



# San Marcos Consolidated Independent School District

P.O. Box 1087 | San Marcos, Texas 78666 | OFFICE 512.393.6700 | FAX 512.393.6787

## Parental Consent for Mental-Health Related Services

**The 89th Texas Legislature recently passed Senate Bill 12, which requires school districts to notify parents of staff services related to mental health and to give parent/guardians the opportunity to opt out before mental health-related services are provided to their child. In schools, counselors may give mental health-related services as defined by statute. Licensed Social Workers, Licensed Professional Counselors and School Counselors provide counseling-related activities within the scope of their employment. These services fall under the responsibilities outlined in the Texas Education Code.**

The following are services required by law.

### SCHOOL COUNSELOR RESPONSIBILITIES REQUIRED BY LAW

#### Comprehensive School Counseling Programs (Texas Education Code §33.005)

- A school counselor shall work with the school faculty and staff, students, parents, and the community to plan, implement, and evaluate a comprehensive school counseling program that conforms to the most recent edition of the Texas Model for Comprehensive School Counseling Programs developed by the Texas Counseling Association. The school counselor shall design the program to include:
- a guidance curriculum to help students develop their full educational potential, including the student's interests and career objectives;
- a responsive services component to intervene on behalf of any student whose immediate personal concerns or problems put the student's continued educational, career, personal, or social development at risk;
- an individual planning system to guide a student as they plan, monitor, and manage their own educational, career, personal, and social development; and
- system support to reinforce the efforts of teachers, staff, parents, and other members of the community in promoting the educational, career, personal, and social development of students.

#### General Duties of School Counselors (Texas Education Code §33.006)

The primary responsibility of a school counselor is to help students fully develop their academic, career, personal, and social abilities. In addition to these general responsibilities, the school counselor shall:

- Participate in planning, implementing, and evaluating a comprehensive developmental guidance program to serve all students and to address the special needs of students:
  - at risk of dropping out of school, becoming substance abusers, participating in gang activity, or committing suicide;
  - in need of modified instructional strategies; or
  - who are gifted and talented, with emphasis on identifying and serving gifted and talented students who are educationally disadvantaged;
- Consult with a student's parent or guardian and make referrals as appropriate;
- Consult with school staff, parents, and other community members to help them increase the effectiveness of education and promote student success;
- Coordinate with people and resources in the school, home, and community;
- Interpret standardized test results and other assessment data with the support of school staff to help a student make educational and career plans;
- Deliver classroom guidance activities or serve as a consultant to teachers conducting lessons based on the school's guidance curriculum.



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## A SCHOOL COUNSELOR WILL:

- Advise a child to discuss situations/issues with parents
- Help facilitate a meeting with parents and child
- Communicate to parents any safety or health related issues

## SCHOOL COUNSELING DOES NOT INCLUDE:

- Therapy or long-term mental health counseling
- Assistance with social transitioning

The following are mental health-related services that a parent/guardian would potentially be opting out of, should they choose to do so. Providing consent allows your child access to timely and equitable services supporting your child's health, safety, wellness, and readiness to learn. Without your consent, staff will be limited in the services they can provide for your child during the school day.

SERVICES RELATED TO THIS REQUEST: (Opting out of mental health-related services will constitute an opt out of services below. All other services above will continue as part of the child's educational plan).

Psychological or psychiatric examination or testing utilizing a method designed to elicit:

- Attitude, Habit, Trait, Opinion, Belief, Feeling, Mental disorder

Methods that would be considered:

- Surveys, Check-ins, Health Screening, Assessment embedded in academic lessons

Parents grant or deny consent annually for these three mental health related care services (*comprehensive school counselor program needs assessment, universal screener, school climate survey*-view [HERE](#)). By consenting to the above-referenced services, you are also consenting to the San Marcos CISD's use of the screening, survey and evaluation materials. Please work with your child's school counselor if you wish to adjust your decision as it relates to mental health-related services.

For crisis situations, *Columbia-Suicide Severity Rating Scale* and *Non-Suicidal Self-Injury Screener* will be used as a screener to support students. All other screeners and/or materials will be shared with parents before any administration. District protocol requires that the parent or guardian be notified after the screening with an explanation of the concern and next steps. If district staff are unable to screen a student for risk, the parent will be contacted to pick up their child for screening at an outside facility to ensure their safety prior to returning to campus.

## PARENTAL/GUARDIAN CONSENT REQUIREMENT

This form grants or denies consent for your child to receive mental health-related services provided by SMCISD employees and contractors during the 2026–2027 school year. Notification of your option to opt-out is required annually and may be revoked or reinstated at any time with written notice signed by the parent/guardian. Any change is effective immediately upon receipt.