor Name

Ms. Wanjiku

Date

18 May 2025

Letter Content (Editable)

Dear Parent/Guardian of Aisha Juma,

I am delighted to share some positive news regarding your child, Aisha Juma, in Form 2. Recently, Aisha Juma has shown significant improvement in [mention specific area, e.g., participation, assignment completion, positive interactions].

We are very proud of Aisha Juma's efforts and progress. This is a wonderful achievement, and I wanted to share this good news with you.

Thank you for your continued support from home.

Sincerely,
Ms. Wanjiku
School Counselor
18 May 2025

Save Customized Letter

 Print (PDF)

 Send Email (Simulated)

Generate Parent Letter: Invitation to Mental Health Workshop

Select student, choose language, personalize, and then print or send.

Select Student

Aisha Juma (Form 2)

Student & Parent Info:

Student: Aisha Juma, Form 2

Parent Email: parent.aisha@example.com

Parent Phone: 0712345678

Language

English

Counselor Name

Ms. Wanjiku

Date

18 May 2025

Letter Content (Editable)

Dear Parent/Guardian of Aisha Juma,

We would like to invite you to an upcoming [Workshop/Event Name] focused on [Workshop Topic, e.g., supporting student mental health, understanding adolescent challenges].

This event will take place on [Event Date] at [Event Time] in [Event Location/Online Platform]. We believe this will be a valuable opportunity for parents to gain insights and resources.

More details can be found at [Link to details/RSVP if any]. We hope to see you there.

Sincerely,
Ms. Wanjiku
School Counselor
18 May 2025

Save Customized Letter

Print (PDF)

Send Email (Simulated)

Generate Parent Letter: Ripoti ya Tukio la Kitabia/Mgogoro

Select student, choose language, personalize, and then print or send.

Select Student

Aisha Juma (Form 2)

Student & Parent Info:

Student: Aisha Juma, Form 2

Parent Email: parent.aisha@example.com

Parent Phone: 0712345678

Language

Kiswahili

Counselor Name

Ms. Wanjiku

Date

18 May 2025

Letter Content (Editable)

Mpendwa Parent/Guardian of Aisha Juma,

Barua hii ni kukujulisha kuhusu tukio lililomhusisha mwanao, Aisha Juma, tarehe [Tarehe ya Tukio]. Tukio hilo lilihusiana na [eleza kwa ufupi tukio, k.m., mgogoro wa rika, suala la kitabia, ushiriki katika kikao cha upatanishi].

Tumeshughulikia hali hiyo shuleni kwa [eleza kwa ufupi hatua iliyochukuliwa, k.m., kuzungumza na wanafunzi waliohusika, kuwezesha upatanishi]. Tunaamini ni muhimu kwako kufahamu hili.

Tunakuhimiza kujadili hili na Aisha Juma. Tafadhali wasiliana nami ikiwa ungependa maelezo zaidi au kujadili hili zaidi.

Kwa uaminifu,
Ms. Wanjiku
Mshauri wa Shule
18 May 2025

Save Customized Letter

Print (PDF)

Send Email (Simulated)



Generate Parent Letter: Notisi ya Uhamasishaji Kuhusu Matumizi Mabaya ya Dawa za Kulevya

Select student, choose language, personalize, and then print or send.

Select Student

Aisha Juma (Form 2)

Student & Parent Info:

Student: Aisha Juma, Form 2

Parent Email: parent.aisha@example.com

Parent Phone: 0712345678

Language

Kiswahili

Counselor Name

Ms. Wanjiku

Date

18 May 2025

Letter Content (Editable)

Mpendwa Parent/Guardian of Aisha Juma,

Kama sehemu ya kujitolea kwetu kwa ustawi wa wanafunzi, mara kwa mara tunashiriki habari za jumla na wazazi. Tunahimiza mazungumzo ya wazi nyumbani kuhusu kufanya chaguo bora za kiafya, ikiwa ni pamoja na majadiliano kuhusu hatari zinazohusiana na matumizi ya dawa za kulevya.

Ikiwa utawahi kuwa na wasiwasi au ungependa rasilimali kuhusu mada hii, tafadhali fahamu kuwa ofisi ya ushauri nasaha ya shule ni chanzo cha siri cha usaidizi. Tuko hapa kusaidia wanafunzi na familia kupitia masuala haya muhimu.

Kwa uaminifu,
Ms. Wanjiku
Mshauri wa Shule
18 May 2025

Save Customized Letter

Print (PDF)

Send Email (Simulated)

Generate Parent Letter: Grief & Loss Support Notification ✕

Select student, choose language, personalize, and then print or send.

