

School Mental Health Newsletter: APRIL 2022



Did you know that April is:

**Autism
Acceptance
Month**

[Click here](#)
to learn more!



— APRIL IS NATIONAL —
**CHILD ABUSE
PREVENTION MONTH**

National Child Abuse Prevention Month
[Click here](#) for more information and
resources on this very important topic.



The Well:
Finding joy in an Autism Diagnosis
[Click here](#) to read

**More than the Spectrum: A family
describes their experience raising a
child with Autism**
[Click here](#) to read

In Case you Missed it: Addressing Stress & Trauma in Families
[Click here](#) to watch to this helpful panel discussion!

 Counseling Awareness Month

We would like to thank all the school counselors supporting students in our communities!
[Click here](#) to learn more about how to find the right counselor for your child.

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

“Why fit in when you were born to stand out?”

— Dr. Seuss

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Community Education & Events:



Substance Use in Children & Adolescent

Date:
Tuesday April 26th, 2022

Time:
7pm – 8pm

[Click here](#) to register



ERASE THE STIGMA – A SPECIAL FAMILY EVENT
Tuesday May 24th at 7pm | [CLICK HERE](#) to register

Erase the Stigma Creative Art Contest!



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 in our Northwell Behavioral Health Center locations. The submission deadline is May 15th.

[CLICK HERE](#) to enter the contest (use CODE: CDKLXEJFK) or scan below!



Interested in getting text messages about upcoming programs?
@NWH4School

Nassau County Medical Society



“Coloring a Quarantined, Social Distanced, and Vaccinated World for Children’s Understanding”

[Click here](#) to view this recording!



Mental Health In LGBTQ Youth

June 28th, 2022
[Click here](#) to Pre-Register

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Additional Previous Recordings:

[Click here](#) to view: **Unconscious Bias**

Individual and life experiences

- Real-world encounters
- Vicarious experiences: books, movies, media, culture, stories

Group identities

- Culture
- Sub-culture
- Home of origin
- Institutional

Educational 39:07 / 58:13

[Click here](#) to view: **Self – Care and Work Life Balance**

Find your happy place

- Or rather, your calm place
- It's a process, build it
- Engage all of your senses
- The mind is powerful

26:50 / 1:01:40



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**

- Managing Your Anxiety
- Bereavement and grief in families: How to talk to children about loss in the family?
- Parenting Children with Behavioral Issues
- Mindfulness in Recovery
- Coping with the Aftermath of COVID 19
- Supporting Parents and School aged Children During Uncertain Times: A COVID 19 Information Session
- Parenting Children with Special Needs during the COVID Pandemic
- Parenting Teenagers during COVID 19
- Stress Management
- 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