



SEPAG

Special Education Parent Advisory Group

<https://spanadvocacy.org/>

Supporting Your Child Through COVID

Conversation with Counselors from the Midland Park Public School District

SEPAG PRESENTS

SUPPORTING STUDENTS THROUGH COVID

CONVERSATIONS WITH MENTAL HEALTH EXPERTS FROM THE
MIDLAND PARK PUBLIC SCHOOL DISTRICT

*Speak to school counselors about recognizing signs of
stress and promoting positive emotions.*

THURSDAY, MARCH 25

7 p.m. virtual workshop



Midland Park Jr./Sr. High School:

Jennifer Liss, School Social Worker

Chessie Owens, Guidance Counselor

Cathy Prinsell, School Psychologist

Craig Rush, Student Assistance Counselor

Pam Vermaas, LDT/C

Elizabeth Wall, Guidance Counselor

SEPAG PRESENTS

SUPPORTING STUDENTS THROUGH COVID

CONVERSATIONS WITH MENTAL HEALTH EXPERTS FROM THE
MIDLAND PARK PUBLIC SCHOOL DISTRICT

*Speak to school counselors about recognizing signs of
stress and promoting positive emotions.*

THURSDAY, MARCH 25

7 p.m. virtual workshop



Highland and Godwin Elementary Schools:

Christy Kearney, LDT/C

Jennifer Liss, School Social Worker

Kelly Scala, Guidance Counselor

Christine Soderman, Counselor


Emily Trent, School Psychologist


During this time of uncertainty, how does the district effectively and systematically support all students?

Every Child Needs a Champion


TedTalk by the late, great Rita Pierson



★  James Comer: "No significant learning can occur without a significant relationship."

★ Kids don't learn from people they don't like 

Human Connection is key 

★ Teacher: "You were chosen to be in my class!" 

★  Student: "You made me feel like I was somebody"

★ Teaching and learning should bring joy

★ 

★ Every child deserves an adult who will never give up on them

 YOU CAN DO IT!!

★ This job is tough but we can do it. We're educators and we were born to make a difference. 

@sylvia duckworth

Link:

<https://www.youtube.com/watch?v=SFnMTHhKdkw>

What are we doing for ALL ?

- Teaching healthy coping strategies
- Social Emotional Learning, Mindfulness in the classroom
- Promoting regular contact with caring adults
- Maintaining clear and consistent communication
- Supporting students as they process the pandemic

What are we doing for SOME ?

- Conducting small group and individual check-ins
- Providing regular support to educators
- Counselors available for support as needed
- Identify students who are at-risk and provide additional support

What are we doing for a FEW ?

- Providing 1:1 counseling
- Facilitating family support
- Making referrals to outside agencies
- Interdisciplinary meetings when appropriate
- Consultations with private therapists and providers (with parental written consent)

Kids' Sadness About COVID-19

May Look Like:

Anger

"This stupid remote doesn't work!"

Resisting the "new order"

"I'm not doing four math problems! I'm only doing one!"

Tiredness

"I don't want to go for a walk. I'm too tired!"

Numbing Out

("Just 30 more minutes on the iPad!")

Displaced frustration

"I didn't want lasagna for dinner. I wanted tacos!"

Boredom

"I'm bored" = code for "I'm sad"

Signs of New or Increased Anxiety

Symptoms cause significant distress or impairment:

Persistent worry, fretting, or rumination

Increase in worry stories

Many “what if’s”

Increase in feeling overwhelmed

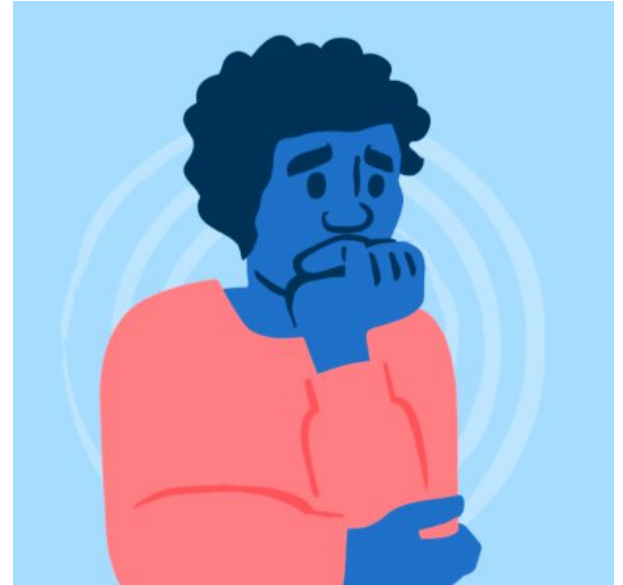
General sense of apprehension about the future

