

Chippewa Valley Schools Student Life Advisor Well-being Program

Frequently Asked Questions (FAQ's) for Students

What is the Student Life Advisor Well-being Program? This is a free program to be used when you are stressed out, feeling anxious, being bullied, having a conflict with your parents or any time you need to talk over a problem or need support. There is also a Student Life Advisor Portal with resources and a crisis line available 24/7.

Can any student use the services? All students in kindergarten through 12th grade are covered and eligible to call to explore the program. A short assessment will be conducted to determine if the short-term issue they are presenting can be addressed in 1-5 counseling sessions.

What happens when I call 800-448-8326? The call is answered by a Life Advisor Consultant who is a licensed behavioral health professional. During the call you will share what is happening and the Consultant will help determine the best way to support you. We can connect you with a counselor to attend 5 free counseling sessions or give you resources. If you are in crisis the consultant will work with you to get you the help you need at that moment in time. If you start counseling with the Student Life Advisor Program, finish the 5 sessions and decide you want to continue with counseling, we can help. You will be referred for longer-term counseling outside of the Student Life Advisor program.

Where are counselors located? We have a national network of 20,000 counselors and providers. Local counselors practice in Macomb County.

Where do counseling sessions take place? In-person appointments are made with a local counselor – close to where you live or where you go to school. Counseling sessions can be conducted in person, video-based or over the phone.

What is the cost? Free. Counseling, Crisis Services, and the Student Life Advisor Portal are provided to the Chippewa Valley Schools and are NO cost to the student or family.

Is it confidential and private? Yes. The Student Life Advisor program is separate from your school and totally private. If you use the Student Life Advisor program, we will NOT share any information with your teachers, administrators, or school guidance counselors, unless you want them involved. In this case, talk to your parent or school counselor about how to get them involved.

What happens if I am in crisis? Call 800-448-8326. We are here to help you if you are in crisis, day, or night.

Can parents use the program? The counseling sessions are only for you, the student. But parents can access the resources on the Student Life Advisor Portal and will need to call the program to get you started.

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When and why should I call? Call any time you are struggling with an issue. Maybe it is stress, anxiety, trouble with a teach or another student. Any time you need support or encouragement.

How do I get to the Student Life Advisor Well-being portal?

Go to www.studentlifeadvisor.com

You will be asked your **School Name:** Enter *Chippewa Valley Schools*

You will be asked your **School City:** Enter *Clinton Twp. or Macomb or Mt. Clemens*

The Student Life Advisor Well-being portal has a whole library of resources with articles and videos to read and learn the latest information.

If I am already in counseling, should I call and use the Student Life Advisor Program? No, interrupting your current treatment to use the Student Life Advisor program may not be in your best interest.

Why is the school's logo on the informational posters? This is a program supported by the school district in terms of programming and financially. Again, no personal information is shared with the school. The logo shows that the school district approves of the program.

What information does the school district receive about the students who use the program? The school will never know which students use the program, without the written permission of the parent/guardian. The school district will receive data on the overall number of students who have called or received services.

How do I get started? Simply call the Student Life Advisor Program at 800-448-8326. Or you can ask your teacher, counselor, or social worker to help you get connect with the program. Look for posters around your school or pick up an information card at your guidance counselor's office.