Dear Parent,

If your child is referred to the school counselor, the very word “counseling” may make it sound like a mysterious process, but it is not. Counseling is a relationship built on confidentiality and trust—student trust, parent trust, teacher trust. Adequate information is the foundation of trust—all involved must have information about the limits and processes of school counseling. The following information describes the overall process of school counseling at the Kauffman School, which is provided by our School Social Workers.

- **How does a student receive counseling at the Kauffman School?** Students may be referred to our Counseling Department by their parents or guardians, school faculty, school staff, a concerned friend, or they may refer themselves. Once a referral is made, one of our school counselors will contact the parent to discuss options for student support.

- **Who provides counseling at the Kauffman School?** Counseling is provided by a state certified Social Workers.

- **Is formal counseling required?** No. It is the choice of the parent or guardian to give consent for your child to receive formal counseling services. Consent is not required, however, for students and counselors to have informal conversations as part of the normal school experience.

- **What types of services do School Counselors provide?** The purpose of meeting with a school counselor is to help the child with situations in their life that are bothering them or that are keeping them from being successful in important areas of their life. We work collaboratively with school personnel to provide the best learning experience for all students. Referrals come from a number of sources, including deans, teachers, parents, and students. We utilize information from the referral process information, to develop and provide interventions, as needed. Typically, counseling services are short term. For students and families in need of more frequent or specialized counseling, we will work with the family to access outside supports and services. Our School Counselors/Social Worker provide the following services to students and families:
  - Individual check in’s and group counseling (anger management, self-esteem, grief and loss, etc.)
  - Advocacy
  - Consulting and working with teachers on classroom supports
  - Crisis intervention
  - Locating community resources

- **Possible outcomes:** Through counseling, your child may be taught strategies to help him or her make more effective and healthier decisions, increase the ability to set and reach goals, improve relationships with others, and be more successful in school. We all must realize that changes take time; a student’s situation and responses to it did not develop overnight, nor will they disappear overnight. Counseling will be successful when students, school counselors, teachers, and family members work together.

- **Cost:** There is no cost to you for any of the counseling your child receives from the Kauffman School.

The Kauffman School Counseling Department is a key component of the Student Services Team. We work collaboratively with school personnel to provide the best learning experience for all students. Referrals come from a number of sources, including deans, teachers, parents, and students. Our graduate level training in social work enables us to understand and interpret the influences of the school, home, and community on children, and it helps us to identify the social and emotional issues that may be interfering with a student’s overall academic and social potential. Our services include individual and group counseling, consultation with teachers and administrators, assessments, crisis intervention, student advocacy, and acting as liaisons to families in need of counseling, legal, medical, and financial services. Below are some of the common issues that result in a social work referral.
Common issues that result in a social work referral for ongoing services:

- Depression
- Anxiety
- Grief/Loss
- Suicidal Ideation
- Behavior Concerns
- Parent/Child conflict
- Loneliness
- Stress
- Trauma
- LGBTQA+
- Anger management
- Eating disorders

Most social work referrals result in short-term services. For students and families in need of more specialized or long-term treatment, the Kauffman Social Work Department will provide a list of outside referrals and services. Please contact any team member in the Social Work Department for more information or for a confidential consultation in regard to services you and your family may need or just be interested in learning more about.