School Mental Health Newsletter: OCTOBER 2023



MENTAL ILLNESS AWARENESS WEEK

NAMI: What you need now about mental health – <u>Click here</u> to read **COSMIC KIDS:** 10 children's mental health activities – Click Here



Stopbullying.gov

How to talk to kids about bullying: Tips for parents and caregivers – <u>CLICK HERE</u>

American Psychological Association

How parents, teachers and kids can take action to prevent bullving – CLICK HERE



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!



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



<u>Click Here</u> to find helpful resources in this CHADD ADHD tool kit for parents

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



CLICK HERE to learn more about Dwali!



CLICK HERE to learn more!

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Upcoming Education Opportunities

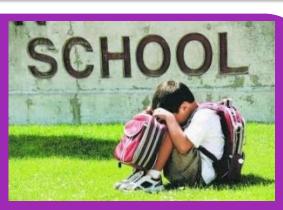
School Avoidance Workshop

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!

Northwell Health®

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 <u>here</u> 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:



