Lynbrook Public Schools  
2020-2021  
Mental Health & Communication Guide  
www.lynbrookschools.org

“Resilient and Ready”

<table>
<thead>
<tr>
<th>District Directors</th>
<th>887-0260</th>
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<tr>
<td>Director of Special Services: Susan Saban</td>
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<td>Coordinator of Special Services: Keri Kelleher-Walsh</td>
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<td>Information Technology Coordinator: Neil MacDermott</td>
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<td>Director of PE, Health, and Athletics: Joseph Martilloti</td>
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<td>Director of Fine and Performing Arts: Joseph Pallotta</td>
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Looking for Information?  
1. Visit the District and School Websites  
2. Phone Messages – numbers listed  
3. District & Staff Email Addresses:  
   Firstname.Lastname@lynbrookschools.org

What you can expect from the staff:  
1. Timely responses from teachers, support staff, and administrators.  
2. Professionalism, courtesy, and respect from all staff members.  
3. Honest dialogue regarding your child.

What is expected of parents/guardians?  
Courtesy, respect, and understanding go a long way in helping all parties reach a successful outcome for your child.

Whom do I contact for….  

Attendance and Health Concerns:  
1. Nurse/Attendance  
2. Guidance Counselor (6-12)  
3. Social Worker, Psychologist  

Academic Concerns:  
1. Classroom Teacher  
2. Guidance Counselor (6-12)  
3. Social Worker, Psychologist  
4. Chair/Coordinator (6-12 only)  
5. Principal

Behavioral/Social and Emotional Concerns:  
“My child is being bullied in school by other children.”  
1. Classroom Teacher (K-5)  
2. Guidance Counselor (6-12)  
3. Social Worker, Psychologist  
4. Principal

“My child is having a difficult time w/friends,” or “My child suddenly hates school.”  
1. Classroom Teacher (K-5)  
2. Guidance Counselor (6-12)  
3. Social Worker, Psychologist  
4. Principal

“I need help accessing community resources”  
1. District/School Website  
2. Social Worker

“I (my child) need(s) help coping in times of crisis/difficulty”  
1. Guidance Counselor (6-12)  
2. Social Worker, Psychologist  
3. Principal

“I noticed changes in my child’s eating, sleeping, friends, use/abuse of drugs or alcohol”  
1. Guidance Counselor (6-12)  
2. Social Worker, Psychologist  
3. Principal

Family Issues/Changes in the Home  
“There have been changes in our home such as loss of a family member, divorce, financial stress, job loss, or food insecurity”  
1. Guidance Counselor (6-12)  
2. Social Worker  
3. Psychologist  
4. Principal
MENTAL HEALTH & COMMUNITY RESOURCES

Nassau Cares Smartphone App:
Free Application for smartphones to provide easy access to emergency and crisis services including psychiatric, Emergency Room, detox, open access clinic, urgent care centers and respite services

Nassau County Mental Health Resources
https://www.nassaucountyny.gov/1711/Mental-Health

Nassau County Department of Human Services
Office of Mental Health, Chemical Dependency and Developmental Disabilities Services
60 Charles Lindbergh Boulevard, Suite 200
Uniondale, New York 11553-3687
(516) 227-7057 Fax (516) 227-7076
www.nassaucountyny.gov

Cohen Children’s Medical Center Pediatric Mental Health Urgent Care Center
Northwell Health – WALK IN Open Monday-Friday 10am-4pm 269-01 76th Avenue New Hyde Park, NY 11040 (917) 480-4495
provides timely access to pediatric mental health services for children and adolescents (age 5-17) presenting in a mental health crisis. We can provide the following services: Assessment, Coordination of Care, Referral, and Transitional Care

Coalition Against Domestic Violence
24/7 Domestic/Dating Violence Hotline 542-0404
Coalition Against Domestic Violence Website

Long Island Crisis Center:
LICC provides 24/7, free, high quality, confidential and non-judgmental programs, and services to support and empower Long Islanders at critical times in their lives. 24/7 Crisis Hotline: (516) 679-1111 and live online and mobile chat.

Mobile Crisis
(516) 227-TALK (8255) 60 Charles Lindbergh Avenue Uniondale, NY 11553 Crisis hotline and services. Mobile Crisis can be utilized for crisis assessments done in-home after doing an initial phone screening.

South Nassau Mount Sinai Communities Hospital
One Healthy Way Oceanside, NY 11572
(516) 632-3000 www.southernassau.org
Mental Health Counseling Center, outpatient care, including adult, child, family and behavioral medicine
Partial Hospitalization Program, an outpatient adult program, five days weekly
Intensive Outpatient Program, an outpatient adult program, three days weekly
Inpatient Psychiatric Services for adults

South Oaks Hospital:
400 Sunrise Highway Amityville, NY 11701
(631) 608-5610 Fax: (631)264-4509
www.south-oaks.org Our team nurtures and encourages sustainable wellness and addresses a variety of issues adolescents may experience, including inpatient and outpatient services for: Anxiety. Difficulty managing anger, Depression, Mood changes, Self-harm, Suicidal thoughts, or behavior

Nassau Department of Social Services
60 Charles Lindbergh Boulevard
Uniondale, NY 11553-3656 (516) 227-8519

Supplemental Nutrition Assistance Program (SNAP)
Helps low-income households by supplementing their monthly food budget. Nassau County residents can apply on the Nassau DSS myBenefits website or call (516) 227-8523.
Website for: USDA SNAP Eligibility

