

Dear Parents, Guardians, and Caregivers,

Our district recognizes that students' educational experience is directly impacted by their emotional well-being.

As part of our strategic plan and our ongoing effort to better meet the entire health needs of our students, the Fox Point-Bayside School District is offering several resources for mental health support:

- Six free sessions of therapy at another location provided by [Advocate Aurora Student & Family Assistance Program](#)
- In-school private counseling from [Clinical Psychology Associates](#)
- Access to [Parents United](#) resources and presentations

If you feel your child is struggling with managing their emotions, anxiety, stress or is often in a depressed mood, consider using the service(s) that best fit your family's needs.

Below is more detailed information. Please do not hesitate to reach out with further questions.

Kind regards,

Paul Reich
Director of Student Services

Advocate Aurora Student and Family Assistance Program

The District will continue to provide mental health services through the Advocate Aurora Student and Family Assistance Program (SFAP). This program offers up to (6) free one-hour sessions with a licensed counselor per issue on a variety of topics related to mental health for ALL students and members of their households within our district.

SFAP also provides other services and benefits, including legal and financial consultation. Please visit the [Student & Family Assistance Program flyer](#) or [SFAP video](#) to learn about the program and get started accessing these services. Call 1-800-236-3231 between 8:00 a.m. and 5:00 p.m. Monday through Friday to schedule an appointment to speak with a counselor.

*New from Aurora for the 2023-2024 school year

Over the coming academic year, AAH SFAP is excited to offer a [free 4-part webinar series](#) highlighting trends that impact the academic and home lives of current school-aged children.

Please Note: All presentations will be on Tuesdays, offered at both 12:00 p.m. –12:30 p.m. and 6:30 p.m. –7:00 p.m. Families can register for single presentations OR the entire series! These webinars will not be recorded.

Onsite Counseling at Bayside Middle School and Stormonth Elementary School

In an effort to provide on-site mental health resources for students and families, The Fox Point-Bayside School District is pleased to continue hosting [Clinical Psychology Associates](#) at Bayside Middle School and Stormonth Elementary School for students during school hours. These counseling services are run entirely independent of the district and payment will be via your family's health insurance or an out-of-pocket rate. Learn more about the [Clinical Psychology Associates Therapists](#) and book a session by calling or texting (262) 975-0012.

Comparing CPA and SFAP

	Clinical Psychology Associates	Advocate Aurora Student and Family Assistance Program
Service Eligibility	Students only	Students and family members
Cost/Payment	Personal insurance or out-of-pocket	The first 6 sessions are free
In-person or virtual	In-person	Virtual or in-person
Location	Designated locations at Stormonth and Bayside	Clinic
Parent Participation	Parents/Guardians <u>may</u> choose to attend sessions with their child	Parents/Guardians are <u>required</u> to attend sessions with their child

Parents United

To continue fostering family engagement in important topics at home, the Fox Point-Bayside School District is renewing its membership with [Parents United](#) to provide resources and in-person or virtual presentations on topics like:

- Stress & anxiety
- Supporting students with Attention Deficit Hyperactivity Disorder
- Addictive behaviors

- Understanding the mental health needs of today's youth

Visit the [Parents United](#) website to register as a Fox Point-Bayside parent/guardian/caregiver to access these resources and view the [Parents United brochure](#) for more information.