

# **NORTHWELL SCHOOL MENTAL HEALTH – RESOURCES FOR FAMILIES**

Vera Feuer MD, DFAACAP



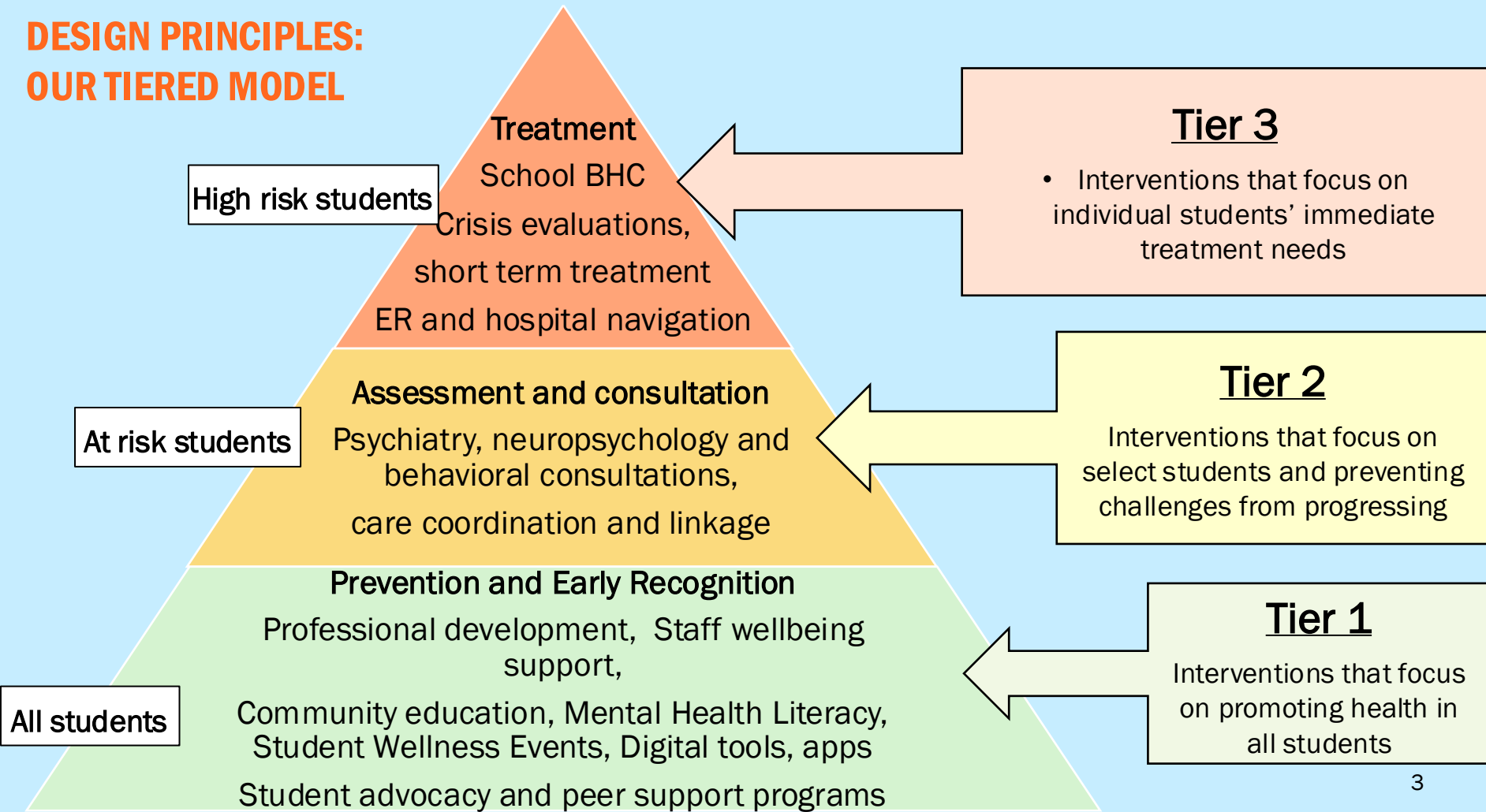
October 8, 2024

# Overview

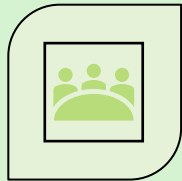
- ❖ What is the Northwell School Mental Health Partnership
- ❖ Services available
- ❖ Resource
- ❖ Q&A



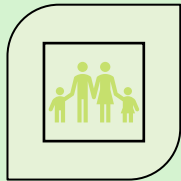
## DESIGN PRINCIPLES: OUR TIERED MODEL



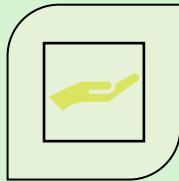
# Community Supports



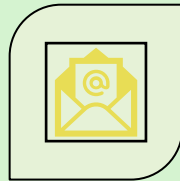
**COMMUNITY  
EDUCATION  
SERIES**



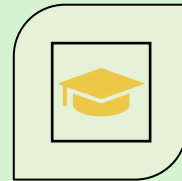
**PARENT  
WORKSHOPS**



**PARENT  
SUPPORT  
GROUPS**



**MONTHLY  
NEWSLETTERS**



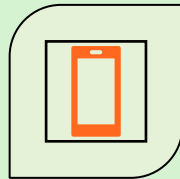
**COHEN STRONG  
STUDENT  
ADVOCACY  
PROGRAM**



