

Charter Middle School for Applied Technologies

Student Support

We Are Here to Help and Only an Email Away

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We have provided different resources, worksheets, activities, etc in the following slides to give your child certain tools they may need at home.

Here is a link for ideas on how to keep your children on a schedule.

https://docs.google.com/document/u/1/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAIjrFwxxZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh_-P-WmksHAzbsrk9d/pub

Anger Management

[Calming Agitated Students](#)

[Anger Management Skills](#)

[Anger Management Skills \(Spanish\)](#)

[Cycle of Anger](#)

[Cycle of Anger \(Spanish\)](#)

[Anger Thermometer](#)

[Anger Thermometer \(Spanish\)](#)

Anxiety

What is Anxiety?

Stress Management

ADHD

[Tips for Managing ADHD](#)

[A Focus Plan](#)

[Intervention for Parents](#)

[Kids Packet](#)

[Study Tips](#)

Mindfulness

[Muscle Relaxation Exercise](#)

[Deep Breathing](#)

[Deep Breathing- Spanish](#)

[Family Mindfulness Schedule](#)

[Mindfulness for Children](#)

[Mindfulness for Children- Spanish](#)

Social Emotional Learning

[SEL Home Supports](#)

[Need A Break From Learning?](#)

[Parents! Using Rewards and Punishments](#)

Coping Skills

[Coping Skills Crossword Puzzle](#)

[Coping Skills Crossword Puzzle-Answer Key](#)

[Coping Skills Word Search](#)

[Coping Skills Word Search-Answer Key](#)

[Coping Skills: Anger](#)

[Coping Skills: Anxiety](#)

[Coping Skills: Anxiety \(Spanish\)](#)

Corona Virus Resources

https://docs.google.com/document/d/1_Z6oFSWK2fptPfXAv-MLCluR2iv1NB2OigECCObL6F4/edit?usp=sharing

Crisis Resources

- **Spectrum CARES**

- Youth: (716) 882-4357 Adults: (716) 834-3131
- Agency that specializes in Crisis response for youth under 18. Also provides crisis response/services to adults <https://www.eriemha.org/crisis.php>

- **National Suicide Prevention Lifeline**

- 1-800-273-8255
- <https://suicidepreventionlifeline.org/>

- **Crisis Text Line**

- Text CONNECT to 741741
- Crisis Text Line is free, 24/7 support for those in crisis, connecting people in crisis to trained Crisis Counselors.

*Other community resources can be found by dialing 2-1-1 or visiting:
<http://www.211wny.org/>