

6-5.1 F1

Fauquier County Public Schools

320 HOSPITAL DRIVE, SUITE 40

WARRENTON, VIRGINIA 20186-3037

19-20 School Year

Dear Parents:

Pursuant to the requirements of the Virginia Standards of Quality, Fauquier County Public Schools offers students counseling services in the areas of academic counseling, career counseling, and counseling services (see attached Fauquier County Public Schools Policy 6-5.1).

Academic and career counseling services are required and provided to all students. While we believe that personal/social counseling is important, you may elect not to have your child participate in this type of counseling program. Attached is a brochure containing information about the counseling and counseling programs in Fauquier County Public Schools.

Counseling materials used in your school may be reviewed in the school's counseling office. Requests for review of materials should be made through the school principal at least 24 hours in advance of the requested time to review.

If you prefer not to have your child participate in personal/social counseling activities, you should notify your school in writing of your request.

**Fauquier County Public Schools
Department of Instruction**



Fauquier County Public Schools

The High School Counseling Program

Who is the School Counselor?

The high school counselor is a professional who has a master's degree in school counseling with special preparation in the following:

- Communication skills and mediation techniques
- Principles of child growth and development
- Individual and group counseling
- Elements of career development and higher education planning

High School Counselors Office Numbers:

Fauquier High School Counselors Office:
540-422-7307

Kettle Run High School Counselors Office
540-422-7348

Liberty High School Counselors Office:
540-422-7367

Southeastern Alternative School Counselors Office
540-422-7379

What Does the School Counselor Do?

The school counselor helps students to:

- Plan a high school curriculum that optimizes their interest, abilities, and future plans
- Establish effective study skills
- Recognize student abilities and interest
- Gain an understanding of the school staff, school rules, programs, services and activities offered
- Become increasingly independent and responsible for their behavior and learning
- Utilize problem solving, conflict resolution, and decision making skills
- Adjust to high school environment
- Recognize the relationship between education and careers

The counselor works with parents to:

- Recognize stages of child growth and development
- Accept students' abilities and areas of need
- Understand their child's progress in school
- Promote positive home/school relationships
- Collaborate and consult with school and community Agencies
- Plan for referrals to community agencies or outside professional help

The counselor helps school personnel with:

- Understanding and meeting individual student needs
- Providing a classroom environment conducive to learning
- Providing a testing environment conducive to student success
- Identifying students with risk factors and coordinating appropriate services
- Sharing ideas at workshop/in-service program
- Serving as advocates for student growth and learning
- Planning a high school curriculum that optimizes the interest, abilities and future plans of their students.

How Does the School Counseling Program Work?

High school counselors work with students, parents, teachers and other school staff members by conducting activities to maximize each student's potential. The program is designed to ensure that all students have the opportunity for support in personal, social, and academic pursuits.

Counseling

Individual and small group counseling, which is voluntary and confidential, will be conducted with students. A student will be seen when:

- He/she requests counseling
- Parents, teachers, administrators refer a student
- The counselor invites the child.

Orientation

Freshman, Sophomore, Junior, and Senior classes will be provided with information appropriate for each level regarding their career and educational plans.

Our Mission

The Fauquier County School Counseling Program is dedicated to creating a safe, caring, respectful environment in which students can strive toward academic, personal, social, and career success. As professional school counselors, we serve as advocates for the students and collaborate with teachers, parents, administrators, and the community. Our proactive, comprehensive and developmental program inspires students to acquire the skills, knowledge, and attitudes to become effective students, responsible citizens and lifelong learners.

A Sampling of Counseling Resources in the Community

Counseling Interventions Culpeper: 540-399-9970
<http://www.counselinginterventions.com/>

Family Preservation Services: 540-825-3117
<http://www.pathways.com/virginia-family-preservation-services/>
 Gainesville Professional Counseling Center
 571-385-4596 <http://www.counseling-gainesville.com/>

A Place to be 540-687-6740 <http://www.aplacetobeva.org/>

Rafala Counseling Center, Culpeper
 540-829-0036

Chrysalis Counseling Center, Warrenton
 540 347-0613 <http://www.chrysaliscenters.com/index.html>
 RRCS/Fauquier Behavioral Health, Warrenton 540-825-3100
<https://www.rrcsb.org/>

National Counseling Group, Culpeper
 800-877-566-9624 <http://ncgcommunity.com/>

Prince William Family Counseling
<https://www.psychologytoday.com/us/therapists/va/prince-william-county>

Time Family Services: 540-850-3491
<http://www.time4family.net/contact-us/>

Emergency or Crisis

Rappahannock Rapidan Community Services
 Emergency Services (24 hour crisis line) 540-347-7620

National Suicide Prevention Lifeline 1-800-273-8255
<https://suicidepreventionlifeline.org/>

Crisis Text Line Text Home to 741741
<https://www.crisistextline.org/>

Support Groups & Resources

<p><u>Fauquier County Mental Health Association</u> fauquier-mha.com/ (540) 341-8732</p>	<p>Substance Abuse and Mental Health Services Administration (SAMHSA): 877-726-4727 or 800-487-4889 (TDD) http://www.samhsa.gov/</p>
<p><u>Families Overcoming Drug Addiction:</u> – https://myfodafamily.org/</p>	<p>CAYA info@cayacoalition.org http://www.cayacoalition.org/about-us/</p>
<p>Hospice of Rapidan 800-975-5501, 540-825-4840 http://www.hopva.org/</p>	<p>Fauquier CADRE 540-347-2340 www.fauquiercadre.org/</p>

This list is only a sampling of resources. Consult with your doctor and school counselor for further information. Fauquier County School Division does not endorse these organizations.