

Policy (J-54)

Student Counseling Resources: Classroom Lessons and Mental Health Services

All Alabama public schools require specifically trained professionals to serve as school counselors in grades K – 12. Counselors in Mountain Brook Schools provides classroom skill-based lessons and counseling services. Counselors work collaboratively with families and students to address concerns that may arise.

Classroom Lessons. Counselors offer classroom lessons to students to support academic growth, career awareness and readiness, and social and emotional development. Materials used for classroom guidance lessons can be reviewed at parent request by contacting your local school counselor(s).

Counseling Services. Mountain Brook Schools also offers counseling services provided during the school day as determined by an individual student's needs. Services are delivered through individual or small group sessions and service descriptions can be found in the Student Code of Conduct.

If a student requires ongoing counseling support (more than 2 sessions within a 9-week period), services will be offered to the student's parents or guardians on an annual basis. Upon written parental permission, services will be provided per the outlined agreement. The parent or guardian rescind permission for services in writing at any time. Additionally, the school may cease the services if they are no longer deemed appropriate or if a referral for outside services is warranted.

Referrals for outside mental health services and supports may be accessed through the Mountain Brook Schools Mental Health Coordinator. All mental health records will be treated as health care records and kept separately from academic records.

Adopted: July 11, 2022