

# School Mental Health Newsletter: NOVEMBER 2023



**See below articles that share tips on how to express GRATITUDE!**  
**Mindful.org:** Learn how to practice gratitude! [Click here](#)  
**KidsHealth.org:** 3 Ways to practice gratitude for Teens! [Click here](#)  
**PositivePsychology.com:** How to express gratitude! [Click here](#)



[Click here](#)  
for tasty recipes to enhance your meal prep this holiday season!

#### Important Phone Numbers to Know:

- South Oaks Hospital Admissions –631-608-5885
- Cohen Children’s Medical Center Pediatric Behavioral Health Urgent Care – 718-470-3148
- Cohen Children’s Pediatric ED – 718-470-3768
- RVC Behavioral Health Center –516-927-1630
- Mineola Behavioral Health Center -516-321-5770
- Commack Behavioral Health Center- 631-775-3280
- Long Island Crisis Center – 516-679-1111
- Center for Hope - 516-216-5194
- National Suicide Prevention Lifeline- call or text 988

NATIONAL  
**HOMELESS YOUTH**  
AWARENESS MONTH

[Click here](#) for NYS Office of Children and Family Services resources

**TRANS  
AWARENESS**  
NOVEMBER 13 - 19 WEEK

[Click here](#)  
to learn about Trans Awareness week!

#### Quick Reads:



**THE WELL**  
How to raise resilient kids  
[Click here](#) to read

**PARENTS.COM**  
Self-care is different for everyone  
[Click here](#) to read

**PSYCHOLOGY TODAY**  
9 Keys to a resilient holiday  
[Click here](#) to read

NOVEMBER  
**NATIONAL  
NATIVE  
AMERICAN  
HERITAGE MONTH**

[Click here](#) to learn more about Native American History Month



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## Upcoming Education Opportunities

### School Avoidance Workshop

School Mental Health Program is proud to provide an educational lunch and learn – **Tuesdays 12:00pm – 12:45pm**

This series is for parents to learn about school avoidance with a **focus on skills and strategies to support children.**

This workshop will educate on:

- What is school avoidance?
- Who does school avoidance impact and why?
- Strategies to decrease school avoidance
- Where you can find additional resources



**Click below to register for our NEW session:**  
**Session 2: 11/7, 11/14, 11/21, 11/28, 12/5**

#### Social Connections & Loneliness:

“Strategies for parents for building connections and belonging”

**Date: Thursday November 16<sup>th</sup>, 2023 at 12:30pm**

[CLICK HERE](#) to register

#### Family Stress First Aid:

“How can family support each other and manage stress?”

**Date: Thursday December 21<sup>st</sup>, 2023 at 12:30pm**

[CLICK HERE](#) to register



# LUNCH AND LEARN



#### **VIRTUAL SESSION: Substance Use: From Vaping to Opioids**

**Date:** Thursday, November 16, 2023

**Time:** 6:00 PM – 7:00 PM

#### **VIRTUAL SESSION: Home Safety**

**Date:** Tuesday, December 5, 2023

**Time:** 6:00 PM – 7:00 PM

[Click](#) or scan the barcode to register for either event!



# School Mental Health Newsletter: NOVEMBER 2023



**LAST CALL!!! The Northwell School Mental Health Advisory Board – Have your voice heard!**

The Northwell School Mental Health Advisory Board is a group of parents, students, hospital, and school staff who work together to ensure that our school mental health partnerships meet their program objectives to support children and families. Our mission is to promote early identification, provide family-centered access to mental health care within the community and address disparities and stigma.

The Advisory Board will:

- Review data and various trends related to the clinical and educational services provided through the partnerships.
- Make recommendations and suggestions of ways to enhance the quality and quantity of programs.

Identify opportunities for community engagement.

In an effort to enhance our advisory board, we are looking for nominations from the community, which can include students, family members and school staff.



## How Can You Join the Northwell School Mental Health Advisory Board?

Eligibility to Join:

- If you are a parent or student, who resides in a partnering district (check [here](#) for a full list of districts)
- If you are a staff or faculty member who works in a partnering district (check [here](#) for a full list of districts)
- If you believe in our mission to promote mental health within school communities
- If you can commit to attend and participate in 4 meetings a year (90 minutes on weekday evenings)
- If you want to make our program the best, it can be

To join the Northwell School Mental Health Advisory Board, complete the online membership application here:

[Membership Application](#) or scan the QR code below:

