

2025-2026 Consent for School-based Emotional Support/Counseling Services

Student Name: _____

St. John XXIII is committed to providing exceptional education and fostering the development of well-rounded, self-confident, and compassionate individuals. To support this goal, sometimes students ask for, or are referred for, school-based emotional support or counseling, at no cost to the family.

Emotional support allows students to express and recompose themselves. Counseling could address such topics as adjustment to school, culture, or change, academic progress, stress management, problem-solving, emotional self-regulation, fears or worries, self-esteem, social skills, and friendship and relationship issues.

The school's counselor can provide emotional support as needed or regularly scheduled individual counseling with permission from the legal parent(s)/guardian(s). Parent(s)/guardians(s) will be informed if a student is seen more than three times for emotional support, or if counseling is indicated. Consent remains valid for one school year. Consent may be withdrawn at any time by signing and dating a written note requesting termination of counseling services.

Meeting times will be kept and documented, and as psychological counseling is based on a trusting relationship and protected by state and federal privacy regulations, all information shared in the counseling sessions will be kept confidential with some possible exceptions. Confidentiality and limits to confidentiality will be explained to the student at the first meeting. Parent(s)/guardian(s) have a legal right to records. Unless there is a court order indicating otherwise, divorced parents have equal access to records. Records will be stored in a locked cabinet and shred in 12 years, unless abuse was indicated, in that case, records will be maintained for 20 years after the student turns 18 years of age. Only with the consent of the student, and without divulging excessive information, the counselor may offer the student's teachers suggestions on how to best support the student. Similarly, the school's counselor may confer with the principal, without divulging excessive information, to better help the student as a team. Counselors, like teachers, are required by law to share information with others if information is presented about the student hurting self, other or property, there is evidence or disclosure of abuse (physically, emotionally, and sexually) or neglect, there is a threat to school security, and/or counseling records are court ordered. You and your child will be informed if information needs to be shared with others.

Indicate here if you want to sign your child up at this time and briefly note the concerns that the treating counselor should be aware of.

Parent/Guardian Signature

Parent/Guardian Signature

Date

