



March 17, 2020

Dear Students and Families:

During this uncertain time, the secondary Student Services Department staff wanted to reach out to you to offer our support and assistance. We are providing the information below to help you navigate this difficult school closure situation.

Secondary level (grades 7-12) counselors, psychologists and social workers will be available via phone and email during regular school hours. Please contact us with questions and concerns, and we will do our best to respond in a timely manner.

| Staff Member | Student Caseload | Phone Number | E-mail |
|-----------------------------|--|--------------|---|
| Steven Crosby | AHS Counselor for students A - C | 315-277-0789 | stevencrosby@aecsd.education |
| Christine Hoskins-Tardibone | AHS Counselor for students D - Ha | 315-277-0064 | christinehoskinstardibone@aecsd.education |
| Gregory Walker | AHS Counselor for students He - Me | 315-277-0066 | gregorywalker@aecsd.education |
| Jane Stryker | AHS Counselor for students Mi - Sc | 315-277-0068 | janestryker@aecsd.education |
| Erin Shurant | AHS Counselor for students Se - Z | 315-277-0065 | erinshurant@aecsd.education |
| Gerald Salvage | AJHS Counselor for students A - Le | 315-255-8490 | geraldsalvage@aecsd.education |
| Margaret Walsh | AJHS Counselor for students Li - Z | 315-255-8532 | margaretwalsh@aecsd.education |
| Lauren Dottolo | AHS Psychologist for students A - L | 315-255-8327 | laurendottolo@aecsd.education |
| Kristen Weiss | AHS Psychologist for students M - Z | 315-255-8312 | kristenweiss@aecsd.education |
| Molly Lincoln | AHS Psychologist for 8:1 & 12:1 students | 315-255-8352 | mollylincoln@aecsd.education |
| George Whipple | AHS Social Worker | 315-277-0505 | georgewhipple@aecsd.education |
| David Briest | AJHS Psychologist | 315-255-8488 | davidbriest@aecsd.education |
| Jennifer Anthony | AJHS Social Worker | 315-255-8610 | jenniferanthony@aecsd.education |

Resources for Mental Health and Community Services

If you are concerned about the immediate mental health of your child, please contact services below for assistance.

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|--|---|
| Cayuga County Mental Health Center Hotline 9am-5pm ask for crisis worker; after 5pm ask to speak with contact | 315-253-0341 911 |
| Cayuga Counseling Services | 315-253-9795 |
| OMH Emotional Support Helpline | 1-844-863-9314 |
| Cayuga County Crisis Intervention | 315-253-0341 |
| National Suicide Prevention Hotline | 1-800-273-8255 |
| Suicide Text Talk | Text Talk to 741741 |
| CONTACT Hotline | 1-877-400-8740 |
| Cayuga County Health Department | https://www.cayugacounty.us/153/Health-Department |
| Medicaid Taxi | 1-866-932-7743 |
| Crisis Chat | www.crisischat.org |
| Center for Disease Control | https://www.cdc.gov/mentalhealth/ |
| School District Food Hotline | (315) 255-8802 |
| Substance Abuse Support (Nick's Ride for Friends) | On Facebook & (315) 246-6485 |
| Confidential Health with Alcohol & Drugs (CHAD) phone or video sessions available | 315-253-9786 |
| Substance Abuse Support Syracuse Recovery Services (SRS) phone or video sessions available | 315-282-5351 |
| Substance Abuse Support | 1-877-8-HOPENY or text HOPENY |

Specific Guidelines for Addressing the Coronavirus Outbreak with Kids – from the National Association of School Psychologists (www.nasp.org)

- Remain calm and reassuring
- Make yourself available
- Monitor television viewing and social media
- Maintain a normal routine to the extent possible
- Be honest and accurate
- Keep explanations age-appropriate
- Know the symptoms of COVID-19
- Review and model basic hygiene and healthy lifestyle practices for protection

Managing Academics at Home – Tips and Suggestions

- Create a workspace for your child to complete school assignments with minimal distractions
- Help your child to develop a daily schedule, setting aside time for each course
- Have your child check their school email regularly to see if their teachers are posting updates to Google Classroom
- Email teachers if there is a question or need for clarification
- Provide breaks if your child feels overwhelmed by the workload
- Repetition and review of concepts and ideas is essential for mastery

- Provide visuals through the use of a computer and search engine to allow students to make connections to their learning
- Speech to Text and Text to Speech is a great tool to help students write and read. Here is a link to assist you with using the technology on a Chromebook: <https://youtube/tKpPCbS86BQ>
- If your child needs assistance with a concept in math, Khan Academy (www.khanacademy.org) offers step-by-step videos to re-teach any concept your child may need a refresher on

Stay safe and take care!