Pine-Richland School District

Focused on Learning for Every Student Every Day

May is Mental Health Awareness Month

Dear Pine-Richland Families,

As we head into the final weeks of the school year, we are proud to recognize May as Mental Health Awareness Month. This month serves as a vital reminder of our commitment to the well-being of every student.



Right: Pine-Richland High School's Peer2Peer Club host their annual Color Run on May 17 to promote suicide prevention awareness.

***QuickFact**: Research shows that simply spending time in nature, which is especially accessible in May, can significantly reduce cortisol, a primary stress hormone. Just 20 minutes of "green time" has been shown to support improved focus, emotional regulation, and increased resiliency in managing stress over time.*

At Pine-Richland, we aim to cultivate an environment where students feel valued and empowered to seek support. We believe that mental health is a shared responsibility, and our success relies on the partnership between our schools, families, and the community.

As summer approaches, please remember that **mental health matters year-round**!!

Our comprehensive resources remain available to students and families throughout the summer months to ensure continuous support. Thank you for your continued partnership in supporting the health and resilience of our district.



Psychological Support Services

Over the summer months, our school psychologists are available for additional resources and/or questions.

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

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-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**

Crisis Resources

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 ensured.

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

Pine-Richland School District partners with a number of outside agencies and has several programs to provide supports and resources for students and families:

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 and Resources**.

Grief Resources (K-12)

Pine-Richland partners with the **Highmark Caring Place** to provide support, grief resources and materials, consultation services, educational training and peer support groups. Please reach out to your school counselor for assistance in getting started.

Crisis Center North

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

GoGuardian Parent App

Having extra time over the summer break can be enjoyable, but it can also increase moments of social media exposure for our students, both positive and negative. We encourage you to engage in family-centered activities while also monitoring your child's social media activity. Please reference **GoGuardian** on district-owned devices to help protect our students and as part of our compliance with the Child Internet Protection Act (CIPA). GoGuardian currently alerts school psychologists and counselors when a student searches online for terms or views content related to subjects of self-harm, suicide, violence, weapons, bullying, or illegal substances. The GoGuardian Parent app (available for download for **iOS/Android**) allows parents access to their child(ren)'s browsing history on district-issued devices. Currently, you may log into this app to view all browsing activity.

Website

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

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