

2008-2009
SCHOOL COUNSELING & GUIDANCE SERVICES:
INFORMATION & PERMISSION

Dear Parent/Guardian:

Catholic Charities of Eastern Virginia, Inc., will have a Student Assistance Program (SAP) Counselor at your child's school this year to provide guidance counseling and support services to students, families, and school personnel. The goals of the Student Assistance Program are to enrich student development in academic, personal/social, spiritual, and behavioral domains. The counselor is available to meet individually with students or in small groups to address issues such as bullying, self-esteem, depression, family concerns, grief and loss, behavior, friendships, anger management, etc.

Benefits of the Student Assistance Program can include:

- Ability for students to meet with an unbiased person to address their concerns
- Enhancement of student's academic performance
- Help for managing stress
- Providing education in nontraditional subjects such as conflict resolution
- Support to families, school staff and students on-site
- Guidance through a temporary crisis
- Enhanced personal safety
- Facilitation of social, emotional, and academic development
- Personal self growth

The SAP service is sponsored by the school, and therefore, is **free** to students and families. Individual sessions are initiated by a parent, teacher, or student's self-referral and small group sessions are based on identified needs of the school. Parents are encouraged to call the school counselor and schedule an appointment to discuss any questions, concerns, or ideas.

We encourage all students and families to keep the opportunity to utilize this service open. Only students who have parental consent will be given the opportunity to participate in the SAP counseling service. However, parental consent shall not be required for short duration counseling needed to maintain order and discipline, for those situations that may require the immediate attention of the counselor, or for competent minors in the Commonwealth of Virginia who wish to have counseling services.

Please complete the attached permission slip and return to the school guidance office or to the main office.

SAP PERMISSION SLIP

Please check one of the following options and return to the school guidance office or to the main office.

_____ **YES**, my child/children can meet with the SAP counselor at school throughout the 2008-2009 academic year. I understand that I may have my child/children opt-out of the program at any time by writing a note to the SAP counselor. I understand that guidance records are confidential information kept by Catholic Charities of Eastern Virginia, Inc. for six years, and guidance records are also maintained confidentially by my child's school.

_____ **NO**, my child/children may not meet with the SAP counselor at school throughout the 2008-2009 academic year.

Student Name(s): _____

Parent Signature: _____

Date: _____

Please indicate parent support programs you would attend if offered at the school: