

OCEAN CITY SCHOOL DISTRICT

501 Atlantic Avenue

Ocean City, New Jersey 08226

Phone: (609) 399-1290

www.oceancityschools.org



Mental Health and Wellness Resource Guide

Mental health and wellness includes emotional, psychological, and social well-being. Mental wellness impacts students' relationships with family, peers, and their school performance. It affects how we think, feel, and act. Mental health also helps determine how we handle stress, relate to others, and the choices we make. Mental health is important at every stage of life, from childhood and adolescence through adulthood. (mentalhealth.gov)

Mental and psychological wellness are integral to school success. School mental health services are essential to creating and sustaining safe schools and supporting engaged learners. There is a growing need for mental health services for children and youth, and schools and communities are a natural place to provide services.

Please use our links below to find resources around mental health topics. For further information, use the school information guide below to determine the contact for your inquiry or contact Dr. Lauren Gunther @ lgunther@ocsdnj.org

Contacts

	Primary School	Intermediate School	High School
Nurses	Rosemary Millar: rmillar@ocsdnj.org	Cheryl Cantwell: ccantwell@ocsdnj.org	Jill Berenato: jgeller@ocsdnj.org
OC Wellness Center	Wellness Program: Carrie Merritt: cmerritt@ocsdnj.org	Eileen Conover/SAC: econover@ocsdnj.org	Mental Health Social Worker: Faye Noble: tnoble@ocsdnj.org
Guidance Staff	Joel Dougan: jdougan@ocsdnj.org	Angelo DiBartolo: adibartolo@ocsdnj.org	Guidance Staff
School Social Worker	Ivory Williams: iwilliams@ocsdnj.org Mental Health Social Worker: Faye Noble: tnoble@ocsdnj.org	Dr. Vicki Scheetz: vscheetz@ocsdnj.org	Mental Health Social Worker: Faye Noble: tnoble@ocsdnj.org
Additional Contact	Wellness Program Mental Health Toolkit	Wellness Center Mental Health Toolkit	Wellness Center Mental Health Toolkit Remind App (Text: OCWELLNESS to 810-10)



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Resources

<u>Resource Name & Information</u>	<u>Resource Link and Details</u>
Traumatic Loss Coalitions for Youth Resource List	Access Resource HERE
Parent Resource Guide for Mental Health, Substance Abuse & Support Group Services	Community Based Resources
NJ Children's System of Care	Behavioral Health Resources for Families
School Health Services	School Health Services
New Jersey Parent Link	<p>Hotlines & Helplines provide phone help, counseling, crisis intervention and resources to individuals experiencing <i>urgent or emergent situations</i>. Family members may also call.</p> <p>Warmlines provide information and non-emergency phone help, support and resources.</p>
Center for Parent Information and Resources	Mental Health Resources
<p><i>NJ Department of Children and Families</i></p> <p>CHILDREN'S SYSTEM OF CARE</p> <p>You can support a child before a crisis becomes a tragedy.</p> <p>👤 Teach non-violent problem solving</p> <p>💕 Encourage healthy relationships</p> <p>👂 Listen & make sure they feel heard</p> <p>If you notice sustained, atypical behavior call for help:</p>	<p>OCSD Resources</p> <p>CSOC Website: https://www.nj.gov/dcf/about/divisions/dcsc/</p> <p>Performcare Website: https://www.performcarenj.org/</p> <p>Kids, teens and young adults are coping with a lot, from uncertainty associated with the COVID-19 pandemic to the social impact of civil unrest and protests. On top of the general challenges that come with growing up, many young people are feeling heightened senses of anxiety,</p>



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<p> NJ Hopeline: 1-855-654-6735</p> <p> CSOC: 1-877-652-7624</p>	<p>depression and loneliness. For some, this can lead to extreme behavioral changes – like acting out, substance use or running away from home.</p> <p>DCF's Children's System of Care (CSOC) provides children & adolescents with coordinated access to mental health supports, substance use treatment & services for intellectual or developmental disabilities.</p>
<p>New Jersey Department of Education Support</p>	<p>Supporting the Emotional Well-Being of Students</p>
<p>Child Mind Institute</p>	<p>The Child Mind Institute is open and available for you and your child during this crisis. Click here to learn about our telehealth evaluations and treatment for ADHD, mood disorders, anxiety disorders, autism spectrum disorders and learning disorders. Click here to read our COVID-19 Child and Adolescent Mental Health Tipsheet.</p>



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YOUTH SUICIDE PREVENTION

**Children and teens worry. A lot.
Sometimes it gets so bad they want to end their lives.**

You can support them by:

- Helping to improve their problem-solving abilities in non-violent ways
- Cultivating their social connections with families, friends, and community
- Hiding and restricting their access to lethal means of suicide

DCF's Children's System of Care can help any struggling youth receive:

- crisis stabilization
- individualized care planning
- in-home, in-community and out-of-home supports

If your child needs help, Don't wait!

