



***~We rise by lifting others!!~***

Hi there, I'm Mrs. Banister (she/her), and I am THRILLED to be your Student Support Advocate here at Everett High! My goal is to help all students recognize their strengths and abilities to thrive in their educational journeys, and to help all families access the resources and support they need. I am a firm believer that mental health resources are not just for moments of crisis, rather they're meant to be prevention tools to have when hardships come our way. I look at it this way:

***Would you rather not know where and how to use the fire extinguisher when you're facing the blaze, or would you like to have the knowledge and understanding of utilizing the fire extinguisher before you ever go head-to-head with the flames?***

Some of the things I often help students and families with include:

- Finding mental health resources in the community
- Connecting families to housing resources
- Getting students/families who qualify connected to the [Kids in Transition \(KIT\) program](#)
- Assistance with applying for health insurance, food benefits and other state benefits
- Assistance to students with accessing clothing, food, bill assistance, etc.
- Supporting students' Social-Emotional learning and well-being

I look forward to meeting many of you, and please feel free to reach out to me with any questions you may have! I may have the answer, and if I don't, I will certainly do everything I can to get you to the person who does!

Let's have a great school year, Gulls!

**Mrs. Banister**

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