**DIRECT TO  
STUDENT HEALTH  
EDUCATION**



**YOU TUBE  
CHANNEL**



**PODCASTS**

# PARENT WEBINARS

Northwell Health® Community Newsletter  
September, 2024



**BACK TO SCHOOL**

Chat with Our Experts: Upcoming Parenting Education Workshops

**Raising Confident and Competent Kids: Fostering Self-Esteem and Resilience**  
**Presenter:** Zoya Popivker, DO  
**Date:** September 19th, 2024  
**Time:** 12:00pm - 1:00pm  
[Click here to Register](#)

**Cohen Children's Northwell Health®**  
**Parenting Education**  
**community**  
 A monthly virtual workshop with Northwell experts & peer support

**Empowering Parents: Setting Limits with Love and Consistency**  
**Presenter:** Scott Falkowitz, DO  
**Date:** October 24, 2024  
**Time:** 12:00pm - 1:00pm  
[Click here to Register](#)

View our community newsletter here!



Download the community education flyer here!



## NORTHWELL SCHOOL MENTAL HEALTH PARTNERSHIP

## COMMUNITY EDUCATION SERIES 2024-2025



**Topic:** Raising Confident and Competent Kids: Fostering Self-Esteem and Resilience  
**Presenter:** Zoya Popivker, DO  
**Date:** Thursday, September 19<sup>th</sup>, 2024  
**Time:** 12:00 PM – 1:00 PM  
**Registration:** [Click here](#) or scan the QR Code



**Topic:** Empowering Parents: Setting Limits with Love and Consistency  
**Presenter:** Scott Falkowitz, DO  
**Date:** Thursday, October 24<sup>th</sup>, 2024  
**Time:** 12:00 PM – 1:00 PM  
**Registration:** [Click here](#) or scan the QR Code



**Topic:** Beyond the Prescription: A Parent's Guide to Safe Medication Practices  
**Presenter:** Kevin Qosja, MD/Scott Falkowitz, DO  
**Date:** Thursday, November 21<sup>st</sup>, 2024  
**Time:** 12:00 PM – 1:00 PM  
**Registration:** [Click here](#) or scan the QR Code



**Topic:** The Power of Belonging: Helping Kids Thrive in Social Settings  
**Presenter:** Anne Van der Veer  
**Date:** Thursday, December 12<sup>th</sup>, 2024  
**Time:** 12:00 PM – 1:00 PM  
**Registration:** [Click here](#) or scan the QR Code



**Topic:** Striking a Balance: Healthy Screen Habits in the Digital Age  
**Presenter:** Vera Feuer, MD  
**Date:** Thursday, January 9<sup>th</sup>, 2025  
**Time:** 12:00 PM – 1:00 PM  
**Registration:** [Click here](#) or scan the QR Code



**Topic:** Supporting Your Child in Athletics  
**Presenter:** Daniella Burns, LMHC  
**Date:** Thursday, February 13<sup>th</sup>, 2025  
**Time:** 12:00 PM – 1:00 PM  
**Registration:** [Click here](#) or scan the QR Code



**Topic:** Managing Academic Stress  
**Presenter:** Vera Feuer, MD  
**Date:** Thursday, March 13<sup>th</sup>, 2025  
**Time:** 12:00 PM – 1:00 PM  
**Registration:** [Click here](#) or scan the QR Code



**Topic:** Sleep Well, Learn Well: Healthy Sleep Habits for Children and Teens  
**Presenter:** Pouria Farhoomandi, MD  
**Date:** Thursday, April 10<sup>th</sup>, 2025  
**Time:** 12:00 PM – 1:00 PM  
**Registration:** [Click here](#) or scan the QR Code



**Topic:** Parent Management Training  
**Presenter:** Wendy Palamar, Psy.D  
**Date:** Thursday, May 8<sup>th</sup>, 2025  
**Time:** 12:00 PM – 1:00 PM  
**Registration:** [Click here](#) or scan the QR Code



**Topic:** Life After High School  
 OPWDD, OMH, PRE-ETS, ACCES  
**Presenter:** Teri Hughes, LMHC  
**Date:** Thursday, June 5<sup>th</sup>, 2025  
**Time:** 12:00 PM – 1:00 PM  
**Registration:** [Click here](#) or scan the QR Code



When will I receive the webinar information for this program?  
 The webinar information will be sent to you after you

# PARENT WEBINARS

## HEALTH STARTS AT HOME

An Educational Series for Parents, Guardians and Caregivers



Join us for monthly virtual education workshops on important topics that impact the health and well-being of young people.

