

# School Mental Health Newsletter:

## August 2021



The Northwell School Mental Health Team would like to wish all parents and caregivers much success as we near the beginning of the 2021-22 school year. To help our communities better prepare, please find the provided resources and learning opportunities dedicated to assisting families during this time.

### Back to school Resources

From the American Academy of Child & Adolescent Psychiatry:

#### Children and School Resources for Parents:

Click [here](#) to explore available resources

#### Anxiety Disorders Resource Center

Click [here](#) to explore available resources

### Quick Reads:

#### The Well: 5 Things to know about Anxiety Disorder and Kids

Click [here](#) to read

#### The Well: Could “good enough” be the key to great parenting?

Click [here](#) to read

### In the News



#### Good Morning America: “Coping with renewed pandemic anxiety”

Dr. Naomi Torres-Mackie, psychologist at Northwell’s Lenox Hill Hospital, discusses how to cope with new anxiety over the delta variant and how to help loved ones who are anxious.

Click [here](#) to view



#### Important Phone Numbers to Know:

- RVC Behavioral Health Center –516-927-1630
- South Oaks Hospital Admissions –631-608-5885
- Cohen Children’s Medical Center Pediatric Behavioral Health Urgent Care – 718-470-3148
- Cohen Children’s Medical Center Pediatric Emergency Department – 718-470-3768
- Long Island Crisis Center – 516-679-1111
- Center for Hope - 516-216-5194
- National Suicide Prevention Lifeline- 800-273-8255

# School Mental Health Newsletter: August 2021



## Community Education:

### Back to School Workshop Series for Parents

Cohen Children's Medical Center, South Oaks Hospital and Zucker Hillside Hospital have partnered to provide a workshop series for parents on school refusal to help prepare their children's return to school this fall.

#### Workshop I: School Refusal-General Overview

**Date:** Tuesday, August 24, 2021

**Time:** 7 PM – 8PM

Click [here](#) to register now!

#### Workshop II: School Refusal- Strategies for Managing Anxiety

**Date:** Tuesday, August 31, 2021

**Time:** 7 PM – 8PM

Click [here](#) to register now!

#### Workshop III: School Refusal-Strategies for Managing Oppositional Behaviors

**Date:** Tuesday, September 7, 2021

**Time:** 7 PM – 8PM

Click [here](#) to register now!

#### Back to School in Good Health

Start the school year off on the right foot with a healthy routine. Our dynamic panel of pediatricians will discuss ways you can support your child transition back into the new school year in good health. Recommendations for sleep and health hygiene, food choices, and mental well-being will be all discussed, as well as the latest information on the COVID-19 vaccination for children.

**Date:** Thursday September 23<sup>rd</sup>, 2021

**Time:** 5pm – 6pm

Click [here](#) to register now!



#### Supporting the needs of a family - A Mother's Resilience

**Date:** Thursday September 30<sup>th</sup>, 2021

**Time:** 7pm – 8pm

Click [here](#) to register now!

# School Mental Health Newsletter: August 2021



## Previous Event Recordings:

### Bereavement and grief in families: How to talk to children about loss?

Learn about bereavement and grief in families and how to talk to children about loss in the family with Cohen Children's Medical Center – Center for H.O.P.E. experts  
[Click here to view this recording](#)

### Talking to kids about Race, Racism, Antiracism

Learn from our child psychiatrists about how to talk to kids about race, racism, antiracism. *Please note this webinar was held on March 23, 2021*  
[Click here to view this recording](#)

### Self-Care for Mothers - Managing Work-Life Balance (\*Series for Mothers)

Learn from our perinatal psychiatrist and psychologists about managing work life balance for moms. *Please note this webinar was held March 25<sup>th</sup>, 2021*  
[Click here to view this recording](#)

### Parenting kids with behavioral issues

Learn more about parenting tips to help children with behavioral issues with Jill Sonnenklar, Ph.D. *Please note this webinar was held on April 27, 2021*  
[Click here to view this recording](#)

### Youth Suicide – what can we do to prevent it? What can we do when it happens?

Listen to our child psychiatry experts as they discuss how to talk to children about suicide, how to help prevent it and what to do when it happens in our community. *Please note this webinar was held on May 25<sup>th</sup>, 2021*  
[Click here to view this recording](#)

### Motherhood and Substance Abuse (\*Series for Mothers)

Learn from our substance use disorder experts about signs & symptoms of addiction, the impact on motherhood/families and available resources. *Please note this webinar was held on June 24<sup>th</sup>, 2021*  
[Click here to view this recording](#)

