

School Mental Health Newsletter: OCTOBER 2023



MENTAL ILLNESS AWARENESS WEEK

NAMI: What you need now about mental health – [Click here](#) to read
COSMIC KIDS: 10 children’s mental health activities – [Click Here](#)

ADHD AWARENESS MONTH

[Click Here](#) to find helpful resources in this CHADD ADHD tool kit for parents

NATIONAL BULLYING PREVENTION MONTH OCTOBER

Stopbullying.gov

How to talk to kids about bullying: Tips for parents and caregivers – [CLICK HERE](#)

American Psychological Association

How parents, teachers and kids can take action to prevent bullying – [CLICK HERE](#)

Good Day New York Television Feature:

Our own Dr. Vera Feuer, MD was featured on Fox 5's Good Day New York discussing suicide awareness

[Click HERE](#) to view the clip!



Important Phone Numbers to Know:

- South Oaks Hospital Admissions –631-608-5885
- Cohen Children’s Medical Center Pediatric Behavioral Health Urgent Care – 718-470-3148
- Cohen Children’s Pediatric ED – 718-470-3768
- RVC Behavioral Health Center –516-927-1630
- Mineola Behavioral Health Center -516-321-5770
- Commack Behavioral Health Center- 631-775-3280
- Long Island Crisis Center – 516-679-1111
- Center for Hope - 516-216-5194
- National Suicide Prevention Lifeline- call or text 988

Quick Reads:



THE WELL

**Does your teen need therapy?
Watch for these signs**
[Click here](#) to read

PARENTS.COM

**What parents need to know
about teen suicide**
[Click here](#) to read

CHADD

Parenting a child with ADHD
[Click here](#) to read



[CLICK HERE](#) to learn more about Dwali!



[CLICK HERE](#) to learn more!

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Upcoming Education Opportunities

School Avoidance Workshop

School Mental Health Program is proud to provide an educational lunch and learn – **Tuesdays 12:00pm – 12:45pm**

This series is for parents to learn about school avoidance with a **focus on skills and strategies to support children.**

This workshop will educate on:

- What is school avoidance?
- Who does school avoidance impact and why?
- Strategies to decrease school avoidance
- Where you can find additional resources



Click below to register for a session:

Session 1 (Remaining dates): 10/3, 10/17, 10/24

Session 2: 10/31, 11/7, 11/14, 11/21, 11/28, 12/5

LUNCH & LEARN

Register now for these 1-hour virtual session!

Mental Health Services & Community Supports:

“How can parents get started with finding help for children?”

Date: Thursday October 19th, 2023 at 12:30pm

[CLICK HERE](#) to register

Social Connections & Loneliness:

“Strategies for parents for building connections and belonging”

Date: Thursday November 16th, 2023 at 12:30pm

[CLICK HERE](#) to register

Family Stress First Aid:

“How can family support each other and manage stress?”

Date: Thursday December 21st, 2023 at 12:30pm

[CLICK HERE](#) to register

Kids in the Kitchen: Family cook-a-long

Registered Dietitians Stephanie Di Figlia-Peck, Sweta Shah and Amy Rosenfeld invite you to join this family cooking program. This FREE community program is brought to you by Cohen's Children's Medical Center POWER Kids Program and Northern Westchester Hospital.

Registration required. This virtual program offered via Zoom is designed for families of children 9+, though all are welcome! [CLICK HERE](#) to register or scan QR code (left)



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The Northwell School Mental Health Advisory Board – Have your voice heard!

The Northwell School Mental Health Advisory Board is a group of parents, students, hospital, and school staff who work together to ensure that our school mental health partnerships meet their program objectives to support children and families. Our mission is to promote early identification, provide family-centered access to mental health care within the community and address disparities and stigma.

The Advisory Board will:

- Review data and various trends related to the clinical and educational services provided through the partnerships.
- Make recommendations and suggestions of ways to enhance the quality and quantity of programs.

Identify opportunities for community engagement.

In an effort to enhance our advisory board, we are looking for nominations from the community, which can include students, family members and school staff.



How Can You Join the Northwell School Mental Health Advisory Board?

Eligibility to Join:

- If you are a parent or student, who resides in a partnering district (check [here](#) for a full list of districts)
- If you are a staff or faculty member who works in a partnering district (check [here](#) for a full list of districts)
- If you believe in our mission to promote mental health within school communities
- If you can commit to attend and participate in 4 meetings a year (90 minutes on weekday evenings)
- If you want to make our program the best, it can be

To join the Northwell School Mental Health Advisory Board, complete the online membership application here:

[Membership Application](#) or scan the QR code below:

