

THE SCHOOL BOARD OF BROWARD COUNTY, FLORIDA

**DANIEL GOHL
CHIEF ACADEMIC OFFICER**

Signatures on File

September 9, 2020

TO: All Principals

FROM: Daniel Gohl,
Chief Academic Officer

VIA: Valerie S. Wanza, Ph.D.
Chief School Performance & Accountability Officer

SUBJECT: **MENTAL HEALTH RESOURCES**

The Psychological Services Department recognizes that the events of the past six months have impacted us all in substantial ways. Our students and families have endured heightened stress, uncertainty, and, in some cases, trauma. We also recognize that students and families continue to face many challenges that existed long before COVID-19. Although we are beginning the year virtually, our school psychologists will continue to provide mental health support to your school communities, as always.

In line with this support, please use the links below to visit our Canvas sites for developmentally appropriate resources you, your teachers, and staff can utilize to address the emotional well-being of our students and their families. These resources include topics such as: **Talking to Students about COVID-19, Emotional Awareness, Coping Skills, Creating Healthy Routines, Connecting with Others, and Positive Thinking.**

To access these resources, please utilize the Canvas Site links below:

Mental Health Resources for Elementary Schools:

<https://browardschools.instructure.com/courses/895183/modules>

Mental Health Resources for Secondary Schools:

https://browardschools.instructure.com/courses/893738/modules#module_1903031

Attached you will also find a **COVID-19 Parent Resource Guide** that can be distributed by your school-based teams to any parents in need of guidance/strategies to support their child's social/emotional well-being. We are currently working on additional versions of this document in multiple languages and will forward those as soon as they become available.

We thank you for your continued commitment to the mental health and well-being of our students and our school communities. If you have any questions or need additional support, please reach out to your assigned School Psychologist or contact the Psychological Services Department at (754) 321-3440.

DG/VSW/SH/TH/CFR

Attachment – COVID-19 *Parent Resources Guide_8_2020*

c: Saemone Hollingsworth, Executive Director, Exceptional Student Learning Support
Cadre Directors, School Performance & Accountability
Exceptional Student Learning Support Directors
Exceptional Student Learning Support District Administrators