Restlessness, irritability, emotionally fragile

Neediness, reassurance-seeking, clinging behavior

Somatic complaints

Avoidant behaviors



Signs of New or Increased Depression or Despair

— — —

Symptoms cause significant distress and/or impairment:

Depressed mood most of the day

Loss of interest or pleasure

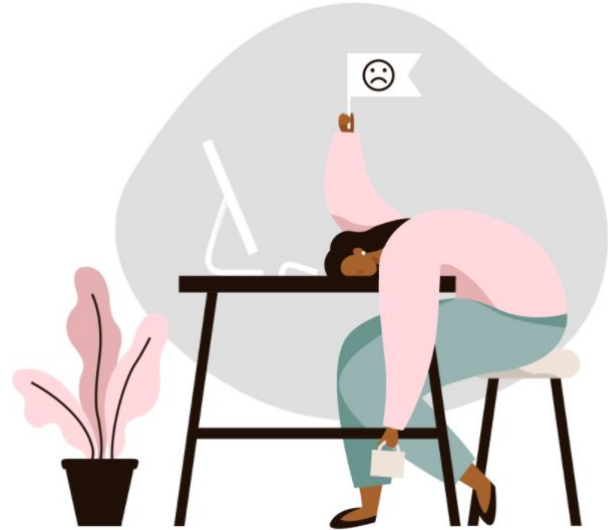
Frequent insomnia or hypersomnia

Fatigue nearly every day

Feelings of worthlessness, hopelessness, or guilt

Diminished ability to think or concentrate

Recurrent thoughts of death or suicidal ideation



Ideas for Providing Support at Home

Crisis Brings Opportunity

— — —
Establish a predictable daily routine (this includes establishing regular sleep-wake cycles)

Emotional temperature check

Promote a healthy thinking style

Reframe disappointment (Even if...)

Build anticipation and optimism (Today I look forward to...)

Promote Selective Attention

Media Diet

Maintain Social Connections

Mental Time Travel

Identify and reinforce little successes each day

Model coping skill use



When you feel stressed out...

— — —



DRAW or COLOR



UNPLUG +
GO OUTDOORS



READ



BUILD SOMETHING



LISTEN TO YOUR
FAVORITE MUSIC



HYDRATE



HANG OUT WITH
YOUR FURRY FRIEND



ASK FOR HELP



THINK OF HAPPY
MEMORIES



USE POSITIVE
SELF-TALK



STRETCH or
DO YOGA



CLEAN +
DE-CLUTTER



EXERCISE



JOURNAL or
WRITE A LETTER



EXPRESS GRATITUDE



FOCUS ON
THE GOOD

Allow yourself to...

- Feel what you feel
- Sit with those feelings and take your time working through them
- Self-soothe in the best way you know how
- Reach out for help if it feels like too much



Helpful Tips & Reminders...

What	How
Create Predictable Routines	Write out a schedule, make announcements when time changes occur, follow-through
Build Strong & Supportive Relationships	Provide opportunities for positive and meaningful collaboration with other family members, friends
Enhance Children's Independence	Goal setting and tracking, offer opportunities for problem-solving, built in choices
Support Development of Self-Regulation Skills	Emotional check-ins, grounding and deep breathing, authentic feedback, model your own self-regulation

Activity Ideas

— — —



Morning breathing and check-in: Mornings are good times to check in with your child's emotions.

Goal setting and tracking: Offer opportunities for your child to set and track their own goals.

Grounding & deep breathing: Use an app or lead the activity yourself! Incorporate *grounding* and *deep breathing* as helpful tools for children to acknowledge and navigate their own emotions.

Practice gratitude: Think or write about one thing you are grateful for

Mindful walking: Conscious awareness and movement in the environment brings you closer to nature and your body, connects you to the present moment.

Intention setting: It's an aim, purpose, or attitude you'd be proud to commit to. For example, "Today I accept all that I am," "Today I intend to focus on good things."

