

## **Resources for Parents and Students**

See below for Academic/Study Skills Help, Emotional Help and Emergency Contacts.

### **Emotional Help**

Coping with Stress During an Infectious Disease Outbreak

<https://store.samhsa.gov/system/files/sma14-4885.pdf>

PBS has offered guidance on how to speak with children about the virus here:

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

The Association of School Psychologists has also offered advice on how to speak with children here:

[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)

[Talking with Children SAHMSA](#) English

[Cómo hablar con sus niños SAHMSA](#) Spanish

[Talking to children about COVID-19](#) (from the National Association of School Psychologists)

[Hable con sus Hijos Sobre COVID-19](#) (from the National Association of School Psychologists)

[From PBS: how to talk to kids about the Coronavirus](#)

[Talking to your kids about CoronaVirus](#) Child Mind Institute

[Cómo hablar con sus hijos sobre COVID-19](#) Child Mind Institute

[Feelings and Coping Skills Tool Box /Boys Town](#)

[CDC Frequently Asked Questions About Coronavirus](#)

[NYT: Talking to Teens and Tweens about Coronavirus](#)

[Psychology Today: How to talk to kids and teens about the coronavirus](#)

[Calm.com](#)

[GoNoodle Mindfulness Activities](#)

[How to Cope with an Anxious Child. Child Mind Institute](#)

[NYT: Helping teens manage anxiety about Coronavirus](#)

## **Emergency contacts**

### Crisis Assessment

GOOD SAMARITAN HOSPITAL / NYACK HOSPITAL - 24 hr – CRISIS ASSESSMENT

**Suicide Prevention Lifeline - 1-800-273-8255**

Frawley Clinic (845)-368-5222

Harborcrest – Randolph Bleiwas LCSW – (845)354-9200

Haverstraw Reach Out – (845)429-5731

Mental Health Assoc – (914)-345-5900 x 7750 & 845-267-2172

Westchester: Lastny Rodriguez-Polanco, LMHC

*Bilingual School-Based Clinician*

**Mental Health Association of Westchester**

**Email:** [lastnyrodriguezpolanco@northrockland.org](mailto:lastnyrodriguezpolanco@northrockland.org)

**Phone:** (845)942-7988

*¡Se habla español!*

Pomona Outpatient Clinic – (845)364 - 2150

Nami Rockland - 845-359-8787 or in a crisis text 741741

Hudson Valley Psychotherapy - (845)-500-8675

### Substance Abuse Assistance

National <https://www.samhsa.gov/find-help/national-helpline>

Nyack

[http://www.montefiorenyack.org/sites/default/files/MontefioreNyack\\_RecoveryCenterBrochure.pdf](http://www.montefiorenyack.org/sites/default/files/MontefioreNyack_RecoveryCenterBrochure.pdf)

Good Samaritan

<https://www.goodsamhosp.org/inpatient-chemical-dependency-program>

High Focus Center – 1-800-877-3628

Daytop – (845) 353-2730

Rockland Council On Alcoholism & Other Drug Dependencies – (845) 215-9788

Project Rainbow/ Recovery Services – (845) 267-2172

Adolescent Outpatient Substance Abuse Program (Nyack Hosp) – (845)348-2075

Arms Acres - (845) 208-0632

Renfrew Center For Eating Disorders – (201)-652-5114

### Contact for County Services

Partnership For Safe Youth (845) 405-4180

North Rockland Food Pantry - (845) 499-6060

Rockland Community Action Partnership - (845) 728-0688 Ext. 201 - Bilingual Case Management

- Benefit Coordination & Advocacy
- Health Insurance Consultation
- Social Security/SNAP
- Education Referrals
- Clothing & Furniture

United Way - (845) 358-8929 - Provides emergency food and shelter services, prescription discounts, and resource coordination

Hudson River Health Care Community Health Services - (1-844-474-2273). HRHCare provides multilingual coordinated medical, dental, and behavioral health care services to all, regardless of insurance status or ability to pay

Volunteer Counseling Services - (845) 634-5729 - VCS Inc. provides accessible and affordable multilingual counseling services and family support programs.

### **Academic/Study Skills Help**

Brainpop - <https://www.brainpop.com/>

Brainscape - <https://www.brainscape.com/>

Educational Corner- <https://www.educationcorner.com/study-skills.html>

EduSolution- <http://www.edusolution.com/quizindex.htm>

How to Study - <https://howtostudy.org/>

Khan Academy -<https://www.khanacademy.org/>

PBS Regents Review 2.0 - <http://ny.pbslearningmedia.org/collection/rr10/>

Quizlet.com - <https://quizlet.com/>

Youtube - Josh Greene crash course -

<https://www.youtube.com/user/crashcourse>

YouTubeEDU - <http://www.youtube.com/education>

Youtube NYS Mathematics Regents Prep -

[https://www.youtube.com/channel/UCm\\_90Kp5VSXLDk8dVF0IIUg](https://www.youtube.com/channel/UCm_90Kp5VSXLDk8dVF0IIUg)

