

**Informed Consent for District-Employed Licensed Mental Health Professionals  
2024-25 Academic Year**

**Dear Parent/Guardian:**

The Fort Dodge Community School District employs licensed mental health professionals who may provide services regarding a student's social, emotional, and behavioral health including but not limited to the assessment, learning, and implementation of social and emotional learning (SEL) skills, individual and group psychotherapy, connection to community resources, and advocacy efforts for all students and their families. Services may include intake assessment, short-term individual sessions, crisis intervention, group counseling, skill building, progress monitoring, and referrals to external service providers as needed. These services are provided at no cost to students and their families.

**Acknowledgment:**

I understand that these services are aimed at providing adequate education and socialization for my student while within the school community. I understand that these services are not intended as a substitute for psychological counseling, diagnosis, or medication, which are not the responsibility of the school. I acknowledge that it is my responsibility to determine whether additional or different services are necessary and whether to seek them for my student.

I understand that there may be both risks and benefits associated with participation. Selective services from district-employed licensed mental health professionals may improve my student's ability to relate with others and provide a clearer understanding of themselves, along with values, goals, and an ability to deal with everyday stress. I also understand that therapy may lead to unanticipated feelings and change, which might unexpectedly impact my student and their relationships.

**Confidentiality:**

To build rapport with the student, district-employed licensed mental health professionals will keep information confidential to the extent permissible. I understand that district-employed licensed mental health professionals are required by law to share information in certain circumstances. These include, but are not limited to:

- If the student is presenting a danger to self or another person;
- There is evidence of, or the student discloses abuse (physically or sexually) or neglect; and
- If there are threats to school security.

Most, if not all, of the records maintained by district-employed licensed mental health professionals are considered educational records under the Family Educational Rights and Privacy Act (FERPA). Such records would also have to be disclosed according to those statutory requirements. The district-employed licensed mental health professionals will make the student aware of these limits of confidentiality. If you would like the district-employed licensed mental health professionals to share information with a third party, such as a community therapist, psychiatrist, social worker, or pediatrician, you must sign an additional release of information form.

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