[Click here to register or scan the code below:](#)



### About the Program:

Cohen Children's Medical Center's education programs are an extension of our commitment to provide the very best care to meet the unique needs of children from birth through adolescence.

Since families are the first and often most important source of health information and skills for young people, our goal is to support their efforts at nurturing, encouraging healthy habits, and building positive health-promoting behaviors for life.

For more information, please email:  
[CCMCommunityOutreach@northwell.edu](mailto:CCMCommunityOutreach@northwell.edu)



## 2024-25 SCHEDULE

### Digital Media: How to Build Healthy Habits

**Date:** Thursday, October 17, 2024  
**Time:** 7:00 PM - 8:00 PM  
**Program Delivery:** Virtual

### Substance Use and Teens

**Date:** Tuesday, November 12, 2024  
**Time:** 7:00 PM - 8:00 PM  
**Program Delivery:** Virtual

### Home Safety

**Date:** Wednesday, December 4, 2024  
**Time:** 7:00 PM - 8:00 PM  
**Program Delivery:** Virtual

### Healthy Eating on a Budget

**Date:** Tuesday, January 7, 2025  
**Time:** 7:00 PM - 8:00 PM  
**Program Delivery:** Virtual

### Body Image: Raising Confident Kids

**Date:** Tuesday, February 11, 2025  
**Time:** 7:00 PM - 8:00 PM  
**Program Delivery:** Virtual

### Car Seat and Baby Product Safety

**Date:** Thursday, March 13, 2025  
**Time:** 7:00 PM - 8:00 PM  
**Program Delivery:** Virtual

### Healthy Communication: Having Effective Conversations with your Child

**Date:** Tuesday, April 8, 2025  
**Time:** 7:00 PM - 8:00 PM  
**Program Delivery:** Virtual

### Growing and Changing: Preparing for Puberty and Beyond

**Date:** Thursday, May 15, 2025  
**Time:** 7:00 PM - 8:00 PM  
**Program Delivery:** Virtual



## WORKSHOP DESCRIPTIONS

### Digital Media: How to Build Healthy Habits

Explore different media used by young people, the impact media use has on their development, and positive ways to support healthier use of technology.

### Substance Use and Teens

Substance use is a challenge facing many adolescents. Learn the risks of substance use, how to identify early warning signs and connect with available resources.

### Home Safety

Approximately 2,200 children die at home each year from unintentional injuries in the home. Learn how to keep your home safe by understanding the basics of child proofing, identifying hazards, poison control, and practicing safe sleep.

### Healthy Eating on a Budget

Eating healthy doesn't have to break the bank! Learn how to create a nutritious menu on a budget that works for you.

### Body Image: Raising Confident Kids

Learn about the factors that influence how children see themselves and ways adults can help to build confidence from the inside out.

### Car Seat and Baby Product Safety

Learn about the safest options for children, including car seat basics and selection, baby product safety, infant falls, and safe sleep. Participants will also have the opportunity to register for a virtual car seat check with a CPS Technician.

### Healthy Communication: Having Effective Conversations with your Child

Communicating with children and teens can be a big challenge! Explore different communication techniques and scenarios to facilitate effective conversations.

### Growing and Changing: Preparing for Puberty and Beyond

With easy access to inaccurate or harmful information online, it's more important than ever for adults to make sure young people have the knowledge they need as they grow and develop. Learn about this important time in your child's life, explore common concerns and practice responding to questions in a helpful, supportive way.





# CURRENT PARENT SUPPORT GROUPS

SCHOOL MENTAL HEALTH PARTNERSHIP

## SUPPORTING YOUR ANXIOUS CHILD



*A practical workshop on managing anxiety in children.*

Is your child struggling with anxiety? Give them the tools to manage it!

The School Mental Health Program presents "Parenting Through Anxiety," a free, 5-week lunch-and-learn workshop series. This program provides you with the knowledge and strategies to help your child thrive.

### Workshop Topics:

- Understanding Childhood Anxiety
- Worry vs. Anxiety: Identifying the Difference
- Empowering Kids with Anxiety Management Techniques

### In this workshop, you'll learn:

- How to recognize the signs of anxiety in children
- The difference between worry and anxiety
- Effective strategies to help support your child through managing their anxiety

This program runs 5 times per year and is held on Wednesdays, from 12-12:45pm.

Session 1	Session 2	Session 3	Session 4	Session 5
9/18   9/25 10/9   10/16 10/23	11/6   1/13 11/20   12/4 12/11	1/8   1/15 1/22   2/5 2/12	2/26   3/5 3/12   3/19 3/26	4/9   4/23 4/30   5/7 5/14
Registration Link or Scan QR code:	Registration Link or Scan QR code:	Registration Link or Scan QR code:	Registration Link or Scan QR code:	Registration Link or Scan QR code:



Presented by Northwell Health School Mental Health Program

Mineola Office  
156 1<sup>st</sup> Street, Lower Level  
Mineola, NY 11501  
(516) 321-5770

Rockville Centre Office  
100 Merrick Road, Suite 102E  
Rockville Centre, NY 11750  
(516) 927-1630

Commack Office  
2171 Jericho Tpke, Suite 345  
Commack, NY 11725  
(631) 775-3280



SCHOOL MENTAL HEALTH PARTNERSHIP

## SCHOOL AVOIDANCE PARENT WORKSHOP



*A parent education and support group.*

Is your child struggling with school attendance? Join our free, supportive 6-week lunch-and-learn workshop series: "Supporting Students Overcoming School Avoidance."

