KUTZTOWN AREA SCHOOL DISTRICT

STUDENT & FAMILY RESOURCES BOOKLET

School-Based Programs & Resources

K

Caring Closet (KAMS)

- **Free:** Clothing, shoes, coats personal hygiene, & school items

Student Assistance Program (SAP) Groups:

- Provides support services for students facing personal, emotional, or academic challenges

Family Guidance Center:

- School-based individual counseling services for students facing emotional, behavioral, and mental health challenges

SMART Peer Mentoring 9th-12th Grade

- Every 9th grade student is paired with a 12th grade student mentor to help them navigate high school; encourages academic success, personal growth, and social integration

McKinney-Vento Act/Helping Hands Program

Supporting KASD Students & Families

- Supports K-12 students facing homelessness or life challenges, ensuring access to stable education and essential resources.
- Services include immediate enrollment, school supplies, transportation assistance, and connections to shelters, food pantries, and counseling, promoting stability and academic success for students in need



COUGARS CARE!

Utilities, Rent, & Other Resources



Low-Income Home Energy Assistance Program (LIHEAP):

Helps with household energy bills
Contact Berks County Assistance Office: 866-215-3912

Low-Income Household Water Assistance Program (LIHWAP):

Helps with household water & wastewater bills
Contact Berks County Assistance Office: 866-215-3912

Berks Community Action Program (BCAP):
Provides mortgage assistance, parenting classes, budget counseling, work ready program, & much more!
Contact Their Office: 610-376-6571

Salvation Army of Berks County
Offers emergency financial assistance, including help with utility bills
Contact
866-215-3912

Family Promise
Offers variety of services including rent & utility assistance
Contact
610-373-3323

PA Customer Assistance Program (PCAP)
Designed to help income qualified residential customers maintain electric service and eliminate their past due balances
Contact
1-888-282-6816

Food Support

Friend, Inc. Resources:
658D Noble Street
Kutztown, PA
610-683-7791

Noble Street Pantry
- First Monday, Tuesday, and Wednesday of each month by appointment

Noble Street Open Pantry (no appointment needed)
- Third Thursday — 6:00 to 7:00 PM
- Third Friday — 10:30 to 11:30 AM

Albany Township Pantry
- First Tuesday of each month — Call 610-683-7791 to order a box for pickup
- Kempton Community Center, 83 Community Center Drive, Kempton, PA

Alburtis Mobile Market
- First Thursday of each month — 3:30 to 4:30 PM
- Huff's Union Church, 540 Conrad Rd, Alburtis (Hereford Township)

St. Paul's United Church of Christ Food Pantry
- First Thursday of each month — 4:30-6 p.m. in the community center at 110 W. Arch St., Fleetwood, PA

Trinity Lutheran Church Kutztown Kitchen
- Free meal every fourth Sunday of each month — 4:30-6:00 PM at 357 West Main Street, Kutztown, PA

Supplemental Nutrition Assistance Program (SNAP)

Helps low-income individuals & families purchase food by providing monthly benefits through an EBT card. Eligibility is based on household income. Apply online or by contacting the PA SNAP Hotline at **1-800-692-7462** or visit **PA COMPASS.**

Women, Infants, & Children (WIC)

Provides nutrition support for pregnant women, new mothers, infants, & young children up to age five. WIC offers supplemental nutritious foods, health care referrals, & nutrition education to eligible low-income. Contact the PA WIC Hotline at **1-800-942-9467** or Friend, Inc. for on-site collaboration at **610-683-7791**



Housing & Shelter Resources:

