

COUNSELLING & PSYCHOLOGICAL SERVICES

INFORMATION AND HOW TO CONTACT



Counselling and Psychological Services at Kinross Wolaroi School are provided by Rebecca Campey. Rebecca is a Psychologist with extensive training and experience in child and adolescent mental health. Rebecca is available to work with students, staff and parents to address academic, socio-emotional and behavioural issues which impact on student wellbeing. Any issue that might impact on a student's wellbeing could be helped by speaking with a Counsellor, including:

- Behaviour concerns
- Depression
- Anxiety
- Learning difficulties
- Family problems
- Grief and loss
- Stress
- Social skills
- Concerns about eating or body image

While sometimes you may wish to call the Counsellor directly, your first point of contact for most concerns would be your child's Teacher in the Junior School or Head Mentor for students in the Senior School.

The Counselling and Psychological Service is available for students from Kindergarten to Year 12.

The School Counsellor supports whole school practice and is a member of the Wellbeing Team. Services provided include:

- Individual student assessment and support / counselling for a range of issues
- Classroom observations
- Assisting teachers to support students with learning, behavioural or mental health needs
- Liaising with parents regarding students
- Supporting students with mental health issues who are being treated by external clinicians
- Preventative and early intervention initiatives
- Contributing to the professional learning of teachers and school staff in areas of Mental Health and Wellbeing
- Working with Student Academic Services

CONTACTING THE COUNSELLOR

Parents are welcome to phone and talk about their concerns or make an appointment to come in and speak with the Counsellor. Alternatively you can email rcampey@kws.nsw.edu.au. Counselling and Psychological Services are available between 8.30am and 4.30pm Monday to Friday.

Students are able to come and make appointments themselves via the Student Support Suite or email.

CONFIDENTIALITY

Counselling and Psychological Services offer a confidential service respecting the individual's privacy. However, in certain circumstances, parents and appropriate staff will be contacted:

- The student reveals information about harm to himself/herself or to another person.
- The student or another person may be in physical danger.
- The student consents to others being informed about certain information.
- Records are subpoenaed by a Court.

The School Counsellor works as a part of the Wellbeing Team, and with permission will share relevant information with the child's teacher/s and other staff who work with the child.

DATA COLLECTION

Kinross Wolaroi School collects information about students and their families when necessary to:

- Educate students
- Support students' social and emotional wellbeing, and health
- Fulfil legal requirements, including to:
 - Take reasonable steps to reduce the risk of reasonably foreseeable harm to students, staff and visitors
 - Make reasonable adjustments for students with disabilities (anti-discrimination law)
- Enable our school to ensure effective management, resourcing and administration
- Fulfil statutory functions and duties
- Comply with reporting requirements

Some student records may be shared with the AIS for auditing and funding purposes. This information is de-identified and only essential information is shared.

Student counselling files are stored securely in accordance with AHPRA regulations.

EXTERNAL REFERRALS

In some instances, it may be more appropriate to refer students and their families to professionals outside the school who are able to offer specialist assistance, for example paediatricians, private psychologists, psychiatrists, community mental health services or other allied health professionals. The School Counsellor has strong networking relationships with local providers and can assist with referrals to a range of services.

PARENT/GUARDIAN PERMISSION TO ACCESS SCHOOL COUNSELLING SERVICE

Parents will generally be contacted before a Counsellor sees a Junior School student and parents will be given feedback about the content of appointments.

As an approximate guide, students from around 14 years of age can expect confidentiality regarding counselling appointments, with the exception of serious self-harm, harm to others or the requirements of mandatory reporting under Child Protection legislation or the Crimes Act.

Students in Years 11 and 12 are generally considered able to make their own choice about accessing the School Counselling service. Students who request confidentiality will be encouraged by the Counsellor to inform significant adults about their situation. In this instance parents may be contacted by the Counsellor if there are issues of risk / harm or if the student consents to parents being contacted.

If you have any questions about the Counselling Service please contact me directly:

Rebecca Campey

Email: rcampey@kws.nsw.edu.au

Phone: 02 6392 0356

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CONSENT FOR COLLECTION AND SHARING OF INFORMATION



Name of student: _____

Name of parent/guardian: _____

I provide consent for the School Counsellor to:

- Obtain information from; and/or
 Release information to the following professionals.

1. Name of professional:

Profession: _____
GP / Specialist / Psychologist / Psychiatrist / Other

If other, please specify: _____

Organisation: _____

Address: _____

Phone: _____

Email: _____

2. Name of professional:

Profession: _____
GP / Specialist / Psychologist / Psychiatrist / Other

If other, please specify: _____

Organisation: _____

Address: _____

Phone: _____

Email: _____

Please specify any information you **do not** consent to have released / obtained (eg diagnosis, personal history):

I have been informed and understand how this information will be used.

Signature: _____

Name: _____

Date: _____

Signature: _____

Name: _____

Date: _____