

## Counseling Services Information

Castilleja students are offered many opportunities for whole student enrichment on campus. One of these opportunities is a counseling department that promotes the social and emotional development of students in support of their academic success. Counseling services can be useful for dealing with challenging social emotional issues but can also be used by students to get the occasional support and clarity that comes with talking through difficulties. Counseling services are available to all students throughout the school day, including some after school hours. These services include individual counseling, group counseling, crisis intervention, parent consultation and parent education. Our department uses a short-term school counseling model focusing on preventative intervention. For students or families requesting longer-term treatment or other services not provided on campus, we will take great care to link families with appropriate outside resources.

The counseling department consists of two licensed professionals who are part of the Castilleja staff: Terese Brennan-Marquez, Director of Counseling and Social Emotional Learning and Annie Dornbush, School Counselor. Both Terese and Annie have many years of clinical experience working with young people, families and schools, and both are available to see students and work collaboratively with families. To contact them, you can use the email address or phone number in the school directory or send an email to [meet@castilleja.org](mailto:meet@castilleja.org)

The following is important information for you and your student to know about school-based counseling:

### **Confidentiality**

All information discussed in a counseling session is confidential. In a school setting this remains true with some exceptions. Since the purpose of school based counseling is to enhance students' social and emotional well-being *within the context of* their school experience, the counselor will often collaborate with faculty and staff to assist them in best supporting students. Additionally the counseling staff will collaborate with parents or guardians ***if it is in the best interest of the student***. The professional counseling staff uses their clinical judgment to release only relevant information about students when it is necessary to collaborate.

### **Mandated Reporting Laws**

All Castilleja faculty and staff, including the counseling staff, have specific mandated reporting responsibilities under California law. The instances requiring mandated reports, also called exceptions to confidentiality, include:

- Disclosure of abuse or neglect of a minor child or dependent adult
- Disclosure of intent to seriously harm oneself or another person

In the event of a mandated report, it is school policy that the Head of School and/or her representative be notified.

### **Adolescent Consent Law**

Under California law, a minor 12 years of age or older may consent to mental health treatment or counseling services without first obtaining parental consent if, in the opinion of the counselor, the minor is mature enough to participate intelligently in their treatment. Counseling is available to all Castilleja students at their request. If you **do not** want your daughter to receive counseling services you will need to request so in writing to [TBrennanMarquez@castilleja.org](mailto:TBrennanMarquez@castilleja.org).