



Mental Health and Social Emotional Support at Booker T Washington (MS54)

If a student needs mental health and/or social emotional support, BTW has many resources to offer!



RESOURCES: IN SCHOOL

First point of Contact: Guidance Counselors

Your first point of contact can be the school's guidance counselors: Ms. Dewar and Ms. Collet.

- SchapmanDewar@schools.nyc.gov (x1082)
- DColletruberte@schools.nyc.gov (x1084)

Special Needs Coordinator

Our Special Needs Coordinator, Ms. Mafdali, can be an additional resource.

- Jmafdali@schools.nyc.gov (x1051)

At-Risk Counseling

At-risk counseling is available through our Teacher's College Psychology Fieldworkers (Kelly Siedler and Lauren Taylor). Contact Ms. Jodi Mafdali for referral.

Ryan Center Or Clinical Social Work

Families or students can also contact the Ryan Center. Clinical Social Worker directly: Mr. Anthony Schmertz. Note that the Ryan Center is now offering televisits - virtual, one-on-one office visits that take place via your computer or cell phone. To register a student for a televisit, a parent or staff member may e-mail school@ryanhealth.org and a representatives will reach out to set up an appointment. No insurance needed.

- Ryan Center (x1345)
- Mr. Anthony Schmertz - anthony.schmertz@ryanhealth.org

You can call the school's main number at (212) 678-2861 and enter the phone extensions above, or reach out directly via e-mail. If you are ever unsure of whom to contact, e-mail questions@ms54.org or call the main school number and leave a message with your contact information if needed. Your question will be forwarded to the appropriate person.



RESOURCES: OUT-OF-SCHOOL



PRO BONO (FREE) SERVICES FOR CHILDREN & FAMILIES DURING COVID-19 PANDEMIC



The Weissman Children's Foundation (WCF)'s mission is to offer gold standard, evidence-based behavioral healthcare to every child and family in need during the COVID-19 pandemic. For more information about WCF's comprehensive pro bono and donation-based services, please contact

info@childfamilyinstitute.com, call **914-361-5283** or visit
https://www.childfamilyinstitute.com/weissman_children_s_foundation



PSYCHOTHERAPY



Psychotherapy in UWS

<https://manhattanmentalhealthcounseling.com>

<https://www.treatnyc.com>

<http://pacpsychnyc.com>

<https://uptowndowntown.nyc/who-we-are/>

Dr. Laurie Stern

Licensed Clinical Psychologist

The Ross Center

(212) 337-0060 ext 0

www.rosscenter.com

Counseling Resource: Mt. Sinai (insurance required). Intake Coordinator- Valerie Salas. Parent/Guardian should call (212) 241-7175 to request an intake (initial assessment). They should leave a message and Valerie Salas will return their call.

Psychiatric

https://www.mountsinai.org/locations/morningside/care/psychiatry?utm_source=Yext&utm_medium=department_listing&utm_campaign=MSM-psychiatry&y_source=1_MTYyNDE3MDYtNzE1LWxvY2F0aW9uLndlYnNpdGU%3D

Note: This document was prepared in March 2021 by the Equity Team with resources provided by BTW's Guidance Counseling team.

The following websites can be used to search for additional clinicians in your area

<https://www.psychologytoday.com/us>

<https://www.goodtherapy.org/>

Online directories for BIPOC (Black, Indigenous, and People of Color) families to find clinicians

www.therapyforblackgirls.com

www.therapyforlatinx.com

Queer and Trans Therapists of Color: <https://www.nqttcn.com/>

For online mental health resources for BIPOC: <https://www.beam.community/>

For asian community members: <https://www.asianmhc.org>

For lower cost options: <https://openpathcollective.org/>



PSYCHO-EDUCATIONAL EVALUATION



Dean Hope Center for Educational and Psychological Services-

<https://www.tc.columbia.edu/deanhope/>



EXECUTIVE FUNCTIONING COACHING



EBL Coaching (Dr. Emily Levy)- <http://www.eblcoaching.com/>

Organizational Tutors- <http://www.organizationaltutors.com/>



HOT LINES



National Suicide Prevention Hotline: 1-800-273-8255

NYC WELL- Talk, Text, Chat: <https://nycwell.cityofnewyork.us/en/>

The Crisis Line- Call: 1-800-273-TALK

Crisis Text Line- Text: CONNECT to 741741

Trans Lifeline: 877-565-8860

General Support Hotlines (not 24 hour)

SAMHSA Treatment Referral Hotline: 1-877-726-4727

National Alliance on Mental Health Helpline: 1-800 950-NAMI

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APPS



Flyer- Covid-19 Digital Mental Health Resources (no cost resources)

<https://s20243.pcdn.co/wp-content/uploads/2020/04/COVID-19-Digital-Mental-Health-Resources-4.28.pdf>

Website- Mental Health App Library <https://nycwell.cityofnewyork.us/en/app-library/>



COVID-19 resources flyers



<https://www1.nyc.gov/assets/doh/downloads/pdf/imm/covid-19-staying-connected.pdf>
<https://www1.nyc.gov/assets/doh/downloads/pdf/covid/covid-19-burnout.pdf>



