

COUNSELLING & PSYCHOLOGICAL SERVICES

INFORMATION AND HOW TO CONTACT



Counselling and Psychological Services (CAPS) at Kinross Wolaroi School are provided by Rebecca Campey and Amy Newsom. They are both psychologists with extensive training and experience in child and adolescent mental health. They are available to work with students, staff and parents to address academic, social-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 School Psychologist, 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 School Psychologist 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.

CAPS is available for students from Pre-Kinder to Year 12. CAPS supports whole school practice and are part 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 the Learning Support department

CONTACTING CAPS

Parents are welcome to phone and talk about their concerns or make an appointment to come in and speak with the School Psychologists. Alternatively, you can email rcampey@kws.nsw.edu.au or anewsom@kws.nsw.edu.au. CAPS are available in school hours Monday to Friday.

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

CONFIDENTIALITY

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

- 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 Psychologists work 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-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
- 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 Psychologists have 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 School Psychologist sees a Junior School student individually 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 who request confidentiality will be encouraged by the School Psychologist to inform significant adults about their situation. Parents will be contacted by the Psychologist if there are issues of risk / harm or if the student consents to parents being contacted.

If you have any questions about CAPS, please contact the School Psychologists directly.

Rebecca Campey

Email: rcampey@kws.nsw.edu.au

Phone: 02 6392 0356

Amy Newsom

Email: anewsom@kws.nsw.edu.au

Phone: 02 6392 0361

COUNSELLING & PSYCHOLOGICAL SERVICES

CONSENT FOR COLLECTION AND SHARING OF INFORMATION



Name of student: _____

Name of parent/guardian: _____

I provide consent for the School Psychologist 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: _____