Select Student

 Aisha Juma (Form 2) ▼

Student & Parent Info:

Student: Aisha Juma, Form 2

Parent Email: parent.aisha@example.com

Parent Phone: 0712345678

Language

 English ▼

Counselor Name

Ms. Wanjiku

Date

18 May 2025

Letter Content (Editable)

Dear Parent/Guardian of Aisha Juma,

We are writing to express our sincere condolences regarding the recent [loss/tragedy] that has affected [your family/our community]. During difficult times like these, it's important for students to have support.

Please know that school counseling services are available for Aisha Juma should they need a space to talk or process their feelings. We are here to provide support in any way we can.

Please do not hesitate to reach out if you or Aisha Juma would like to connect.

With deepest sympathy,
Ms. Wanjiku
School Counselor
18 May 2025

Save Customized Letter

 Print (PDF)

 Send Email (Simulated)

Generate Parent Letter: Counseling Support Consent Request ✕

Select student, choose language, personalize, and then print or send.

Select Student

 Aisha Juma (Form 2) ▼

Student & Parent Info:

Student: Aisha Juma, Form 2
Parent Email: parent.aisha@example.com
Parent Phone: 0712345678

Language

 English ▼

Counselor Name

Ms. Wanjiku

Date

18 May 2025

Letter Content (Editable)

Dear Parent/Guardian of Aisha Juma,

This letter is to request your consent for your child, Aisha Juma, in Form 2, to receive ongoing counseling support services at school. These services may help Aisha Juma with [briefly mention general areas like emotional wellbeing, social skills, coping strategies].

If you consent, please sign and return the attached form by 18 May 2025. If you have any questions or would like to discuss this further, please do not hesitate to contact me.

Sincerely,
Ms. Wanjiku
School Counselor
18 May 2025

(Note: An actual consent form would be attached separately)

Save Customized Letter

 Print (PDF)

 Send Email (Simulated)

Generate Parent Letter: General Wellbeing Check-In ✕

Select student, choose language, personalize, and then print or send.

Select Student

 Aisha Juma (Form 2) ▼

Student & Parent Info:

Student: Aisha Juma, Form 2

Parent Email: parent.aisha@example.com

Parent Phone: 0712345678

Language

 English ▼

Counselor Name

Ms. Wanjiku

Date

18 May 2025

Letter Content (Editable)

Dear Parent/Guardian of Aisha Juma,

I hope this letter finds you well. I'm checking in regarding Aisha Juma in Form 2. As their school counselor, I strive to support all students in their overall wellbeing.

Sometimes, minor challenges can arise, and a strong home-school partnership can make a big difference. If you've noticed anything at home or have any insights you'd like to share that might help us better support Aisha Juma at school, please feel free to reach out.

We are here to work together for Aisha Juma's success.

Sincerely,
Ms. Wanjiku
School Counselor
18 May 2025

Save Customized Letter

 Print (PDF)

 Send Email (Simulated)

Sessions Notes

Empowering Counselors to Document & Drive Impact

Counselor-Authored Entries

- • Dedicated fields where counselors record “Session Summary,” “Student Responses,” and “Action Plan.”
- • Quick-select tags (e.g., Anxiety, Family, Self-Esteem) let counselors categorize insights as they write.

Enhanced Detail & Context

- • Rich-text editor for bullet points, emphasis, and linking to relevant toolkit resources.
- • Option to attach supporting files—worksheets, assessment screenshots, or student reflections.

Privacy & Compliance

- • Only the assigned counselor can view or edit their session notes.
- • All entries are encrypted at rest and in transit, with an audit log of edits to ensure data integrity.

Searchable History

- • Counselors can search past notes by keyword, tag, or date to track progress and plan next steps.
- • Filter by risk level or module to review patterns and adjust strategies.

Seamless Integration

- • Notes link directly to scheduled sessions and follow-up reminders—no manual cross-referencing.
- • One-click export of selected notes (PDF/CSV) for termly reports or leadership briefings.

This counselor-driven Session Notes module captures nuanced, student-centered insights—fueling data-informed care and demonstrating measurable impact.

o4-mini

MAIN

Dashboard

Student Roster

Student Management

Mental Health Screening

Scheduled Sessions

Mood Analytics

TOOLS & RESOURCES

Intervention Toolkit

Referral Management

Session Notes

County Resources

Logout

[← Back](#)

Session Notes & Tracking

Manage private session notes for Unknown Student.

New Session Note

Use the template below or write freely. Notes are saved locally.

Date: 2025-05-18
Mood Check-in: [Mood Emoji/Score]
Key Issues Discussed:

Interventions Used (if any):

Agreed Next Steps/Goals:

Counselor Observations:

Clear & Start New Note

Save New Note

Past Session Notes

Review previous session records.

Export All Notes (CSV)

No past session notes recorded for Unknown Student.