WEBSITES



Trusted Websites for Families-

<https://infoaboutkids.org>

<https://childmind.org>

<https://sccap53.org>

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Layout/FFF_Guide-01.aspx

<https://www.understood.org>

<https://kidshealth.org>

<https://www.gpschools.org/Domain/678>



PODCASTS



Mental health podcast list for youth-

<https://hoyleton.org/five-great-podcasts-about-youth-behavioral-health/>

Non mental health podcast list for tweens/teens-

<https://www.common sense media.org/blog/10-must-listen-podcasts-for-tweens-and-teens>



BOOKS (for different ages)



Books on feelings (general)

The Feelings Book: The Care and Keeping of Your Emotions (Ages 8 and up – for girls)

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Glad Monster, Sad Monster: A Book About Feelings by Ed Emberley & Anne Miranda (infants-preschoolers)
How do I feel?/ Como me siento? By Pamela Cote (Infant – preschoolers)
Snoopy's Feelings by Charles Schultz (infants – preschoolers)
The Way I Feel by Janan Cain (Ages 2-8)
Toddworld: The Funny Book of Feelings by Todd Parr & Kitty Richards (3-6 years)
How Are You Peeling? Foods with Moods by Saxton Freyman & Joost Elffers (3-7 years)
Today I Feel Silly by Jamie Lee Curtis (Ages 4-8)
The Feelings Book by Dr. Lynda Madison (8+)

Feelings books on anger, grumpiness, frustration, and other feelings

When Sophie Gets Angry – Really, Really Angry by Molly Bang (Ages 3-7)
Mean Soup by Betsy Everitt (Ages 4-8)
I'm Frustrated by Elizabeth Crary (Ages 4-8)
I'm Gonna Like Me: Letting off a Little Self-Esteem by Jaime Lee Curtis (Ages 4-8)
When I Feel Angry by Cornelia Maude Spelman (Ages 5-6)
Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Vorst (Ages 5-8)
What Are You So Grumpy About by Tom Litchenfield (Ages 6-9)
Don't Pop Your Cork on Mondays: The Children's Anti-Stress Book by Adolph Moser (Ages 7-12)

Feelings books on sadness, grief, and loss

I Miss You: A First Look at Death by Pat Thomas and Lesley Harker (Ages 4-7)
When Someone Very Special Dies by Marge Heerigaard (Ages 7-12)
The Tenth Good Thing About Barney by Viorst

Books on learning disorders

The Survival Guide for Kids with LD by Gary Fisher & Rhoda Cummings (Ages 8+)
Applying to College for Students with ADD or LD: A Guide to Keep You (and Your Parents) Sane, Satisfied, and Organized Through the Admission Process by Blythe Grossberg (Ages 16-22)

Books on ADHD

The Survival Guide for Kids with ADD or ADHD by John Taylor (Ages 8+)
Attention, Girls! A Guide to Learn All About Your ADHD by Patricia Quinn (Ages 8-13)
Putting On The Brakes: Understanding and Taking Control of Your ADD or ADHD by Patricia Quinn (Ages 8-13)
Adolescents and ADD: Gaining the Advantage by Patricia Quinn (Ages 12-15)
Applying to College for Students with ADD or LD: A Guide to Keep You (and Your Parents) Sane, Satisfied, and Organized Through the Admission Process by Blythe Grossberg (Ages 16-22)

Books on foster care and adoption

Murphy's Three Homes: A Story for Children in Foster Care by Jan Levinson Gilman (Ages 4-8)
Maybe Days: A Book for Children in Foster Care by Jennifer Wilgocki (Ages 4-10)
All About Adoption: How Families Are Made and How Kids Feel About It by Marc Nemiroff and Jane Annunziata (Ages 4-8)

Books on divorce

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Do You Sing Twinkle? A Story About Remarriage and New Family by Sandra Levins (Ages 4-8)
My Parents Are Divorced Too: A Book for Kids by Kids by Melanie Ford (Ages 8+)
I Don't Want to Talk About It: A Story About Divorce for Young Children by Jeanie Franz Ransom (Ages 4-8)

Books on abuse and domestic violence

I Can't Get Over it by Aphrodite Matsakis (sexual abuse workbook)
A Safe Place to Live (About mom and child leaving an abusive situation)
A Terrible Thing Happened by Holmes (on trauma)
Please Tell!! A Child's Story About Sexual Abuse

Other therapeutic books

Once Upon a time: Therapeutic Stories that Teach & Heal by Nancy Davis
Bullies Are a Pain in the Brain by Trevor Romain (Ages 8-13)
Stick Up For Yourself: Every Kid's Guide to Personal Power and Positive Self-Esteem by Gershen Kaufman (Ages 8+)
The Behavior Survival Guide for Kids: How to Make Good Choices and Stay Out Of Trouble by Thomas McIntyre (Ages 9+)
Depression is the Pits, But I'm Getting Better: A Guide for Adolescents by Jane Garland (Ages 12-15)
Fairy Tales for Today's Children by Richard Gardner

