

Dear Parents,

South Washington Alternative High School (SWAHS) has partnered with Youth Service Bureau to provide counseling services to students on-site during the school day. These services focus on prevention, education, and early intervention. Through this program, your child is able to meet with me at **no cost** and access a variety of supportive services including:

- **One-on-one counseling** to help with a variety of topics, such as self-control, positive choices, self-esteem, bullying, social relationships, self-care, and healthy boundaries, and more
- **Optional family sessions** to provide additional support and information to parents, students, and families
- **Support groups** focusing on topics such as friendship and peer relationships, stress management, grief and loss, and more
- **Classroom presentations** on topics related to development, relationships, stress, goal setting, or other areas of interest

Services are also available via telehealth, through an encrypted platform, for those students who or family that are unable to be in the physical school.

If you have concerns about your child, you can contact me by phone or email. Coordination with school staff may also occur, which means your son or daughter may be referred for services by SWAHS staff and teachers. Students can also refer themselves for counseling or a support group. I am available to meet with students on Wednesday afternoons (for group services), and all day on Thursday's (for one-on-one counseling).

If you do not want this available service to be provided to your student, please sign and date the form below and return it to the SWAHS office by mail, email, or in-person to 8400 East Point Douglas Road, Cottage Grove, MN 55016 or katie.maier@ysb.net.

I am very excited to be a part of the SWAHS community and work with such a great group of young people. Please feel free to contact me with any questions or concerns.

Sincerely,

Katie Maier, MSW., LGSW
School-Based Therapist - Youth Service Bureau
katie.maier@ysb.net
(651) 458-5224
Visit www.ysb.net for additional information about our programs

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Opt Out:

If you do not want this available service to be provided to your student, please sign and date this form and return it to the office at SWAHS or email it to chaunte.teehan@ysb.net.

Student Name: _____ Parent Name: _____

Parent Signature: _____ Date: _____