Dear Parents and Guardians,

I hope you and your families are doing as well as can be during our school closure. This has been a stressful time for everyone, and we want to reassure you that we are available to provide support during the school closure. Please reach out to your child’s grade level school counselor/social worker through email if you have any concerns or if you would like a check-in with your child. Please note that we will not have access to our school phone/voicemail, so email will be the best way to make contact. Please find contact information listed below.

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| --- | --- | --- | --- |
| Ashlee Calandra  | School Counselor  | Grades 6-8Last Names A-J  | ACALANDRA@CSAT-K12.ORG  |
| Matthew Lebeda | School Counselor  | Grades 6-8 Last Names K-Z  | MLEBEDA@CSAT-K12.ORG  |
| Stephen Anastasia  | School Social Worker  | Grades 6-8  | SANASTASIA@CSAT-K12.ORG  |

If your child is currently receiving counseling from a community provider, such as Gateway-Longview or Child and Family Services, we recommend that you check in with your child’s therapist for the best course of action for continuing services and recommendations in the event that your child experiences mental health issues. For more information about mental health service providers in our community please [CLICK HERE](https://www.csat-k12.org/Page/102).

If your child is experiencing a mental health crisis you should contact one of the following agencies:

* [**Spectrum Cares**](https://www.eriemha.org/crisis.php)**at 716-882-4357**
* [**Crisis Services**](http://crisisservices.org/)**at 716-834-3131**
* [**Erie County Medical Center**](https://www.ecmc.edu/health-services-and-doctors/behavioral-health/cpep-comprehensive-psychiatric-emergency-program/)**at 716-898-3000**

Please visit the [CMSAT Counseling Homepage](https://www.csat-k12.org/Page/112) for more information about talking to your child about the COVID-19 crisis, social-emotional lessons to do at home, links to resources and contact information.

Please reach out to one of us if you or your child needs help, guidance or someone to talk with during this time.