

School Mental Health Newsletter: MARCH 2024



[Click HERE](#) to learn more about **School Social Workers'** role in supporting students



[Click HERE](#) for more information on **Women's History Month**

Happy St. Patrick's Day!

Quick Reads:



THE WELL
A better pyramid for your healthy diet
[Click here](#) to read

THE WELL
Healthy eating for better Cholesterol
[Click here](#) to read

FORBES
4 tips to avoid spring fever and sustain career energy & mood
[Click here](#) to read

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



March is Developmental Disability Awareness Month
[CLICK HERE to learn more!](#)

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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 here](#) to register for one or all sessions:

Session 4: 3/5, 3/12, 3/19, 3/26, 4/2



Risk Behavior in Teens

“Everyone does it”

Date: Thursday March 21st, 2024 at 12:30pm

[CLICK HERE](#) to [register](#)

Sibling Relationships

Date: Thursday April 18th, 2024 at 12:30pm

[CLICK HERE](#) to register

Health Starts at Home: A Cohen’s Children’s Medical Center Series for Parents, Guardians & Caregivers

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Gender & Sexuality

Date: Thursday, March 14th, 2024

Time: 6:00 PM – 7:00 PM

Format: Virtual

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Healthy Communication

Date: Thursday, April 9th, 2024

Time: 6:00 PM – 7:00 PM

Format: Virtual



**Northwell
Health®**

[Click here](#) to register for the above virtual educational sessions or scan the code to the right:



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Helpful dates and links to register!

Cohen Children’s Medical Center: Health Starts at Home Series

Format: Virtual
Time: 6pm-7pm



- 3/15/24 Gender & Sexuality
- 4/9/24 Healthy Communications
- 5/14/24 Having “The Talk: Discussing Puberty

Northwell School Mental Health: Community Education Lunch & Learn Series

Format: Virtual
Time: 12:30pm – 1:30pm

- 3/21/24 [Risk behaviors in Teens](#)
- 4/18/24 [Sibling Relationships](#)
- 5/16/24 [Raising emotionally health kids](#)

School Refusal Workshops for Parents

Format: Virtual
Time: 12:00pm – 12:45pm

[Session 4: \(click here\)](#)

3/5, 3/12, 3/19, 3/26, 4/2

[Session 5: \(click here\)](#)

4/9, 4/16, 4/30, 5/7, 5/14, 5/21

January 2024							February 2024							March 2024						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
31	1	2	3	4	5	6	28	29	30	31	1	2	3	25	26	27	28	29	1	2
7	8	9	10	11	12	13	4	5	6	7	8	9	10	3	4	5	6	7	8	9
14	15	16	17	18	19	20	11	12	13	14	15	16	17	10	11	12	13	14	15	16
21	22	23	24	25	26	27	18	19	20	21	22	23	24	17	18	19	20	21	22	23
28	29	30	31	1	2	3	25	26	27	28	29	1	2	24	25	26	27	28	29	30
													31	1	2	3	4	5		

April 2024							May 2024							June 2024						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
31	1	2	3	4	5	6	28	29	30	1	2	3	4	26	27	28	29	30	31	1
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30	1	2	3	4	26	27	28	29	30	31	1	23	24	25	26	27	28	29
													30	1	2	3	4	5	6	

July 2024							August 2024							September 2024						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
30	1	2	3	4	5	6	28	29	30	31	1	2	3	1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28
28	29	30	31	1	2	3	25	26	27	28	29	30	31	29	30	1	2	3	4	5

October 2024							November 2024							December 2024						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
29	30	1	2	3	4	5	27	28	29	30	31	1	2	1	2	3	4	5	6	7
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
27	28	29	30	31	1	2	24	25	26	27	28	29	30	29	30	31	1	2	3	4

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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.

The contest aims to bring attention to **Mental Health Awareness Month in May** and help fight mental health stigma. This year's theme is "**#HopeStartsHere**". Through this art contest, we hope to highlight mental health as an essential part of overall health and provide a creative space in which students may share their voice.

The artwork will be judged on originality, creativity and how well it expresses the contest theme. Winners from each age group will receive prizes and have their work displayed and produced for utilization by the schools and Cohen Children's Medical Center.

The submission deadline is April 15th, 2024.

To submit an entry and read contest guidelines, scan the **QR code** below or visit <https://redcap.link/2024EraseTheStigma>



Contest Rules

Artwork and photos MUST be original work that combines drawing, pictures, or photography to express the contest theme.

- Materials used may include pencil, ink, charcoal, crayon, markers, pastel, paint, mixed media, collage, graphic design or similar 2D media.
- Scanning your artwork (a painting, drawing, etc.) will give us the best image quality. If you don't have access to a scanner, it's okay to take a picture of it.
- Please submit your photo in a high-resolution format.
- Please include a description with your artwork.
- Artwork or photos cannot show depictions of nudity, blood, or violence and photos cannot show a person's face.

Age Groups:

- Elementary School (PK-5)
- Middle School (6-8)
- High School (9-12)

Prizes:

Amazon Gift Cards and other surprises
3 winners from each age group
Raffle for all contestants

Winners get to attend a special event on June 1st and will be notified by May 1st

