
Board Governance Policy Cross Reference: [1, 12, 13](#)

Administrative Procedures Cross Reference:

Form Cross Reference:

Legal/Regulatory Reference:

The Interlake School Division (ISD) is committed to the health and well being of their students. Manitoba youth who use alcohol and other mood-altering drugs typically report starting use between the ages of 12-16. Providing prevention and counselling services in schools reduces barriers to referral and treatment for students and allows for earlier intervention. As a result, the Division has partnered with Shared Health to provide addictions counselling services to students.

Goals of the partnership are:

- to encourage the early identification and referral of students experiencing problems related to their alcohol/other drug or gambling involvement;
- to prevent students from becoming harmfully involved in alcohol/other drugs or gambling; and/or
- to assist and support students affected by the alcohol/other drug or gambling involvement of people close to them.

1. Services Available

- a) **Assessment:** This may involve a number of individual or group sessions or a combination of both. The purpose of the assessment is to gather information that will help the counsellor and the young person set goals and make an action plan based on the young person's needs. This part of programming also often involves education on alcohol, other drugs and gambling.
- b) **Counselling and Rehabilitation Services:** This may also involve several individual, group or family sessions or a combination. The counselling programs will vary across the province. The purpose of the counselling programs is to assist the young person in meeting the goals he/she identified during the assessment.
- c) **Referral:** Addictions counsellors can make referrals to other services within Shared Health or external services as needed in order to help clients meet their goals.

- d) **Prevention/Education:** Counsellors are available to make presentations to classes. They also provide a source of accurate information for individual students, parents, school staff, community members and staff from other agencies on alcohol, other drugs or gambling and its effects.
- e) **Consultation:** Counsellors are available to consult with and support parents, teachers or students who have concerns about a student's use of alcohol/other drugs or gambling.

2. Confidentiality

Addictions counsellors encourage young people to involve their parents in the counselling process; however, it is not necessary that parents be aware that a student is seeing the counsellor. The exception to this is where the school or another agency (e.g. probations) is mandating the student's attendance and there will be consequences for non-attendance.

Students can be sure that information they share is not shared with anyone else. Exceptions to this include: harm to self or others, abuse (physical, sexual or emotional) or attending the counselling center under the influence of alcohol or another drug.

The counsellor will make sure that you understand the exceptions to confidentiality before you share any information with him/her.