

## MCP's Student Assistance Program

The Student Assistance Program reaches out to students whose personal needs interfere with their success in school. Student Assistance is not therapy or applicable for clinical diagnosable disorders. MCP utilizes the professional services of a trained facilitator. The role of the facilitator in the session is to listen, support, and assess student needs.

After the initial assessment, the facilitator will, when appropriate, offer referrals to healthcare professionals. In some cases where the nature of the challenge is not clinical, the facilitator can work with the student in an attempt to resolve the issue or become an on-campus resource for the student. The facilitator also acts as liaison with the MCP Assistant Principal for Academics and the Guidance Counselors to provide appropriate academic accommodations for students in the given circumstances.

Referrals of students to the program can come from parents, teachers, or from a student themselves. The source of the referral is confidential and participation in the program is voluntary. Permission from a parent/guardian is not necessary for MCP students to participate in the program. Referrals can be made for specific issues like testing anxiety, athletic performance anxiety, self-esteem, etc.

The parent/guardian should be aware that the facilitator is not a conduit of information from or about the student. Although the parent/guardian can expect to be kept up-to-date as to the student's general progress or challenges, there will be no disclosure of detailed discussions. The parent/guardian can expect to be informed in the event of any serious concerns regarding the safety or well-being of the student, including suicidality.

### Confidentiality

Unless the student asks the facilitator to share information, the sessions will remain confidential. Generally, no specific information disclosed will be shared. Because parents have granted permission for minor children to participate in this program, there are some exceptions to the typical confidentiality policy:

- General information will be shared with Administration as needed for student success and student safety.
- The facilitator is required by law to report to the authorities responsible for investigating child abuse if you are a victim or perpetrator of child abuse.
- The facilitator is required by law to report to Adult Protective Services if you are a victim or perpetrator of elder or dependent adult abuse.
- The facilitator is required by law to report to the authorities responsible if you threaten to harm yourself, someone else, or the property of others. It may be necessary to call the police and warn the potential victim, or to take other steps to prevent the threatened harm.

Our Facilitator is a licensed professional with a Master of Arts in Clinical Psychology.

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