



Irvine Family Resource Center

Frequently Asked Questions

What services are offered at the IFRC?

We offer short term, solution-focused counseling (usually 3-12 sessions) provided by licensed mental health professionals. We also offer parenting education classes, support groups and referrals to other community resources. As a member of the Irvine Prevention Coalition, the IFRC seeks to provide services that meet the needs of students and families and to effectively link people with the community supports they may need to meet a range of family and life challenges. If we don't offer what is needed, we'll try to help you find it.

Is there a fee?

The IFRC is funded by grants and district funds and there is no cost to IUSD families and students. There is a fee for parent classes and some scholarships are available.

Who provides the service?

IFRC counseling services are provided by licensed mental health professionals who are Marriage & Family Therapists (MFTs) or Licensed Clinical Social Workers (LCSWs). All have extensive experience working with children, adolescents and families.

Are parents, caregivers, or family members a part of the counseling process?

The therapist usually meets with the referred student's parent(s) or caregivers prior to meeting with the student in order to gather information, explain the services and to obtain consent for treatment. In most cases, parents and family will be an important part of the counseling.

How many counseling sessions are offered?

Students and families usually come for up to 12 sessions. Counseling sessions usually look at what is happening in the family now, and how can we help the student and/or family to focus on solutions, resolve problems, connect with additional resources, and learn positive new skills for the future.

When are appointments available?

We offer appointments Monday through Thursday mornings, afternoons and evenings until 6 pm. Because most elementary students are tired and have had a long day, we discourage appointments for this age group after 5:00.

How can I contact the IFRC to get services?

All referrals and requests for service should be made by calling or emailing Susan Holt, IFRC Program Coordinator at 949-936-7502 or susanholt@iusd.org. **Before you make a referral, please be sure that the family has agreed that they would like us to contact them.**

IFRC Staff:

Susan Holt, MSW – IFRC Program Coordinator

Beth Baker, MFT – Family Support Specialist

Melissa DiScala – IUSD Mental Health and Wellness Coordinator

Nicole Gyurik, LCSW – Family Support Specialist

Tracy Larson – Admin/Secretary

