

Mental Health Resources

Cleveland Hill Family Resource Center
Kelly Pokigo





Signs your child may be struggling with anxiety:

- Being very afraid when away from parents (separation anxiety)
- Having extreme fear about a specific thing or situation, such as dogs, insects, or going to the doctor (phobias)
- Being very afraid of school and other places where there are people (social anxiety)



Signs your child may be struggling with anxiety:

- Being very worried about the future and about bad things happening (general anxiety)
- Having repeated episodes of sudden, unexpected, intense fear that come with symptoms like heart pounding, having trouble breathing, or feeling dizzy, shaky, or sweaty (panic disorder)



Signs your child may be struggling with depression:

- Feeling sad, hopeless, or irritable a lot of the time
- Not wanting to do or enjoy doing fun things
- Showing changes in eating patterns – eating a lot more or a lot less than usual
- Showing changes in sleep patterns – sleeping a lot more or a lot less than normal



Signs your child may be struggling with depression:

- Showing changes in energy – being tired and sluggish or tense and restless a lot of the time
- Having a hard time paying attention
- Feeling worthless, useless, or guilty
- Showing self-injury and self-destructive behavior



Cleveland Hill Student Support Team

- Elementary School:
 - Kelly Pokigo-School Social Worker
 - Brenda Wagner-School Counselor
 - Karin Gelz-School Psychologist
 - Audrey Howard-Behavior Specialist

- Middle School
 - Sarah Barth-School Social Worker
 - Patty Balthasar-School Counselor
 - Lisa Hillyard-School Psychologist



Cleveland Hill Student Support Team

- High School
 - Nick Stapleton -School Counselor
 - Cori Fahey -School Counselor
 - Erin Cogan-College and Career Readiness Counselor
 - Savannah Lussier-School Psychologist

- MyKole Gates-School Social Worker Clevehill Elementary/High School



Resources available to you:

Family Resource Center ex:8363

- Open on Thursday's 11:00am-7:00pm located in the middle/high school part of Cleveland Hill.
- Services include but are not limited to family, individual, crisis counseling, assistance with referrals for outside services for intensive outpatient counseling, financial assistance, housing etc..
- No billing to insurance
- Services available to anyone that resides in the district, do not need to have students currently attending school
- Liaisons are in every building
 - Kelly Pokigo-Elementary Liaison ex: 8203
 - Sarah Barth-Middle School Liaison ex: 8328
 - MyKole Gates-High School Liaison ex: 8535

To receive more information about the Family Resource Center call anyone of the liaisons in the school



Resources available to you: Community School Grant

- Community Services Site Facilitators:
 - Kelly Luce-Elementary School ex: 8202
 - Claire West-Middle School ex: 7208

Services are also available to high school students as well, even though a facilitator is not in building.

Partner with Cleve Hill student support team, to support the district can assist with any needed referrals as well.



Community Schools Grant: Gateway Mental Health Clinic

- Mental health counselor from Gateway utilizes the Family Resource Center one day a week.
- Services are through Gateway and insurance is billed.
- If you are interested in services through Gateway, you can reach out to Kelly Luce or Claire West directly or speak with one of the student support team members.



Community Schools Grant: Behavior Support Services

- Work with the families and the children both in home and at school on behaviors that are impacting both home and school. Have the ability to work with families in their home or whichever is convenient for them.
- Kali Coia and her email is kcoia@gateway-longview.org



Resources for an immediate crisis:

- **Spectrum Health's C.A.R.E.S.** team is available to provide support to families with children and teenagers in crisis, 24/7. Call 716-882-HELP

- Crisis Services: 24/7 Helpline 716-834-3131
 - Addition Hotline 716 831-7007
 - Crisis Text Line 716-300-2338 (M-F 6am-11pm)



Resources for immediate crisis:

- Endeavor Club House (1526 Walden Ave, Suite 400 Cheektowaga, 14225)
 - Endeavor's Clubhouse Program is a drop in community-based center that supports its members through holistic, innovative, fun, and educational services.
 - Monday through Friday 4pm-9pm.
 - **PHONE:** 716-895-6700 ext. 4907

Resources on the backtable

Helping Kids Deal with School
SEPARATION ANXIETY

- make & practice a goodbye ritual
- do a practice run
- read about it
- stick to a routine
- pack a transitional object
- show excitement
- validate feelings
- model a positive goodbye

8 THINGS TO SAY TO AN ANXIOUS CHILD

@teenhealthdoc x @mamapsychologists

- You are safe with me
- It's ok to feel nervous, I do too sometimes
- Let's go for a walk
- Let's draw the worry, how big is it?
- Let's talk back to this worry
- I am here for you
- Let's sit together until the thought passes
- Let's take a few deep breaths together

A TO Z OF COPING SKILLS

A ASK for help	B BREATHE deeply and slowly	C COUNT forwards or backwards	D DRINK some cold water
E EXERCISE run, jump, skip, kick a ball or walk fast	F FIND a safe place	G GO to your happy place	H HUG a friend or family member
I IGNORE people who are annoying you	J JOKES to help you laugh	K KIND hands. Keep them to yourself	L LISTEN to calming music
M MEDITATE use yoga or mindfulness	N NAME the emotion you are feeling	O OBSERVE Use mindfulness techniques	P PAINT your feelings
Q QUESTION your thoughts	R RUN as fast as you can	S SEPARATE yourself from the situation	T THOUGHTS negative to positive
U USE your safe place	V VOICE your concerns	W WRITE down your feelings	X EXHALE breathe out your feelings
Y YELL as loud as you can into a pillow	Z ZONE out and relax yourself		

ELSA suggests



Resources:

Endeavor Club House Schedule and Group descriptions.

40 Conversation starters for kids that go beyond "How was your day?"

1. If you had \$1000, what would you do with it?
2. If you had a super power, what would it be? Why?
3. What super power do you already have?
4. What is your favorite season? What do you love most about it?
5. What is your favorite song right now? Why do you like it?
6. Name someone you look up to. What have you learned from them?
7. What are you most afraid of? What scares you about it?
8. Where in the world would you most want to live? Why?
9. What book are you reading? Tell me about it.
10. If you were the character in a book, who would it be?
11. If I were the character in a book, who would I be?
12. If you could have lunch with anyone in the world, who would it be? What would you ask that person?
13. Tell me your favorite joke.

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