

To our Parent and Guardians,

Dr. Mitchell here, your child's middle school counselor. During the COVID-19 school closure, I will be continuing to meet with your child's weekly counseling group on Tuesdays at 10:00am until 10:40am.

The group will meet using the video conferencing tool Zoom, which has been approved by our school district. To keep things secure, I will be requiring all meetings to have a password. I will also be locking the meeting once it starts so no one else can enter the session.

Zoom Code:

Zoom Password:

Zoom Link:

For more information on how to use Zoom, please see the resource from Zoom: https://www.youtube.com/embed/hIkCmbvAHQQ?rel=0&autoplay=1&cc_load_policy=1 or I can help you anytime during my office hours between 9:00-12:00 Monday-Friday. Please call/text me on my school closure phone number or email me at address below.

Small group counseling looks different virtually then it does when I meet with your child's group in the traditional school setting. The most challenging difference is that with virtual groups, I cannot ensure the confidentiality of your child's video or of what they share in the group. Please think about the following:

- I will be focusing on skill building activities and general discussions. We will not be diving deep into personal life.
- I cannot guarantee that there are not other siblings/parents around who will see/hear the virtual group
- Students have the option to turn their video off but still participate through audio-only
- If possible, please have your child use headphones during the group
- If a student discloses information that is related to self-harm, being harmed, or harming others I will be informing parents and the necessary authorities (just like in a traditional group setting)

Please confirm that you have read the above statements and that you understand the limitations of confidentiality by e-mailing me back a "yes, my daughter can participate in virtual counseling". If you have any questions or concerns please reach out to me the contacts below.

Dr. Mitchell

E-Mail

School Closure Phone Number