

How do I Access a School Support Services Clinician?

The School Support Services Clinician can be accessed by student, parent/guardian or school staff request. This means that a student can talk to their parent/guardian or any teacher, guidance clinician, vice-principal or principal to get help setting up counselling. A referral will need to be submitted and approved by the school principal, however, the clinician assigned to the school may start services as soon as the student is identified.

Referrals are processed directly through Kenora Rainy River Districts Child & Family Services (KRRDFS) and are opened to services with the School Support Services Clinician assigned to the school the student attends.

Referrals are prioritized by the KRRDFS Manager and students will be seen as soon as possible in the event there is a wait list for services.



Mental Health is...

“...a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. Mental Health and Well-being are fundamental to our collective and individual ability as humans to think, emote, interact with each other, earn a living and enjoy life...”

—The World Health Organization

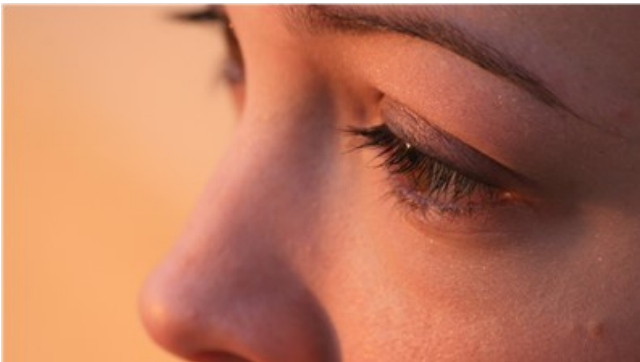
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School Support Services Counselling



A Guide for
Students, Parents,
and Families



What Do School Support Services Clinicians Do?

Clinicians work collaboratively as part of an interdisciplinary team to support system wide supports for mental health and well-being, including consultation with the RRDSB Mental Health Leader regarding tools and resources required within the schools to assist in this work.

Each school will have a specific clinician assigned throughout the school year to work in collaboration with the current supports in place.

Clinicians offer:

- Individual counselling sessions (to a maximum of 10 sessions) & walk-in brief services.
- Small group sessions for specific mental health concerns
- Classroom presentations
- Collaboration with educators and school staff to meet the mental health and wellness needs of children and youth
- Supportive interventions with students that have behavioural challenges
- Supports for any students on long-term suspensions or exclusions

What Type of Problems do Clinicians Help With?

Anger	Managing emotions
Anxiety	Mental Health Support
Attendance Difficulties	Self-Esteem
Behavioural Concerns	Separation & Divorce
Bullying	Sexual Identity Support
Crisis Intervention	Self-Harm
Depression	Social Skills
Eating Disorders	Stress
Family Conflict	Substance Use
Gender Identity Support	Thoughts of Suicide
Grief and Loss	Tragic Event Response

What to Expect

Students:

You will be treated with respect and included in the treatment planning process. Seeing a clinician is voluntary which means that you decide if you see a clinician and you can also decide to stop seeing a clinician.

Families:

When appropriate, your child's clinician may request your involvement in the treatment process. This might entail supporting your child in practicing new skills they learn in counselling or supporting them in some other way. Your child's clinician will communicate with you as needed.

Confidentiality

Your clinician will maintain confidentiality which means your information, like the things you tell the clinician, will be protected, kept private and not shared without your permission.

Two Exceptions:

1. When you give consent (permission) for your information to be shared. You will have the right to inform your clinician of what information they can share, who they can share it with, and how that information can be used.
2. Situations where the law says that the clinician must share your information. These situations include when your clinician believes that you may hurt yourself or someone else, if child abuse or neglect is suspected or if the courts order your clinician to release the information.

Consent

All students are able to request services unless otherwise indicated on their Student Verification Form. This includes classroom presentations, small group sessions and individual counselling services.

**Is this a Medical Emergency?
Call 911**

**Need Someone to Talk
to Right Now?
Kids Help Phone: 1-800-668-6868**