Did you know that CKMS NOW has a Mental Health Counselor? Read the following interview to meet Ms. Lina Kogan, Mental Health counselor and learn about the services she offers our students and families.

*Welcome to CKMS Ms. Kogan, I understand that through a generous grant, CKMS has you in our school as our Mental Health Counselor. We would love for the CKMS families and students be aware of who you are and what kinds of services you offer the students and parents!*

***What is your Education/Training?*Ms. Kogan:**Marital and Family Counseling training from the world-renowned Council for Relationships in Philadelphia. Masters in Clinical Social Work from University of Pennsylvania; BA in Psychology from University of Haifa in Israel.

***What is your experience in the Mental Health field?*Ms. Kogan*:*** Currently working as an on-site therapist for the Sound Healthcare Systems, [www.sound.health](http://www.sound.health). Previously - working in the psychological/counseling services since 1996. Spent most of my career working at psychiatric units for kids and adults in hospitals in Israel, NJ and PA. Worked as a marital and family counselor for 3 years in Philadelphia.

***What Services are offered?***   
**Ms. Kogan:** On-site psychotherapy and mental health counseling and education for kids and their adults.

***Who is eligible to see you?***  
**Ms. Kogan:** On-site - any CKMS student and their family through SBIRT program. At the Sound Health Services office in Snoqualmie – clients who went through the Sound registration and income process with Medicaid or a commercial insurance.

***How can a student or family may get in touch with you?***  
**Ms. Kogan:** I am here at school every day, all day – at the Counseling Center. They can come to me on their own, through their academic counselor, a teacher or be brought in by a concerned parent who reaches out to me at [koganl@svsd410.org](mailto:koganl@svsd410.org), or by phone (425) 831-8237.

***What may students expect when they meet with you?***  
**Ms. Kogan**: A cookie. A sympathetic ear. A shoulder to cry on. A person to process feelings with, to practice cognitive-behavioral and breathing exercises for stress reduction, to come up with a safety plan or a contingency plan for future crisis. A safe place to go to any time they feel like there is nobody in the world that can understand them.

***Anything else you would like us to know?*Ms. Kogan:** I am NOT employed by the school district or by CKMS. I’m a Sound Health Systems representative at CKMS. The rule of engagement is based on confidentiality between me, the therapist, and my client – your child. And once they turn 13 – they can instruct me to keep things from you (but I will work to prepare them to converse with you about whatever is going on). I have a duty to report if a child becomes a danger to self or others. But other than that confidentiality if my first rule of engagement.

Outside of school you can reach me at [elina.kogan@sound.health](mailto:elina.kogan@sound.health), confidential phone line number 206-451-7055. Our office is located at 37624 SE Fury St, Suite 203, Snoqualmie.

*Thank you Ms. Kogan for your time, and we hope you enjoy being part of the wonderful CKMS Community!*