

## Referral for Social Work

Lambton Kent District School Board School Social Workers support secondary students, families, and staff well-being.

To access the School Social Worker please contact the guidance staff at the school directly to inquire about support.

**School Social Workers make a difference!**



It's OK to get help

## Community Resources

I may need to reach out to...

### Chatham-Kent Agencies

#### **Chatham Kent Children's Services**

519-352-0440 press 0 and ask for mental health

#### **Access Open Minds**

519-437-6329

#### **Canadian Mental Health Association**

519-436-6100

#### **Chatham Kent Health Alliance**

519-351-6144

#### **Restorative Justice Chatham**

519-380-0931

### Sarnia-Lambton Agencies

#### **St. Clair Child and Youth Centre**

519-337-3701

#### **Canadian Mental Health Association**

519-336-3445

#### **Sexual Assault Survivors Centre Sarnia-Lambton**

519-337-3320

#### **Sarnia Lambton Rebound**

519-344-2841

#### **Family Counseling Centre Distress Line**

519-336-3300 or 1-888-347-8737



## School Social Work



What is a school social worker?

How can a social worker help?

How do I make a referral to social work?

## What is School Social Work?

School Social Work Services provide evidence informed individual, family and group support, counselling and consultation to help students overcome mental health/social/emotional barriers to learning. Our focus is on a strengths based approach to help increase resiliency and promote positive mental health and well-being.



## Credentials

**Social Workers** at Lambton Kent District School Board hold a Masters of Social Work degree from an accredited university and are registered and in good standing with the Ontario College of Social Work and Social Service Workers.

## What Do School Social Workers Do?

School Social Workers work to find the best solution for students who are experiencing social, emotional, or behavioural difficulties at school, home, or community by providing:

- Social-emotional assessments
- Short term Individual counselling (student, parent, family)
- Group work (students, parents)
- Home-school-community liaison
- Prevention and education
- Crisis intervention
- Referral to outside agencies
- Advocate for students and families

## When to ask for a referral to a School Social Worker?

Students, parents or teachers can always talk with a School Social Worker. Talking with them does not mean a formal referral takes place. If there are substantial concerns a referral may be the best option to help them work through issues.

If a student is experiencing significant issues that are affecting their school experience, school social workers can help them to find solutions.

### Some examples are:

- High rates of student absenteeism
- The student is struggling/reacting to changes in the family such as divorce, illness, death
- The student is experiencing peer issues
- The student is feeling depressed, anxious, angry etc.
- The student is exhibiting self-harming behaviours
- School age pregnancy issues
- The student is at risk of dropping out of school