

Jasmine Marie Smith, LGPC

Who is She??!



A Little Background Information:

“Stand for something, or Fall for Anything.” -Malcolm X

Born in Washington, DC and raised in Prince George’s County, Maryland.

Attended Elizabeth Ann Seton for High School.

Received My Bachelor’s Degree in Psychology from Virginia Union University.

Obtained My Master’s Degree in Clinical Mental Health Counseling at Trinity Washington University.

Completed my Graduate School internship at Advanced Behavioral Health, which is where I truly began to embark on my Counseling journey.

I am a Licensed Graduate Professional Counselor.

Currently working as a Mental Health Therapist at Advanced Behavioral Health, where I help to serve the community’s complex mental health needs for at risk children, adolescents, and adults in Prince George’s County, Maryland. Now I will be working as a Community Schools Therapist at Benjamin D. Foulois Creative and Performing Arts School and Samuel P. Massie Academy.



Some Fun Facts About Me:

“The World is yours if you believe it.” -Me.

Literally a BALL of Energy, even on the worst days. I believe that there is a silver lining in every situation, and that laughter is contagious.

I have worked with children since I was 14-years-old. My first job in Prince George’s County was as a camp counselor at Samuel P. Massie Academy.

Extremely Passionate, very Organized, detail-oriented, committed, and flexible

I have a background in dance, theatre, and music (No, I cannot sing).

Has a passion for working with the youth because they aren’t afraid to be who they are, they make you laugh, sometimes they make you cry, but there is a light that children bring out in all of us. Most importantly, we get to watch and help them develop and grow into the adults they aspire to be someday.

My desire has always been to serve, be a voice for, and to help others. I became interested in people’s cognitive development and processing, what drives individuals to think and feel how they do, and then to figure out ways to help these individuals who face obstacles they feel they can’t overcome.



School Counselor Roles vs. Mental Health Clinician's Role:

School Counselor:

- Specialized knowledge of curriculum and instruction
- Design and implement comprehensive programs to help all students build fundamental academic and social/emotional skills
- Prepare all students for successful transitions from school to post-secondary.

Mental Health Counselor:

- Focuses on the mental health needs of students.
- Consultation Counseling such as: trauma, loss & grief, depression, anxiety, suicidal thoughts, emotional expression/regulation, behavior modification, challenges with self-esteem, learns coping skills to help better manage mental health challenges)
- Student Workshops
- Staff Workshops
- Parent Workshops
- Professional Development
- Family Sessions