



Dear St. Michael's Families,

My name is Kim Hilton and I am excited to serve the St. Michael's community this year in a newly created consulting psychologist role. Many of you may recognize my name or face as I have been affiliated with St. Michael's since 1999 completing cognitive testing with students through the admissions process. I'd like to begin by telling you a little more about me. I have a Ph.D. in Counseling Psychology and have been licensed to practice as a Clinical Psychologist in Virginia for 22 years. I am currently affiliated with Westhampton Family Psychologists and offer psychotherapy and testing services to all ages in my private practice. Previously, I worked with Henrico County Public Schools as supervisor of all school-based mental health services. I am thrilled to be back at St. Michael's and have the opportunity to address the mental health needs of students, teachers, and families this year.

In my role as a consulting psychologist, I will support classroom and school-wide efforts to address social and emotional development for students. I am available to work directly with students who may be experiencing challenges in navigating friendships, regulating their emotions, managing increasing feelings of worry and anxiety, coping with grief, loss, and change, and other life stressors. I will also consult with faculty and administration regarding best practices for supporting students' social, emotional, and academic functioning. Finally, I am available and happy to consult with parents and guardians to explore, address, and support your children's individual needs.

Following are details on how to connect with me.

- **When? On campus hours: Mondays, 1p.m. - 4 p.m. and Thursdays, 8:30a.m. - 11:30 a.m.**
- **Where? Office in the Hubbard Hall front office area**
- **How to communicate? Email khilton@stmschool.net**

Please reach out to me to say hi, introduce me to your child, or offer any ideas regarding my role on campus.

Best wishes for a great academic year!

Kimberly Hilton, Ph.D.
Licensed Clinical Psychologist