This program is designed to empower parents like you with the knowledge and tools to address school avoidance and help your child thrive.

### Workshop Topics:

- Understanding School Avoidance
- Its Impact on Children and Families
- Effective Strategies for Support
- Accessing Additional Resources

### In this workshop, you'll gain:

- A clear understanding of school avoidance and its causes
- Practical strategies to support your child's return to school
- Connections with other parents facing similar challenges
- Valuable resources and guidance from experienced professionals

This program runs 5 times per year and is held on Tuesdays, from 12-12:45pm.

Session 1	Session 2	Session 3	Session 4	Session 5
9/17   9/24 10/4   10/18 10/15   10/22	11/12   11/19 11/26   12/3 12/10   12/17	1/7   1/14 1/21   1/28 2/4   2/11	2/25   3/4 3/11   3/18 3/25   4/1	4/22   4/29 5/6   5/13 5/20   5/27
Registration Link or Scan QR code:	Registration Link or Scan QR code:	Registration Link or Scan QR code:	Registration Link or Scan QR code:	Registration Link or Scan QR code:



Presented by Northwell Health School Mental Health Program

Mineola Office  
156 1<sup>st</sup> Street, Lower Level  
Mineola, NY 11501  
(516) 321-5770

Rockville Centre Office  
100 Merrick Road, Suite 102E  
Rockville Centre, NY 11750  
(516) 927-1630

Commack Office  
2171 Jericho Tpke, Suite 345  
Commack, NY 11725  
(631) 775-3280



# WHAT TO EXPECT FOR PARENTS

## BEHAVIORAL HEALTH CENTERS WHAT TO EXPECT

### What is the behavioral health center?

The center is a place where your child can meet with mental health professionals (board certified child and adolescent psychiatrist, licensed mental health counselors, care coordinators) to evaluate your child and provide recommendations, resources and support.

This is a **short-term program**, that will help you connect to long term providers for ongoing care. This may include:

- Individual Counseling
- Specialized testing (ADHD, Autism etc)
- Medication Management
- Support groups
- Family therapy

Based on your child's needs the team may recommend our short-term programs such as for school avoidance or anxiety.

To make an appointment:  
**Mineola:** (516) 321-5770  
**Rockville Centre:** (516) 927-1630  
**Commack:** (631) 775-3280



### How do I make an appointment?

Please call the center based on your district listed on the website (use QR code) below. We cannot schedule an appointment without a legal guardian.

### Before you arrive:

Please complete the paperwork in your email prior to coming. You will need to bring:

- Guardian ID
- Insurance Card\*

\*You will be charged your regular co-payment amount. Please call us if there is an issue with insurance so we can assist.

### When you arrive:

You will be asked to complete a school consent form. This form is optional however it is requested to help your school best support your child. We will never send your personal records or confirm your attendance without your consent. Please see the example on the back



## BEHAVIORAL HEALTH CENTERS WHAT TO EXPECT

### At your Visit

You and your child will meet with a Child and Adolescent Psychiatrist and/or Psychologist and/or Licensed Mental Health Counselor separately. Our team will work together to identify what resources will be most helpful and you will be assigned a care coordinator to help support the next stage of connecting with ongoing care based on recommendations.

### After your Visit

Your care coordinator will work on identifying long term providers who

- Accept your insurance
- Have current availability
- Specialize in what your child needs
- Is accessible to you

You will receive details about identified resources in an email. Once you receive this email, please follow instructions and call providers immediately as their availability can change rapidly. Please note care coordination can take 1-3 weeks in effort to find you someone who meets the above criteria

### 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 Medical Center Pediatric Emergency Behavioral Health: 718-470-3768
- Long Island Crisis Center: 516-679-1111
- Center for Hope: 516-216-5194
- National Suicide Prevention Lifeline: Call or text 988



### What does a consent look like?

Authorization for Release of Health Information

Parent Name (Print)	Date of Birth
Parent Address (Print/Print/Zip Code)	Signature (Print)
	Print Name

I, the undersigned, authorize the release of my child's health information to the following person(s) for the purpose(s) indicated below.

1. Release of information to health care providers at my child's request for the purpose(s) indicated below.

2. Release of information to health care providers for the purpose(s) indicated below.

3. Release of information to health care providers for the purpose(s) indicated below.

4. Release of information to health care providers for the purpose(s) indicated below.

5. Release of information to health care providers for the purpose(s) indicated below.

6. Release of information to health care providers for the purpose(s) indicated below.

7. Release of information to health care providers for the purpose(s) indicated below.

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9. Release of information to health care providers for the purpose(s) indicated below.

