



St. Elizabeth Catholic Charities
Providing Help. Creating Hope. Serving All.

Welcome to the new school year!

My name is Michelle Frossard and I am excited to be providing school counseling services at Sacred Heart Catholic for all grade levels, again this year. This will be my third year providing services at SHC and I am honored to be a part of such an amazing school family. For those I have not had the opportunity to meet, here is a little bit about me. My husband, Todd, and I are the parents of 3 children (Noah-10, Ava-7 and Jack-4). We are active members at St. Mary of the Knobs parish. I received my undergraduate degree in Human Development and Family Studies with Psychology and Sociology minors from Indiana University, Bloomington. I continued with my graduate studies at University of Louisville to obtain a Master's of Science in Social Work. After practicing for 4 years in the field as a Licensed Clinical Social Worker, in the role of a therapist and then Director of Residential Services at St. Elizabeth-Catholic Charities, I decided to pursue a nursing degree in order to better understand the physical components to health. I worked 5 years in a hospital setting as a nurse and provided trainings to staff related to emotional well-being and self-care. I am passionate in working with children and adults to support them in growing into the best versions of themselves.

I am an employee of St. Elizabeth-Catholic Charities and I am contracted with Sacred Heart Catholic to be in the school 3 days per week. My director is Jen McVeigh-Davis and she can be reached at 812-948-0438 or at jmcvdavis@stcharities.org. I will be available at Sacred Heart Catholic on Mondays, Tuesdays and Fridays for the 2018-2019 school year. The school counseling program offers each child emotional and academic support in a variety of ways. This includes collaboration and consultation with teachers and staff, individual counseling on an as-needed basis, classroom guidance lessons, and small group lessons.

The small group program can help to reinforce skills and learning without the intimidation of a large group setting. We emphasize that groups are for everyone, and participating does not indicate a problem. We believe that students can learn from one another and enhance their self-concepts in a supportive group setting.

Often, a student's peer can serve as a positive role model or offer understanding and a new perspective. Because of this, we like to give all students this unique opportunity and may invite your child to join us for one or more sessions. Groups meet throughout the school year during a non-core curriculum time, decided by teaching staff, or during lunch/recess, for twenty to thirty minutes.

Staff members, parents, and students themselves may request for the school counselor to speak with students. Parents are contacted when a student's behavior or performance is impacting them socially, emotionally or academically or impacting others. If a student violates the Code of Behavior parents are always contacted.

However, if a counselor meets with a student and determines that the situation needs to be referred to administration, then the school administrators will contact the parents. If a student

reports physical abuse, sexual abuse or neglect to a school staff member, the Dept. of Child Protective Services will need to be contacted.

Parents do have the right to refuse individual school counseling services for their child by requesting the form from the office or school counselor. This form will be placed in your child's school record.

Please feel free to contact me with any questions about school counseling. I look forward to a great school year!

Michelle S. Frossard

Michelle S. Frossard LCSW, RN
School Counselor
St. Elizabeth-Catholic Charities
mfrossard@stcharities.org
812-283-3123 ext 244