

## Overview of Types of Counseling/Therapy Services Available to Students and Their Families

|   | <b><i>School Counselors</i></b>  | <b><i>School Social Workers/Student Assistance Counselors</i></b>   | <b><i>School-Based Therapist</i></b>   | <b><i>Community-Based Therapist</i></b>   |
|---|--|---|--|---|
| <b><i>Counseling or Therapy Service Provided</i></b>            | Short-term counseling for students<br>Resource for families and staff in serving all students  | Connections to community services to meet the needs of the student and family.  | Longer-term mental health therapy services for students and/or families  | Longer-term mental health therapy services for students and/or families   |
| <b><i>Scope of services/reasons for initiating services</i></b> | Academic, Social/Emotional, and Career/College counseling to meet normal developmental needs, Situational concerns, Short-term counseling (in number of sessions and time per session); Assessing of needs and/or observed concerns (non-diagnosing)<br>Note: School Counselors are not able to provide a diagnosis in their scope of practice | Developmental needs, Situational concerns, Substance abuse issues, Food Insecurities, Counseling Services, Service can be provided for a non-student immediate family member, Housing, Medical Insurance, | Demonstrating signs and/or expressing symptoms of mental health challenges, Student is presenting needs outside scope of school counseling services, Parents are requesting support with finding a possible diagnosis, Barrier of accessing services in the community is removed<br>Note: Diagnosis given as part of treatment | Demonstrating signs and/or expressing symptoms of mental health challenges, Student is presenting needs outside scope of school counseling services, Parents are requesting support with finding a possible diagnosis<br>Note: Diagnosis given as part of treatment |
| <b><i>Release of Information</i></b>                            | No release needed. Informed consent with student/family addresses confidentiality. General information may be shared: educational need to know   | Need signed release (both ways) to discuss the student with school personnel and outside agencies   | Need signed release (both ways) to discuss student with school personnel   | Need signed release (both ways) to discuss student with school personnel  |
| <b><i>Funding</i></b>   | Part of the comprehensive school counseling program available to all students.<br>No charge to families  | District funds; community funding sources; other  | Contact provider   | Contact provider  |
| <b><i>Referral Process</i></b>                                  | Coordinated by the school counselor. Referrals may come from the student (self-referral), families, staff, and information shared with all students. Staff should feel free to share with students/families when students/families present with a need as well   | Administrators<br>School Nurses<br>Counselors   | Important to know considerations for sharing of this resource with families so school staff should consult with school counselor, nurse, or social worker before talking with students/families about this service.<br>Coordinated by building point-person (typically school counselor, or family support team)               | Important to know considerations for sharing of this resource with families so school staff should consult with school counselor, nurse, or social worker before talking with students/families about this service  |

*This is provided to give a general idea of types of services available but is not all-inclusive. Emergency plans should be in place for when a person is a danger to themselves or others. Expression of suicidal ideation should be evaluated immediately by a school counselor, nurse, social worker, mental health counselor, or school psychologist. Please remember all of these are resources available to families. While school personnel can do their best to encourage accessing resources, they cannot require families to do an intake or participate in services.*