Child Development Specialist
Helman Elementary School

Introduction

Hello, I am Kari Smith the CDS (Child Development Specialist) here at Helman Elementary. I'm honored to be in community with you and your child and to be part of a team of caring and supportive adults. I'm a licensed elementary teacher and have taught in classrooms at Helman for 23 years. My goal is to provide opportunities for children to enhance, learn, and practice social-emotional skills in order to be able to participate socially and academically here at school and for them to feel welcomed, connected, and part of the community.

Services

I provide individual and small group learning opportunities as well as whole-class social-emotional lessons using evidence-based curriculums. Individual and groups sessions are intended to help students:

- build relationship with themselves and others
- overcome barriers to success
- identify/understand/express feelings
- learn problem-solving strategies
- develop social-emotional and calming/self-soothing skills
- identify support systems that can help them here at school

It is important to note that these are **not** therapy sessions, and are offered on a short-term basis (typically 6-8 weeks). If you would like information about community mental health providers and/or want help accessing these services, please let me know and I can refer you to our Options School Care Coordinator.

Confidentiality

It is always my goal to build trusting relationships. I will keep information confidential with some exceptions. I may share information with parents/guardians, the child's teacher, and/or administrators who work with the child on a need-to-know basis, so that we may better help and support the child as a team.

Under the following circumstances, CDS/School Counselors are Mandatory Reporters and are required by law to share information with others:
1) presenting information about hurting themselves or another person

2) evidence or disclosure of abuse (physical, emotional, and/or sexual) and/or neglect
3) threats to school security
4) if records are subpoenaed by court order

If you consent to the above and give permission for your child to meet with me one-on-one or in a small group, please fill out this form and return it to me via email, give it to your child's teacher, or deliver it to the front office at Helman Elementary School. Please contact me with any questions or concerns.

Kari Smith, CDS
she/her/hers
kari.smith@ashland.k12.or.us

CDS Consent Form

Student's Name: _____ Pronouns: _____

Teacher: _____Grade: _____Age: _____

Parent/Guardian Name(s): _____

Phone number: _____

Email address: _____

Parent/Guardian Signature: _____ Date: _____

Comments or anything that you would like me to know about supporting your child and family: