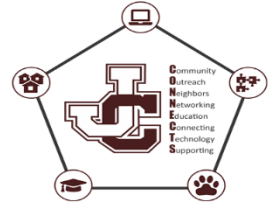




# Community Resources



Dear Wildcat Families,

During the time that Johnson City Schools are closed, students who typically receive community services may be limited in their access to the professionals who provide these services. Therefore, district mental health staff would like to make families aware of the following supports and programs, as well as community-based mental health resources.

Be mindful that children and teens will take their lead from you on how worried they should be. Modeling calm and good practices can go a long way in ensuring children feel safe. For younger children who may not be able to critically analyze the information presented, it is important to monitor how much they are overhearing (including news reports). Maintaining an open dialogue on things going on in the world and in their life is a good practice for all ages. Periodic “check ins” with your children on how they are feeling and coping is important- don't assume they will always know how to come to you to discuss concerns or fears.

And remember, we are all here to support you and your family through this,

Your Wildcat Team

## **Meals and Pantry Services**

❖ All Saints Episcopal Church – Soup & Sandwich (Modifications being made)  
475 Main St, Johnson City, NY 13790  
Saturdays, Noon – 1:00pm

❖ Broome County Council of Churches – Community Meal Calendar  
<https://broomecouncil.net/chow/pantries-soup-kitchens/>

❖ Catholic Charities Food Pantry  
100 Main St, Binghamton, NY 13905  
Mondays, Wednesdays, Thursdays, Fridays 9:00 am - 3:30 pm  
Tuesdays 1:00 pm - 3:30 pm, closed daily from Noon-1:00 pm

❖ Sarah Jane Johnson Church – Lord's Table Meal (Currently take-out only)  
308 Main St, Johnson City, NY 13790  
Tuesday at 5:30 to 6:30 pm

❖ St. James Food Pantry  
130 Main St, Johnson City, NY 13790  
Monday-Saturday 12:00pm-2:00pm

❖ Free lunches available at area restaurants  
<https://www.uwbroome.org/wp-content/uploads/COVID-19-RESPONSE-WEB-FREE-LUNCH-LOCATIONS.pdf>

If you cannot find the resource you need here please call 211  
or visit <http://www.helpme211.org/>

## **Mental Health Services**

### **❖ Comprehensive Psychiatric Emergency Program (CPEP)**

United Health Services, 10-42 Mitchell Ave, Binghamton NY 13903  
607-762-2302 or 1-800-451-0560

CPEP can be reached at any time during the day or night for professional and confidential psychiatric advice. The 24-hour crisis service is staffed by highly-trained psychiatric nurses, social workers, and para-professionals under the direction of a medical director/psychiatrist. All calls are free and confidential. The CPEP team is available 24 hours a day, 7 days a week. Help is only a phone call away.

### **❖ Family & Children's Society**

257 Main St, Binghamton, NY 13905  
(607) 729-6206

**Current clients:** All appointments are being conducted as usual.

**New clients:** Open Access Hours are 9:00am – 3:00pm, doors open at 8:00am, clients are seen on a first come, first serve basis. For any child over the age of 5.

### **❖ Greater Binghamton Health Center**

425 Robinson St, Binghamton, NY 13901  
(607) 773-4520

**Current clients:** All appointments are being conducted as usual, however all individuals are being screened for health symptoms.

**New clients:** Open Access Hours are Mon., Wed., Friday 8:30am – 11:00am  
Tuesday, Thursday – 1:00pm - 3:30pm

### **❖ Lourdes Center for Mental Health**

184 Court St, Binghamton, NY 13901  
(607) 584-4465

**Current clients:** All appointments are being conducted as usual.

**New clients:** You can call for an intake packet and one will be mailed to you

### **❖ Suicide Prevention Lifeline**

1-800-273-8255

Available for individuals in crisis or having suicidal ideation

### **❖ Crisis Textline**

Text "Got5" to 741-74 to start a conversation

If you need immediate assistance or have an emergency please dial 911

## **General Resources for Parents**

❖ **Talking to Children About COVID-19 (Coronavirus): A Parent Resource**  
([https://www.nasponline.org/resources-and-publications/resources-and-podcasts/schoolclimate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/schoolclimate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource))

❖ **How to Talk with Your Child About Social and Emotional Issues**  
(<https://www.understood.org/en/learning-thinking-differences/understanding-childs-challenges/talking-with-your-child/talking-to-your-child-about-social-and-emotional-issues>)

❖ **Responding to Children's Emotional Needs During Times of Crisis**  
(<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Responding-to-Childrens-Emotional-Needs-During-Times-of-Crisis.aspx>)

❖ **Caring for Kids**  
([https://www.caringforkids.cps.ca/handouts/mental\\_health](https://www.caringforkids.cps.ca/handouts/mental_health))

❖ **How to support children with worries**  
(<https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>)

❖ **Resilience in Children: Strategies to Strengthen Your Kids**  
(<https://www.psycom.net/build-resilience-children>)

❖ **NYS School Social Workers Association**  
(<https://nyssswa.org/crisis-response/resources-for-parents/>)

❖ **Go Noodle App**  
(<https://www.gonoodle.com/blog/gonoodle-games-movement-app-for-kids/>)

❖ **Go Noodle - Rainbow Breathing Video**  
(<https://www.youtube.com/watch?v=O29e4rRMvV4>)

❖ **Board Games**  
Playing board games or card games, and have children lose and assist in learning how to cope. In addition, winning gracefully is another important lesson. Social skills that can be practiced while playing a board game: turn taking, good sportsmanship, following directions and waiting.

❖ **Journaling**  
Keeping a journal with your students is a great way to help them express themselves and a chance for you to communicate in a safe, calm manner.