



## **Palmyra-Eagle District School –Based Mental Health Counseling**

School-based mental health therapy is now available to Palmyra-Eagle students on site at their school.

- Through a new partnership, a therapist is available during the school day to provide professional counseling in a virtual format. Family Service is the agency who employs the therapists who are providing this service (not the School District). Family Service is an experienced provider of school mental health services in more than 50 schools.
- Identified students may receive extra support through participating in one-on-one professional counseling once a week with a licensed professional. School services are an alternative way for students to receive therapy services that makes it easier and more convenient for some students to access these services.
- Students who are seen for therapy from their school will miss less time from class than if they must be transported to a clinic during the school day. They can be seen consistently with fewer appointments canceled. With parental/guardian consent, their therapeutic work can also be coordinated with the teachers who are involved with the child daily and the teachers and therapists can be working on the same issues in the same ways.
- The District does not fund counseling sessions. Sessions are funded by the family's health insurance. For the academic year 2022-2023, publicly insured students (Medicaid and most Medicaid plans) or those whose families can afford the cost of care are eligible.
- Parents will meet with the therapist first, to answer questions, review the child's history, discuss the child's needs, and develop a treatment plan.
- The utmost confidentiality will be maintained. Licensed mental health therapists follow state confidentiality guidelines and federal HIPPA laws. The mental health therapist will NOT discuss any specific information about what happens in a therapy session with a student without a specific signed consent from the parent or guardian.
- A child's ability to learn and succeed in school is based on many factors including:
  - A feeling of safety with secure and predictable adults close by
  - Assistance in being able to calm their system when they feel stressed
  - Understanding the connection between feelings, moods, difficult situations and behavior
  - Learning self-regulation skills to manage their own reactions
  - Ability to notice their own body reactions and communicate what they are experiencing

The Palmyra-Eagle School District desires to assist students in need with mental health support by a trained professional, so that they may learn and grow to their utmost potential.

If your child or a student you know can benefit from in-school mental health counseling, please speak with Christine Runkel, 262-495-7101 ext 2205, for further information on next steps.