



HAVEN PROGRAM

Piscataway High School

100 Behmer Road

Piscataway, NJ 08854

Entrance 30, Room# B147

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haven@pway.org

March 19, 2020

Dear Piscataway and Haven Families,

We hope you are all feeling well, staying healthy and following proper precautions as we navigate this frightening global event.

As you probably know, the Piscataway schools are closed for the time being. We will not be providing services in person at the Haven but want to provide ‘virtual’ support to you and your family. You can email us at haven@pway.org any time during school hours and we will respond as soon as we can. We can also set up telephone consultations and sessions.

For those of you who are new to the Haven, we are one of many support services offered to enhance the success and well-being of Piscataway students. Piscataway Schools partner with the Rutgers University Graduate School of Applied and Professional Psychology to provide mental health services of various kinds to our students. In particular, we offer individual counseling, family counseling, group therapy, crisis intervention and parent support.

In these stressful times, it is important to know about resources to support the mental health of your family. Here are a few key ones:

- If your child is feeling stressed, they are welcome to text or call the 2nd Floor hotline at 888-222-2228.
- If things at home are very difficult right now, please let us know but also know that New Jersey offers free mental health services in the community through PerformCare which can be reached at 877-652-7624. They are still providing services.
- If your child shares any thoughts about ending their life, please act immediately by calling Rutgers Acute Psychiatric Services at 855-515-5700. You can also call 911 and the Piscataway Police Department will come to your home immediately. Both are available 24/7.

At the end of this letter, you can also find some other resources regarding the coronavirus/COVID-19 situation and about mental health in general. The video and comic strip are particularly interesting.

Again, please reach out at any time.

Sincerely,

Deanna Kelley
Program Administrator

Patrick Connelly, Psy.D.
Director

Resources:

Talking to children about COVID19

https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf (available in multiple languages)
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Supporting children at home during this time

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>
<https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/>
<https://confidentparentsconfidentkids.org/2019/02/07/promoting-focused-attention-teaching-your-child-the-essential-brain-break/>
<https://www.forbes.com/sites/tarahaelle/2020/03/15/101-ideas-to-keep-your-kids-busy-during-coronavirus-closures/#764d6a9374a4>

Videos and stories about COVID19 for children

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Stress management, mindfulness, SEL, and yoga for adults and children

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
<https://store.samhsa.gov/system/files/sma14-4885.pdf>
<https://kidshealth.org/en/teens/stress.html#>
<https://kidshealth.org/en/teens/yoga-home.html?WT.ac=ctg>
https://www.youtube.com/playlist?list=PLgdxvG3Ulbidz8n_13rZdcAADnDJ6NFHO
<https://www.youtube.com/watch?v=X655B4ISakg>
<https://kidshealth.org/en/kids/study-yoga.html?WT.ac=k-ra>
<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>
<https://ideas.classdojo.com/>
<https://youtu.be/inpok4MKVLM>
https://www.youtube.com/channel/UC5uIZ2KOZZeQDOo_Gsi_qbQ