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**Commack:** (516) 775-3280



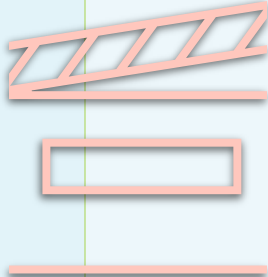
# COHEN STRONG





## Phase 1 – Trainings

- In person introduction and networking meeting
- **Teen Mental Health First Aid** (first 6 weeks online weekly sessions and self-study)
- **Northwell Expert Sessions** (monthly-Peer support skills, Leadership skills, DEI, Advocacy skills, Research skills)

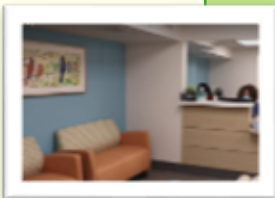


## Phase 2 – Practice

- **School-Specific Peer Led Project development:** Students work with their school advisor and Northwell mentor to create and implement a peer led project in their school
- **Advocacy Trips:** Students will be offered advocacy opportunities including state and national advocacy trips with MHA, AACAP and NAMI.

# BEHAVIORAL HEALTH CENTER LOCATIONS

## MINEOLA



- **School Districts Served:** Bethpage, Carle Place, Garden City, Great Neck, Herricks, Jericho, Locust Valley, Manhasset, Mineola, Roslyn, Sewanhaka, Syosset
- **Location:** 156 1st Street, Lower Level, Mineola, NY 11501
- **Contact:** Phone: 516-321-5770, Email: MINBH@Northwell.edu
- **Hours:** M/W/Th/Fri: 8am - 8pm Tues: 9:30am - 5:30pm

## ROCKVILLE CENTRE



- **School Districts Served:** East Rockaway, Freeport, Hewlett- Woodmere, Lawrence, Malverne, Oceanside, Rockville Centre, Uniondale, Valley Stream Central HS, Wantagh, West Hempstead
- **Location:** 100 Merrick Road, Suite 102E, Rockville Centre, NY 11570
- **Contact:** Phone: 516-927-1630, Email: RVCBH@Northwell.edu
- **Hours:** M/T/W/Th: 8am - 8pm Fri: 9:30am - 5:30pm

## COMMACK



- **School Districts Served:** Commack, Half Hollow Hills, Harborfields, Hauppauge, Huntington, Northport, Sachem, Smithtown, S. Huntington, Wyandanch
- **Location:** 2171 Jericho Tpke, Suite 345, Commack, NY 11725
- **Contact:** Phone: 631-775-3280, Email: COMBH@Northwell.edu
- **Hours:** M/T/W/Th: 8am - 8pm Fri: 9:30am - 5:30pm



## Location

- 156 First Street in Mineola, NY 11501

## Hours of Operation

- Mon, Wed, Thurs, Fri from 8am – 8pm
- Tues 9:30a-5:30p

## Contact Information

- Phone: 516-321-5770
- Fax: 516-321-5779
- Email: [minbh@northwell.edu](mailto:minbh@northwell.edu)

## NORTHWELL SCHOOL MENTAL HEALTH **MINEOLA TEAM**



**Erica Lo Re, DO**

• Psychiatrist



**Ilana Dicker, DO**

• Psychiatrist



**Chris Wang, MD**

• Psychiatrist



**Eleonora Kuzma, Psy.D**

• Psychologist



**Stephanie Kranz,  
LMHC**

• Licensed Mental Health  
Counselor



**Nicole Casquarelli,  
LMHC**

• Licensed Mental Health  
Counselor



**Michelle Grabovsky,  
LMHC**

• Licensed Mental Health  
Counselor



**Peter Martin, LMHC**

• Licensed Mental Health  
Counselor



**Kailly Prado**

• Medical Associate



**Tatiana Valenzuela**

• Medical Associate



**Daniela Restrepo**

• Medical Associate



## **NORTHWELL SCHOOL MENTAL HEALTH CARE COORDINATOR TEAM**



**Belinda Ramirez**  
• Port Washington



**Douglas Segovia**



**Karinys Carillo**



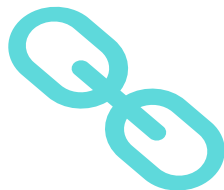
**Sophie Zucker**



# GOALS OF BHC VISIT



Provide urgent  
access to  
psychiatric  
assessment  
and referral for  
patients in  
crisis



Coordinate  
care and  
improve  
linkage



Provide short  
term crisis care



Improve  
communication  
between  
schools, commun  
ity providers and  
our team



