

CST CHATTERBOX

Addressing School Avoidance: "School Refusal or School Phobia"

- ❖ Be aware of signs for school- related anxiety and why your child may be creating reasons to not attend school.
- ❖ Continuously complaining about feeling unwell, only on school days, & having difficulty communicating why they feel ill or upset.
- ❖ It is important to talk to your child about the reasons why he or she does not want to go to school !
 - Talk about physical symptoms, & ALSO if they have concerns about grades, relationships with teachers or classmates, homework, fear of failure, threats of harm (as from a school bully)
- ❖ Discuss the issues with school staff or the CST
 - Explain the plans for your child & returning to school
 - Ask for assistance or outreach services
- ❖ **Acknowledge and understand** your child's feelings and concerns for not wanting to attend, but be firm and help them work through returning to school right away !

I Don't Wanna Go!
Determining the Cause
of School Avoidance

free spirit PUBLISHING®




<https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/School-Avoidance.aspx>

Spring 2023 🏠 June Newsletter 2023

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Summer Regression

Definition : The loss of academic knowledge and material gained throughout the school year.

Students can lose several months of grade level concepts & achievements during the summer months!



Ways to minimize regression over the Summer:

- Daily reading & writing habits!
 - This is one of the best ways to exercise our brain, and deter any loss of reading and literacy abilities. Visit the library frequently, encourage your child for creative writing, or start a series to read with your child and other family members (group reading).
- Set aside a learning time!
 - Practice with worksheets, math facts, or learning activities to maintain the skills learned throughout the school year. Ask about different programs, material, or recommendations that best fit your child's skill & grade level needs so they don't fall behind.

- Enroll in a summer learning program at the school, or with a summer tutoring program!



If you have questions about Summer School and/ or day programs available for your child this Summer 2023, don't hesitate to call and ask the Child Study Team!!!!

<https://huntingtonhelps.com/resources/blog/how-to-avoid-regression-in-the-summer>


Let's Talk about Mental Health!

[Link to New Jersey, Mental Health Association, Inspiring Hope & Healing](#)

Talking about the hard stuff: Recognizing different signs of teen suicide for parents.

- Warning signs with teens may go unnoticed. Following are some talk, behavior, and mood changes to be aware of and look out for!!
 - Talk or communicating that he/ she wants to end their life,
 - Saying there is no reason or purpose to live
 - Feeling trapped, worthless, or hopeless
 - Being in unbearable pain
 - Feeling like a burden
 - Behavior changes may include the increase use of alcohol or drugs,
 - Having issues sleeping
 - Withdrawing from family and friends
 - No desire to participate in activities
 - Neglecting hygiene
 - Throwing away personal possessions
 - Mood changes may be depression, anxiety, irritable, agitated, impulsivity
- **MYTH:** Asking about suicide puts the idea in their head.
- **FACT:** Asking about suicide gives a person permission to start a conversation and often begins the process to get help.



 Did you know? Asking someone directly about suicide won't increase their risk! If you are concerned about your child, or someone else, asking is the best way to open up the conversation to get help!

***There is no single cause to suicide,
but here are some factors to keep in mind:***

Risk Factors: Mental health conditions, chronic physical illness & pain, access to lethal means, prolonged stressful events (bullying and harassment), sudden stress or trauma (loss, life transitions and changes), previous suicide attempts



Protective Factors: Access to mental health care, being proactive about mental health, feeling connected to family and community support, problem-solving and coping skills, limited access to lethal means

Need to talk? Teen Connect is a non-crisis mental health support line for youth ages 13- 24. You are not alone!!

- ☐ Connection to free support!
- ☐ Run by Youth, for the Youth!
- ☐ Monday- Friday (5pm- 10pm)
 - ☐ Call: 1-888-866-6054
 - ☐ Text: 1-973-791-5700

Know where to go or call if you need help.

Mental Health Association

300 Littleton Road, 3rd Floor

Parsippany, NJ 07054

Telephone: 973-334-3496 Fax: 973-334-4920

Email: info@mhainspire.org

www.mhainspire.org





Community resources



Are you looking for community resources?

- ★ **MorrisSussexResourceNet.org** is a free website that provides information about support services for families in Morris and Sussex counties.
 - **Resources available:** Mental health, Developmental needs, Food, Health, Housing, Employment, Education, Support Groups, Informative guides, etc
- ★ **PerformCare**, helps families gain access to publicly funded services for youth up to age 21.
 - **Available 24 hours a day**, 7 days a week! **(1-877-652-7624)**
www.performcarenj.org

NJ Children's System of Care

Contracted System Administrator – PerformCare®

☐ **Counseling & Short Term Treatment**

- Hope House, Dover (973-361-5555)
- NJ Counseling Centers for Mental & Spiritual Health, Randolph (973-252-5120)
- Pathways Counseling Treatment, Pompton Lakes (973-835-6337)
- Saint Clare's Behavioral Health, Parsippany/ Denville (888-626-2111)

**PATHWAYS
COUNSELING
CENTER, Inc.**



LIFE IS A JOURNEY

☐ **Transportation Services**

- Access Link: Disabled persons unable to board & ride regular NJ transit (973-491-4224)
- Dial-A-Ride, Dover (973-366-8502)
- MAPS: Morris Area Paratransit System (973-829-8103)/(888-282-6277)
- NJ Transit Bus & Rail Information (973-275-5555)



☐ **Food & Clothing**

Morris County Meals on Wheels (Red Cross) (973-532-2706)

Project Kin (973-476-8982)

Market Street Mission, Thrift Store (973-538-0427)

Salvation Army Thrift Store (973-366-6626)

☐ **Medical & Dental**

Donated Dental Services Northern NJ (973-967-9171)

Family Health Center of Morristown (973-899-6800)

NJ Family Care, Trenton (800-701-0710)

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- ★ The Shared Services Child Study Team has made it a goal to increase communication, and Special Education knowledge with parents, as well as teachers & administration within the school districts. As part of this goal, you will now be receiving newsletters from the team three times a year, filled with information on special education practices/ law, community resources, special needs tips, etc. We hope you find this helpful!

Wharton Borough Schools: 973-361-3010

Rockaway Borough Schools: 973-652-8601

Stephanie Dzikowski, LDTC
Stacy McCoy, School Psychologist
Brooke Hanenberg, School Psychologist
Armi Clancy, School Social Worker



CST
CHILD STUDY TEAM