

East High Counseling Department

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With the closure of school due to COVID-19, we want to provide some information and hopefully helpful tips to assist students and families in navigating our current and ever-changing situation. We hope you are all staying safe and healthy. We know in this time of uncertainty, a lot of questions can arise and could cause some feelings of uneasiness and anxiousness. We are available during normal school hours (7:30-2:30) Monday-Friday via email to provide support for you, your student, and your family. Please do not hesitate to reach out at any time.

15 ways we can help kids who are WORRIED ABOUT CORONAVIRUS:

- Be available to talk.
- Acknowledge worries.
- Limit news exposure.
- Stick to routines and boundaries.
- Start or continue mindful practices.
- Set and track daily goals or habits.
- Practice controlled breathing.
- Try progressive muscle relaxation.
- Use grounding strategies.
- Set a timer for worries.
- Write a story or draw a picture about defeating personified worries.
- Use a journal or feelings tracker.
- Avoid participating in worry rituals.
- Avoid excessive reassurance.
- Be mindful of your own worries.

COUNSELOR *Keri*

Mental Health Resource

If you or your student is needing assistance outside of the listed hours above, Behavioral Health Response is a resource that is available in which you or your student may speak with a counselor at any time. The BHR Youth Connection Helplines provide 24/7 crisis intervention to provide emotional support, referral information and linkage of services for children, youth and their families in St. Charles County. The helpline has a Follow-Up program where eligible callers will receive a follow-up call within 48 hours by a Follow-Up Coordinator who continues to ensure safety, assist with referrals and/or continues to follow-up until a crisis situation has been resolved or linkage to services has taken place.

BHR Youth Connection Helpline

CALL: (314) 819-8802 or

Toll-Free 1 (844) 985-8282

TEXT: BHEARD to 31658

WEB CHAT: <http://www.bhrstl.com>

If you have a therapist or counselor, you can continue to see them online. Reach out to them and ask about telehealth options. Many insurance companies and Medicare have approved payments for video counseling and there are free options for HIPAA compliant teleconferencing services.

Meal Service

Families who have qualified for meal assistance:

Fort Zumwalt School District will be providing meals at no charge. Meals will be available for pick up Monday through Friday to our students who qualify for free or reduced meals. In order to observe restrictions on group gatherings, the following procedures will apply:

-Meals will be provided via drive-through pick up at two building locations:

DuBray Middle School, 100 DuBray Dr., St. Peters

West High School, 1251 Turtle Creek Dr., O'Fallon

-Lunch for the current day and breakfast for the following day may be picked up between 11 a.m. and 12:45 p.m.

-The meals will consist of grab and go options

-One breakfast and one lunch will be provided for each Fort Zumwalt student. Families will only be able to pick up meals for children in their household

Class Questions

Please reach out to your individual teachers for questions about online learning, grades, and assignments. Counselors are unable to see what has been provided by each teacher and the teacher will be the best resource for your student during this time of online learning.

EVERY DAY Reminders for EVERYONE

Take Care of Yourself!

- Eat healthy foods and drink water
- Get enough sleep and rest
- Get physical exercise
- Limit how much time you spend focusing on the news
- Laugh
- AND, in the words of Chris Dier (teacher from Louisiana) to his seniors:

“Practice ‘social distancing,’ or physical distancing, but stay as social as ever. FaceTime. Text. Tweet. Snapchat Use these platforms to connect and uplift. Binge Netflix and Disney+. Make memes. Exercise. Read books – maybe even those boring ones your English teachers were stoked for you to read. Or just read manga. Read something! Reach out to those friends you know don’t have internet access. Call and check up on ‘em. Listen to podcasts. Make a podcast. Start a hobby. Journal for posterity. You’re living through history. Your bold reaction to this is going to make history.”

		
AVOID	Use Caution	Safe to DO
<ul style="list-style-type: none"> Group Gatherings Sleep Overs Playdates Concerts Theater Outings Athletic Events Crowded Retail Stores Malls Workouts in Gyms Visitors in your House Non-essential workers in your House Mass Transit Systems 	<ul style="list-style-type: none"> Visit a Grocery Store Pick up Medications 	<ul style="list-style-type: none"> Take a Walk Go for a Hike Play in your Yard Clean out a Closet Read a Good Book Listen to Music Cook a Meal Family Game Night Go for a Drive Group Video Chat Stream a Favorite Show Call a Friend Call an Elderly Neighbor

And PLEASE reach out to your teachers, principals, or counselors when you need to! We are checking email daily and available for contact and support!

Please also see the additional resources as needed:

Resource	Company	Details
Bill Assistance	Ameren	Suspended disconnections; Late fee forgiveness Call for assistance
Bill Assistance	Spire	Suspended disconnections through March 2020 Call for assistance
Bill Assistance	City of St. Louis	Cease of all water shutoffs until May 15th
Internet	Charter	Free wifi for households with K-12 and/or college students for 60 days (844)488-8395
Academic Enrichment	Scholastic Learn at Home	Free open-access learning hub http://www.scholastic.com/learnathome
Drive-thru testing	Mercy (Chesterfield)	Call Mercy's clinical support line at (314)251-0500 Must be exhibiting: -100.4 fever or higher -Dry cough -Shortness of breath
Housing	St. Louis County	County has asked landlords to refrain from evictions - unclear on enforcement
COVID-19 Information	State of Missouri	General Questions and Missouri's response (877)435-8411
St. Louis County Health Line	St. Louis County	(314)615-2660 Residents experiencing symptoms of fever, cough, and difficulty breathing should contact the Health Line
Testing	SSM	Virtual visits for anyone concerned about exposure or

		<p>experiencing symptoms of COVID-19</p> <p>Free for residents in MO, IL, OK, and WI regardless of insurance</p> <p>https://ssmhealth.zipnosis.com/?_ga=2.28395900.1307818453.1584330925-801878372.1583446499</p>
Emergency Response	Salvation Army	St. Louis Euclid (314)531-5621
Community Resources	United Way	211
	Hotlines	
Disaster Distress	SAMHSA	(800)985-5990; text Talkwithus to 66746
Youth Connection Helpline	Behavioral Health Response	(314)819-8802 (844)985-8282 TEXT: BHEARD to 31658 WEB CHAT: http://www.bhrstl.com
Disaster Relief	St. Vincent de Paul	(314)881-6000