

## Crystal River High School

**Student Supports** 

Information to support you during this time of remote learning.

#### We are connected. Reach us by email.

Last Names A-Da mccoyc1@citrus.k12.fl.us

Mrs. McCoy

**Last Names De-Hi** 

Ms. Stratton

strattonk@citrus.k12.fl.us

**Last Names Ho-Me** 

Mrs. Mason

masont@citrus.k12.fl.us

Last Names Mi-Sa

nelsonm@citrus.k12.fl.us

Mr. Nelson

**Last Names Sc-Z** 

snowdens@citrus.k12.fl.us

Ms. Snowden

**Guidance Secretary** 

millerj5@citrus.k12.fl.us

Mrs. Miller

**School Social Worker** 

jacobsm@citrusschools.org

Mrs. Jacobs

School Psychologist

edstromj@citrus.k12.fl.us

Mrs. Edstrom

#### Your counselors are available!

On your iPad you will find a <u>new app</u> to contact your counselor: Guidance Appointment Request We are just a click away.

Email them to make a phone appointment.

(see previous slide)



# Make sure to stay informed of all the latest news and announcements:



https://crh.citrusschools.org/



**@CRHSPirates** 



@crystalriverhighschool



http://www.citrus.k12.fl.us

#### **EMERGENCY - Call 911**



LifeStream 352-228-4470

**Citrus County CASA 352-344-8111** 

National Suicide Prevention Lifeline 1-800-273-8255

Child Abuse Reporting Hotline 1-800-96-ABUSE (962-2873)

National Domestic Violence Hotline 1-800-799-7233

Substance Abuse and Mental Health Helpline

1-800-622-HELP (4357)

## LifeStream Mobile Response Team (352) 408-6625

- Available 24 hrs a day
- Immediate response to mental health crisis for anyone under 25
- Immediate short term therapy
- Case management Services
- ANYONE can call

## LifeStream Mobile Response Team is standing by and ready to serve!

Since schools are now closed until 4/15, we wanted to remind all our community partners that...

the Mobile Response Team is available 24 hours a day in Citrus, Lake and Sumter counties. Anyone can call us!



Our purpose is to immediately

respond when someone under the age of 25 is having a mental health crisis and they are entering Baker Act Territory. We can stabilize, de-escalate and get folks into immediate (short term) therapy or case management services.

Most of our calls have come from schools, but ANYONE can call! DCF, YFA, CHS, The Centers, Case Managers, Social Workers, Health Care workers, Boys & Girls Club, YMCA, Youth groups/ Ministers, First Responders, Moms, Dads, Cousins, Uncles.....

If you want assistance with getting a youth stabilized, deescalated and into immediate services (thus avoiding the Baker Act) please call the Mobile Response Team at (352) 408-6625 .... 24/7!

Please note, for a Baker Act, call 911.



Meal Distribution information

Click here for information



### WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

@HOLISTICALLYGRACE

#### **INFORM**

LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM, WITHOUT OVERWHELM. SET BOUNDARIES AROUND TIME, TRUSTED SOURCES.



#### CONNECT

REACH OUT FOR EMOTIONAL SUPPORT, CONTACT LOVED ONES, ISOLATION IS DETRIMENTAL TO OUR HEALTH



#### SOOTHE

DEEP BELLY BREATHING.
GROUNDING
TECHNIQUES, GUIDED
IMAGERY, PRAYER,
CALMING SOUNDS,
LAUGHTER, SINGING



#### CONTROL

FOCUS ON THINGS WE CAN CONTROL: WASH HANDS, HYDRATE, NOURISH, CONTACT HR REGARDING WORK POLICIES, ADJUST FINANCES



ACKNOWLEDGE FEAR. ANXIETY. FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE. READ. CRAFT, ETC.



#### RHYTHMIC BREATHING TECHNIQUE

Your breathing pattern is often disrupted by changes in emotion.