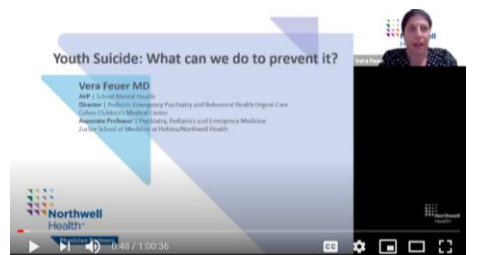


For more information, please contact

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# School Mental Health In-District Partnership A School District Collaborative



The **Northwell School Mental Partnership** is an evolving initiative between South Oaks Hospital and your child's school district. The partnership will help support your school to meet the mental health needs of all students. Our team works closely with the school counselors, psychologists, and social workers to identify the best approach to supporting a student in need.

A Child & Adolescent psychiatrist will provide consultative support **in the school district** in partnership with your child's school clinician(s). With consent, services may include a **student observation, medication review in collaboration with a treating provider, discussion around plans in place or needed to support the student, or an evaluation**. Recommendations are shared for consideration. If a student is identified as needing support outside of what the school district can provide, the Northwell team will assist the parent in obtaining a connection. This includes navigating health insurance, identifying the appropriate programs, establishing an appointment (whenever possible), and providing additional resources to support the student.

This partnership will also provide **community education opportunities and professional development** for clinicians to enhance awareness of mental health conditions and best practices to support students in need. During the year, parents will receive monthly **school mental health community newsletters** through the school to keep you informed. This is our way of sharing information about our **monthly events, workshops, and lectures**. We will also share helpful mental health resources that are available to support families.

Collectively, **we are committed to help improve the overall mental health of the school community**. We maintain close relationships with administrative and clinical teams in the district to produce the best possible outcomes for all.

## South Oaks Hospital

Comprehensive Behavioral Health and Substance Use Services

### Our Location:

400 Sunrise Highway  
Amityville, NY 11701

### Our Child & Adolescent Services:

- Evaluation & Admission
- Children's Inpatient Program
- Adolescent Inpatient Program
- Adolescent Partial Hospitalization
- Comprehensive Outpatient Behavioral Services (COBS)
- OnTrackNY Program
- Adolescent Substance Use Disorder Outpatient Program
- School Mental Health Program
- Career & Education Counseling

### How to contact us:

To reach our **School mental health team**, call (631)-608-5839

To reach our **Evaluation and Referral team**, call (631)-608-5610

Or click [here](#) to view our website

### Important Phone Numbers to Know

- South Oaks Hospital Admissions: 631-608-5885
- Cohen Pediatric Emergency Department: 718-470-3768
- Long Island Crisis Center: 516-679-1111
- Center for Hope: 516-216-5194
- National Suicide Prevention Lifeline: 800-273-8255

# Northwell Health Child and Adolescent Treatment Services



Child and Adolescent treatment services at Northwell Health provide comprehensive care to children and families managing a wide range of complex behavioral and emotional difficulties, —with appropriate levels of support throughout every stage of treatment.

We make sure that our services meet the needs of our consumers, and we partner with patients and families as we build for tomorrow’s community behavioral health needs.

Working collaboratively across the health care system, we aim to continually identify and create optimal treatment environments and options, providing the necessary cutting-edge mental health services that keep our communities healthy and improve lives.

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To reach Zucker Hillside Hospital  
Addiction Services please call  
(718) 470-4289

To reach the South Oaks Hospital  
evaluation and referral team,  
call (631) 608-5610  
Hospitals and providers,  
please call 631-608-5885

For Cohen Children’s Medical  
Center Pediatric Psychiatry,  
call 718-470-3500

To reach Mather Hospital  
Inpatient Services,  
call 631-476-2775  
For Outpatient Behavioral  
Health Services, call  
631-473-3877

For Phelps Hospital Evaluation  
and/or Admission, please call  
914-366-3600

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## **Zucker Hillside Hospital**

**Adolescent Inpatient Services** – acute care program for adolescents aged 12-17 with a wide range of diagnoses who present with safety concerns requiring short-term intensive treatment. Comprehensive, evidence-based treatment is provided and includes an evaluation/risk assessment, medication, physical exam, cognitive and dialectical behavior therapies, individual, group and family therapy.

**For more information call 718-470-5750**

**Child & Adolescent Outpatient** – comprehensive care to children and families managing a wide range of behavioral and emotional difficulties. We evaluate and treat: anxiety disorders, depression, psychosis, bipolar disorder, suicidal behavior, attention deficit/ hyperactivity disorder, LGBT youth, complex co-occurring disorders. Evidence-based individual, group and family therapy, medication management, DBT and supportive services are offered.

