

For parents/guardians at home, please reach out to the social worker at your child's CSAT building if there is a situation happening at home that may affect your child's behavior and/or mood, or if you note anything of concern (including a recent change) in your child's behavior and/or mood. The first step, and sometimes the most helpful, is to gently speak with your child about what you're observing. Seeking the help of supportive family members, clergy and other trusted adults can do a great deal to help your child feel safe and secure.

The following are a few signs which **may be** indicators that your child should seek the help of their school social worker, or seek outside counseling:

### Younger Children

- Marked fall in school performance
- Poor grades in school despite trying very hard
- Severe worry or anxiety, as shown by regular refusal to go to school, go to sleep or take part in activities that are normal for the child's age
- Frequent physical complaints
- Hyperactivity; fidgeting; constant movement beyond regular playing with or without difficulty paying attention
- Persistent nightmares
- Persistent disobedience or aggression (longer than 6 months) and provocative opposition to authority figures
- Frequent, unexplainable temper tantrums
- Threats to harm or kill oneself

### Pre-Adolescents and Adolescents

- Marked decline in school performance
- Inability to cope with problems and daily activities
- Marked changes in sleeping and/or eating habits
- Extreme difficulties in concentrating that get in the way at school or at home
- Sexual acting out
- Depression shown by sustained, prolonged negative mood and attitude, often accompanied by poor appetite, difficulty sleeping or thoughts of death
- Severe mood swings

- Strong worries or anxieties that get in the way of daily life, such as at school or socializing
- Repeated use of alcohol and/or drugs
- Intense fear of becoming obese with no relationship to actual body weight, excessive dieting, throwing up or using laxatives to lose weight
- Persistent nightmares
- Threats of self-harm or harm to others
- Self-injury or self destructive behavior
- Frequent outbursts of anger, aggression
- Repeated threats to run away
- Aggressive or non-aggressive consistent violation of rights of others; opposition to authority, truancy, thefts, or vandalism

(Source: [http://mentalhealthforwnykids.org/?page\\_id=8512](http://mentalhealthforwnykids.org/?page_id=8512))

***If you are concerned that your child is in immediate danger, please seek the help of the following resources:***

- The Spectrum **C.A.R.E.S** (Crisis And Re-Stabilization Emergency Services) Team. Phone: **882-4357**
- Crisis Services of Buffalo & Erie County. Phone: **716-834-1144**
- ECMC's CPEP (Comprehensive Psychiatric Emergency Program). In order to be admitted to CPEP, you must first go to ECMC'S emergency room.
- BRYLIN Behavioral Health System. Phone: **716-249-6376 ext. 2264**

***For ongoing counseling resources:***

- CATS (Child and Adolescent Treatment Services) [https://mentalhealthforwnykids.org/?page\\_id=8223](https://mentalhealthforwnykids.org/?page_id=8223) . They offer a variety of services from counseling to groups to after school programming. The phone number is: **716.819.3420**
- Gateway-Longview Behavioral Health Clinic. The phone number for the clinic is: **716.783.3221**
- Catholic Charities' Monsignor Carr Clinics. The phone number is: **895-1033.**