Salvation Army:
610-373-5208
301 S. 5th St, Reading, PA

Safe Berks
610-373-1206
255 Chestnut St, Reading, PA

Mary's Shelter:
610-683-8010
615 Kenhorst Blvd, Reading, PA

BCC Transitional Bridge House
610-373-4281
645 Penn St, Reading, PA

Berks Coaltion to End Homelessness
610-372-7222
600 Penn St, Reading, PA

LightHouse Women & Children's Shelter
610-484-4495
715N 6th Street, Reading, PA

Hannah's Hope
610-655-7716
736 Upland Ave, Reading, PA

Berks County Housing Authority
610-370-0822
1803 Butter Ln, Reading, PA

Hope Rescue Mission
610-375-4224
645 N 6th St Reading, PA

Sixth Street Shelter
610-435-1490
219 N 6th St, Reading, PA

Allentown Rescue Mission
610-740-5500
355 Hamilton St, Allentown,PA

Family Promise of Berks County
610-740-5500
355 Hamilton St, Allentown,PA

Berks Community Action Program
610-376-6571
645 Penn St, Reading, PA

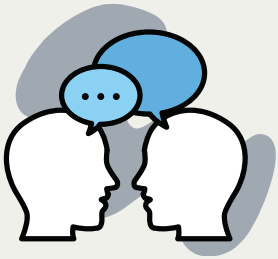
Translation Services:

LanguageLine Solutions: 800-752-6096

Clear Language Communication:
484-954-7878

Our Konnection: 800-752-6096

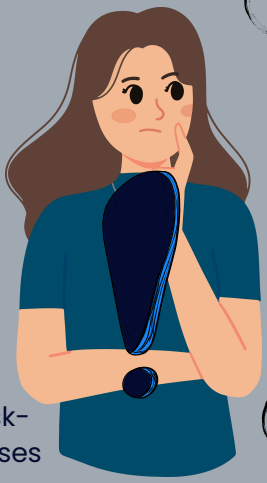
360 Translation International: 856-356-2922



COMMON WARNING SIGNS of MENTAL HEALTH CONDITIONS

Identifying mental health challenges can be difficult, some common signs and symptoms may include:

- Feeling very sad or withdrawn for more than 2 weeks
- Significant weight loss or gain
- Trying to harm or end one's life or making plans to do so
- Severe, out-of-control risk-taking behavior that causes harm to self or others



- Extreme difficulty concentrating or staying still
- Use of alcohol or drugs
- Intense worries or fears that get in the way of daily activities
- Drastic changes in mood, behavior, personality or sleeping habits

Worried about yourself or someone you care about?

If you notice any of these symptoms, it's important to ask questions

Try to understand what they're experiencing & how their daily life is impacted

Making this connection is often the 1st step to getting treatment

KNOWLEDGE IS POWER

Talk with a health care professional

Learn more about mental health conditions

Contact a help line

50% of all lifetime illness begins by **age 14**

75% by **age 24**

MENTAL HEALTH

Providers & Resources Nearest to You

- **Concern Professional Services**
  1 W Main St, Fleetwood, PA
  610-944-0445
- **Northern Berks Psychological Services**
  92 Noble St, Kutztown, PA
  484-648-0398
- **New Faith Intervention Counseling**
  421 W Main St, Kutztown, PA
  484-641-8601
- **Fairview Counseling**
  1255 Perkiomen Ave, Reading, PA
  610-396-9091
- **Safe Berks Counseling**
  658D Noble St, Kutztown, PA
  610-373-1206, ext. 606
- **Family Guidance Center**
  658D Noble St, Kutztown, PA
  610-374-4963
- **Berks Community Health Center**
  Multiple locations in Reading, PA
  610-988-4868
- **Lehigh Valley Psychiatry**
  1259 Cedar Crest Blvd #320
  Allentown, PA
  610-402-5900

For a more comprehensive list, please reach out to a School Counselor

Websites For Additional Resources:

- **Grief Resource:** www.healgrief.org
- **Mental Health America:** www.mhnational.org
- **National Alliance on Mental Health:** www.NAMI.org
- **Anxiety & Depression Association of America** www.ADDA.org





Mental Health Apps with Free Content

- **Calm: Relaxation App**
- **Mind CBT: Anxiety App**
- **7 Cups: Emotional Support from trained listeners**
- **Smiling Mind: Manage stress & improve focus**
- **Youper: Support based on mood tracking**
- **Happify: Build resilience**