Educate and  
support  
families

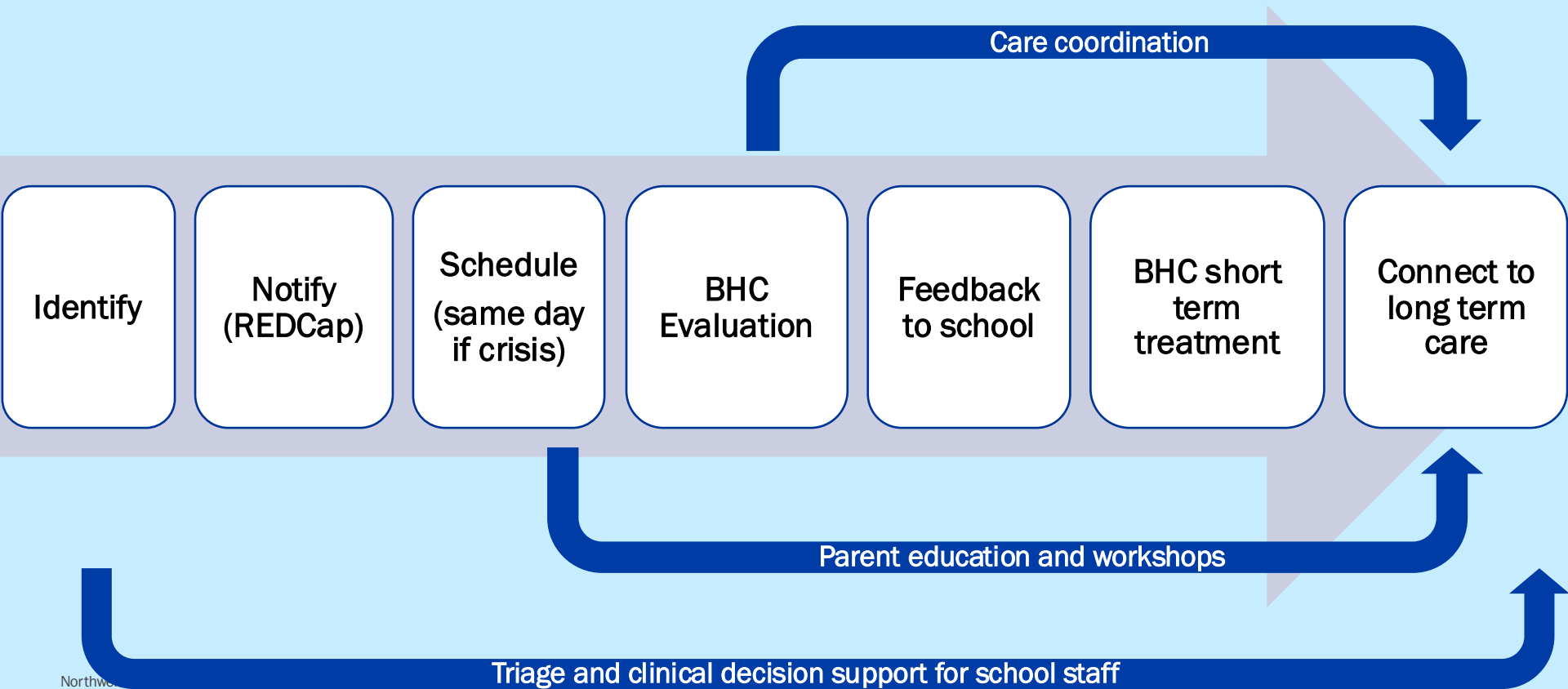


Help avoid  
hospital  
admissions and  
emergency  
room visits



Support school  
staff

**PATIENT JOURNEY**



# FAQ'S



## Q: Do parents need insurance?

- A: Yes and no. Insurance is billed for services rendered to the extent that it exists, but uninsured students within a partnering district will not be denied care. When applicable, our team members will assist the student/family in obtaining insurance coverage.



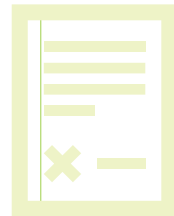
## Q: Is there a co-pay?

- A: Yes, according to existing insurance.



## Q: Will information be shared with school?

- A: This is subject to parental consent. We encourage parents to consent to communication, which they do about 80% of the time. (almost 100% for cases referred by school teams)



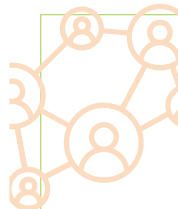
## Q: Can we get a copy of the evaluation?

- A: The BHC medical record is the students' personal health record and as such can be released to the parent. If they agree to, they can share with the school.



## Q: Can you provide letter to return to school?

- A: When there is a safety concern and written documentation of no imminent risk is required, we can provide that letter.



## Q: Do you provide diagnosis and recommendations?

- A: When requested and with parental consent we can provide letter with diagnosis and what was recommended.

# FAQ CONTINUED



**Q: What options are there for preschoolers (ages 3-5)? For example, a 3-year-old with autism experiencing challenging behaviors or a 4-year-old with frequent aggression.**

- A: The BHC can assess any student in the school district. While options for preschoolers (especially those on the spectrum) are limited, we can provide crisis medication management and help families navigate resources for specialty care or developmental pediatrics while they wait.



**Q: Are there also options for college age students (18-21) or is the partnership just with school age and secondary students**

- A: We see students above 18, so long as they are part of the district. Once students graduate, we can no longer provide services, but can help guide to other Northwell resources.



