

The Kawartha Pine Ridge District School Board is committed to supporting students to meet their full potential. Working within a multidisciplinary team, Mental Health Clinicians support students, their families and schools with the social, emotional and behavioural difficulties that can interfere with a student's school achievement.

Our approach is strength-based and a collaboration between the designated school personnel, the Mental Health Clinicians, students and their families.

This brochure answers questions caregivers/guardians ask most often when working with Mental Health Clinicians. Please read it before providing your consent for services. It is important that you understand the information provided. If you have any questions, please feel free to contact the Mental Health Clinician.



24 Hour Supports

Kids Help Phone

www.kidshelpphone.ca

(Tel) 1-800-668-6868

(Text) CONNECT to 686868

ConnexOntario

<https://www.connexontario.ca/en-ca/>

(Tel) 1-866-531-2600

Suicide Crisis Helpline

9-8-8 (Call or Text)

www.988.ca

Additional Supports

School Mental Health Ontario

<https://smho-smso.ca>

Children's Mental Health Ontario

www.cmho.org

Teen Mental Health

www.mentalhealthliteracy.org

Mind Your Mind

www.mindyourmind.ca

Canadian Mental Health Association

www.cmha.ca

Please read this pamphlet before providing consent for Mental Health Clinician Services with the Kawartha Pine Ridge District School Board



Kawartha Pine Ridge
District School Board

1994 Fisher Drive
Peterborough, ON K9J 6X6
705-742-9773 or toll-free 1-877-741-4577

www.kprschools.ca

Twitter: @kprdsb



Kawartha Pine Ridge
District School Board

Mental Health Clinician Services



Educating for Success!

September 2023

Why is your child/youth being referred to Mental Health Clinician services?

By now, you have probably spoken with school staff about your child/youth accessing a consultation with a Mental Health Clinician. The school is committed to supporting students and their families and would like to offer support concerning possible social, emotional and mental health challenges/difficulties that may be impacting your child/youth's ability to thrive at school.

How does the Mental Health Clinician become involved?

- Communication typically starts between school staff and caregivers/guardians, and with students as appropriate, when concerns are identified.
- The Principal or Vice-Principal will obtain the caregiver/guardian's permission to share initial information about the student with the Mental Health Clinician for consultation purposes.
- The Mental Health Clinician will contact the custodial guardian(s)/caregiver(s) to review the information shared by the school, describe potential Mental Health Clinician services, and to obtain informed consent to proceed with additional information gathering to determine appropriate next steps. In the case of joint custody, both custodial guardians are required to provide their informed consent for Mental Health Clinician services. If a student is over the age of 12, they must also provide informed consent for services.

Who will provide services to my child/youth?

All Mental Health Clinicians are regulated health care professionals and registered with the Ontario College of Social Workers and Social Service Workers (OCSWSSW) and/or the College of Registered Psychotherapists of Ontario (CRPO). All Mental Health Clinicians are trained in evidence-based mental health practices, and skilled in supporting children, youth, and their families.

Why do you need my permission?

When children/youth are under the age of 18, a parent/guardian must give "informed consent" for a Mental Health Clinician to become involved and provide services. "Informed consent" means you understand the type of Mental Health Clinician services your child/ youth, and family, will receive and the anticipated benefits and risks of participating. Services are voluntary. If you would like your child/youth to participate in service offered by the Mental Health Clinician, your consent is required before services can begin.

At any time, you can change your mind and consent can be revoked, at which time services will stop.

You have been provided with further information about the benefits and risks of Mental Health Clinician services. The Mental Health Clinician will also review these with your child/youth before any services begin.

What kind of services will my child/youth receive?

Mental Health Clinicians develop intervention plans with students and families unique to their needs. The services that your child/youth may receive include, but are not limited to:

- Consultation and collaboration with caregivers/guardians.
- Consultation and collaboration with school staff and other Board and community professionals, if relevant.
- Participation in case conferences or other school-based meetings if scheduled for your child/youth.
- A review of your child/youth's Ontario Student Record (OSR) to inform assessment.
- Resource sharing and psychoeducation with caregivers, students, and/or school staff.
- Help with making referrals to appropriate community agencies/ health professionals to further support your child/youth and family's needs.
- A comprehensive assessment to inform counselling needs and formulation of goals.
- Single session, brief individual (up to 8 sessions), or group psychotherapeutic support during instructional time.
- Recommendations for additional interventions and/or supports.
- Documentation of session notes and reports in a secure online system, which includes a brief service summary that will be placed in the documentation section of your child/youth's OSR.



What else do Mental Health Clinicians do?

Below are other services that Mental Health Clinicians provide which may/may not be applicable to every child/youth's intervention plan.

- Attendance support
- Crisis intervention including completion of suicide risk assessments, and safety planning
- Support around critical incidents (i.e. deaths, accidents, traumas) that may be impactful to KPRDSB students, staff and school communities
- Violent Threat Risk Assessments
- Training and professional development for KPRDSB staff

What about confidentiality?

Counselling sessions between Mental Health Clinicians and students are kept confidential, unless students give their verbal or written permission for information to be shared with others. However, both legally and ethically, there are limits to confidentiality and sometimes the Mental Health Clinician is required to share information with others.

Mental Health Clinicians are legally obligated to report to the appropriate adults to plan for safety if a student discloses:

- that someone is hurting them or another child/youth,
- that they are going to hurt another child/youth, or
- they are thinking of and/or planning suicide

Like other school board professionals, legally, Mental Health Clinicians also have the duty to report to the Children's Aid Society any information obtained that indicates a child/youth may be in need of protection.

Please see Personal Health Information brochure provided for further details.

Are there other ways to help my child/youth?

Caregivers sometimes ask if there are other ways to get help for their child/youth without using school based Mental Health Clinicians. If you would rather your child/youth and family receive services from someone who does not work for the school board, you could work with a private counsellor, community based agency or Family Health Team. Some families may have access to counselling services through a workplace benefit plan. If you are interested in counselling services outside of the school, Mental Health Clinicians can provide you with referral information for alternative counselling resources.

Please review the reasons for consulting with Mental Health Clinician services, and the information enclosed with your child/youth.