24/7/365 Mental Health & Crisis Hotlines

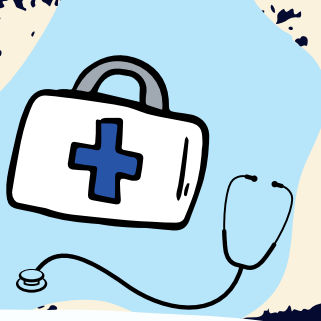


National Suicide Prevention Lifeline: Call 988
Safe Berks Crisis Hotline: Call 610-372-9540
Spanish: 610-372-7463
Trevor Project (LGBTQ) Crisis Line:
866-488-7386 or text "START" to 678-678
Lehigh County Crisis Intervention: 610-782-3127
Crisis Text Line: Text "PA" to 741-741

Holcomb Crisis Intervention: 610-379-2007
Substance Abuse Help Line: 610-626-2463
National Domestic Violence Hotline: 800-799-7233 or text "START" to 88788
Runaway Hotline (Berks): 1-800-231-6946

**All hotlines and help lines are free, nonjudgmental, & confidential

MEDICAL & HEALTH RESOURCES



St. Luke's Health Center
15065 Kutztown Road, Kutztown, PA
866-785-8537
- Offers a wide range of services; primary care, physical therapy, women's health, orthopedics, walk-in lab and x-ray services, & urgent care

Tower Health: Family Medicine
15050 Kutztown Road, Kutztown, PA
610-816-2001
- Offers primary care services, including family medicine & women's health

Medicaid
PA Medicaid Hotline: 1-800-692-7462
Visit www.Medicaid.gov
- Joint federal and state program that provides health coverage to eligible low-income individuals and families.

For a more comprehensive list, please reach out to a School Counselor

Lehigh Valley Network: Family Medicine
333 Normal Ave, Suite 201 Kutztown, PA
610-683-8363
- Offers family medicine, chronic condition treatment, and virtual care

CCC Health
15530 Kutztown Road, Kutztown, PA
484-646-3900
- Offers a holistic approach to preventive care, mental health support, lifestyle coaching, & nutritional guidance

Berks Community Health Center
838 Penn Street, Reading, PA 19602
610-988-4838
- Offers a wide range of services and accepts all insurances; outreach staff can assist individuals with no coverage

Children's Health Insurance Program (CHIP)
Hotline: 877-543-7669
- CHIP is a federal-state partnership that provides low-cost or free health coverage to children in families with incomes too high to qualify for Medicaid but too low to afford private insurance

Additional County Resources & Support

Safe2Say Something
Youth Violence prevention program, submit anonymous tips & ensure the right people get contacted
1-844-723-2729

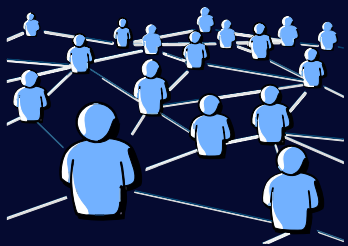
United Way of Berks County/211
Available 24/7; provides quick access to resources & support tailored to individual needs
Call 211 or 610-685-4550

Safe Berks
Support for victims of domestic violence and sexual assault; emergency shelter, legal support, & counseling
24/7 Hotline: 610-373-1206

Berks County Assistance Office
Offers access to state services and programs
1-866-215-3912

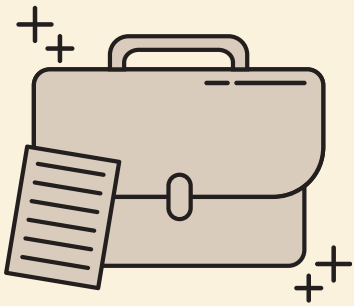
Hispanic Center of Berks County
Hub of cultural celebration and resources, fosters connections and opportunities
610-685-1260

Catholic Charities of Allentown (Reading Office)
Offers housing & social services, refugee & immigrant services also provided



Case Management Services

Case management services help families and individuals access the support they need, especially in healthcare, education, or social services. A case manager is a trained professional who works with you to identify your unique needs and connect you to local resources. They coordinate with multiple providers to ensure all your services work together effectively. Case managers provide ongoing support, empowering students and families to make informed decisions and advocate for their needs.