Counselor Profile

Personalized Control & Security for Every Counselor

Profile Management

- Editable Personal Details: Name, email, phone number, and profile photo.
- Professional Info: Qualifications, years of experience, and bio—helping schools and parents understand counselor credentials.

Notification Settings

- Channel Preferences: Toggle in-app alerts, email summaries, and SMS reminders.
- Frequency Controls: Daily digests, real-time alerts, or weekly summaries—so counselors stay informed on their terms.

Appearance Customization

- Theme Selector: Switch instantly between Light and Dark modes for comfort in any environment.
- Font Size Adjustment: Choose from Small, Medium, or Large text to reduce eye strain and improve readability.

Privacy & Data Controls

- Access Audit Logs: View a history of your login times, device usage, and data exports.
- Data Export Requests: Download your own activity logs or session notes in CSV/PDF format.
- Account Security: Change passwords, enable two-factor authentication, and manage active sessions.

Regional Settings

- Locale & Language: Select preferred date/time formats, regional language support, and local academic calendar alignment.
- Time Zone: Automatically sync session reminders and reports to your local time.
- County/Sub-County Defaults: Load county-specific resources and referral directories by region.

Why It Matters:

- Counselor Empowerment: Personalized controls boost counselor satisfaction and retention.
- Regulatory Compliance: Robust privacy and audit features support data-protection requirements.
- Global Scalability: Regional settings lay the groundwork for expansion into new markets with minimal redevelopment.



MAIN

[Dashboard](#)[Student Roster](#)[Student Management](#)[Mental Health Screening](#)[Scheduled Sessions](#)[Mood Analytics](#)

TOOLS & RESOURCES

[Intervention Toolkit](#)[Referral Management](#)[Session Notes](#)[County Resources](#)[Logout](#)

Profile Information

Update your counselor and school details.

Counselor Name

School Name

Contact Email

Notification Preferences

Manage how you receive alerts and updates.

Email Alerts

Receive email notifications for critical alerts.



SMS Alerts (Future Feature)

Get SMS notifications for urgent matters. (Currently disabled)



Low Mood Alert Threshold (1-5)

Set the average mood score below which an alert is triggered.

Appearance

Customize the look and feel of the application.

Theme



Font Size



Privacy & Data

Control your data and privacy settings.

Anonymize Student Data

Ensure student data in reports is anonymized.



Share Usage Statistics

Help improve BeFit by sharing anonymous usage data.



Regional Settings

Configure county-specific resources and settings.

Select County for Resources



This helps tailor referral resources.

County Resources



Culturally Relevant Support at Your Fingertips

The County Resources module connects counselors and families with localized mental health materials and services—ensuring each referral is contextually appropriate.

Key Features

1. Dynamic County Selector

- Dropdown or map interface to choose the student’s county and sub-county.
- Automatically filters all resources to that region.

2. Categorized Resource Listings

- Professional Services: Nearby clinics, hospitals, and certified therapists.
- Community Support: Local NGOs, youth groups, and peer-support networks.
- Educational Materials: County-tailored articles, videos, and workshops.
- Emergency Contacts: Hotlines and crisis centers specific to the region.

3. Resource Detail View

- Click any entry to see full details: address, contact info, operating hours, and a brief description.
- “Add to Student Plan” button lets counselors attach specific resources directly to a student’s intervention plan.

4. Search & Filter

- Keyword search (e.g., “counseling,” “support group”) within selected county.
- Filters by resource type, distance from school, or service hours.

5. Favorites & Notes

- Counselors can bookmark frequently used resources.
- Add private notes or usage history to track which resources have been recommended.

Why It Matters

- Localized Impact: Tailors support to cultural and geographic contexts, increasing engagement and success rates.
- One-Stop Hub: Eliminates time-consuming manual lookups—counselors spend less time searching and more time supporting.
- Scalable Data Model: New counties or resource types can be added centrally, accelerating expansion across Kenya and beyond.
- Differentiator: No competing platforms offer this level of regional customization—strengthening our competitive moat.

This County Resources section bridges the gap between school-based care and community services—empowering timely, effective referrals that resonate with local needs.

MAIN

- Dashboard
 - Student Roster
 - Student Management
 - Mental Health Screening
 - Scheduled Sessions
 - Mood Analytics
- ## TOOLS & RESOURCES
- Intervention Toolkit
 - Referral Management
 - Session Notes
 - County Resources**

[← Back to Dashboard](#)

countyName Resources

Browse local mental health support options.

Resource Directory

Referral Contacts

Local Workshops

Support Groups

No referral contacts listed for this county yet.

Resource data for countyName is not yet available. Please check back later or contact support.

Logout

Thank You

Let's work together to make mental well-being an integral part of your school's success.

www.befiti.com

+254 741 429 622

