Social Emotional Supports During COVID-19 Crisis

During the period in which the Marlboro Central School District is closed, students who typically receive social-emotional services in school will be unable to meet with clinical school staff. Therefore, district mental health staff would like to make families aware of the following community-based mental health resources:

- New York State Office of Mental Health- NYS COVID-19 Emotional Support Line staffed by specially trained volunteers who can help: 1-844-863-9314
- Astor Services operates counseling centers throughout the Hudson Valley. Locations and contact information can be found at: [https://www.astorservices.org/programs/hudson-valley-counseling-center-locations/](https://www.astorservices.org/programs/hudson-valley-counseling-center-locations/) or by calling 845-471-6004
- Family of Woodstock 24-hour crisis hotline: 845-679-2485
- Ulster County Mobile Mental Health: 1-844-277-4820
- Crisis Text Line: 24/7 text 741-741 for help and support
- National Suicide Prevention Hotline: 1-800-273-8255
- Dutchess County Stabilization Center- 230 North Road, Poughkeepsie: call or text (845) 485-9700
- Orange County Crisis Call Center: 1-800-832-1200
- Orange County Government website: [https://www.orangecountygov.com/616/Mental-Health](https://www.orangecountygov.com/616/Mental-Health)
- CASEL: [https://casel.org/covid-resources/](https://casel.org/covid-resources/)

In addition, there are several free or low-cost apps that can be utilized to help children and adults cope with stress and anxiety. These apps include Mindshift, Calm, Aura, Buddhify Insight Timer, Simple Habit, Mindfulness Daily, Breathe, Shine, Meditation Studio, Headspace: Meditation & Sleep, and Stop Breathe & Think.

Also, the National Association of School Psychologists and the National Association of School Nurses have released guidance on how to talk to children about COVID-19:


**Talking To Children Regarding COVID-19**

**Hable con sus hijos sobre el COVID-19**
The New York State Department of Health also published this guidance for all people on handling stress and anxiety related to COVID-19:

https://omh.ny.gov/

NYS DOH Guidance on Managing Stress and Anxiety Related to COVID-19

Finally, the following Marlboro Central School District mental health professionals will be available for consultation via email:

- Amanda Kenny, School Psychologist  
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- Susan Johansson, School Psychologist  
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- Tom Kulaga, School Psychologist  
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- Amanda Dell’Orletta, School Social Worker  
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- Brian Destefano, School Social Worker  
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- Lisa Cracolici, School Social Worker  
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- Ayanna Woodburn, School Counselor  
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- Kathleen Harden, Student Assistance Counselor  
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