Services

# Frequently Asked Questions for Families

## about School-based counseling and support services

* individual counseling   
  during the school day
* family counseling
* assessments

Approach

* integrated in school
* voluntary
* referrals made by teachers, school leaders and parents
* confidential

Goals

* improve academic success
* increase prosocial behavior
* improve student engagement
* improve school climate

Why is my student being referred to counseling?

There are many reasons that a school might refer a student to in school counseling. Your school’s staff can tell you more about why they think counseling would help your child. Counseling can help children reduce anxiety, practice social skills, learn to control anger, or focus better   
in school.

What are counseling sessions like?

For most students, counseling sessions happen at school, during the school day. Students are taken out of their class-room for 30 minutes to an hour. Depending on the student’s need, they may be seen weekly or every few weeks. They can also be seen over the summer if it works for your family.

Will my student’s counselor talk to me about   
my child?

Yes! Your child’s counselor will be available if you would like to meet them or talk about your child’s progress.

Will I need to pay anything?

Payment is handled through your student’s insurance. Most families do not pay anything out-of-pocket for sessions. Please contact your clinician for more information based on your particular insurance plan.

For more information

Talk to your school principal, assistant principal, psychologist or social worker.