

# School Mental Health Newsletter:

## DECEMBER 2021



### December is Human Rights Month



[Click here](#) to learn more about the **United Nations Convention on the Rights of the Child**



**Did you know?** December 3<sup>rd</sup> is the International Day for Persons with Disabilities. [Click here](#) to read more!

### Special Education Day is December 2<sup>nd</sup>

[Click here](#) for Family Resources provided by the New York City Department of Education

### Quick Reads:



**The Well:** A Parent's Guide to COVID Shots for Kids 5-11

[Click here](#) to read

**The Well:** Everything Parent's needs to know about Respiratory Syncytial Virus (RSV)

[Click here](#) to read more

### Important Phone Numbers to Know:

- RVC Behavioral Health Center –516-927-1630
- Mineola Behavioral Health Center -516-321-5770
- 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



### Watch our COVID-19 Vaccine Webinar (presented on November 9<sup>th</sup>, 2021)

[Click here](#) for English / [Click here](#) for Spanish / [Click Here](#) for Mandarin



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## Community Education:

### Coping with the Effects of COVID



**Date: Tuesday, December 21, 2021**  
**Time: 7PM – 8PM**  
[Click here](#) to register

### Depression in Women



**Date: Thursday December 21, 2021**  
**Time: 7PM – 8PM**  
[Click here](#) to register



### Stay informed!

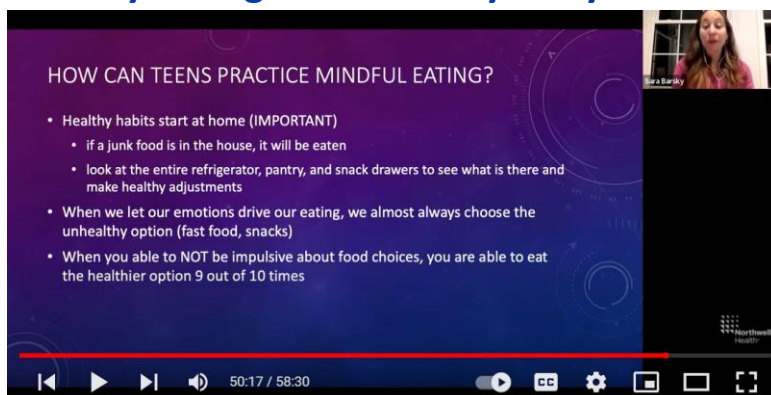
Interested in getting **text messages about upcoming programs**?  
**We now use Remind!** Please add us as a class in your existing account or create a new account by joining [here](#) or by searching **@NWH4School**



### Are you on social media?

If so, follow our news feed on Facebook for the last information, news and events. [Click here](#)

## In Case you Missed It: Healthy Eating for a Healthy Body & Mind



[Click here](#) to view this recording

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## Additional Previous Recordings:

[Click here to view: Healthy Sleep for a Healthy Mind](#)

**Sleep and Specific Mental Health Problems**

**Depression**

- Around 75% of depressed people show symptoms of insomnia, and many people with depression also suffer from hypersomnia

**Anxiety**

- Worry and fear contribute to a state of hyperarousal where the mind is racing making it difficult to fall asleep

**ADHD**

- Difficulty falling asleep, frequent awakenings, and excessive daytime sleepiness. Sleep disturbances may aggravate symptoms like reduced attention span or behavior problems

**ASD**

- Higher prevalence of sleep problems including insomnia and sleep-disordered breathing

**Bipolar**

- During manic periods, people usually feel less need to sleep, but during depressed periods, they may sleep excessively

## Community and Population Health - Behavioral Health

- 1 Managing Your Anxiety
  - 2 Bereavement and grief in families: How to talk to children about loss in the family?
  - 3 Parenting Children with Behavioral Issues
  - 4 Mindfulness in Recovery
  - 5 Coping with the Aftermath of COVID 19
  - 6 Supporting Parents and School aged Children During Uncertain Times: A COVID 19 Information Session
  - 7 Parenting Children with Special Needs during the COVID Pandemic
  - 8 Parenting Teenagers during COVID 19
  - 9 Stress Management
  - 10 Managing Stress: Guided Meditation and Other Strategies
- Alcohol and Drug use during the COVID 19 Pandemic

[Click here to view: Coping with Anxiety](#)

**Normal vs. Excessive Anxiety**

**ANXIETY**

- A normal reaction to stress or difficult times..
- Triggered by a specific stressor.
- Has a start and ending point.
- Can be helpful or motivational.
- Lessens significantly or disappears away from stressful situations.
- Relaxing often helps you feel better.
- A response to toxic situations.

**ANXIETY DISORDERS**

- Often comes out of nowhere.
- Intense or disproportionate emotional response.
- Ongoing and lasts weeks or months.
- Interferes with day-to-day life.
- Physical symptoms like sweating, trembling, lightheadedness, racing heart.
- Feels impossible to control or manage.



[Click here to access our full video Library of event recordings](#)