



ST. THOMAS AQUINAS
High School & Middle School
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St. Thomas School Counseling Services

Did you know... school- based mental health services are available to all students at St. Thomas?

The following provides you with information about school-based mental health services. School-based mental health includes consultation (skill building and problem solving), individual child and group counseling interventions, and classroom support to address concerns and provide success. Parent/ Guardian consent is required for all ongoing services other than classroom activities and crisis support.

PURPOSE

1. To deliver interventions aimed at reducing learning barriers, especially social, emotional and behavioral difficulties.
2. To foster student development of academic and social competencies which enable them to function positively at home, at school, and with peers.
3. To assist individuals, families, and school communities to build resiliency and positive school climate, and enhance social-emotional learning and educational success.

GOALS

1. To support student learning and academic progress.
2. To nurture healthy and balanced self-respect.
3. To encourage respect for others and appreciation of differences.
4. To increase responsible decision making and actions.
5. To build effective social skills, such as listening, friendship, cooperation and negotiation.
6. To boost resilience and strengthen healthy ways to overcome or cope with stressful situations.
7. To foster emotional competency: awareness, identification, and appropriate expression of a full range of emotions.
8. To advocate peaceful relationships and improve conflict management skills.

Consultation services are time-limited, lower intensity services available to students who could benefit from brief and focused support, or skill building/coaching. Consultation also includes screening and classroom observation, classroom activities, being available for parent consultation, and crisis services. All consultation services are free, but ongoing consultation requires parental consent.

Clinical counseling services are also available on-site in the school through CommQuest Services. Treatment services are appropriate for students who could benefit from one-on-one support and interventions aimed at addressing specific challenges or concerns. Counseling is indicated when a student has ongoing difficulties or multiple concerns, or when brief support is not sufficient to produce changes.

School based counseling is similar to outside counseling services available in our community, but with the convenience of being conducted right at the school! With school based treatment, parents do not have to worry about scheduling appointments or transportation to and from sessions. Note that treatment services are billed to a child's insurance or Medicaid, but there are additional funding options if this is a concern. Parents/ guardians maintain involvement through phone discussions or schedule meetings.

If you have any questions about the support services offered at St. Thomas Aquinas or would like to talk directly about your child, please contact our School-Based Counselor, Marie Klemens, on Monday's at 330-413-3022.