

## **Goals of Counseling**

The goal of counseling is to treat mental and emotional issues. Jennie will collaborate with students to set objectives to help them meet their specific goals.

## **The Counseling Relationship**

During individual counseling, students have the opportunity to explore their feelings, thoughts, and behaviors in a private, one-on-one setting with a trusted adult (counselor).

Group counseling involves two or more students working under the guidance of the counselor. Students in group counseling address their feelings, thoughts, and behaviors and/or learn specific skills.

The purpose of both individual and group counseling is to address academic, personal, social, and emotional issues currently impacting students and their school achievement.

Counseling is voluntary and without a guarantee. Students and/or their parents/guardians may stop counseling at any time, without any negative consequences. At times, counseling addresses sensitive or difficult topics, which may produce emotional discomfort. While such topics may be challenging, addressing them can lead to a better understanding, and acceptance, of one's self and others.

Counseling on site, at the school, is provided at no cost to families. If a family decides that they want additional support, Jennie will schedule these sessions at one of her off-site offices (i.e., Main office located at 1170 Old Henderson Rd.) Any off-site sessions will be billed through Spirit of Peace Clinical Counseling via insurance or private-pay arrangements.

The length of the counseling relationship depends on the needs of the students. Counseling typically follows a brief model. The focus is on the children's strengths, successes, and progression toward their specific goals.

## **Benefits and Limitations**

Counseling can be very beneficial to students, helping them realize their strengths and focus their efforts in more positive directions. Jennie will collaborate with students to establish treatment goals and action plans to meet those goals.

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Success in counseling primarily depends upon students' active participation. If students are unwilling to participate, counseling is likely to have minimal positive effects.

Counseling can be a challenging process. Students may experience some discomfort, or increased anxiety, as they experiment with new ways of thinking and behaving. Jennie will make every effort to minimize these risks for students.

While counseling will occur during the school day, Jennie will make every effort to avoid negatively impacting students' academic progress.

## **Confidentiality**

Jennie has an ethical obligation to keep confidential any details disclosed by students as part of counseling. Jennie will not share detailed information with administrators, teachers, or other students without the explicit consent of the student and/or parent(s)/guardian(s). Because counseling takes place in a school setting, Jennie will provide the following general information to the principal: (a) student name, (b) date of session, and (c) session focus.

In general, there are limitations to confidentiality. These limitations are as follows. In each case, Jennie will take all precautions required by the Ohio Revised Code to ensure the safety of the student:

- The counselor has reason to suspect child abuse.
- There is a need to warn and protect the student or others who are in imminent danger.
- The student is planning to hurt themselves or is being hurt by another party.
- The student or guardian requests a release of information
- The counselor receives a court order requiring disclosure of information.
- If there is any complaint or litigation against the counselor that requires the release of the information.
- If there is a need to protect a third party from a communicable and fatal disease.

If any of these limitations to confidentiality exist, the counselor is released from the obligation to keep information confidential. Consultation with another professional will occur when a potential exception to confidentiality is ambiguous in nature. Please also be aware that cases will be discussed in case consultation and supervision.

### **Procedures**

Students may be referred to counseling by administrators, teachers, or parents/guardians. Jennie will make every effort to solicit the input of school-based personnel prior to working with students.

Jennie will complete written documentation for each referral and create a case file. After each session, students will be promptly sent back to class. Documentation is then completed summarizing the meeting.

### **Written Reports**

All counseling-related materials are kept in secured files separate from the student's cumulative file. Parents/guardians have the right to make appointments to view their child's counseling file; however, the actual records remain the property of Jennie.

### **Professionalism**

Jennie's services will be rendered in a professional manner consistent with accepted professional and ethical standards. If you have any questions or concerns, please do not hesitate to contact Jennie. Jennie is available by email or phone: [jennie@sopcc.org](mailto:jennie@sopcc.org) or at 614.442.7650 ext.15.

You have a right to have your questions answered. If you do not feel like Jennie has answered your questions adequately, please feel free to contact the State of Ohio - Counselor, Social Worker, and Marriage and Family Therapist Board. This board regulates all licensed marriage and family therapists and counselors and can be reached at 77 S. High St, 24<sup>th</sup> Floor, Columbus, OH 43215.



Jennie Statczar, M.A., LPC is approved by the State of Ohio Counselor, Social Work and Marriage and Family Therapist Board as a Licensed Professional Counselor. She holds a Bachelor of Science degree in Applied Psychology from Franklin University and a Master of Arts degree in Clinical Mental Health Counseling from Ashland Theological Seminary. Jennie is a member of the American Counseling Association, Ohio Counseling Association and serves as Chair for the Awards Committee.

### **How can she help?**

Jennie can provide small-group and individual counseling for students (usually 30- to 45-minute sessions), guidance and support within the classroom, large-group psychoeducation and preventative programming, and direct support for staff.

### **When is she here?**

Jennie will be at St. Matthias on Monday's and Thursday's, from 8:00 am to 3:00 pm.

### **How do I contact the counselor?**

Catch Jennie in the hall, or contact by email at [jennie@sopcc.org](mailto:jennie@sopcc.org) or call 614.442.7650 ext. 15