

WAYS TO SUPPORT YOUR YOUTH

This letter provides resources and supports that you can present to your child to provide additional Social & Emotional support.

HELPFUL TIPS

We know that this pandemic has heightened social isolation, presented increased anxiety/stress, as well as depression, here are some tips to support your child:

- ~If you observe increased isolation from your child on a consistent basis, initiate a conversation around creating more structure and routine. (Example: create a structured schedule)
- ~Closely supervise at home and in school engagement.
- ~Initiate conversations and activities that will support and decrease isolation.
- ~Partner with the school community and share progress and concerns for your child's growth.
- ~Create spaces for daily check ins and dialogue.

~Reach out to your child's Learning Community if you have concern for your child's well being.

~You child has access to a "Student Tool Kit" created by General Education Social Workers to support mindfulness activities and strategies.

~You child has the ability to connect with his/her advisor or Community Meeting teacher on a weekly basis.

~Your child receives daily reminders about Virtual Drop In where Social Workers are available to support.

~Virtual Drop in for 9th/10-Mon/Thursday 12:15-1:15

~Virtual Drop in for 11th/12th-Tues/Friday 12:15-1:15

STUDENT SUPPORT



MINDFULNESS SUPPORTS

Calm Harm-An app that helps 13+ controls the urge to self-harm

Mindshift-An app to help reduce anxiety and depression

Virtual Hope Box-An app that supports coping skill exercises for all ages

5-4-3-2-1 Grounding-This is a strategy you child can utilize on his/her own when he/she is feeling stressed or getting caught in your negative thoughts.

Social Workers also reminded students to utilize strategies that already work.

~Draw, paint, journal while listening to music

~Yoga or stretching

~Mindful movement. Try 3:6 breathing! Take 3 deep inhales and hold, and then exhale for 6.

~Find something that will make you laugh and is a distraction. (Tik Tok, favorite show)

~Get outside. Walk with a friend or loved one!



TALKING ABOUT GRIEF

This week we provided a "Self Care for Students" Newsletter where we shared with the students the following about grief.

Grief is a very normal, natural, and necessary process after a loss. Taking time to take care of yourself is very important as you walk through grief. This was created to provide self care tips on how to support yourself in the upcoming days, weeks, and months. If you find yourself needing more support reach out to a trusted adult (parent, caregiver, Dean of Students, teacher, Social Worker, Counselor

CRISIS SUPPORT

Crisis Teams-A Crisis Team will come to your home to complete an Emergency Evaluation. There are no time restrictions of calling and asking for an Emergency Evaluation.

B.E.S.T-(Boston Emergency Services Team)-800.981.4357

The Cambridge-Somerville Emergency Services Program (C.S.E.S.P)-1-800-981-4357

Non-Emergency Follow Up Questions: 617-616-5111

The below will provide support over the phone.

Crisis Text Line: 24/7 support via text message. Text HOME to 741741 to connect with a trained Crisis Counselor.

Cambridge Health Alliance-617.665.3458

Riverside: Offers 24 hours assistance by calling 1-888-851-2451 and selecting option #2

The Trevor Project-Resource for LGBTQ youth- 1-866-488-7386

If there is imminent risk contact 911 or take your child to the closest Emergency Room.

