

Program Information

Confidentiality

Student's confidentiality for mental health services, including substance abuse/use is protected under the Code of Federal Regulations, Title 42.

Information disclosed to the Mental Health or Student Assistance Counselors remains confidential unless:

1. The student is in danger of hurting themselves.
2. The student is in danger of hurting someone else.
3. Someone is causing harm to the student, if the student is under the age of 18.

*Disclosure of information for the above reasons will be discussed



Based on need, the following groups may be offered each year at DVRHS:

- ~**Mental Health** - Stress management skills for anxiety and depression.
- ~**Family Issues** - Designed to assist students with family dysfunction including students with family members who struggle with addiction.
- ~**Changing Families** - For students dealing with divorce.
- ~**LGBTQ** - A support group for students that identify with, or who want to support members of the LGBTQ community.
- ~**Girl Power** - Assisting young women with self-esteem issues.
- ~**Boy Power** - Assisting young men with self-esteem issues.
- ~**Grief Support** - Offered as needed for students dealing with loss.
- ~**Mindfulness** - Guided mindfulness/meditation exercises to aid in stress reduction, improve concentration, and many other benefits.
- ~**Drug and Alcohol Education Group** - Provides information to students about the dangers of drug and alcohol use/abuse, as well as teaches healthy coping skills to deal with problems and feelings.



Individual Counseling

Individual counseling is offered to all students on an as needed or scheduled basis. Counseling can also be mandated as part of a substance related incident or breach in the Del Val Code of Conduct.

Counseling topics can include but are not limited to:

- *Anxiety
- *Depression
- *Self-Harm
- *Substance Use/Abuse
- *Bullying/Peer Issues
- *Relationships
- *Self Esteem
- *ADD/ADHD Strategies
- *Family Issues
- *Loss
- *Anger Management
- *Procrastination

Each student's individual needs will be considered when developing a treatment approach, which may include referrals to mental health/substance abuse treatment in the community.

Education

Both the Mental Health Counselor and Student Assistance Counselor provide education to students and parents in several ways:

1. An informational bulletin board with tips and resources is located in "C" Hall just outside of the Tech Office.
2. Classroom presentations on bullying, suicide prevention, drug and alcohol education/prevention, stress reduction.
3. Parent presentations on suicide prevention and drug/alcohol prevention.
4. Mental Health and SAC teacher pages with tips, articles, resources and other helpful information.



Referrals

Students can be referred for services through self-referral, school counselors, teachers, administration, the health office, and parents.

Community resources and referrals are also available for students and family members upon request.



Remember...
You Matter, We Care!



Delaware Valley Regional High School

Mental Health Services/ Student Assistance Program 2023-2024

#YOU MATTER

We care...

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