

## Emotional, Mental and Physical

### Health Building Supports

**Student Assistance Program (SAP)/ CARE Team** is a systematic process to assist school personnel in identifying issues, including problems with alcohol and drugs, which pose a barrier to student learning and success in school. Working with community agencies, SAP teams identify school supports and assist families in accessing community services.

**Small Groups Counseling Sessions** focus on educating students about stressors and healthy ways of coping.

**Clinical Interviews** assess the level of functioning, risk factors, protective factors and need for ongoing treatment. When appropriate, Mental Health Specialists provide recommendations and make connections to therapeutic and/or community supports.

**Student Attendance Improvement Plans (SAIP)** are developed at a multi-disciplinary team meeting with parents to create a plan to improve student attendance.

**Multi-tiered Intervention Program** is a program that includes a continuum of regular education supports and services in order to improve academic performance.

**Special Education** is specially designed instruction, at no cost to the parent, to meet the unique needs of a child with a disability. Psychoeducational evaluations are conducted by a school psychologist in order to determine eligibility for an Individualized Education Plan, (IEP).

**Section 504 Service Agreement** is a plan which outlines accommodations for students with a documented disability in order to enable them to successfully access the curriculum. Upon parent request, school counselors will evaluate for need.

## CONTACTS

### ELEMENTARY COUNSELORS

|                                   |              |              |
|-----------------------------------|--------------|--------------|
| Judith Root                       | Beaumont     | 610-240-1407 |
| Tami Noel                         | Devon        | 610-240-1458 |
| Lauren Scott                      | Hillside     | 610-240-1504 |
| Brett Hargest                     | New Eagle    | 610-240-1556 |
| Carolyn Swetkowski<br>Karen Kilby | Valley Forge | 610-240-1605 |

### T/E MIDDLE SCHOOL COUNSELORS

|                   |           |              |
|-------------------|-----------|--------------|
| Marguerite Gordon | 5th Grade | 610-240-1209 |
| Maria Marano      | 6th Grade | 610-240-1217 |
| Kristen Abell     | 7th Grade | 610-240-1214 |
| Rob Kirkby        | 8th grade | 610-240-1212 |

### VALLEY FORGE MIDDLE SCHOOL COUNSELORS

|                     |           |              |
|---------------------|-----------|--------------|
| Meredith McGarrigle | 5th Grade | 610-240-1314 |
| Kelly Neary         | 6th Grade | 610-240-1317 |
| Bob Sola            | 7th Grade | 610-240-1318 |
| Andy Mullen         | 8th Grade | 610-240-1319 |

### CONESTOGA HIGH SCHOOL COUNSELORS

|                              |        |              |
|------------------------------|--------|--------------|
| Laureen Stohrer              | A—BRO  | 610-240-1008 |
| Anne Davis<br>Rachelle Gough | BRU—DH | 610-240-1011 |
| Katherine Barthelmeh         | DI—GR  | 610-240-1007 |
| Brian Samson                 | GU—KE  | 610-240-1012 |
| Melissa McMenamin            | KH—MA  | 610-240-1051 |
| Jenn Kratsa                  | MC—N   | 610-240-1010 |
| Dan McDermott                | O—R    | 610-240-1009 |
| Leashia Lewis                | S—T    | 610-240-1038 |
| Megan Smyth                  | U—Z    | 610-240-1013 |

# Student Emotional Well-Being

*Resources for Promoting the Social and Emotional Well-Being of Students in the T/E Schools*



**Tredyffrin/Easttown School District**

940 West Valley Road, Suite 1700  
Wayne, PA 19087  
www.tesd.net



**Your School Counselor is a great resource. They can help direct your concerns and connect you with school and community supports. There are many reasons to call your school counselor, including:**

- I'm concerned about my child's academic performance
- My child has been bullied / threatened
- My child is showing signs of anxiety
- I suspect my child may have a disability
- My child has a mental health diagnosis and/or is meeting with a therapist outside of school
- My child is refusing to come to school
- My child seems lonely, sad, or worried very often

### **Concerns that Require Immediate Attention:**

#### **I'm concerned that my child, or one of my child's friends, may be having suicidal thoughts**

- ⇒ If during school hours, contact your child's school counselor or mental health specialist.
- ⇒ If outside of school hours, contact one of the 24/7 Crisis/Suicide Helplines listed below.
- ⇒ If you are concerned about another child, contact the other child's parents immediately.

#### **My child was threatened online or in person off school grounds**

- ⇒ Contact the local police or call 911.
- ⇒ If online, you may also use the reporting/flagging mechanism for that social media platform.

#### **Abuse**

If you suspect a child is being physically or sexually abused or neglected you may report your concerns to the Childline Child Abuse Registry at 1-800-932-0313.

#### **Drug and alcohol**

If you believe your child, or someone else, is using drugs or alcohol, you may call these numbers below directly for support:

- ⇒ Chester Co. Department of Drug and Alcohol Services 610-344-6620
- ⇒ Caron Treatment Centers 844-260-1324
- ⇒ Center for Families: 610-228-0670

#### **24/7 Crisis/Suicide Helplines**

Valley Creek Crisis Center: 610-918-2100  
 Crisis Text Line (text START) 741741  
 National Suicide Prevention Lifeline: 1-800-273-8255

#### **Mental/Behavioral Health Concerns**

Center for Families: 610-228-0670  
 Community Services of Devereux 610-933-8110  
 Holcomb Behavioral Health Services (610) 363-1488

## **Emotional, Mental and Physical Health Professional Staff**

**School Counselor** - The foundation of student support in every building, school counselors are involved in a wide range of student and school issues including personal/social development, goal setting, student discussion groups, course selection and post-secondary planning, individual and group assessment, school climate and student activities.

**School Psychologists** - These individuals provide mandated individualized assessments to determine students' learning strengths and needs, assist with determining appropriate interventions and consult with students, families and school personnel.

**Mental Health Specialists** - Certified specialists are available to all schools for coordination of private services, individualized counseling and consultation with student assistance and IEP teams.

- **Jana Golboro** (Elementary Schools) 610-240-1500 ext. 16531
- **Melissa Salzberg** (TEMS) 610-240-1215
- **Lindsay Hannigan** (VFMS) 610-240-1340
- **Christine Dunleavy** (CHS A-L) 610-240-1056
- **Joellen Corrocher** (CHS M-Z) 610-240-1077

**Nurses** - School health services are offered to assist all students with their needs.

#### **Administration**

**Mark Cataldi**

**Director of Assessment and Accountability  
 Supervisor of School Counselors  
 610-240-1905**

**Chris Groppe, Ed. D.**

**Director of Individualized Student Services  
 Supervisor of Mental Health Specialists  
 610-240-1919**

**Ellen Turk, Ed. D.**

**School Safety and Security Coordinator  
 610-240-1953**