

Dear Parents/ Guardians,

This is, and continues to be, an unexpected and ever changing time for our entire community. With the recent closure of our schools, below is an update on how social-emotional health will be supported during this time due to the public health crisis created by COVID-19:

In order to address the social-emotional needs of your children and families, we are working diligently to ensure that a variety of support options are available to meet these needs. As we will be working remotely during this time, email will be the primary method of communication moving forward.

We would like to make available the opportunity for mental health check-ins while schools remain closed. Please note that these check-ins will focus on any current concerns that are present, with the intent to identify and implement the appropriate and effective coping strategies. These check-ins are not intended to replace therapeutic services, and will not be considered DIS counseling services as designated by IEPs. Our mental health staff will be available during regular hours from **8:00 am until 3:30 pm**, Monday through Friday. If you would like a mental health check-in for your student, please contact our mental health staff by phone or email:

**Ms. Coxsey, School Psychologist-** [jimesa.coxsey@greendot.org](mailto:jimesa.coxsey@greendot.org) or (213)200-2856  
(If you have a student with an IEP, please contact Ms. Coxsey for support.)

**Mr. Morales, School Counselor-** [jimmy.morales@animo.org](mailto:jimmy.morales@animo.org) or (213)259-6649

**Ms. Ponce, Clinical Services Therapist-** [noemy.ponce@greendot.org](mailto:noemy.ponce@greendot.org) or (213)703-0350

Your child may also reach out directly if they are seeking social emotional support. These check-ins may occur via phone or video chat using Google Meet or Google Hangout

***\*Please note that in order to ensure the safety of the school community, a suspected or confirmed case of COVID-19 within a student and/or parent/guardian will be reported to the school site administrators.***

Further, we can expect stress and anxiety to be higher than typical during this ambiguous time. In the case of a life threatening emergency, please contact 911 or go to the nearest emergency room immediately, as we are unable to respond to emergencies in light of the school closures and possible quarantines.

**Emergency Resources:**

- Psychiatric Mobile Response Team available 24 hour (PMRT) (800) 854-7771
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Crisis Assessment Team (mobile county team): (866) 830-601
- California Youth Crisis Line: 1-800-843-5200

- Crisis Text Line: text HOME to 741714
- Didi Hirsch Mental Health 24-hour Crisis Line: 1-877-727-4747
- Suicide Prevention App: <https://my3app.org/>

In addition, please find below some helpful resources that may be of assistance:

1. Tools for Self-Care: [Self-care Toolkit at Gritx.org](#)
2. Tips for Managing Anxiety and Stress: [How Centers for Disease Control Help Page for Managing Anxiety and Stress Over the Coronavirus](#)
3. How to talk to Children about COVID-19: For “Talking to Children About COVID-19 (Coronavirus): A Parent Resource”, go to [Talking to Children About COVID-19](#) or <https://bit.ly/3d71VgT>
4. Tips for coping with stress: SAMHSA Fact Sheet with tips for coping with stress during an infectious disease outbreak: [Coping With Stress During Infectious Disease Outbreaks](#)
5. Helpful coping strategies: [Coping Strategies](#)
6. 30 Activities we can do for our emotional health: [30ThingsWeCanDoForOurEmotionalHealthSELResourceSheet.pdf](#)
7. 211: <https://www.211la.org/>

#### Seeking Community Mental Health Providers

As a reminder, please access your regular mental health provider for support. If you have private insurance, consider calling your carrier for a referral list that matches your child’s needs.

For those who are seeking alternatives, here are some on-line therapy options:

1. Good Therapy: <https://www.goodtherapy.org/>
2. Talkspace: <https://www.talkspace.com/>
3. BetterHelp: <https://www.betterhelp.com/>

The above list is not a comprehensive list of providers in Los Angeles and is NOT a formal referral from Green Dot Public Schools. Please use discretion in selecting a mental health provider. We look forward to continued collaboration through and after this difficult time. Be well and stay healthy.