

Eastern



Middle School

MARC GUARINO

Principal

LORA PARISI

Assistant Principal

ANTHONY DUNCAN

Assistant Principal

September 2023

Dear Eastern Middle School Parents:

Welcome from the Eastern Middle School Mental Health Team. We hope that your children are off to a great start and are adjusting well to the new school year. Along with your child's grade level counselor, we have additional support staff at EMS as resources for you and your child.

- School Psychologists: Tina Musilli, Stacy Slater
- Social Worker: Michelle Friedman
- Student Skills Coordinator: Meghan Moore
- Teen Talk Counselor: Jonathan Neuhaus

Middle school is a time of enormous growth for our students both academically and socially. We encourage students to believe in themselves and in their capacity to grow. We are here to help guide your child through these middle school years as we help them problem solve and grow as individuals.

During the school day, we are available to help your child in a variety of ways, including but not limited to:

Group Counseling: At each grade level we usually offer several groups focused on common adolescent issues. Topics will likely include: organizational/study skills, social skills, self esteem, friendship/lunch groups, stress management, divorce/separation, bereavement, friendship, and new student groups.

We are starting off the year with the following 6-8 week small groups.

- Friendship/Connection
- Divorce/Separation
- Bereavement/Grief
- New Student

Please reach out to your grade level counselor if you feel your child would benefit from one of these groups.

Individual Counseling: We are available for individual appointments, which may be initiated by students, teachers, parents or by the grade level counselor. Topics discussed may include academic concerns, peer relations and conflicts, behavioral issues, family issues, and personal goal setting.

Academic & Social/Emotional Learning: Mrs. Moore will facilitate classroom discussions focused on student skills to **all students** one time per month as well as run school-wide initiatives which focus on social and mental health awareness.

An open line of communication with parents is very important to us as a mental health team. In the event that there is some question or concern that you may have, please contact us and we will work together to respond to your child's needs. Please keep us informed of any important changes at home that might affect your child at school. If you do not wish your child to participate in any of the mental health related services, please let your grade level school counselor know. **If you feel your child may benefit from additional support, please contact your child's school counselor to discuss accessing our additional support staff.**

We look forward to working with you to ensure your child has a successful school year at Eastern Middle School!

Sincerely,

Susan MacIsaac, 6th Grade School Counselor: susan_macisaac@greenwich.k12.ct.us

Anthony Pavia, 7th Grade School Counselor anthony_pavia@greenwich.k12.ct.us

Erika Moeller, 8th Grade School Counselor: erika_moeller@greenwich.k12.ct.us

If you are contacting a member of the mental health team outside of regular school hours and may need immediate assistance, please contact the following resources:

Police/Fire/Medical Emergencies 9-1-1

Kids in Crisis (Free 24/7 crisis counseling and temporary shelter)

203.327.5437

www.kidsincrisis.org

Child and Adolescent Mobile Psychiatric Emergency Service (24/7, on-site crisis intervention) 2-1-1 or 1-800-203-1234

YWCA Domestic Abuse Hotline 203.622.0003

The Trevor Project thetrevorproject.org

Suicide Hotline 800-SUICIDE www.suicidepreventionlifeline.org or suicide.org

Child Guidance Center (Counseling) 203.324.6127 www.childguidancect.org

Family Centers (Counseling) (ages 13-17) 203.629.2822 www.familycenters.org

Additional Resources from the district Social Worker [Community Resources](#)