



November 12, 2020

Dear Students,

As you know, we have transitioned to remote learning until after Thanksgiving Break. We imagine there are lots of feelings and reactions to this news—some excitement and some disappointment. You may feel relief to be at home AND you may feel anxious and sad to be away from your friends and teachers. Those two feelings can, and often do, exist at the same time.

We also recognize that being a high school student is not easy, in general. Research shows that many high school students navigate the challenges of anxiety and depression. Feelings of fear, anxiety, and sadness are normal. Adding a global pandemic and increased isolation on top of the regular stresses of high school certainly doesn't make things any easier, *but you are not alone*. Your teachers and counselors care about you and want you to know that we are here for you, whether or not we are together on campus.

Sometimes a conversation makes all the difference in what we think and how we feel. If you are struggling and need an opportunity to work through some of these complex issues, know that there are supports (both on and off campus) available to you. You can always reach out to the School Counseling Office and meet with your counselor to talk about these issues. In addition we work closely with the Social Work team right here on campus and they are poised to support you as well.

Below you will find a list of some additional outside supports and resources that may be helpful. If you have questions, please reach out to your school counselor—email is best. We can work together to make our way through this very different kind of year. Please take good care.

Ms. Hodgman-Burns  
Director of School Counseling

## **MENTAL & EMOTIONAL HEALTH RESOURCES:**

- **Non-emergency situations**
  - School counselors and/or social workers are available during the regular school day via email if you have a question or concern. *Please understand that during this time of remote learning and social distancing there are limitations to confidentiality with school counselors and social workers.*
- **Emergency situations**
  - If you are having a problem or are concerned about the safety of someone else, call the **Maine Crisis Hotline at 1-888-568-1112**. This resource will connect you to your closest crisis center. *You may also use the text option for this hotline by texting HOME to 741-741.*
- **Outpatient counselors at school**
  - If you meet with the outpatient clinician from Spurwink (Maggie Murphy) you may email or call her for telecounseling.
- **Food Resources**
  - For food pantry info, click [here](#).
  - The Saco School Nutrition Program is still offering curbside pick-up of meal bags every Wednesday, including on Wed., November 11th (Veteran's Day), and also on Wed., November 25th, the day before Thanksgiving from 11:30 a.m. to 12:30 p.m. at Fairfield School. Meal bags are available to ANY child 18 or younger, and contain 5 breakfasts and 5 lunches for the days students are not in school. Youth Full Maine is also giving out food items along with us on Wednesdays from 11:30-12:30 curbside at Fairfield School. ***This resource is for all (not just Saco residents.)***
  - Arundel students - Arundel MS and HS students accessing their food nutrition program at KHS
  - Dayton students - Thursdays at Biddeford Middle School (bus loop) 10:00-11:00 as well as Dayton Town Office (back lot) 1:00-2:00pm. They can also access on Wednesdays in OOB behind Loranger Middle School or Saco, Fairfield as listed above.

## **COMMUNITY RESOURCES AND HOTLINES:**

- **211:** Available 24/7 to provide information and connect you or someone you know to local programs and services that can help.
- **Center for Grieving Children:** (207) 775-5216 or email at [cgc@cgcmaine.org](mailto:cgc@cgcmaine.org). This organization provides a safe space with trained professionals and positive peer support, outreach, and education for children, teens, and families.
- **Child Abuse:** 1-800-452-1999 (voice) 1800-963-9490 (TTY). The State of Maine's child abuse hotline is staffed 24 hours a day.
- **Domestic Violence:** 1-866-834-HELP (4357). This number gives you information on domestic violence, crisis counseling, and emotional support.
- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255) or 1-888-568-112 (Voice/TTY) for the Crisis Hotline.

- **StrengthenME: 207-221-8198.** The Maine Department of Health and Human Services created StrengthenME to help Mainers cope with the stress and uncertainty of the pandemic. The program offers a hotline that is open 7 days a week from 8am to 8pm. Anyone in need of assistance may call the hotline.
- **Teen Text Support line: Text us at (207) 515 - 8398.** This support is available 7 days per week from 12pm to 10pm. This is a peer support text line for youth ages 14 to 20 years old, and is staffed by trained individuals under 23 years of age.
- **TrevorLifeline: 1-866-488-7386.** This is a 24/7 hotline available to support LGBTQ youth experiencing crisis, suicidal ideation, or who are in need of a safe and non-judgmental place to talk.
- **Trevor Text: Text START to 678-678.** This is the text option for TrevorLifeline.

**THORNTON ACADEMY SCHOOL COUNSELING TEAM:**

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