

Somerville Counseling Update

Information and Resources Regarding Mental Health

Please see the information below regarding how to access mental health services and how to best support your children, your family, and yourselves during our district's Flexible Learning Days. Somerville's school-based mental health professionals are here to help and can be contacted through email or through messages left on their voicemail.

Resources for Youth and Adults in Crisis

Psychiatric Emergency Screening Services (PESS)

If you or someone you know may be experiencing an emotional crisis, suicidal thoughts or actions, or thoughts or actions related to self-injury, PESS provides emergency screening and referrals. Contact them at **(908) 526-4100** or get more information at

<https://www.bridgewayrehab.org/services.somerset.pess.html>.

Family Crisis Intervention Unit (FCIU)

The FCIU serves children and families who are in crisis as a result of any or all of the following: juvenile-family conflicts, serious threat to the well-being and physical safety of a juvenile, and/ or runaway behavior. The Unit provides immediate intervention, assessment, family therapy, and case management services in an effort to stabilize the crisis.

Phone: 908-704-6330

After-Hours Crisis: 908-526-4100

<https://www.co.somerset.nj.us/government/human-services/youth-services/family-crisis-intervention-unit>

2nd Floor Youth Helpline

At this time, school counselors cannot provide counseling services electronically or by telephone. If your child needs temporary counseling support, please allow them to access the 2nd Floor Youth Helpline, which is a confidential and anonymous helpline for NJ's youth and young adults.

888-222-2228

<https://www.2ndfloor.org/>

PerformCare

Provides help finding mental health and behavioral health services for families 24 hours/ day, 7 days/ week in both English and Spanish

<https://www.performcarenj.org/index.aspx>

<https://www.performcarenj.org/families/spanish-links.aspx>

Local Resources for Mental Health Services

Resource Guide

Use this link to access a comprehensive guide to local mental health resources including emergency services, public agencies, and private practitioners.

<https://www.somervillenjk12.org/cms/lib/NJ01001815/Centricity/Domain/338/RESOURCE%20GUIDE.pdf>

Resources Specific to the COVID-19 Outbreak

- Parent/ Caregiver Guide to Helping Families Cope <https://www.nctsn.org/print/2251>
- Mental Health and Coping During COVID-19 https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html
- How to Talk to Your Anxious Child or Teen About Coronavirus <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>
- Talking to Children About Coronavirus https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19_Children.pdf

School-based Mental Health Professionals Contact Information

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