



## St. Luke's Webinar Series

# The NEW Back to School

Moderator: Jody Mccloud-Missmer

Heading back to school in a typical year can be stressful, but school year 2020 certainly has new challenges for students, parents, and teachers. Join St. Luke's Behavioral Health School-based team for the series, "The NEW Back to School" online events.



### Candid Kid Covid Talk: What is COVID?

What symptoms/signs are we seeing in children due to this pandemic and what can we do to help?

Amy Pulcini, MSPAS, PA-C  
*Child/Adolescent psychiatric Physician Assistant with SLUHNYES! Program*

### Managing Back to School Covid Stress: A guide for parents, teachers, school staff and kids

Cultural awareness: Implications and tips for cultural sensitivity in the classroom while navigating COVID.

Migdalia Roman, LCSW  
*School Based Psychotherapist Bethlehem Area School District*

Jason Frei, LCSW  
*School Based Psychotherapist Northampton Area School District*

### Grief, loss and trauma: Finding your "why" when your passion is "canceled"

Grief/Loss/re-inventing yourself and finding your "Why": When kids lose sports, extracurricular activities, dance, theater, music, band...What can kids, parents and adults alike do to help with the loss of identity due to pandemic

Amie Allanson-Dundon  
*Network Director, Clinical Therapy Services*

### Coping Skills for parents, teachers and kids

How to use mindfulness, stress reduction techniques and recognize signs of dangerous and risky behaviors.

Gennaro Landi, LPC  
*School Based Psychotherapist Bangor Area School District*

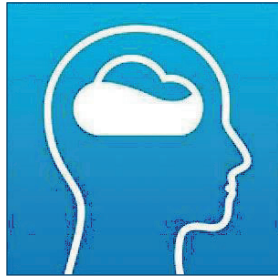


To view these webinars go to: [sluhn.org/NewBack2School](https://sluhn.org/NewBack2School)

# Free Apps and Resources for Teens and Mental Health



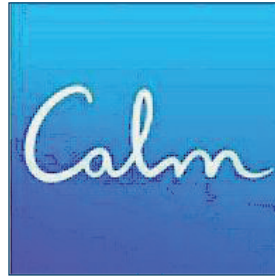
**Mindshift**  
Helps manage everyday anxiety.



**Recharge**  
Helps with good sleeping habits, regular exercise and daylight exposure: physical and mental health benefits.



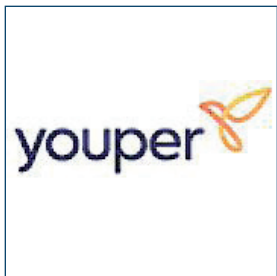
**Up!**  
Mood diary for depression, mania and borderline personality disorder.



**Calm**  
Helps with sleep, meditation and relaxation. Free with in-app purchases for better quality.



**RootD**  
Works great for panic attacks and anxiety. Has a panic button that you can use when having a panic attack and walks the person through breathing and stress management.



**Youper**  
Teaches talk based therapy techniques and mindfulness. It's like having a pocket therapist. Mood journal and mood tracking, personality tests, mindfulness. It uses artificial intelligence (AI) and teaches techniques from CBT, ACT and mindfulness.



**Breathe2Relax-**  
Teaches breathing techniques to relieve and manage stress.



**MoodTools**  
Self-help app to target depression, even uses the PHQ-9. Has a thought diary, suicide safety plan and meditation guides.



**HeadSpace**  
Guided meditation app. It is free, but has in-app purchases for better quality.



**Superbetter**  
It's a game to help build social, mental and emotional resilience. Appeals to teenager by allowing them to collect items for virtual rewards.

Outpatient Services  
484-822-5700

**St Luke's**  
Behavioral Health  
Services