



Student Services

How Counsellors in Schools Support Youth in Schools!

Meet the Burnaby North Counsellors



Mr. M Hawkins
A-C



Ms. S Chun
D-Go +
International
Students



Ms. D Cho
Gn - Le



Mr. J Ashfield
Li - R +
Bridge Program



Ms. M Smith
S - Z

How to connect with a counsellor:

► Students:

COUNSELLING APPOINTMENT REQUEST
Ms. Smith (S - Z)

Name: Simpson Lisa
(first) (last)

Today's Date: Oct 22 Grade: 8

This box is for counsellor use only.

Was seen by counsellor: _____
M. Smith

Time: _____

► Parents:

- Email – can be found on school website at:
<https://north.burnabyschools.ca/school-info/staff-directory/>
- Call – 604-296-6875
- In-person meetings **by appointment**



Counsellors' Roles in Schools

Some examples...

► Mental Health Support

- Provide a safe space and neutral person to talk to
- Teach coping strategies, social-emotional wellness
- Provide mental-health counselling and/or refer to community counselling
- Work with students & teachers to support mental wellness in school
- Connect students to school and community resources

► Course and School Guidance

- Course planning & registration
- Support with grade 7 transition
- Support with graduation planning
- Support with career planning
- Post-secondary planning, admissions and support
- Support (self) advocacy



School Counsellors in Burnaby



All School Counsellors are BC **Certified Teachers***

All School Counsellors have a **Master's Degree** in Clinical Counselling*
(or related discipline)

School Counsellors inform, respect, and advocate for students' needs & rights

School Counsellors maintain students' confidentiality**

*Applies to Burnaby School District

**There are a few exceptions; we'll discuss these next!

Limits of Confidentiality

Counsellors are required to maintain students' confidentiality, with three important exceptions:





“Do my parents need to know I’m talking to a counsellor?”

- ▶ All students have access to school counselling
- ▶ Counsellors will make sure youth understand the *risks* and *benefits* of counselling, and the *limits of confidentiality*
 - ▶ Unlike elementary school, if the counsellor assesses that the youth understands this, and is safe, they are not required to notify parents
 - ▶ Counsellors know that it’s generally better to include parents/guardians when possible, and we work with youth to make this decision. However, ultimately we must respect what the youth chooses, unless there is a safety concern
 - ▶ Sometimes the neutrality of a counsellor makes it easier for kids to open up
- ▶ If a counsellor learns that a youth is at risk of harming themselves or others, or there are other safety concerns, counsellors will always contact the parent/guardian.



Students' Rights in Counselling

Youth have the right to say "yes" or "no" to counselling support

Youth have the right to share as much or as little as they want with their counsellor

Youth have the right to choose the goals that will help them to create the change they want

Youth have the right to read what your counsellor puts in their file

Youth have the right to decide what information, if any, the counsellor shares with teachers, parents, or other caretakers*

*within the limits of confidentiality



Questions?