<u>This Photo</u> by Unknown Author is licensed under <u>CC</u> <u>BY-SA-NC</u>

- Breathing rhythmically essentially involves observing your breathing. Your breathing rate slows down when following a relaxed rhythm. This relaxes the body and calms the mind.
- Rhythmic Breathing involves breathing in a fixed rhythmic pattern. Breathing in count to four 1-2-3-4 hold for four 1-2-3-4 exhale slowly for eight 1-2-3-4-5-6-7-8
- □ Repeat
- □ Inhale 2-3-4
- ☐ Hold 2-3-4
- ☐ Exhale 2-3-4-5-6-7-8
- Continue until breathing has slowed down and you feel calmer.

#### **Gratitude Journal**

- The struggle ends when gratitude begins.
- Begin each day with a grateful heart.
- Gratitude makes a difference in your attitude.
- Gratitude dissolves negativity.
- Cultivate the habit of being grateful.
- ❖ We can choose to be grateful. No matter what.
- There is always, always, always something to be grateful for.
- It is not happiness that brings us gratitude. It is gratitude that brings us happiness.
- Practice gratitude:
  - Each day, take one minute to write down three things you are grateful for from the past 24 hours.
  - No repeats.
  - Every day for 30 days.
- You will be amazed at how easy this will become over time. Gratitude is a practice which must be cultivated. Practice, Practice, Practice.

#### Gratitude Journal

#### THINGS TO DO WHILE AWAY FROM SCHOOL

- Journal!
- Write a Letter to a Friend or Family Member!
  - Make a List of Things You're Grateful For!
- Read a Book or Magazine...for fun!
- Have a Dance Party with Friends via FaceTime!
- Disconnect from Social Media...even if it's just for 30 minutes!

## Practice for the

Center Yourself When Things
Get Overwhelming
By Practicing
Mindfulness Techniques

Practice for the ACT

#### Things to do while away from school



Virtually Tour Museums: Google Arts and Culture

Get Active!

Go for a Walk or Run

YouTube JustDance or other workout

videos

#### THINGS TO DO WHILE AWAY FROM SCHOOL

### Take a virtual college tour!

- While many colleges are cancelling their campus tours, open houses, and preview days, you can take a virtual tour on their site.
- Look at their majors...do they have what you are interested in? What are the costs? Any scholarship opportunities?
- Other College tours <a href="https://campustours.com/">https://campustours.com/</a>

## THINGS TO DO WHILE AWAY FROM SCHOOL

Assess your interests and explore different careers at

MyCareerShines.org



Join 30 days of kindness.

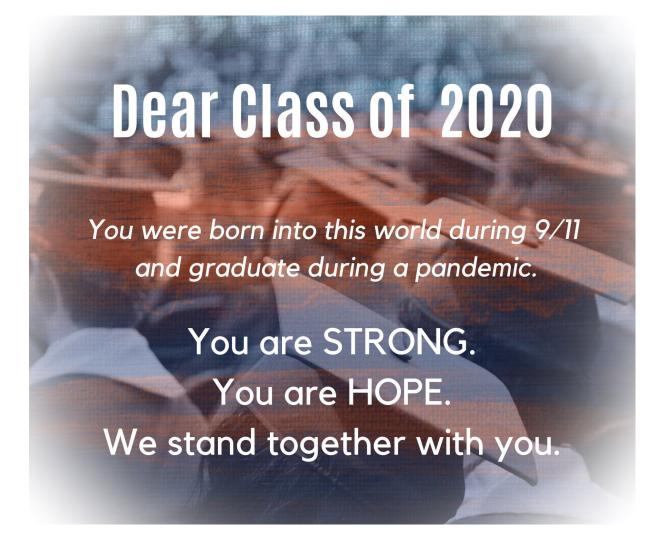
We are capable of widespread compassion.

We must demonstrate abundant hope.

We can make the world a little more bright.

#### To our Seniors:

We know this is a very difficult time for you. You are missing many important milestones, sports, clubs, and activities. We are here to support you. Please reach out to us if you need to talk. More information regarding Prom, Grad Bash, and Graduation will be provided as soon as possible.





I will teach you in a room.

I will teach you now on Zoom.

I will teach you in your house.

I will teach you with a mouse.

I will teach you here and there.

I will teach you because I care.

So just do your very best.

And do not worry about the rest.



One Crew, One Ship, One Voyage