

Hello ACMS Family!

Your counselors miss you very much! We look forward to being back at school with our students as soon and safely as possible. As we all try and navigate our new normal of social distancing and sheltering in place, please take advantage of the following resources that are available to you listed below. As always, you can reach us through school email if you have any questions or if we can help you in any way.

Jamey Collins, School Counselor: jamey.collins@appling.k12.ga.us

Joannie Morris, Mental Health Counselor: joannie.morris@appling.k12.ga.us

Erin Thomas, School Counselor: erin.thomas@appling.k12.ga.us

Resources for Parents

CDC's Recommendations for Coping with Stress during the COVID 19 Outbreak:
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Tips for Parents to Help Children Stay Mentally Healthy during the Quarantine:

- **Help them stay connected with others** - Face time or call friends and relatives, play games or puzzles together, make cards for the elderly or those who are isolated.
- **Keep up their physical activity** – Take advantage of nice weather to get outside and walk or play. When inside, explore online videos to dance, do yoga or workout.
- **Monitor their news and social media intake** – Talk to your children about how to select news with factual information and limit the amount of time they spend on media. Monitor your own use and avoid watching or listening to anything that might be upsetting when your children are present.
- **Keep up their routine** - Continue their normal day to the best of your abilities...same time for waking up, getting dressed, eating breakfast, doing schoolwork, taking a break, going outside for recess.
- **Practice mindfulness with them to stay present** - Do breathing exercises, draw, paint, sing, cook, meditate, make slime, read a story.
- **Remain calm and provide reassurance** - Talk about their feelings, help them reframe their concerns, let them know adults in their lives are there to keep them safe and healthy. Make sure your explanations are age appropriate.
- **Keep them positive** - Talk about things you are grateful for as a family or things that are going well, help them choose activities which are pleasant and improve their mood.
- **Acknowledge that there is, for now, a new normal** - Talk about being flexible as a family to cope with each day's new challenges.

Appling Food Bank: 366-3663

Called to Love: 912-278-3879. Their normal business hours are Monday-Thursday from 8:30am-2:00pm or visit them on Facebook at <https://www.facebook.com/wearecalled2love/>

Mental Health Resource List:

- Cord of Three Counseling Agency – 912-282-0992 Clay Gill, Dusty Arnold, Licensed Professional Counselor located at Christ Community Church (current MOU 2019- 2020)
- Coastal Harbor Treatment Center 1150 Cornell Avenue Savannah, GA 31406 (912) 354-3911 | (844) 657-2638
- Georgia Baptist Children’s Home and Family Ministries – 912-367-6691; (current MOU for 2019-20)
- M. Graham & Associates, Inc. 1518 Airport Rd. Hinesville, GA 31313 Office (912)559-5536 (current MOU 2019-20) Fax: (614)388-3712 Email: grahamalinda@gmail.com * Website: www.mgacommunityservices.com
- Southern Counseling Services- Shea Hutchinson, Therapist B.A. ST; CEO, Dr. Tim Hutchinson, Ph.D. LPC, MAC 437 W Parker ST Baxley, GA 31513 912.705.0858 (p); 912.705.6423(f); southerncounselingservices@gmail.com (current MOU for 2019-20)
- Wayne Behavioral Health Services, LLC Dr. Jennifer C. Mann-Mackey, PC 821 S Main St. Baxley, GA 31513 912-385-2627 Monday/Friday 9:30 AM- 7:00 PM; Saturday by appointment only (Current MOU for 2019-20)
- GA Crisis Hotline 1-800-715-4225

Additional Resources

- Anxiety Resource for Students
<https://www.therapistaid.com/worksheets/grounding-techniques.pdf>
- Family Engagement Activity
<https://www.therapistaid.com/worksheets/family-questions.pdf>
- Emotions & Behavior Signs
<https://www.therapistaid.com/worksheets/emotions-language-signs-behaviors.pdf>