

SAP & Counseling Services

Parent/Guardian Opt-Out Request

Dear Parent or Guardian,

Lakeland Jr/Sr High School offers a SAP is a program that provides a confidential setting for students who can benefit from education regarding: violence, substance abuse, and suicide prevention; life skills such as (but not limited to) problem solving, communication, self-esteem, decision making skills, and the effect of their own or someone else's use of alcohol or other drugs. Each student's contact is kept confidential, involving others only when concern for the health, safety, or welfare of the student arises. Our Student Assistance Program (SAP) team consists of in-school staff working together with community agencies and available resources.

LHS also aims to provide comprehensive, developmental school counseling program that addresses the academic, career and personal/social development of all students. School counselors are professional advocates who provide support to maximize student potential and academic achievement. In partnership with other educators, parents or guardians and the community, school counselors facilitate the support system to ensure all students at LHS have access to and are prepared with the knowledge and skills to contribute at the highest level as productive members of society.

Both the SAP and school counselors (Mrs. deQuevedo & Mrs. Valonis) may offer groups for students at different times throughout the year. Complete and return this form if you **DO NOT** want your child to participate in small group counseling run by either the school counselors and/or SAP team for the 2016-2017 school year. *Small group topics include but are not limited to: anger management, friendship, grief, social skills, changing families, organization, anxiety, substance abuse, and transition.

**If you choose not to opt out, you will receive communication if your child is chosen for a small group.*

-----Please Cut & Return-----

I am requesting that my child **NOT** participate in small group counseling at Lakeland Jr/Sr High School offered through the School Counseling Department and/or SAP team.

Student Name: _____ DOB: _____ Grade: _____

Parent/Guardian Name: _____

**FOR MORE INFORMATION ON OUR SAP TEAM OR TO MAKE A REFERRAL,
PLEASE VISIT OUR WEBSITE AT: [HTTP://BIT.LY/SAPTEAM](http://bit.ly/SAPTEAM)**