**For more information, please call 718-470-3500**

**Garden City Treatment Center Adolescent Program** – outpatient program that offers care to individuals and families struggling with the impact of substance use disorders. The program is focused on treating the entire family system and includes: intensive outpatient services, multiple family groups, parenting groups and SPARCS (Structured Psychotherapy for Adolescents Responding to Chronic Stress). Adolescents aged 13-18 are eligible for this program.

**For more information, please call 516-742-4015**

**Far Rockaway Treatment Center** – offers outpatient services to youth over 12 years of age with alcohol or drug use issues. The Adolescent Track includes a weekly group and individual session to assist with recovery.

**For more information, please call 718-868-1400**

**RAP Program** – a research program designed to help young people, aged 13-25 who are concerned with recent changes in their thoughts, feelings and perceptions which may be impacting their functioning.

In addition to comprehensive evaluation, participants enrolled will undergo biological procedures, including brain imaging (MRI), EEG assessments and blood and saliva collection.

**For more information, please call 718-470-8115**

**Youth Employment Services (YES) Program** – helps high school and college-aged students learn more about work and building the skills needed to succeed. A 12-day classroom interactive setting and a seven-week internship further assist participants with learning about the workplace environment and its expectations.

**For more information, please call 718-264-1789, ext. 10151**

## **Cohen Children’s Medical Center**

**Eating Disorder Center Day Treatment Program (DTP)** – a comprehensive program designed to act as both a step-down from inpatient care to help patients transition more smoothly to life outside of a hospital, as well as a step-up program for more intense monitoring when outpatient treatment has failed. DTP is useful in preventing an inpatient hospitalization. We treat a variety of eating disorders including anorexia nervosa (AN), bulimia nervosa (BN), and avoidant and restrictive food intake disorder (ARFID) in children and adolescents up to 21 years old. The program’s hours of operation are M-F 8:30-5:30. Breakfast, lunch, snack, and dinner are provided daily to the patients and all meals take place in a supportive, structured, supervised setting. DTP also includes individual therapy and family therapy, as well as group and milieu therapy.

**For more information, please call 718-470-4747**

**Pediatric Behavioral Health Urgent Care Center** – provides walk-in evaluations and treatment to assist children and adolescents (ages 5-17) and their families experiencing a behavioral health crisis. Services include crisis psychotherapy, risk assessments, coordination of care, short-term crisis treatment and referral to follow-up care.

**For more information, please call 718-470-3148**

**The Pediatric Emergency Department** – The psychiatry team evaluates children through the age of 17 and coordinates care with the pediatric emergency medicine team.

**To reach the Pediatric Emergency Department, please call 718-470-7640**

## South Oaks Hospital

**Children's Inpatient Program** – designed for individuals age 5 through 12 with symptoms of serious behavioral and/or emotional illness, this program uses a strength-based model of treatment with emphasis on personal and community responsibility, character, education, individualized goal setting and alternative coping skills. The program helps children re-enter the community and be more connected to their family, peers and school. Our expert interdisciplinary team consists of child and adolescent psychiatrists, nurses, social workers, behavioral health associates, certified alcohol and substance abuse counselors, behavioral specialists, dietitians, pharmacists, occupational therapists and recreational therapists.

**For more information, please call 631-608-5610**

**Adolescent Inpatient Program** – Designed for individuals age 13 through 17 who are able to live in the community but require intensive psychiatric treatment, this program provides psychiatric medication management, family sessions and more. Our expert interdisciplinary team consists of child and adolescent psychiatrists, nurses, social workers, behavioral health associates, certified alcohol and substance abuse counselors, behavioral specialists, dietitians, pharmacists, occupational therapists and recreational therapists.

**For more information, please call 631-608-5610**

**Adolescent Partial Hospital Program** – The Adolescent Partial Hospital Program is a comprehensive day treatment program that promotes patient wellness. The services provided include individual, group, and family therapy. Creative arts and other evidence based therapeutic activities are included to promote patient's ability to optimally function in the community. Medication management is provided by a full-time psychiatrist. Treatment is individualized for all patients. The treatment team that consists of license professionals will coordinate care with families, outpatient providers, schools, and other ancillary services to help facilitate a successful discharge. The program hours are Monday-Friday 8am to 4pm. Breakfast and lunch are provided. Transportation services can be arranged within the catchment area.

