



Welcome Back, SMOS Families!

My name is Kara Nacke, and I am excited to continue serving as your School Counselor. I'm blessed to have gotten to know so many of you over the past couple of years, but for those new to our community, here are a few fun facts about me: I went to Undergraduate and Graduate School in St. Louis; I have been married for 20 years this September (wowza!); I have three boys, two in high school and one in middle (pray for me!); I love all types of pets, but big dogs are my jam; I enjoy gardening and getting out into nature as much as I can; and my favorite color is green! At school, my number one priority is to empower kids. Because only when kids feel seen, heard, nurtured, and valued can they begin to learn academic content, grow meaningful relationships, make healthy choices, and become engaged and productive members of community near and far.

Before we get into a brief Q&A-style overview, I am super pleased to introduce Kaycee Maurer, who will be joining us as my new Co-Therapist for the 23-24 School Year. Kaycee attended Fontbonne University for her Bachelor's degree and Univ. of Missouri- St. Louis for her MSW. Though new to St. Louis Counseling and SMOS, Kaycee brings an abundance of knowledge with her and will undoubtedly be a great addition to the team. Kaycee will be available to provide a variety of therapeutic services to our students upon request. Please join me in giving Ms. Maurer a warm welcome!

Enough about us, though. Let's jump into some FAQs for the upcoming school year:

Q: What are Consent & Intake forms?

A: When a request for Counseling is made by the family or school, Consent and Intake forms are made available to the parent(s) or legal guardian. In order to proceed with scheduling and therapeutic services, forms must be returned to the Therapist via email or by dropping off at SMOS Main Office.

Q: I filled these forms out last year. Do I still need to this year?

A: Yes. A new Consent form is required each school year, at minimum. If you have already provided an Intake form in the past, and nothing has changed, you do not need to send an additional form in. Any updates to phone numbers, address, etc, as well as evolving symptoms or concerns, need to be noted using the Intake form.

Q: What does Counseling look like at school?

A: Kids generally meet with their Therapist 1x/week for approx. 30 minutes. Occasionally, with older students, session time may be a bit longer (closer to 45 minutes). Once forms have been received, the Therapist will reach out to the child's Teacher to coordinate a Session Slot that works best for their academic schedule.

In Partnership,

Mrs. Nacke (knacke@ccstl.org) & Ms. Maurer (kayceemaurer@ccstl.org)