

Information from Mrs. Connors (Middle School Counselor)

Due to the current school closure, I will be out of my office beginning March 17th until further notice. During this time, I may not be available to immediately check and respond to messages and emails.

I will be reaching out to students via email over the next few weeks to check in. Should you need me, the best, and fastest, way to reach me will be via email. If you feel you need to reach me by phone, please call my office number listed below, as I will receive a notification if you leave a voicemail. If you leave a voicemail, please leave your name, a number in which I can reach you, and the nature of your call.

Please keep in mind that due to providing support online vs. in person, confidentiality and security is at risk of being inappropriately breached. Using email and messaging is not as private as it would be through face-to-face communication. However, I feel this is the best way to continue to support students.

IF YOUR CHILD IS EXPERIENCING AN EMOTIONAL OR SAFETY EMERGENCY, PLEASE DIAL 911, OR GO TO YOUR LOCAL HOSPITAL. Below is a list of hotlines and agencies in which you may also contact.

Mental Health Services in Sandusky, Seneca and/or Wood Counties:

- NAMI (National Alliance on Mental Health) Seneca, Sandusky, & Wyandot Counties
<http://www.namissw.org/>
HELPLINE: 800-950-6264
IN A CRISIS? TEXT NAMI TO 741741
- Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties
<https://www.mhrsbssw.org/>
Crisis Hotline: 1-800-826-1306
- Children's Resource Center Wood County
<http://crcwoodcounty.org/>
Crisis hotline: 419-352-7588
- Firelands Counseling-Recovery
<https://www.firelands.com/locations/profile/counseling-recovery-services-sandusky/>
Fremont: (419) 332-5524
Tiffin: (419) 448-9440
Fostoria: (419) 435-0204

Talking with your children, and informing them of appropriate information, is the best way to keep them calm. Several pieces of helpful information for Parents regarding speaking to their children about Infectious Disease Outbreaks are listed below:

- National Association of School Psychologists and National Association of School Nurses
https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf
- Child Mind Institute:
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- Centers for Disease Control and Prevention:
<https://www.cdc.gov/coronavirus/2019-ncov/>
- Substance Abuse and Mental Health Services Administration
<https://store.samhsa.gov/system/files/sma14-4885.pdf>

If you have questions, please feel free to reach out, and I will do my best to help in any way that I can. Please stay safe and healthy, and I hope to see all students back soon!

Best Wishes,

Paula Connors,LPSC
Lakota Middle School Counselor
419-986-6630
pconnors@lakotaschools.org