

The Kawartha Pine Ridge District School Board is committed to supporting students meet their full potential. Working within a multidisciplinary team, Mental Health Clinicians support students, their families and schools with the social, emotional and behavioural difficulties that can interfere with a student's school achievement.

Our approach is strength-based and a collaboration between the designated school personnel, the Mental Health Clinicians, students and their families.

This brochure answers questions parents ask most often when working with Mental Health Clinicians. Please read it before signing the attached consent form. It is important that you understand the information provided. If you have any questions, please feel free to contact the Mental Health Clinician.



24 Hour Supports

Kids Help Phone

www.kidshelpphone.ca
(Tel) 1-800-668-6868

ConnexOntario

www.connexontario.ca
(Tel) 1-866-531-2600

Additional Resources

School Mental Health Ontario

<https://smho-smso.ca/>

Children's Mental Health Ontario

www.kidsmentalhealth.ca

Teen Mental Health

www.teenmentalhealth.org

Mind Your Mind

www.mindyourmind.ca

Canadian Mental Health Association

www.cmha.ca

Please read this pamphlet before signing consent for Attendance and Counselling Services with the Kawartha Pine Ridge District School Board



KAWARTHA PINE RIDGE
DISTRICT SCHOOL BOARD

Kawartha Pine Ridge District School Board
1994 Fisher Drive
Peterborough, ON K9J 6X6
705-742-9773 or toll-free 1-877-741-4577
www.kprschools.ca
Twitter: @kprdsb



KAWARTHA PINE RIDGE
DISTRICT SCHOOL BOARD

Mental Health Clinician Services



Educating for Success!

September 2019

Why is your child/ teen being referred to School Board Counselling services?

By now, you have probably spoken with school staff about your child/ teen meeting with the Mental Health Clinician. The school is committed to supporting students and their families and would like to offer support concerning possible social, emotional and mental health challenges/difficulties that may be impacting your child/ teen's ability to thrive at school.

How does the Mental Health Clinician become involved?

- A student, parent, guardian or staff member typically speaks to the Principal about concerns they have for your child/ teen.
- Mental Health Clinicians receive referrals from the Principal or Vice-Principal.
- If the referral is appropriate, a referral form is prepared and sent home with your child/ teen to be signed by parent(s)/ guardian(s) to indicate their informed consent to services. In the case of joint custody, both custodial parents are required to provide their informed consent by signing the form. If a student is over the age of 12 years, they must also provide signed informed consent for counselling services.
- Once the Mental Health Clinician receives the signed form, they will contact parent(s)/ guardian(s) to introduce themselves, answer any questions and gather additional information. Ideally, this conversation will occur before counselling begins.

Who will be seeing my child/ teen?

All Mental Health Clinicians are regulated health care professionals and registered with the Ontario College of Social Workers and Social Service Workers (OCSWSSW) and/ or the College of Registered Psychotherapists of Ontario (CRPO). All Mental Health Clinicians are trained in evidence-based mental health practices, and skilled in supporting children, youth, and their families.

Why do you need my permission?

When children and youth are under the age of 18, a parent/ guardian must give "informed consent" for any kind of counselling services, before services begin. "Informed consent" means you understand the type of service your child/ teen, and family, will receive and the anticipated benefits and risks of participating in counselling services. Services are voluntary. If you would like your child/ teen to participate in counselling services, your signed consent is required before services

can begin. At any time, you can change your mind and consent can be revoked, at which time services will stop.

You have been provided with further information about the benefits and risks of School Board Counselling services. The Mental Health Clinician will also review these with your child/ teen before counselling begins.

What kind of services will my child/ teen receive?

Mental Health Clinicians develop intervention plans with students and their families unique to their needs. The services that your child/ teen may receive include, but are not limited to:

- Brief counselling up to 8 sessions within a designated confidential space in the school during instructional time.
- A comprehensive assessment to inform counselling needs and formulation of goals.
- A review of your child/ teen's Ontario Student Record (OSR) to inform assessment.
- Consultation and collaboration with school staff and other board and community professionals, if relevant.
- Participation in case conferences or other school-based meetings if scheduled for your child/ teen.
- Help with making referrals to appropriate community agencies/ health professionals to further support your child/ teen and family's needs.
- After brief counselling has concluded at the school, the Mental Health Clinician may discuss ongoing treatment recommendations for child/ teen and family.
- Documentation of session notes and reports in a secure online system, which includes a brief service summary that will be placed in the documentation section of your child/ teen's OSR.



What else do Mental Health Clinicians do?

Below are other services that Mental Health Clinicians provide which may or may not be applicable to every child/ teen's intervention plan.

- Consultation with school staff, students, and families
- Attendance support
- Crisis intervention including completion of suicide risk assessments, and safety planning
- Support around critical incidents (i.e. deaths, accidents, traumas) that may be impactful to KPRDSB students, staff and school communities
- Violent Threat Risk Assessments
- Training and professional development for KPRDSB staff

How confidential is counselling?

Counselling sessions between Mental Health Clinicians and students are kept confidential, unless students give their verbal or written permission for information to be shared with others. However, both legally and ethically, there are limits to confidentiality and sometimes the Mental Health Clinician is required to share information with others.

Mental Health Clinicians are legally obligated to report to the appropriate adults to plan for safety if a student discloses:

- that someone is hurting them or another child,
- that they are going to hurt another child, or
- they are thinking of and/or planning suicide

Like other school board professionals, legally, School Board Counsellors also have the duty to report to the Children's Aid Society any information obtained that indicates a child/ teen may be in need of protection.

Please see Personal Health Information brochure provided for further details.

Are there other ways to help my child?

Parents sometimes ask if there are other ways to get help for their child/ teen without using the School Board Counselling services. If you would rather your child/ teen and family receive services from someone who does not work for the school board, you could work with a private counsellor, community based agency or Family Health Team. Some families may have access to counselling services through a workplace benefit plan. If you are interested in counselling services outside of the school, Mental Health Clinicians can provide you with referral information for alternative counselling resources.

Please review the reasons for the School Board Counselling referral and the information enclosed with your child/ teen.