

## Additional Counseling Exemption

Dear Parent and/or Guardian:

We, as a K-12 counseling team, realize that in these challenging times, your child may need extra support. We care very much about each of our students.

We are available to your child through the following ways if you or your child reach out to us:

- email
- phone call
- online virtual platform such as Google Teams

Unless this letter is signed and returned, we will provide counseling support to your son or daughter as requested. Counseling support could include a basic check in as to how your child is doing or support for emotional needs or difficulties.

This is with the understanding that we have been asked by our administrators to contact students from time to time to help with general school engagement, and you may receive a call for that. **When we call, it may show as a restricted number. Please answer. It could be your child's teacher or guidance counselor working remotely.**

If your child is in crisis, please call The Crisis and Counseling Center: **1-888-568-1112**, which is available 24 hours a day.

At Skowhegan Area High School, you can reach the counseling staff by email at:

Last name A – F	Dan Riley – <a href="mailto:driley@msad54.org">driley@msad54.org</a>
Last name G – N	Dan Hylan, Director – <a href="mailto:dhylan@msad54.org">dhylan@msad54.org</a>
Last name O – Z	Laurie MacFarland – <a href="mailto:lmacfarland@msad54.org">lmacfarland@msad54.org</a>

Let us know what we can do to support your child.

If you **do not** wish for us to contact your child to provide additional counseling support, we ask that you sign this letter and return it to your child's school office.

I **do not** wish for my child to receive additional counseling support during MSAD #54 distance learning.

Student Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_