

Pike Road Schools
2022-2023 Annual Notification Regarding School Provided or
Sponsored Mental Health Services for Students Under 14 Years of Age

Under Alabama law, no student under the age of fourteen may participate in ongoing counseling services including, but not limited to, mental health services, unless: (1) the student's parent or legal guardian has submitted a written opt-in granting permission for the student to participate or (2) there is an imminent threat to the health of the student or others.

For purposes of this section, "mental health services" includes services treatments, surveys, or assessments related to mental health, are therapeutic in nature, and **require a mental health therapist or other mental health therapeutic license** and "ongoing school counseling services" includes those school counseling services that are goal specific and require parent or guardian permission. Therefore, if your child is under fourteen, they will only be allowed to participate in mental health services and ongoing school counseling services if you opt-in. **If you would like the school system to be able to offer and/or provide mental health services to your child, you must opt-in for each service listed for them to participate in that service.**

Even if you do not opt-in to mental health services, your child may be provided mental health services **if there is an imminent threat to their health or others**. School employees may determine at their discretion whether such an imminent threat exists and provide mental health services they deem necessary under the circumstances.

Parents of students with disabilities: Please note that the opt-in process is not applicable to any school counseling services or "mental health services" contained in a student's IEP or §504 plan. Consent for those services will be obtained and information regarding your child's mental health services will be provided through the usual special education process.

Review of Materials: You may request to review any materials used in the guidance and counseling programs available to students by contacting your child's school principal or counselor, referring to the school's website, or referring to the district website.

Information Regarding How to Allow, Limit, or Prevent Your Child's Participation in Mental Health Services: You may limit or rescind permission for your student to participate in mental health services at any time by providing written notice to your child's school principal.

School-Based Mental Health Options Available to Pike Road School Schools include the following:

1. **School-Based Mental Health** - Ongoing and 1:1 counseling service by school professionals or private practitioners contracted by Pike Road Schools will require **written permission** from the parent or legal guardian prior to services being provided for students under the age of 14. Currently, Pike Road Schools employs a Mental Health Services Coordinator and contracts Carastar Health for school-based mental health services. Referrals may be made by the district's Mental Health Service Coordinator, school counselor, or other school personnel. Upon referral, the parent or legal guardian will be contacted to obtain permission for further services. Although parents and guardians may opt in, permission will be required for each service.

****IMPORTANT NOTE****

Opting in does not mean that the parent or guardian is signing up or registering for any services.

If mental health services or ongoing school counseling services are recommended, opting in provides Pike Roads Schools permission to proceed with connecting the student with services.

Please see the chart below to clarify the role of the school counselor and the role of a mental health professional.

Services	Mental Health	School Counseling	Requires opt-in
Large-Group activities that include instructional activities designed to educate students regarding topics related to mental health, and is (1) contained in the school system’s approved curriculum or (2) otherwise required to be taught by law (e.g., <i>Erin’s Law; Jamari Terrell Williams Student Bullying Prevention Act</i>) by school counselors.		X	No
Large group counseling services provided by a mental health agency or professional	X		Yes
Small Group Guidance: A small group of students working with a school counselor or other professional to discuss topics that align with Alabama’s <i>Attitudes and Essential Skills for Student Success</i> . Specific information will be provided to the parent/guardian regarding the reason for small group, how it is expected to help the student, and the times and frequency of group meetings. <i>Additional permission will be obtained from the parent or guardian prior to a student’s participation in a small group.</i>		X	Yes
Mentoring that includes instructional activities and is facilitated by PRS staff or other learners			No
Mentoring that includes treatment plans and is facilitated by a mental health professional	X		Yes
Occasional interventions by the school counselor either 1:1 or in a small group setting, as these are regular duties of school counselors and other educators. These interventions are not ongoing or therapeutic in nature. Ex. the student was disruptive in the classroom, seeking assistance for conflict with a peer, requires a cooling off period, etc.		X	No

<p>Crisis Intervention: Short term, immediate therapeutic assistance by a counselor or professional for a specific, distressing situation. This can include emotional upset (i.e.crying, anxious, etc) to imminent threats to health and safety (i.e. suicide risk).</p>	<p>X</p>	<p>X</p>	<p>No</p>
<p>Assessments/surveys:questionnaires provided to students related to social behaviors, feelings, etc.</p>		<p>X</p>	<p>Yes</p>
<p>School-Based Mental Health: Ongoing and 1:1 counseling service by school professionals or private practitioners contracted by Pike Road Schools will require written permission from the parent or legal guardian prior to services being provided for students under the age of 14. Currently, Pike Road Schools employs a Mental Health Services Coordinator and contracts Carastar Health for school-based mental health services. Referrals may be made by the district's Mental Health Service Coordinator, school counselor, or other school personnel. Upon referral, the parent or legal guardian will be contacted to obtain permission for further services. Although parents and guardians may opt in, permission will be required for each service.</p>	<p>X</p>		<p>Yes</p>

Pike Road Schools
2022-2023 Opt-In for Mental Health Services and Ongoing School Counseling Services

Student Name: _____

Date: _____

Teacher/Homeroom: _____

Grade: _____

I acknowledge receiving the Annual Notification of School-Based Counseling, Mental Health Services, and Ongoing School Counseling Services provided by Pike Road Schools.

As of the date of my signature below, my child is under the age of 14 yrs. old:

Yes

No

If you responded **No**, stop here. **This form is not necessary for students 14+ years of age.**

If you responded **Yes**, please continue below.

I hereby give permission for my child to participate in the following mental health services and/or ongoing school counseling services requiring a mental health therapist or other mental health therapeutic license if deemed necessary and appropriate by school personnel.

(Parent or guardian must check the box for each mental health service requested for the student.)

Large Group Counseling - includes a mental health professional visiting the classroom to discuss predetermined topics.

Small Group Guidance - includes a small group of students with a school counselor or professional to discuss predetermined topics. *Requires additional permission.*

Therapeutic Mentoring Services -Mentoring that includes treatment plans and is facilitated by a mental health professional and/or social work interns working with students in a school setting.

Assessments and Surveys - includes questionnaires, provided to students related to social behaviors, feelings, etc.

School-Based Mental Health Services - Ongoing and 1:1 counseling service by school professionals or private practitioners contracted by Pike Road Schools

You may limit or rescind permission for your student to participate in mental health services at any time by providing written notice to your child's school principal.

Parent/Guardian Signature: _____