Community Outreach & Food Pantries:
Island Harvest Food Bank Locator:
https://www.islandharvest.org/families/

LI Cares Food Bank:
https://www.licares.org/find-help/food-locator/

Community Chest South Shore:
Email office@communitychestss.org
Phone 516.374.5800 Fax 516.374.5721
Address: 207 Grove Avenue, Cedarhurst 11516
Our “Neighbors Helping Neighbors” program provides support to those struggling to meet life’s basic needs with: Food, paying bills, quality day care/education, and counseling services

JCC GURAL “THE SHOP”
Clothing pantry, supermarket style food pantry, job search, counseling services and community referrals (516) 234-6020

Our Lady of Peace
25 Fowler Ave., Lynbrook, NY 11563
Sister Barbara 516-599-7448
Tue, Wed, and Thurs 9-12 by appointment

St. Raymond’s Parish Social Ministry
516-887-9197 House behind St. Raymond’s Church on Roosevelt Ave, Lynbrook, NY 11518
Monday thru Thursday 10-12 by appointment

CDC - Mental Health in the Next Phase of Coronavirus
In any disaster or crisis, there are different emotional reactions to different phases. While the initial COVID-19 surge has passed in New York, it continues to be important to understand the mental health effects of the pandemic and the coping skills and resources that may help.

Pay attention to warning signs of stress, or depression. Seek assistance from our School Support Staff or a Medical Professional for your child if necessary.
Healthy coping skills for adults:
✓ Practice your healthy coping skills.
✓ Here are a few healthy coping tips to consider:
✓ Take breaks from media.
✓ Exercise. Moving your body regularly is helpful for your body and for your mind.
✓ Make it a priority to have regular, nutritious meals. Try to keep healthy snacks like fruits and vegetables around for snacking.
✓ Set a bedtime and wake time on a regular schedule and keep a relaxing routine prior to sleep.
✓ Practice relaxation strategies such as deep breathing and meditation.
✓ Keep your mind busy. Instead of avoiding thinking about something, find something else to focus on, like learning a new skill or engaging in a low stress conversation.
✓ Practice gratitude, for example by making a goal to jot down 3 small positive moments at the end of the day.
✓ Connect to nature. Getting outside in the fresh air, even for a few minutes each day, is good for your mental health.

Warning Signs of Stress in Children:
Children and adolescents respond to stress in different ways. Parents and caretakers can look out for signs of stress including:
✓ Difficulty with attention and focus
✓ Changes in eating or sleeping habits
✓ Avoiding activities, especially activities they previously enjoyed
✓ Somatic/physical symptoms, like headaches, stomachaches, etc.
✓ High level of worry and obsessive thoughts
✓ Sadness, irritability, and anger
✓ Seeming to lose attained skills, such as having more toileting accidents
✓ Use of substances

“Patience, Flexibility and Compassion”

How Parents Can Help Children to Cope:
✓ Validate your child and let them know it is normal to feel sad, scared, or mad sometimes. Remind them that they will not always feel that way.
✓ Help them remember how they have gotten through hard times in the past.
✓ Keep lines of communication open with your child. Talk openly and bring up difficult topics even if your child does not.
✓ When children ask questions, thank them for bringing up the topic and answer honestly. If you do not know the answer, let them know, and think together about how to get the answer.
✓ When children bring up opinions they have heard, ask neutrally where they learned those so that you can help them evaluate whether and how much to trust their sources.
✓ Share information at a developmentally appropriate level. Reassure your children about the ways you and the community are keeping them safe. Check if your child has understood what you said by asking them to repeat back to you what they heard.
✓ Talk with your older children or adolescents about how you are assessing risk and what helped you make your decisions. Then, find a way for them to stay connected with their peers within the boundaries that you set. This could be virtually or through safe in-person socializing.
✓ Show your child how you cope with stress. Children are learning from what you do more than what you say.
✓ As much as possible, keep some routines. While it is important to build in flexibility, having some structure is good for mental health during a time of uncertainty.
✓ Take advantage of a different schedule to try new ways to make meaningful connections with your children. Take up reading a series out loud, listening to music, outdoor walks, or building sets together.
✓ Reach out for parenting help if you need it.

Dealing with complicated grief, posttraumatic stress symptoms, and other intense reactions
After the peak of a disaster, most people return to their regular functioning. However, in the months after the disaster, some more serious mental health consequences can start to arise. Monitor yourself and loved ones for signs that you might need some additional supports. Some of the more common mental health disorders that you or a loved one might experience are:
• Depression
• Complicated Bereavement
• Post-Traumatic Stress Disorder
• Substance Use Disorder
• Anxiety Disorders

Remember that you are not alone. If you are feeling stressed, overwhelmed, or thinking about hurting yourself or someone else, please reach out for help.

Reportit.com
Reportit.com is a way for students and parents to contact school officials through an anonymous format regarding issues affecting student health, safety, and welfare. If you have a concern about a school or community issue related to our young people, do not hesitate to head to www.reportit.com through the district website. You can then log on with the username Lynbrook and the password Owls.

Dignity for All Students Act (DASA)
DASA seeks to provide all students with a safe and supportive school environment free from harassment, bullying and discrimination based on an individual’s real or perceived race, weight, national origin, ethnicity, religion, religious practices, mental or physical abilities, sexual orientation, gender and/or gender identity. Incidents of bullying, harassment, threats, intimidation, or discrimination must be reported to school personnel.