

Calkins Road PTSA Meeting

May 23rd, 2023

Additional Mental Health Resources

Online Resources

- PCSD Monthly Mental Health Newsletters: www.pittsfordschools.org/Page/27361
- PCSD Student Services Website: www.pittsfordschools.org/Domain/80
- www.childmind.org
- www.parentandteen.org

If your child is experiencing bullying, social drama, anxiety, depression, etc., here are a few steps to take:

1. Validate child's feelings and offer empathetic reflection
 - a. "This is really tough. Thanks for talking to me about it. It sounds like this is really bothering you."
2. Express your confidence in your child's ability to cope
3. Consider what helps your child feel calm, positive, and confident. Help them tap into coping skills.
4. Seek outside support depending on the severity of your child's needs.
5. Remember, it is difficult for all parents to watch your child struggle with a mental health challenge, friendship issue, school struggle, etc. – but your child is likely to build resilience in the struggle and be better prepared for future stressors.

Calkins Road Staff

1. First step: contact your child's assigned School Counselor
 - a. Amy Daniels – orange, red, yellow
 - b. Erin Sullivan – green, blue
 - c. Jenner Kailbourne – green, maroon, purple
2. Other School Mental Health Staff:
 - a. Jacob Abraham (PYS Social Worker)
 - b. Dr. Geoff Bones (School Psychologist)
 - c. Maggie Craig (Mental Health Specialist)

Community Resources

1. University of Rochester Pediatric Behavioral Health and Wellness Family Resources www.urmc.rochester.edu/childrens-hospital/behavioral-health-wellness/resources-for-families.aspx
2. Pittsford Youth Services www.pittsfordyouthservices.org
3. School Counselors may be able to provide information for other community mental health agencies as needed.

10 phrases that don't help...and what to say instead (from URMCC)

1. Don't worry. → Can you tell me a bit more about your worries?
2. It's no big deal. → I can see that you're feeling worried about this. Let's do some deep breathing together.
3. You'll be fine. → I'm here to help you.
4. There's nothing to be worried about. → Let's talk about that together.
5. Just do it! → Take five minutes with the mindfulness app to help ease you into the exam.
6. I'll do it! *or* Don't do it if it makes you worried. → I know you feel anxious but I know you can do this. I am here to support you.
7. It's all in your head. → It sounds like your worry brain is really loud right now, let's take a walk together and calm down.
8. Hurry up! → How can I help?
9. Stop thinking about it. → Let's go do something that helps distract you.
10. I don't know what you need. → Let's brainstorm ways to help calm our minds right now.

Some strategies to consider...



The 5-4-3-2-1 Grounding Exercise

This exercise will help your little one calm down and stay present when they're feeling anxious or overwhelmed.

Things you can ...



Printable 54321 Technique Chart for Kids

