

# School Mental Health Newsletter: MARCH 2022



Did you know that March is:

**National  
Development  
Disability  
Month**

[Click here](#)  
to learn more!



**DEVELOPMENTAL  
DISABILITIES**  
*AWARENESS MONTH*

**MARCH IS  
NATIONAL SOCIAL WORK MONTH**



We would like to take the opportunity to thank all social workers supporting students in our communities. [Click here](#) to learn more.

March is National Nutrition Month



**National Nutrition Month**  
[Click here](#) to watch a  
previous recording on  
healthy eating!

**Quick Reads:**



**The Well:**  
**Curious about plant-based food?**  
[Click here](#) to read

**How to teach your kids life skills**  
[Click here](#) to read

**In Case you Missed it:**  
20 Minute Health Talk **PODCAST** featuring Dr. Vera Feuer  
[Click here](#) to listen to this helpful 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

**Disability is  
not inability**

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## Community Education & Events:



### Addressing Stress & Trauma in Families

Date:  
Tuesday March 22<sup>nd</sup>, 2022

Time:  
7pm – 8pm

[Click here](#) to register



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:

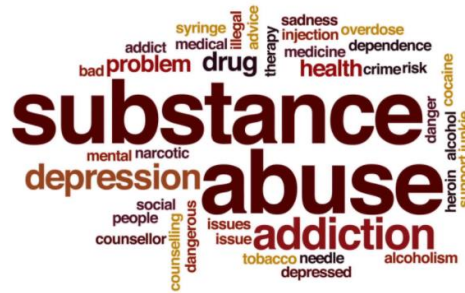
**@NWH4School**

### Substance Use in Children & Adolescent

Date:  
Tuesday April 26th, 2022

Time:  
7pm – 8pm

[Click here](#) to register



### Your Teens' Emotional Health

*What to know! - What to do! - What to say!*

A virtual workshop for parents



Date: Tuesday March 29<sup>th</sup>, 2022 (7:30pm)

[Click here](#) to register!

### Coming Soon:

May 24<sup>th</sup>, 2022  
Erase the Stigma:  
A family event



For more information, please contact

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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/>

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

**Flight / Fight Response**

**Physical Indications of Fight or Flight Response**

- dilated pupils
- trembling
- pale or flushed skin
- rapid heart beat and breathing



**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**

- 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 access our full video Library of event recordings**