

Hello from Salcha Elementary School,

Hi, this is Veronnica Harvey, and I am reaching out to you as your child's school counselor. I want you to know that even though our school building is not open, I am working and available to support our students during this time. If you or your child would like to talk to me, please contact me via email [veronnica.harvey@k12northstar.org](mailto:veronnica.harvey@k12northstar.org) and we can set up a time or call my office line at 907-488-3267 x10103 during normal school hours.

Virtual counseling, like traditional counseling, has limitations. Confidentiality is one of those areas affected by the change to a distance format. When you are meeting with counselors, understand that complete confidentiality cannot be secured. Things to do to increase privacy are finding an area in your home that is more private, use headphones when meeting, turn the listening feature off on smart devices, and letting your family know that you are in a private meeting so that they respect your meeting space. As always, if you or someone else is being hurt, we cannot keep that confidential.

Although there are limitations, virtual counseling can be very effective! I know that this is a stressful time for families and students, and I want to let you know that I am still here to support you. As has been happening so far this year, I'll continue to provide learning opportunities for student social-emotional well-being and growth. To do this I'll make social-emotional lessons/engagement activities available on my school web page ([www.k12northstar.org/domain/3964](http://www.k12northstar.org/domain/3964)) and in our school's printed packets.

In non-emergency situations, students, parents, and guardians may reach out to me through email [veronnica.harvey@k12northstar.org](mailto:veronnica.harvey@k12northstar.org) or 907-488-3267 x 10103. In life threatening emergencies, please call 911. During emergencies that are non-life threatening, please consider these resources:

**Fairbanks Community Mental Health:** 907-371-1300 (has immediate crisis counseling)

**National Suicide Hotline:** Call 1-800-273-TALK (8255) or text 741741

**Alaska Suicide & Crisis:** (907) 452-4357 (HELP)

For more information regarding community resources including resources for food, clothing, financial assistance, counseling and behavioral health services, housing, healthcare and medical assistance, military family services, childcare, school supplies, and transportation services please visit: <https://www.k12northstar.org/cms/lib/AK01901510/Centricity/Domain/4273/Fairbanks%20Community%20Resources.pdf> Additionally, visit [www.k12northstar.org/domain/4793](http://www.k12northstar.org/domain/4793) for age-appropriate resources regarding school closure due to COVID-19.

I look forward to supporting your student during these challenging times. Please feel free to reach out to me. I miss seeing my students, and look forward to the opportunity to continue to work with them.

Sincerely,

Veronnica Harvey

[veronnica.harvey@k12northstar.org](mailto:veronnica.harvey@k12northstar.org)

907-488-3267 x 10103