

Role of School Counsellor with young people who are experiencing a mental health or substance use challenge

Youth

- Create a safe place to share personal concerns and seek collaborative system of care from outside agencies
- Help the youth engage with and navigate the most appropriate system of care given the level of concern
- Advocate for the youth with school staff for accommodations as collaboratively determined with the youth
- Help practice/reinforce various aspects of plan of care
 - e.g. CBT strategies

Friends

- Educate peers about when it's appropriate to seek help for a friend (and how they can access help)
 - Build peer capacities to appropriately support friends who are struggling
 - Educate peers about self-care when dealing with a friend who is struggling
 - Increase the "help seeking" behaviour of peers
- Services are provided through individual, small group, classroom, or classroom sessions/programs

Family

- Provide educational resources
- Help families engage and navigate the most appropriate system of care given the level of concern
- Encourage trusting relationships with the collaborative team care for their child
- Encourage families to seek support for the whole family

Allied Support Professionals*

- Facilitate collaborative relationships with youth and family
- Communicate directly with youth and family
- *Provide observations / feedback of the various aspects of the care plan
 - e.g.
 - Completion of mental health / substance use screening tools
 - <http://www.gpscbc.ca/psp-learning/child-and-youth-mental-health/tools-resources>
 - Impact of medications on behaviour, attendance and attitude at school

** these efforts/actions are conducted after the appropriate level of consent has been given/received*