Call:

NJ HOPE LINE at 1-855-654-6735


Children's System of Care at 1-877-652-7624.



Mental health challenges are the most common circumstances surrounding youth who die by suicide.

If you know a young person who is struggling or have a friend who is contemplating suicide, let them know help is available.

 **NJ Hopeline: 1-855-654-6735**

 **CSOC: 1-877-652-7624**

YOUTH SUICIDE PREVENTION

**Children and teens worry. A lot.
Sometimes it gets so bad they want to end their lives.**

Here are some contributing factors:

- A recent or serious loss, including a breakup, parent divorce or death of a loved one.
- Lack of social support from friends or family.
- Being a victim of in-person or cyber-bullying, sexual or physical assault.
- A family history of suicide, mental illness, addiction disorder or abuse.
- Struggling with sexual orientation.
- Societal, cultural or religious stigma related to asking for help.
- Access to lethal means.

DCF's Children's System of Care can help any struggling youth receive:

- crisis stabilization
- individualized care planning
- in-home, in-community and out-of-home supports

If your child needs help, Don't wait!

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Children's System of Care at 1-877-652-7624.



RACIAL DISPARITY IN YOUTH SUICIDE

According to a national survey conducted by the CDC, suicide attempts among Black youth significantly increased between 1991 – 2017 across the United States and in New Jersey.

Black youth also have the highest rate of non-fatal suicide attempts.

DCF's Children's System of Care can help any struggling youth receive:

- crisis stabilization
- individualized care planning
- in-home, in-community and out-of-home supports

If your child needs help, Don't wait!

Call:

NJ HOPE LINE at 1-855-654-6735

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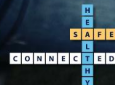
Si su hijo está en crisis, ¡OBTENGA AYUDA!

El distanciamiento social puede crear una sensación de aislamiento de los amigos y sistemas de apoyo.

Para niños y jóvenes con trastornos conductuales o diagnósticos de salud mental, el COVID-19 puede aumentar su ansiedad y angustia.

Los servicios gratuitos de Mobile Response de NJ brindan asesoramiento y terapias de emergencia seguros y en tiempo real, 24/7/365.

¡No espere! Llame al Sistema de Atención del Niño y Adolescente al 1-877-652-7624.




La interrupción de la estructura diaria, la separación de amigos y la pérdida de eventos importantes pueden pesar mucho en los niños.

Conozca las señales de una crisis y obtenga ayuda del Sistema de Atención Infantil de NJ si su hijo lo necesita.

 Llame a #CSOC: 1-877-652-7624

Disruption to daily structure, separation from friends & the loss of milestone events can weigh heavily on kids.

Know the signs of crisis & get help from NJ Children's System of Care if your child is in need.


 Call #CSOC: 1-877-652-7624

Kids, teens & young adults are coping with a lot.

They're missing milestones, time in school & engaging with friends.

If you notice sustained, unusual behavior for more than 6 months, they may need help.

Call NJ's Children's System of Care for support:

 1-877-652-7624

If your child is in crisis, GET HELP!

Social distancing can create a feeling of isolation from friends and support systems.

For children and youth with behavior disorders or mental health diagnoses, COVID-19 may heighten their anxiety and distress.

NJ's free Mobile Response services provide safe, real-time emergency counseling and therapies, 24/7/365.

Don't wait! Call the Children's System of Care at 1-877-652-7624.



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Is your child in crisis?

Know the signs. All kids have bad days. But, trauma and life-changing events can create lasting challenges.

Extreme behavior problems that continue for more than six months could indicate a need for help.

Watch for:

- opposition and aggression
- disrespect and property damage
- anxiety or depression
- lying and fighting
- stealing or substance use
- running away or self-harm

Don't wait to get help! For free real time de-escalation and emergency counseling, call the Children's System of Care at 1-877-652-7624.



¿Está en crisis su hijo?

Conozca los signos. Todos los niños tienen días malos. Lamentablemente, el trauma y los eventos que cambian la vida pueden crear desafíos persistentes.

Los problemas de comportamientos extremos que continúan por más de seis meses podrían indicar la necesidad de ayuda.

Observe en busca de:

- resistencia y agresión
- falta de respeto y daño a la propiedad
- ansiedad o depresión
- mentiras y peleas
- robo y abuso de sustancias
- escaparse de la casa o autolesionarse

¡No espere para obtener ayuda! Para obtener asesoramiento gratuito en tiempo real sobre cómo controlar una crisis y emergencia, llame al Sistema de Atención del Niño y Adolescente al 1-877-652-7624.



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