**Q: Can you evaluate students who speak foreign languages?**

- A: Yes. We have access to video interpreter and sign language interpreter. We also have our intake forms and scales and many education materials available in Spanish.

# A WORD ABOUT HIGH SCHOOL WORK LIFE BALANCE

# TIME MANAGEMENT: YOUR BEST FRIEND

## Tips:

- Create a realistic schedule
- Prioritize tasks
- Break down large tasks into smaller, manageable ones.
- Utilize time tracking tools and apps.

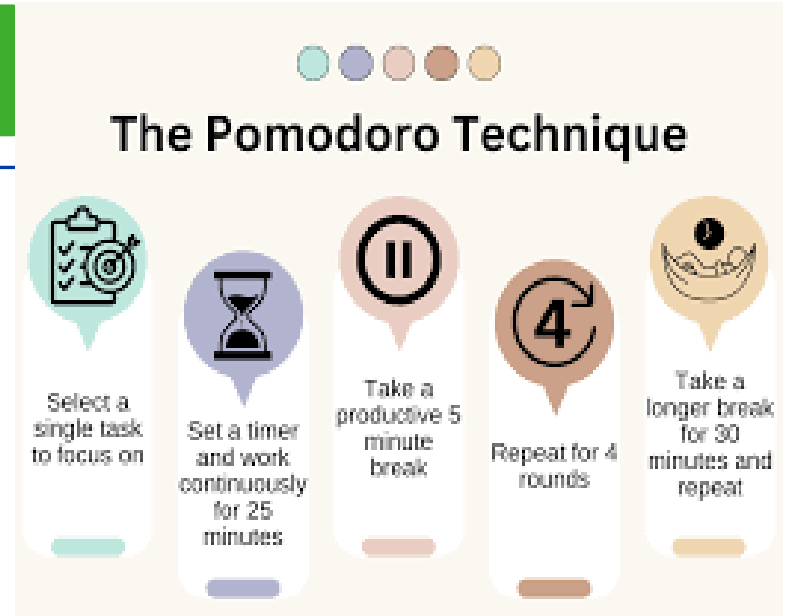




# TAMING PROCRASTINATION:

## Strategies:

- Identify your procrastination triggers.
- Set realistic deadlines and mini-deadlines.
- Use the Pomodoro Technique or other time-blocking methods.
- Find an accountability partner.
- Reward yourself for completing tasks.



# STRESS MANAGEMENT: KEEPING CALM AND CARRYING ON

## Stress-Reducing Techniques:

- Mindfulness and meditation.
- Deep breathing exercises.
- Physical activity and exercise.
- Getting enough sleep.
- Connecting with friends and family.



# SETTING BOUNDARIES: PROTECTING YOUR TIME AND ENERGY

## Tips:

- Learn to say "no" when necessary.
- Set aside dedicated time for studying and for relaxation.
- Communicate your needs to friends, family, and employers.
- Limit distractions during study time (e.g., social media, phone).



# BACK TO SCHOOL RESOURCES



## Time Management for Students

Make time to balance your school, work and personal time to help your mental well-being!

### Make a Priority List

List all your tasks and determine the time it takes to complete each one. Then decide where each fits on your priority list. Consider asking yourself these guiding questions to help prioritize:

- Does this task affect other tasks?
- Does this task have a hard deadline?
- Does this task affect other people?
- Does this task require a lot of time to complete?

### Commit to "Focus Time"

After determining your priority list, schedule time in your day to focus on completing those tasks. The focus time can be used to start and finish tasks or contribute to in-progress tasks.

- Three hours to study
- One hour to clean your bedroom
- Two hours to work on your first draft of a paper
- 30 minutes to clean the dishes

### Create Self-Care Time

Make time in your day for self-care to avoid burnout. This can be as simple as a 30-minute-or-less activity, like:

- 10 minutes of meditating
- 5 minutes of journaling your feelings
- 30 minutes of exercising
- 15 minutes of drawing

### Be Flexible

Things don't always go the way we plan. It's great to think of alternatives and where you can be flexible. Ask yourself:

- Can this task wait till tomorrow?
- Will another task fit in with your new schedule?
- Do you need a break from tasks today?
- Do you need to ask for help from others?



**NAMI** NAMI Helpline Call: 1-800-950-NAMI (6264) | Text: "helpline" to 62640 | Chat: nami.org/help

## Back to School Commitment Planner

### Building your Planner

Now that you have an idea of all the things you want to commit to this year, follow this template to manage your commitments and adjust as needed. Life has many changes so it's good to be flexible and not fill every hour of every day. Think about setting a maximum amount of time you want to put toward your commitments, so you have a buffer for other things like hanging out with friends or anything else in your day.