**For more information, please call 631-608-5885**

**Comprehensive Outpatient Behavioral Services (COBS)** – COBS provides outpatient clinic services for children and adolescents, up to the age of 21. The clinic is staffed by licensed professionals, psychiatrists and nurse practitioners. The clinic offers individual, evidence-based/specialized groups, and family counseling services. Medication management is available to those patients enrolled in the clinic. All treatment services are individualized to meet the needs of the patient/family. Families are encouraged to play an active role in treatment. The clinical staff coordinates care with schools, outside providers and other ancillary supports. The clinical hours are Monday-Thursday 1pm-9pm, Friday 10am-6pm and Saturday 8am-4pm.

**For more information, please call 631-608-5900**

**OnTrackNY at South Oaks** – The OnTrackNY Program is for individuals aged 16-30 who have experienced psychotic symptoms for more than a week but less than 2 years. The goal of the OnTrackNY Program is to promote engagement and participation in treatment, foster recovery, and reduce or prevent disability.

OnTrackNY program participants will receive comprehensive care by a clinical team specialized in the evidence-based treatment of early psychosis. Services offered include: psychiatric treatment, CBT-informed individual psychotherapy, medication management, help with finding a job or returning to school, substance use treatment, family education and support, group therapy, support from peer specialist, and other support services as needed.

**For more information, please call 631-608-5570**

**The Career and Educational Counseling Services** – We partner with schools, educators, employers, students and families to prepare individuals to meet challenges/barriers of successful employment. Services include transition planning, life skills programming, vocational assessment, travel training, OPWDD approved employment training program, ACCES-VR youth services which can include paid or unpaid internships/job opportunities, consultant at the annual committee on special education meeting for transition planning and community placement including job coaching supports, job development which includes assistance with resume writing and interview strategies. We focus on youth transitioning out of high school ages 15-21.

**For more information, please call 631-608-5052**



# A Woman's Resiliency: Supporting the needs of a family

Thursday September 30<sup>th</sup>, 2021



Resiliency means to adapt well in the face of adversity. It is the ability to cope with a crisis and to return to a pre-crisis state quickly. The practice of resiliency is not only important for “bouncing back” after an experience of significant stress, but it also creates an opportunity for profound self-growth.

The goals of this dedicated topic for women is to:

- Expand community access to mental health subject matter experts
- Discuss the concept of resiliency
- Discuss unique challenges women may face in relation to resiliency
- Provide applicable strategies and approaches to build resiliency
- Share resources available to support healthy and productive lifestyles

Please join us for this special event presented by the School Mental Health Program, South Oaks Hospital, Cohen Children's Medical Center, and Zucker Hillside Hospital.

## **A Woman's resiliency: Supporting the needs of a family**

Thursday, September 30<sup>th</sup>, 2021 7:00pm – 8pm

Registration Link:

[https://us06web.zoom.us/webinar/register/WN\\_Aoq-guYETOSHfyXzzX-aYg](https://us06web.zoom.us/webinar/register/WN_Aoq-guYETOSHfyXzzX-aYg)

### **Speakers:**

**Meghan Downey, PhD**  
Manager, Behavioral Health  
OnTrack NY Program  
South Oaks Hospital

**Julia Bonsignore, LMHC**  
Primary Clinician  
OnTrack NY Program  
South Oaks Hospital

### **Special thank you to:**

**Dayle and Michael Katz**  
Katz Institute for Women's Health

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For more information, please contact

[CCMCCCommunityOutreach@northwell.edu](mailto:CCMCCCommunityOutreach@northwell.edu)

Or Bradley Lewis: [blewis@northwell.edu](mailto:blewis@northwell.edu)

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# Workshop Series for Parents: School Refusal



Cohen Children's Medical Center, South Oaks Hospital and Zucker Hillside Hospital have partnered to provide a workshop series for parents on school refusal to help prepare their children's return to school this fall.

## **School Refusal-General Overview**

**Date:** Tuesday, August 24, 2021

**Time:** 7 PM

**[Click here to register.](#)**

## **School Refusal- Strategies for Managing Anxiety**

**Date:** Tuesday, August 31, 2021

**Time:** 7 PM

**[Click here to register.](#)**

## **School Refusal-Strategies for Managing Oppositional Behaviors**

**Date:** Tuesday, September 7, 2021

**Time:** 7 PM

**[Click here to register.](#)**

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## Questions? Please email:

[CCMCommunityOutreach@northwell.edu](mailto:CCMCommunityOutreach@northwell.edu)

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### **FAQs:**

**Is registration required to join the webinars?**

Yes. Registration is required for each webinar.

**Where is the link to join the webinar?**

The link will be sent to you by Zoom after you register for each webinar.