

(Versión en español sigue abajo)

Hello from the SMS Counseling Department,

We hope you and your family are healthy and finding new ways to stay positive during this very uncertain time. Everyone at SMS has been meeting and planning by using technology to prepare for all educational scenarios. We will begin reconnecting with students on April 20th . As a team, we are working on multiple ways to support you in a virtual setting; students will have the ability to complete weekly check-ins with his/her counselor, as well as share social/emotional lessons virtually.

Our counseling staff will be available M- F during the following office hours to address concerns parents or students have through email:

| | | |
|---|------------|--|
| Theresa O'Shields (6th grade counselor) | 9am -10am | theresa.oshields@irsd.k12.de.us |
| Dawn Brasure (7th grade counselor) | 10am -11am | dawn.brasure@irsd.k12.de.us |
| Pattiva Cathell (8th grade counselor) | 11am -12pm | pattiva.cathell@irsd.k12.de.us |
| Alison Unitis (BHC) | 12pm-1pm | alison.units@irsd.k12.de.us |

In addition Alison Unitis, our behavior health consultant/school therapist, has agreed to accept calls at 302-932-8068 to answer questions, discuss referrals, schedule a session or help with any other counseling questions. Please also feel free to text this number to preserve cell phone minutes.

We hope your family continues to stay safe and healthy!

****If you need immediate assistance for mental health, please call 911 or mobile crisis at 1-800-969-4357, you can also text 741741****

or

Please open this hyperlink...

https://sm.irsd.net/UserFiles/Servers/Server_171514/File/DE%20Guidance%20Services.jpg

Saludos de la oficina del consejero de SMS,

Esperamos que usted y su familia estén saludables y se mantengan actitudes positivas durante este momento tan incierto. En SMS estamos listos y vamos a utilizar la tecnología para apoyar a todos los estudiantes. Comenzaremos a reconectarnos con los estudiantes el 20 de abril. Juntos, estamos trabajando para apoyar a todos en un entorno virtual; los estudiantes tendrán las oportunidades de ver “cómo va todo” cada semana con su consejero. También, los estudiantes podrán compartir lecciones sociales y emocionales virtualmente.

Los padres, parientes o estudiantes de SMS pueden contactar a nuestros consejeros por correo electrónico lunes - viernes durante las siguientes horas si tienen preguntas o están preocupados:

| | | |
|-----------------------------|------------|--|
| Theresa O’Shields (grado 6) | 9am -10am | theresa.oshields@irsd.k12.de.us |
| Dawn Brasure (grado 7) | 10am -11am | dawn.brasure@irsd.k12.de.us |
| Pattiva Cathell (grado 8) | 11am -12pm | pattiva.cathell@irsd.k12.de.us |
| Alison Unitis (BHC) | 12pm-1pm | alison.units@irsd.k12.de.us |

Además, pueden contactar o mandar un mensaje de texto a Alison Unitis, nuestra consultora de salud conductual/terapeuta escolar al 302-932-8068. Ella puede contestar las preguntas, discutir referencias, programar una sesión y apoyar con otras preocupaciones.

¡Cúidense!

**** Si es una emergencia, llama al 911 o al número de crisis 1-800-969-4357, text 741741**** o haga clic aquí

https://sm.irsd.net/UserFiles/Servers/Server_171514/File/DE%20Guidance%20Services.jpg