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MENTAL HEALTH MATTERS

Ms. Molly Smith, MSW, LMSW

SAINT LOUIS COUNSELING

Catholic Charities
ARCHDIOCESE OF SAINT LOUIS

Proud member of United Way
United Way of Greater St. Louis

St. Louis County Children's Service Fund
Keeping Kids First

Meet Ms. Molly Smith

I am excited to be joining you this 2021-2022 school year! I am a Clinical Therapist through St. Louis Counseling's School Partnership Program. I am a Licensed Social Worker in Missouri. I will be providing services at St. Mary's High School each Monday for individualized counseling.

I have worked with children, adolescents, young adults, and families for several years. I earned my Masters in Social Work (MSW) through Indiana University in Indianapolis. My primary emphasis is on issues related to children and adolescents including emotional and behavioral concerns. I am proficient in evidence-based practices for social-emotional learning, suicide prevention, and mental health interventions. I have specialized training in TF-CBT (Trauma Focused Cognitive Behavioral Therapy).



Feel free to contact me at:

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Below are a few common questions that parents and guardians have about counseling:

Q: What will counseling be like for my student?
A: Each student is different, so each counseling session will be tailored to your student's needs. I use research based interventions to work with students, such as art and play therapy techniques, cognitive-behavioral therapy, solution-focused therapy, motivational interviewing, mindfulness techniques, and trauma-focused CBT. I incorporate games, art, and movement into sessions to keep students engaged. Your student will be able to give me feedback at the end of each session so that I can make sure that their needs are addressed and that they are engaged in the counseling session.

Q: How much does it cost?
A: It's free thanks to the Emergency Assistance for Non-Public Schools funding!

Q: What days will counseling through St. Louis Counseling be available at St. Mary's High School?
A: I will be providing sessions on Mondays each week.

Q: Will it be virtual or in-person?
A: I will be in-person each week to see students in a private space within the school building. I am available to have zoom sessions, if necessary, due to quarantines or changes in current COVID-19 policies. Students will be expected to wear a mask in the sessions.

If you have any questions, feel free to call me at (314) 748-5653 or email me at msmith@ccstl.org.

"We are not the sum of our weaknesses and failures, we are the sum of the Father's love for us and our real capacity to become the image of His Son Jesus." -St Pope John Paul II