Pine-Richland School District

Focused on Learning for Every Student Every Day

Mental Health Resources for the Holiday Season

Dear Pine-Richland Families,

The holiday season is often a joyful time spent celebrating with family and friends. It is important to recognize that this time of year can be difficult for some students and families due to experiences of loss, financial stress, sadness, or emotional distress.

Having extra time over the holiday break can be enjoyable; however, it may also increase exposure to social media, both positive and negative. We encourage families to engage in meaningful, family-centered activities while also monitoring their child's social media use.

The following is a list of resources along with links for your children, family, neighbors, and community members to provide extra support:

Resources

- Grief and the Holidays
- Grief Over the Holidays: Educators Can Help Students Cope
- Griever's Holiday Bill of Rights
- Helping Yourself Heal During the Holiday Season
- How to Take the Stress Out of Family Gatherings—Child Mind Institute
- Resources for the Journey of Grief
- Supporting Children Over the Holiday Season
- Ways to Strengthen your Psychological Well-Being During a Tough Holiday Season

Emotional Health and Well-Being

Counseling, Psychological & Social Work Supportive Services

Our school counselors, psychologists and social workers conduct check-ins and offer individual and group counseling services to help our students with academic, social, emotional and behavioral needs.

Mrs. Carolyn Welshonce, School Social Worker (7-12) 724-625-3111, ext. 2227

Dr. Taylour Kimmel, School Psychologist (K-6) 724-443-7230, ext. 6500

What to Do and How to Get Help?

As a **first option**, we encourage our students to talk with **one trusted adult at home and school**.

Call 911 if there is any indication that **danger appears immediately**.

Do NOT leave the child alone until his or her safety is made certain.

Directly report a potential concern to the **Northern Regional Police Department at 724-625-3157 or 911**.

988 Suicide and Crisis Lifeline

Contact the 988 Suicide and Crisis Lifeline if you are experiencing mental health-related distress or are worried about a loved one who may need crisis support.

- Call or text 988
- Chat at 988lifeline.org
- Connect with a trained crisis counselor. 988 is confidential, free and available 24/7/365.
- Visit 988lifeline.org for more information.

Safe2Say

844-SAF2SAY or **Safe2SayPA.org**
This program operates 24/7 and allows one to securely and anonymously report a safety concern to help identify and intervene with at-risk individuals before they hurt themselves and/or others.

Resolve Crisis Network

888-7YOU CAN (796-8226)
All calls are answered 24/7 by a mental health counselor.

National Suicide Prevention Lifeline

800-273-8255
All calls are answered 24/7 by a mental health counselor.

Crisis Text Line

Text HOME to 741-741 to text with a crisis counselor 24/7. The Crisis

Dr. Alysha Kaparakos, School Psychologist (K-6)
724-443-1558 ext. 6508

Dr. Missy Ramirez, School Psychologist (7-12)
724-443-7230, ext. 6500

Dr. Maura Paczan, Director of Student Services
724-443-7230, ext. 6500

School Counselors

- Pine-Richland High School
- Pine-Richland Middle School
- Eden Hall Upper Elementary
- Hance | Richland | Wexford

Text Line is similar to the National Suicide Prevention Lifeline and other hotlines but allows those in crisis to text rather than call.

School Counselors work to improve success for **ALL** students by implementing a comprehensive school counseling program focused on career readiness, appropriate academic supports, and social emotional skills to become productive citizens.



School-Based Mental Health Counseling

Students in grades K-12 can access outpatient mental health services in school through a partnership with **Glade Run School-Based Mental Health Services**.

Students can receive 1:1 individual therapeutic services and group therapy, psychoeducational groups, consultation, prevention and intervention services.

New intakes for outpatient referrals can be completed by contacting either your school counselor or Glade Run directly.

- **Glade Run MHP Referral**
- **Q&A Parent Fact Sheet**

Student Assistance Program (SAP)

Students in grades K-12 are supported through this systematic team approach to navigate school and mental health resources for families and remove barriers to a child's learning and mental health treatment. You can find information about Pine-Richland's SAP and team members for each school building along with resource numbers at **Student Assistance Program Overview**.

Suicide Prevention and Intervention (K-12)

We encourage all parents, school staff, and students to review **Preventing Youth Suicide: Tips for Parents and Educators**. Students who are experiencing suicidal ideation often do not directly seek help. Parents, school personnel and others can help recognize the warning signs and observe changes in behavior. More information on what to look for is available at **Suicide Awareness Policy & Resources/Overview**.

Grief Resources (K-12)

Pine-Richland partners with the **Highmark Caring Place** to provide support, grief resources and materials, consultation services, educational

Crisis Center North

The district has a partnership with **Crisis Center North** to provide support to our students and families counseling

training and peer support groups. Please reach out to your school counselor for assistance in getting started.

services and support those who have experienced trauma and/or violence.

RAMS Way (K-12)

Pine-Richland has a district-wide positive behavioral support and intervention program called **RAMS Way** that encourages a positive and safe environment for both students and staff members, both virtually and in person.

Resources for Families

The Pennsylvania Department of Education has a list of **Resources to Support Families** for support, services and information that can help children and families with basic needs (food, child care, shelter, unemployment compensation, utility assistance, medical assistance, internet safety). **PA 211** is an easy-to-remember telephone number and web resource for finding health and human services for everyday needs and crisis situations.

Website

Pine-Richland School District | 702 Warrendale Road | Gibsonia, PA 15044 US

*You are receiving this communication because you opted in to email messages from Pine-Richland School District. To update your communication preferences, please click Update Profile below. If you received this from a friend and would like to subscribe, **you may do so here**. To unsubscribe from **all** district communications, click the unsubscribe link below.*

Unsubscribe | Update Profile | Constant Contact Data Notice

Constant Contact

Try email marketing for free today!