Case Management Resources:



Service, Access, & Management (SAM):
- Multiple locations
- 610-236-0530 or 877-236-4600

Friend, Inc. Community Services:
- 658 Noble St, Kutztown, PA
- 610-683-7790

CareerLink (Employment & Education)
- 1920 Kutztown Rd, Reading, PA
- 610-988-1300

Salisbury Behavioral Health
- 560 Van Reed Rd, Wyomissing, PA
- 610-396-3672

United Way Referral Help Line
- Phone: 211 or website: 211.org
- Free 24/7; connection to local resources



Early Intervention Resources



Early Intervention: What You Need to Know

Early intervention (EI) is a special program that helps babies and young children who may have developmental delays or disabilities. This means if a child is having trouble with things like talking, walking, or learning, early intervention can provide support to help them catch up.

The program focuses on children from birth to age 3, which is a very important time for growth and learning. Professionals, like speech therapists, physical therapists, and special educators, work with children and their families.

Early intervention services are provided at no cost to families.

Early Intervention Resources Nearest to You

Berks County Intermediate Unit (BCIU):
Offers EI programs and can connect you with services tailored to your child's needs.
610-987-2248

Pennsylvania Department of Human Services:
Website provides information on early intervention services statewide, including a hotline to help connect children and families to services
CONNECT Helpline: 1-800-692-7288
https://www.pa.gov/en/agencies/dhs/resources

Drug & Alcohol Resources

Seeking treatment for drug and alcohol abuse is a crucial step toward recovery and well-being. Whether for yourself or a loved one, accessing the right resources can make a significant difference. Remember, help is available, and reaching out is the first step toward a healthier future.

White Deer Run Blue Moutain	**8284 Leaser Rd, Kempton, PA 19529** 12 miles from the center Kutztown, PA	**877-756-4023**
Allentown Comprehensive Treatment Center	**4400 S. Cedarbrook Rd, Allentown, PA 18103** 12 miles from the center of Kutztown, PA	**610-686-7960**
Recovering Adolescents & Families Together Treatment Center	**860 Broad St, Emmaus, PA 18049** 14 miles from the center of Kutztown, PA	**610-965-8454**
Berks Counseling Center Inc.	**645 Penn St, Reading, PA 19601** 15 miles from the center of Kutztown, PA	**610-373-4281**
Life Counseling Services	**19 PA Locations**	**880-882-**

YourFirstStep.org provides a free, confidential hotline available 24/7 to help you find the right facility:
866-335-7377

Cougar Contacts

Kutztown Area Elementary School:

Principal: Deb Barnes

School Counselor:
Melissa Till Smith

District website:
www.KASD.org

Greenwich-Lenhartsville Elemenary School:

Principal: Matthew Pile

School Counselor:
Steph Steigerwalt

Kutztown Area Middle School:

Principal: Shawn Lynch

School Counselor:
Keegan White

Kutztown Area High School:

Principal: Barry Flicker
Assistant Principal: Victoria Brown

School Counselors:
Andrew Brett
Lauren Cicale

District Wide:

Superintendent: Mr. Christian Temchatin
Assistant Superintendent & Liaison: Dr. Ed Myers
K-12 Integrated Behavioral Health Services Coordinator: Alexa Lenhart

COUGARS CARE!

Kutztown Area School District is committed to meeting the diverse needs of students & families!



POUNCE
on available resources today!

This booklet and the resources provided are intended solely for informational purposes and are not meant to serve as professional advice. For more information, please contact a school counselor or the K-12 Behavioral Health Services Coordinator



