

# **FREQUENTLY ASKED QUESTIONS (FAQs)**

We just want to clarify a few details regarding the attached forms. We want to alleviate any confusion created by the language of these forms. Please know that other parent(s)/guardian(s) have had similar questions that we would like to address.

- **WHY DID MY CHILD RECEIVE THIS PERMISSION SLIP?**
  - *Our school tries our best to work as a team to identify and address as many students as possible to help them be successful in school and in life.*
  - *Our department sends out electronic referrals to school staff asking for their input regarding potential participants in our lunch groups. We often send these referrals 1-3 times throughout the school year in hopes of helping as many students as possible. We often use referrals from previous years and any referrals we receive at the start of a new school year.*
  - *Therefore, we often send over 200 permission slips home inviting students to be a part of one or more lunch groups (varying in approximately 10 different topics/focus).*
  
- **DOES THIS MEAN THAT MY CHILD IS “IN TROUBLE” OR HAS SOME “ISSUES” THAT WE DIDN’T KNOW ABOUT?**
  - *Please keep in mind that our referral process does not necessarily highlight negative or poor behaviors or students who “get into trouble.” Your child may have been nominated to be a part of a group, simply because they are a “model student” and can help lead other students in the group to be “better behaved.”*
  - *We believe that ALL students—especially at this age—have all kinds of skills they can work on that will help them be more successful in school and later in life. Some of these skills include: assertive communication styles, managing intense emotions like anger, depression, and anxiety; problem-solving skills, interpersonal effectiveness, positive self-talk, organizational skills, etc.*
  
- **IS THIS SERVICE LIKE OUTPATIENT THERAPY OR OUTPATIENT COUNSELING?**
  - *We like to operate our services by a strengths-based, client-centered, and client empowerment approach. We believe that students can be successful when coached and guided on helpful skills.*
  - *Our groups rarely last more than the 30 minute window reserved for lunch time. We prefer lunch groups so that students can maintain as much time in the classroom as possible.*
  - *We often keep our individual sessions to 20 min. or less, as opposed to outpatient counseling or therapy at a local, community agency (which often runs 50-60 minutes long).*
  - *We utilize principles centered on brief solution-based school counseling techniques. Our goal is to coach the student and to also help them get back into the classroom to continue learning.*
  - *Not all groups or sessions are “therapeutic”. This means that we often work with students on tangible and practical solutions to help them be successful in school, such as, locker and binder organization.*
  
- **HOW LONG IS THIS SIGNED CONSENT FORM VALID?**
  - *Once you sign and return the form, your consent is valid for one year. This means that you will need to sign a new consent form each academic year if you wish to continue the additional support for your child. If at any time you wish to revoke this consent, you have the right to do so.*