Example:

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Homework	3 hours	3 hours	3 hours	3 hours	3 hours		
Studying		1 hour	1 hour	1 hour	1 hour		
Family			1 hour		1 hour		2 hours
Band		1 hour	1 hour	1 hour	1 hour	3 hours	
Swim Team		1 hour	1 hour	2 hours	1 hour	1 hour	1 hour
Me Time	1 hour	30 min.	30 min.	30 min.	30 min.	30 min.	3 hours
Total	4 hours	6.5 hours	7.5 hours	7.5 hours	7.5 hours	4.5 hours	6 hours
Max time	8 hours Monday-Thursday and 5 hours Friday-Sunday						

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Homework							
Studying							
Family							
Extracurricular 1							
Extracurricular 2							
Me Time							
Total							
Max time							

For a google sheet template, click here:

[https://docs.google.com/spreadsheets/d/1d3qnWp\\_HQnri-hysdIPVG2GdVhrYtElsYUCCO-TX0iEdtUsp#sharing](https://docs.google.com/spreadsheets/d/1d3qnWp_HQnri-hysdIPVG2GdVhrYtElsYUCCO-TX0iEdtUsp#sharing)

If the original schedule stops working for you, rearrange things and play around with the time allotment. If it's helpful, you can even make time to make a new planner each week to help you reset priorities for each week.

**NAMI** NAMI Helpline Call: 1-800-950-NAMI (6264) | Text: "helpline" to 62640 | Chat: nami.org/help

<https://www.nami.org/your-journey/kids-teens-and-young-adults/youth-and-young-adult-resources/back-to-school-resources/>

# PARENTING RESOURCES

**Teaching deep breathing to kids:**

[Breathe2Relax](#) teens and adults

**Using Positive Language:**

<https://www.responsiveclassroom.org/want-positive-behavior-use-positive-language/>

**Resilience Guide for Parents:**

<https://www.apa.org/topics/resilience/guide-parents-teachers>

**Back to School Resources:**

[Back to School Resources | NAMI](#)

[Digital Toolkit for Back to School - National Institute of Mental Health \(NIMH\) \(nih.gov\)](#)

**Resources from the American Academy of Pediatrics**

[Emotional Wellness - HealthyChildren.org](#)

**Resources from the American Academy of Child and Adolescent Psychiatry**

[Facts For Families \(aacap.org\)](#)

**Resources for Digital Parenting**

<https://www.commonsensemedia.org>

Family Online Safety Institute <https://www.fosi.org/>

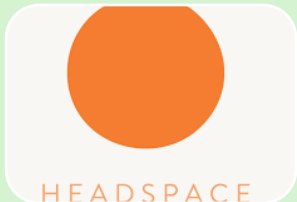
Center on Media and Child Health <http://cmch.tv/>

Child Mind

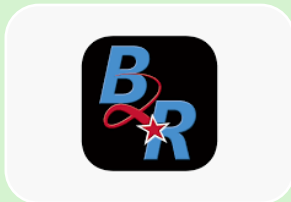
# HELPFUL APPS



Calm



Headspace



Breathe2relax



CBTi Coach  
(insomnia)



Take a break



Mindfulness



Breathe



MoodTools



Moodkit



Virtual Hope  
Box



# NUMBERS TO KNOW

**National Suicide Prevention Lifeline:** 1-800-273-TALK (8255) or 988

**Center for Traumatic Stress, Resilience & Recovery :**  
[CTSRR@northwell.edu](mailto:CTSRR@northwell.edu), 833-327-1001

**Behavioral Health Center at Mineola** 516-321-5770  
[MINBHC@Northwell.edu](mailto:MINBHC@Northwell.edu)

**Center for Hope (Bereavement Center):** (516) 216-5194

**Adult Behavioral Health Crisis Center (Walk-in clinic):** 718-470-8300

**Long Island Crisis Center:** 516-679-1111

# Mental health support for children and teens

## Trauma-related conditions



Traumatic events such as loss of a loved one, medical trauma, violence and abuse can impact the mental health and emotional well-being of children and teens. The Center for Traumatic Stress, Resilience and Recovery (CTSRR) can help by providing treatment and care for children and teens impacted by trauma.

### What is CTSRR?

We provide evidence-based resilience, clinical, and educational services to support team members and their family members as well as community members impacted by trauma.

### How we support children and teens impacted by trauma

Our expert clinicians provide care and services for children 5 and up, including assessment and treatment of trauma-related conditions and symptoms including: Post-Traumatic Stress Disorder (PTSD), anxiety, depression, irritability, trouble sleeping and negative beliefs about oneself and others.

### Our services include:

- Individual therapy for children and teens
- Parent support

We offer both **virtual (telehealth)** and **in-person** treatment available at Zucker Hillside Hospital, Kaufman building, 75-59 263<sup>rd</sup> St., Glen Oaks, NY 11004.

### Waived co-pays

Team members with children enrolled in our Value, Buy-up or High Deductible Health Plan will have their co-pays waived.

### Contact us to learn more

Phone (833) 327-1001

Email: [CTSRR@northwell.edu](mailto:CTSRR@northwell.edu)



Scan to visit the  
CTSRR section on  
Northwell Connect



**QUESTIONS?**