**Referral for School Counseling Services**

School Counselors provide intervention services to help students be ready to learn, focusing on the areas of academic development, personal/social development, communication, decision making, and coping skills. In order for the school counselor to provide counseling services, behaviors and/or emotions must be impacting the student academically.

The following are the guidelines and procedures for referring a student for in school counseling services:

* Utilize pre-intervention strategies
* Fill out and submit a referral form to the school counselor
* The school counselor will contact parents to provide a consent for counseling
* Once parental consent is obtained, the school counselor will meet with the student
* The school counselor will determine if counseling will be individual, in a group setting (6-8 sessions) or as needed (consultation with teacher for in class recommendations and/or intervention at the child's request)

**Frequently asked questions about Counseling referrals:**

**When should I request a counseling intake for a student?**

* When a student is very sad, confused, shy, angry, or worried
* When severe changes in a student's behavior occur
* When a student is having difficulty dealing with family changes or situations
* When something seems to be bothering a student to the point of distraction or intense anxiety
* When a student is dealing with a loss of a family member, friend, or pet
* When stressors at home are affecting school performance or self-concept
* When a student is consistently absent from school

**What to try before making a referral?**

* Speaking with the student directly about your concerns
* Change seating in the classroom
* Offer extra assistance - suggest after school homework club
* Call parents to gain insight and address your concerns
* Consider modifying assignments as needed
* Accommodate for learning style/strength of the student

**What will you work on in counseling?**

* School counselors help students to be ready for learning by providing short-term assistance with particular issues that may be acting as roadblocks to the child’s education. We focus on the areas of academic development, personal/social development, communication, decision making, coping skills, and career awareness and exploration. School Counselors work with all students, either individually or in small groups.

**What are the parameters around confidentiality?**

* Confidentiality is an important aspect of counseling; this is how the counselor builds trust with the student. What the child says during counseling is to remain between the counselor and the child unless:
1. The child is in imminent danger.
2. The child is threatening to harm him/herself or someone else.
3. The child reports an incident of abuse and/or neglect.
4. The child gives permission to disclose. When a breach in confidentiality is necessary, the school counselor would make a report to the appropriate agencies, support staff and/or parents depending on the situation.

**Teacher Referral Form for School Counseling**

Person Making Referral: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Have you contacted the parent about possible counseling referral? Yes No

What are several academic strengths, talents, or specific interests for this student?





**Reason(s) for Referral- Problems/Concerns related to:** (*Please check all that apply.*)

|  |  |  |  |
| --- | --- | --- | --- |
| Change in behavior WorriesDaydream/fantasizesGrief FearsSadnessAlways tiredMotivationInattentive WithdrawnCries easily for age Self confidence Academics |  Nervous/anxiousPerfectionistAggression/AngerSwearing Fighting  Lying BullyingDisrespectful Defiant Hurts self ImpulsiveOver ActiveSocial Skills |  Makes Odd Sounds Stealing Destruction of PropertyPeer Relationships Personal Hygiene Family ConcernsEasily distracted AbsencesTardyWork habits/organizationCompletion ofAssignments/HomeworkOther \_\_\_\_\_\_\_\_\_\_\_\_\_ |  |

**Clarify Referral Problem / History:**





**Pre-intervention strategies utilized prior to referral***, if applicable:*



**Signature of person making referral** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date** \_\_\_\_\_\_\_\_\_\_\_\_