



CAESAR RODNEY

SCHOOL DISTRICT

Caring Hearts. Strong Minds. Bright Futures.

We Are
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MENTAL HEALTH RESOURCES FOR STUDENTS

Understanding the Different Types of Support Available for Your Child



Every child experiences challenges as they grow and learn. Knowing where to turn for support can help families access the right resources at the right time. Below is an overview of how school counselors, pediatricians, and mental health counselors/therapists can support your child's well-being and success.



ELEMENTARY SCHOOL COUNSELOR

FOCUS:

Support students' academic, social, emotional, and behavioral development within the school setting through individual and group counseling, classroom lessons, and collaboration with families and staff.

INTERVENTION STYLE:

Brief, solution-focused support designed to help students be successful at school.

KEY RESPONSIBILITIES:

- Social-Emotional Support:** Emotional regulation, friendship skills, conflict resolution, empathy
- Academic Guidance:** Goal setting, study skills, organization, and support for school transitions
- Personal Development:** Identifying strengths, building confidence, exploring interests
- Crisis Intervention:** Immediate support during school-based crises; safety planning
- Collaboration & Advocacy:** Work with families, teachers, and administrators to remove barriers to learning
- Classroom Guidance:** SEL, bullying prevention, career exploration, mental health literacy
- Referrals & Coordination:** Connect families with outside resources and coordinate supports

SCREENING & EARLY IDENTIFICATION:

- Routine monitoring of student concerns
- Identification of potential social, emotional, behavioral, or academic risks



PEDIATRICIAN

FOCUS:

Support both the physical and mental health of children and adolescents and help connect families to the right resources.

INTERVENTION STYLE:

Medical assessment, screening, and referral services.



SCREENING & EARLY IDENTIFICATION

- Anxiety • Depression • ADHD
- Developmental concerns • Behavioral concerns



INTERVENTION & SUPPORT

- **Medication Management:** May prescribe medications for mental health concerns when appropriate
- **Behavioral Support:** Promote healthy habits and encourage activities that build resilience



REFERRALS & COORDINATION

- **Triage & Referral:** May refer to specialists such as psychologists, psychiatrists, neurologists, and developmental specialists
- **Collaboration:** Work with counselors, specialists, and other healthcare providers to coordinate care



TRUSTED POINT OF CONTACT

- **Familiarity:** Long-standing relationships with families make pediatricians an accessible first resource
- **Holistic Care:** Understand how emotional, social, medical, and educational concerns affect overall development



PROMOTING WELLNESS

- **Resilience Building:** Support healthy emotional development through preventative care
- **Parent Support:** Provide resources and guidance to help families support their child



MENTAL HEALTH COUNSELOR / THERAPIST

FOCUS:

Support a child's emotional, behavioral, and psychological well-being through specialized therapy outside of the school setting.

INTERVENTION STYLE:

Long-term, intensive, specialized therapy provided outside of school.

KEY RESPONSIBILITIES:

- Emotional & Behavioral Support:** Help children understand and express feelings and develop positive behaviors
- Coping Skills Development:** Teach coping strategies to manage stress, anxiety, and challenges
- Trauma & Grief Processing:** Support children in processing trauma, loss, and other difficult experiences
- Collaborative Approach:** Work with families, schools, and professionals to support the child's overall well-being

COMMON ISSUES ADDRESSED:

- Mental Health Conditions:** Anxiety, depression, OCD, PTSD
- Behavioral Concerns:** Aggression, attention difficulties, anger management
- Family & Life Challenges:** Divorce, family conflict, grief, major life transitions
- Academic Concerns:** Learning difficulties, school stress, focus issues



LOCAL PEDIATRICIANS

- **ABC Pediatrics**
740 S. New Street
Dover, DE 19904
302-674-0222
- **Kids and Teens Pediatrics**
125 Greentree Dr. #1
Dover, DE 19904
302-264-9386
- **Nemours Children's Health**
201 Towne Center Dr., Suite 500
Dover, DE 19904
302-674-5650
- **Kent Pediatrics**
748 S. New St., Suite 1A
Dover, DE 19904
302-264-9691
- **Kaza Medical Group**
810 New Burton Rd., Suite 1
Dover, DE 19904
302-674-2616
- **Coastal Medical Center**
4601 S. Dupont Hwy., #2
Dover, DE 19901
302-698-1100
- **ChristianaCare Pediatrics at Dover**
863 Buttner Place, #103
Dover, DE 19904
302-734-3331
- **Bayhealth Pediatrics, Milford**
705 North Street
Milford, DE 19963
302-725-3550



LOCAL THERAPISTS & COUNSELORS

- **Delaware Guidance Services**
103 Mont Blanc Blvd.
Dover, DE 19904
302-678-3020
- **Mental Edge Counseling**
1198 S. Governors Ave.,
Building A, Suite 201
Dover, DE 19904
302-382-8698
- **Resilient Kids Child & Family Therapy**
801 Mapleton Ave.
Middletown, DE 19709
302-279-6491
- **Beyond Speech Therapy, LLC**
25 Maggies Way, Suite 2
Dover, DE 19901
302-450-3217
- **Thriveworks Counseling & Psychiatry**
1326 S. Governors Ave., Suite A
Dover, DE 19904
302-365-8761
- **A Center for Mental Wellness**
121 W. Lookerman Street
Dover, DE 19904
302-674-1397
- **LifeStance Therapists & Psychiatrists**
200 Banning Street, Suite 260
Dover, DE 19904
302-224-1400
- **Children & Families First**
91 Wolf Creek Blvd.
Dover, DE 19901
302-674-8384



YOU ARE NOT ALONE.

Reaching out for help is a sign of strength. We are here for you and your family.

IN AN EMERGENCY



CALL
911



988
SUICIDE & CRISIS
LIFELINE



CRISIS TEXT LINE
Text HOME to 741741

SCAN FOR MORE RESOURCES



EVERY STUDENT. EVERY DAY. EVERY OPPORTUNITY.

