



03.02.2023

The Adolescent Cultural, Racial, and Ethnic Support (ACRES) Model: A conceptual framework for guiding adolescent students of color in their cultural, racial, and ethnic identity development

By Kevin Duquette, Bridgewater State University; Clewiston Challenger, Rutgers University; and Timothy Eng, University of Central Florida

PURPOSE OF THE STUDY The adolescent cultural, racial and ethnic support (ACRES) model aims to help school counselors support students of color as they navigate through their cultural/racial/ethnic identity development. The model provides specific focus areas, activities and therapeutic techniques for school counselors to use to help adolescents gain a more thorough and nuanced understanding of themselves and a place to explore the role that race and ethnicity have played in their development and experiences.

HOW THE RESEARCH ADVANCES THE PROFESSION This article aims to center racial identity development within comprehensive school counseling programs. Grounded in Feminist Therapy, the ACRES model provides school counselors with the tools to have honest, courageous conversations about the role of systemic oppression in various forms. The model equips school counselors with specific strategies and interventions for working directly with students, and with stakeholders (e.g., families, communities).

GUIDANCE FOR SCHOOL COUNSELORS IN PRACTICE The ACRES model includes six components: 1) Racial Identity Development, 2) Mental Health and Wellness Counseling, 3) Advocacy, 4) Activism 5) Family Involvement and 6) Community Resources/Cultural Centers. This article provides a research-base for why each of these components are critical inclusions for comprehensive school counseling programs, as well as specific considerations for collaboratively implementing them in individual, small group, and large group formats.

EQUITY DIMENSIONS The ACRES model focuses primarily on cultural/racial/ethnic identity development, and the role that race/ethnicity have played in the lives of adolescents. Some research regarding school counselors' advocacy for LGBTQ+ students is also noted.