

School Counseling Resources for Students and Parents

School Counselors

Emilia Peiffer (Grades 9-12) epeiffer@eawildcats.net

Cheryl Ihnat (Grades 5-8) cihnat@eawildcats.net

Lesley Hawkins (Grades K-4) lhawkins@eawildcats.net

Students and parents may email counselors to schedule a tele-meeting for individual concerns. Please keep in mind there are limitations with confidentiality during tele-meetings.

School Nurse

Jennifer Stark jstark@eawildcats.net

Coronavirus Resources

Talking to Children about COVID-19

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Mental Health & Coping during the Coronavirus

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

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Coronavirus: Learning resources for kids home from school

<https://www.kiro7.com/news/trending/coronavirus-learning-resources-kids-home-school/5TSTZSDKWNGV3HR4KF5YMVXQ34/>

Resources for Food/Housing/Employment/General Assistance

East Allegheny School District Student Lunch Pickup Locations

<https://www.eawildcats.net/cms/lib/PA01915924/Centricity/Domain/4/Food%20pick%20up%20locations%20UPDATE%203.30.2020.pdf>

During the mandated school closure, student bagged lunches, provided by the East Allegheny School District, will be available for pick-up by students at the following locations on Mondays, Wednesdays and Fridays, at the designated times below. (Two lunches will be provided to each student on each day to provide for Tuesday, Thursday and Saturdays.) Students are to pick-up their lunches and immediately return to their homes.

Please click the link for lunch distribution times and dates.

CADA Program

The CADA program will be preparing dinner for youth beginning Monday, March 30th, 2020. The time is from 3 PM to 4 PM at 2901 Maryland Ave.(Trailers) N. Versailles. On Monday, separate meals will be distributed (Pick Up & Go) for Monday, Tuesday and Wednesday. On Thursday, meals will be distributed (Pick Up & Go) for Thursday and Friday.

If the student is not a part of the program, please have a parent call 412 829-2711 and leave their name, phone number and the age or ages of the children so that adequate dinners will be prepared.

P.O. Box 80 / 2901 Maryland Ave.
North Versailles, PA 15137

Aunt Bertha - The Social Care Network

Search for free or reduced cost services like medical care, food, job training, and more

<https://www.auntbertha.com/>

United Way 211

A free confidential service that helps people find local resources (food programs, shelter and housing, disaster relief information, employment opportunities, health care information, support groups, etc) they need 24 hours a day, 7 days a week

<https://www.unitedway.org/our-impact/featured-programs/2-1-1#>

Ma's Pantry

Greater Pittsburgh Community Food Bank has two Saturday per month distribution hours at St John's Lutheran Church.

<https://www.pittsburghfoodbank.org/agency/mas-pantry/>

Free Food Distribution Sites

This map displays locations of free food distribution sites in the region. Click on locations to view specific information about each, like pick up times, which may vary.

<https://alcogis.maps.arcgis.com/apps/MapSeries/index.html?appid=abaca148492b47a7ad0d5a71f5d2c5e8>

Mental Health Services

Tips to Help with Anxiety

- Look around you
- Find **five** things you can **see**, **four** things you can **touch**, **three** things you can **hear**, **two** things you can **smell**, and **one** thing you can **taste**.

This is called **grounding**. It can help when you feel like you have lost control Of your surroundings.

Apps for Mental Health

What's up - provides methods of coping with depression, anxiety, stress and more.

Mind Shift - designed specifically for teens and young adults with anxiety.

Self - Help for Anxiety Management (SAM) - Self help methods as an alternative to mediation.

Happify - mood training program through the use of games and activity suggestions.

Breathe2Relax - is a portable stress management tool that teaches users a skill called diaphragmatic breathing.

TCV Community Services

TCV Community Services provides mental health care for children, adolescents and their families. Logan Elementary and The Jr/Sr High School has a SAP (Student Assistant Program) liaison who participates in team meetings, pre-assessment screenings, makes referrals, and provides follow up for students in need. A referral can be made for students to receive outpatient services at the Turtle Creek office or counseling services within the school setting.

For students already receiving school based therapy - call 412-824-8510 to schedule a tele-therapy appointment

<http://tcv.net/>

Highmark Caring Place - A Center for Grieving Children, Adolescents and Their Families

The Highmark Caring Place can provide support through various programs for all members of the family who have experienced the death of a loved one.

<https://www.highmarkcaringplace.com>

Auberle SNAP Program - (anger management)

SNAP is a free early intervention program for boys and girls between the ages of 6 and 11 that are having behavioral issues at home, school and/or in the community.

<https://www.auberle.org/in-home-and-community-programs>

Resolve Crisis

Resolve is a 24-hour, 365-day crisis service. It's free to all residents of Allegheny County.

24 Hour hotline. Call anytime to speak with a trained clinician
1-888-796-8226(7-YOU-CAN)

Mobile Crisis Team. A mobile crisis team can travel anywhere within Allegheny County to respond to a crisis. They provide face-to-face and will work to arrange further care and stabilization if needed.

Walk-in-center. You don't need to make an appointment at our walk-in-center, located in the East End of Pittsburgh 333 North Braddock Avenue Pgh, Pa 15208

<https://www.upmc.com/Services/behavioral-health/resolve-crisis-services>

Allegheny County Warm Line

The Warmline is staffed by mental health consumers who provide support to peers by telephone. All phone calls received are kept confidential and callers remain anonymous. Services are available from 10am to midnight daily.

<http://www.peer-support.org/>

National Alliance Helpline on Mental Illness Helpline

The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance.

For the health and safety of our volunteers, the NAMI Helpline is temporarily unable to answer live phone calls. During this time, we will be answering voicemails and emails within 24 - 48 business hours of receipt. If you need immediate assistance, the Crisis Text Line is open 24/7 - text NAMI to 741741

<https://www.nami.org/find-support/nami-helpline>

On the back of your insurance card you can find a 1-800 number that you can call for information on counselors, psychiatrists and psychologists in your area who accept your insurance.

College Information

College Information:

<https://www.nacacnet.org/college-admission-status-coronavirus>

<https://www.youvisit.com/collegesearch/>

<http://www.ecampustours.com/>

College Board Updates:

<https://pages.collegeboard.org/natural-disasters>

<https://apcentral.collegeboard.org/about-ap/news-changes/coronavirus-update>

<https://www.act.org/content/act/en/covid-19.html>