## Student Services

How Counsellors in Schools Support Youth in Schools!

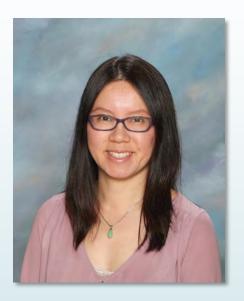
## Meet the Burnaby North Counsellors



Mr. M Hawkins



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 APPOIN Ms. Smith (	
Name: Simpson (first) (last)	Lisa
(first) (last) Today's Date: Oct 22	Grade:8
This box is for counsellor use only.	
. 14	
4	
Was seen by counsellor:	M. Sm

#### Parents:

- Email can be found on school website at: <a href="https://north.burnabyschools.ca/s">https://north.burnabyschools.ca/s</a> <a href="chool-info/staff-directory/">chool-info/staff-directory/</a>
- 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, socialemotional 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\*\*

<sup>\*</sup>Applies to Burnaby School District

<sup>\*\*</sup>There are a few exceptions; we'll discuss these next!

Limits of Confidentiality

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

If a youth
discloses that
they, or
another
person, is at risk
of harm

If a youth discloses that they, or another person, has been abused

If a judge subpoenas a youth's counselling file for legal reasons. This is very rare.

## "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 <u>always</u> 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?