

School Mental Health Newsletter: MAY 2022



Did you know that May is:

Mental Health Awareness Month

[Click here](#) to learn more!



Children's Mental Health ACCEPTANCE Week 2022
 May 1-7, 2022
 CMHA Redefined: Moving from Awareness to **Acceptance** in 2022

Please [Click here](#) to learn more about Children's Mental Health ACCEPTANCE Week and how you can support this movement!

For a helpful May calendar that offers daily activities to participate in, [click here!](#)



For information about **Jewish American Heritage**, [Click here](#).

For information on **Asian Pacific American Heritage**, [Click here](#).

Quick Reads:



The Well:

How to Teach Your Kids Life Skills
[Click here](#) to read

Self-Care Isn't Selfish: One New Mom's Story
[Click here](#) to read

From the NORTHWELL NEWSROOM: NYS Grant supports Northwell Center for Behavior Health for Kids, Teens. [Click here](#) to read!

In Case you Missed it: Addressing Stress & Trauma in Families
[Click here](#) to watch to this helpful panel discussion!

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



More to come: The South Oaks Leadership team partnered with the Town of Babylon for an "Earth Day" Clean up event. A Press release is to follow about this day of giving back to the local community!

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Community Education & Events:



ERASE THE STIGMA – A SPECIAL FAMILY EVENT
Hear from Student Advocates, play family games and have fun!

Tuesday May 24th at 7pm | [CLICK HERE](#) to register



Truly Inclusive: Mental Health In LGBTQ Youth

June 28th, 2022 at 7pm

[Click here to Pre-Register](#)



Interested in getting text messages about upcoming programs?

@NWH4School

Art Contest

Erase the Stigma Creative Art Contest!

The Northwell School Mental Health **Erase the Stigma Creative Art Contest** is accepting entries across all age groups for original artwork and photography to be featured on inspirational cards in our Northwell Behavioral Health Center locations.

The submission deadline is approaching!! Please may your submission by May 15th!

[CLICK HERE](#) to enter the contest (use CODE: **CDKLEJFK**) or scan below

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Additional Previous Recordings:

[Click here to view: Digital Parenting](#)

TikTok

1. TikTok allows users to create, share, and discover short videos.
2. Tiktok can be a creative outlet and common way for teens to stay up to date to social trends.
3. Tiktok challenges are videos that get copied by users. They range from fun choreographed dances to silly pranks to dangerous stunts.
4. Videos are easily edited and may give teens false sense of reality.
5. Consider using the "Digital Wellbeing" settings to enable "screen time management", "restricted mode", and "family pairing".

https://www.common-sense-media.org/blog/parents-ultimate-guide-to-tiktok/

Things you can do to manage your anxiety

- Worry Time
- Thought challenging
- Being present
- Activity planning
- Talking about feelings
- 3 Good Things
- Wellbeing

PLAY ALL

Community and Population Health - Behavioral Health

Northwell Health [SUBSCRIBE](#)

[Click here to view: Healthy Eating for a Healthy Lifestyle](#)

HOW DO WE FUEL THE BRAIN?

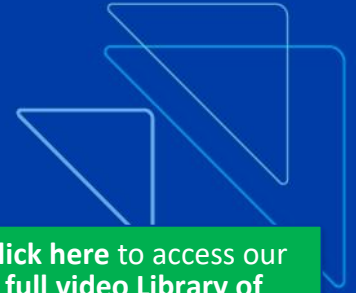
- **CARBOHYDRATES** are the dominant source of fuel for the brain
 - The human brain is made up of a dense network of neurons (nerve cells) that are constantly active — even during sleep
 - The brain relies on a continuous supply of glucose (which comes from dietary carbohydrates) in the bloodstream, NOT fatty acids (dietary fat)
 - If we run out of glucose obtained from food, the body can break down glycogen that is stored in the liver which then becomes glucose

https://www.health.harvard.edu/blog/nutrition-boosts-your-smile-on-food-201511168626

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| 1 | Managing Your Anxiety | 04:35 |
| 2 | Bereavement and grief in families: How to talk to children about loss in the family? | 04:50 |
| 3 | Parenting Children with Behavioral Issues | 06:51 |
| 4 | Mindfulness in Recovery | 04:25 |
| 5 | Coping with the Aftermath of COVID 19 | 06:07 |
| 6 | Supporting Parents and School aged Children During Uncertain Times: A COVID 19 Information Session | 1:03:24 |
| 7 | Parenting Children with Special Needs during the COVID Pandemic | 07:15 |
| 8 | Parenting Teenagers during COVID 19 | 09:58 |
| 9 | Stress Management | 03:34 |
| 10 | Managing Stress: Guided Meditation and Other Strategies | 11:27 |
| | Alcohol and Drug use during the COVID 19 Pandemic | |

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