

Riverside School District strives to ensure our students' mental health needs are being met during the prolonged break from school and as we transition back to school under the various tiers of our reopening plan. As such, we are providing opportunities for our parents to access various mental health services over the break and when we return. Our certified counselors and staff are working to create guidelines for students to help them identify and limit new stressors related to mental health as we enter the new school year. Our children will experience education in a brand new way this year with a combination of virtual and in person learning. Our Riverside school community will provide the following supports:

All services mentioned below can be accessed by contacting Mr. Yarem at jyarem@riversidesd.com or by filling out the Google "Request for MH Services" form on the Riverside School Counseling webpage.

The Riverside School District will follow these guidelines for students enrolled in **Tier I** (in person learning) as we enter the upcoming school year:

- Counselors will provide teachers with a brief checklist of signs to watch for regarding adjustment, anxiety, depression, and other Mental Health related issues in students.
- Teachers are encouraged to participate in daily check-ins with students.
- Teachers are encouraged to work as a team to avoid an overload of work and stress on students.
- The Student Assistance Program (SAP) team members will meet bi-weekly to identify and discuss students at risk and needing extra support.
 - Anonymous referrals can be made by students, staff, and/or community members through a link on the school counseling website.
- Students involved with the Community & School Based Behavioral Health (CSBBH) program will continue to meet with team members as scheduled. New referrals will be made as students are identified needing extra support.
- Crisis:
 - 24/7 Crisis support services connected to school professionals and other first responders is available through Safe to Say Something. Link also available on the school counseling webpage.
- Teachers and counselors will work together to identify students who are showing signs of anxiety, depression, and struggling with Mental Health related issues.
- Licensed Professional Counselors will meet with students as needed to assess their level of their overall Mental Health.
 - Outpatient Counseling will also be offered along with Psychiatric Care on a weekly basis through the Luzerne Intermediate Unit-18 in each Riverside School. These appointments can be held in person or virtually.

The Riverside School District will follow these guidelines for students enrolled in **Tier II** (hybrid in person and virtual learning) as we enter the upcoming school year:

- Counselors will provide teachers with a brief checklist of signs to watch out for regarding adjustment, anxiety, depression, and other Mental Health related issues in students.
- Teachers are encouraged to participate in daily check-ins with students.
- Teachers are encouraged to work as a team to avoid piling on too much homework the same nights or scheduling tests on the same day.
- The Student Assistance Program (SAP) team members will meet bi-weekly to identify and discuss students at risk and needing extra support.
 - Anonymous referrals can be made by students, staff, and/or community members through a link on the school counseling website.
- Students involved with the Community & School Based Behavioral Health (CSBBH) program will continue to meet with team members as scheduled. New referrals will be made as students are identified needing extra support.
- Crisis:
 - 24/7 Crisis support services connected to school professionals and other first responders is available through Safe to Say Something. Link also available on the school counseling webpage.
- Counselors will offer students additional check-ins throughout the week
- Teachers and counselors will work together to identify students who are showing signs of anxiety, depression, and struggling with Mental Health related issues.
- Licensed Professional Counselors will meet with students as needed to assess their level of their overall Mental Health.
 - Riverside has a Certified Clinical Telemental Health Provider on staff.
 - Counselors will offer more meetings using Telehealth – via Zoom to meet with students.
 - Outpatient Counseling will also be offered along with Psychiatric Care on a weekly basis through the Luzerne Intermediate Unit-18 in each Riverside School. These appointments can be held in person or virtually.

The Riverside School District will follow these guidelines for students enrolled in **Tier III** (virtual learning) as we enter the upcoming school year:

- Counselors will provide teachers with a brief checklist of signs to watch out for regarding anxiety and depression in students.
 - Counselors will offer more meetings using Telehealth – via Zoom to meet with students. Riverside has a Certified Clinical Telemental Health Provider on staff.
- Teachers are encouraged to participate in daily check-ins with students.
- The Student Assistance Program (SAP) team members will meet bi-weekly to identify and discuss students at risk and needing extra support.
 - Anonymous referrals can be made by students, staff, and/or community members through a link on the school counseling website.
- Students involved with the Community & School Based Behavioral Health (CSBBH) program will continue to meet with team members as scheduled. New referrals will be made as students are identified needing extra support.
- Crisis:
 - 24/7 Crisis support services connected to school professionals and other first responders is available through Safe to Say Something. Link also available on the school counseling webpage.