Activity Ideas



Link:

<https://www.youtube.com/watch?v=c1Ndym-IsQg>

Activity Ideas



Link:

https://www.youtube.com/watch?v=bRkILioT_NA

Resources

Applications

MIDDLE & HIGH SCHOOL LEVEL



Calm

Happify



Motivation- Daily Quotes

My Life Mediation



ELEMENTARY LEVEL

Mind Yeti



Smiling Mind

Stop, Breathe, Think! KIDS



FOR ANY LEVEL



Relax Melodies

Insight Timer



Headspace

HEADSPACE



BERGEN COUNTY MENTAL HEALTH AND COMMUNITY SUPPORT RESOURCES
ACCESSIBLE DURING COVID-19
Updated October 19, 2020

Youth and Family Outpatient Mental Health Treatment	Operational Status	Contact
Care Plus	<ul style="list-style-type: none">● Accepting new referrals● Providing face-to-face and/or telehealth individual, family and group therapy, psychiatric evaluations and medication monitoring	201-986-5000 https://www.careplusnj.org
Comprehensive Behavioral Healthcare (CBH Care)	<ul style="list-style-type: none">● Accepting new referrals● Providing individual and family therapy telehealth services as well as psychiatric evaluations and medication monitoring● Onsite pharmacy and medication delivery available	201-646-0915
West Bergen Mental Healthcare	<ul style="list-style-type: none">● Accepting new referrals● Providing telehealth individual, family and group services	201-485-7172

Crisis/Rapid Access for Youth and Families	Operational Status <i>[specify ages served]</i>	Contact
<p>Children's Mobile Response and Stabilization Services</p> <p>CarePlus NJ</p> <p>NEW- video and flyer on Children's Mobile to show families</p>	<ul style="list-style-type: none"> Fully operational; serves youth up to the age of 21 and their families Services provided via telehealth, telephone if families prefer, and in person as appropriate. Intake Telehealth session is offered within 1 hour of the initial call to PerformCare, or may be scheduled within 48 hours. Case Management is provided for up to 8 weeks via telephone. 	<p><i>Parents/ caregivers must call the NJ Children's System of Care (PerformCare) to request service and explicitly describe the "crisis."</i></p> <p>Can be immediately reached 24 hours per day, 7 days per week:</p> <p>1-877-652-7624</p> <p><i>If a family member reports that they called PerformCare but didn't get linked to Mobile, please email Jaimed@careplusnj.org and Danad@careplusnj.org</i></p>
<p>Bergen County Division of Family Guidance's Crisis Line</p>	<ul style="list-style-type: none"> Available 24/7 for youth, families, law enforcement, school personnel and mental health professionals Assistance is immediate and offered at no cost to families Services are offered via telehealth/telephone Services include: Crisis intervention, psychotherapy, psychiatry, residential and prosocial 	<p>For immediate assistance, please contact the Crisis Line at 201-336-7360.</p> <p><i>For any questions about our available services, including referral, you may also contact fgintake@co.bergen.nj.us</i></p>

The Y Mental Wellness Initiative



- “100% non-profit organization with the mission to positively impact the mental health needs of the communities we serve through services, education, prevention, and support”
- Provides information and resources on topics related to mental health
- Virtual speaker series for parents and students



@YWellnessNow



YWellnessNow.com

Finding Private Services

— — —

-New Jersey Psychological Association:

<https://www.psychologynj.org/find-a-psychologist#/>



Contacting Us:

— — —

Christy Kearney: ckearney@mpsny.org
(LDT/C, Highland/Godwin)

Jennifer Liss: jliss@mpsny.org
(School Social Worker, District-Wide)

Chessie Owens: mowens@mpsny.org
(Guidance Counselor, MP Jr./Sr. HS)

Cathy Prinsell: cprinsell@mpsny.org
(School Psychologist, MP Jr./Sr. HS)

Craig Rush: crush@mpsny.org
(Student Assistance Counselor, MP Jr./Sr. HS)

Kelly Scala: kscala@mpsny.org
(Guidance Counselor, Highland)

Christine Soderman: csoderman@mpsny.org
(Counselor, Godwin)

Emily Trent: etrent@mpsny.org
(School Psychologist, Highland/Godwin)

Elizabeth Wall: ewall@mpsny.org
(Guidance Counselor, MP Jr./Sr. HS)

Pam Vermaas: pvermaas@mpsny.org
(LDT/C, MP Jr./Sr. HS)