

WAYS WE CAN HELP:

Connect with school and community resources to ensure basic needs are being met.

Conduct home visits to provide support, discuss resources, drop of needed items, ensure paperwork is completed.

Assess overall well-being of students, including any potential behavioral or mental health needs.

Communicate and consult with SESD staff and other support services to monitor needs and progression.

Assist with referrals and benefit applications.

Work alongside school counselors to provide individual and group counseling services.

Provide transportation to medical appointments.



SEE IT. REPORT IT.



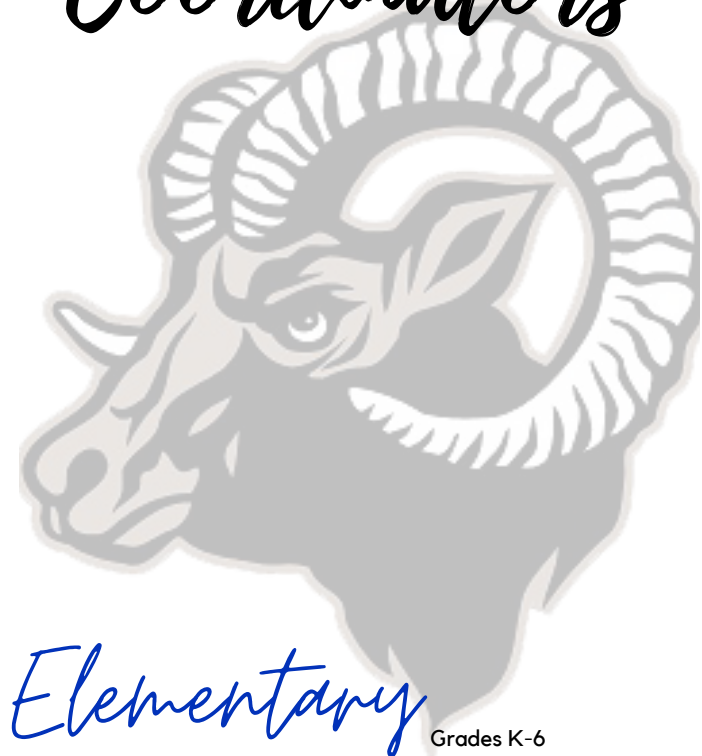
1-844-SAF2SAY

SAFE2SAYPA.ORG

"Say Something" before it's too late.

Safe to Say is a confidential way to report safety concerns to help prevent violence and tragedies.

South Eastern School District Social Services Coordinators



Elementary Grades K-6
Miranda Baker, MSW, LSW

bakerm@sesd.k12.pa.us

SEIS: 717-382-4851 ext. 3011

Stew Elem: 717-993-2725 ext. 8052

Secondary Grades 7-12
Jodi Smith, MSW, LSW

smithjo@sesd.k12.pa.us

SEMS: 717-382-4851 ext. 2807

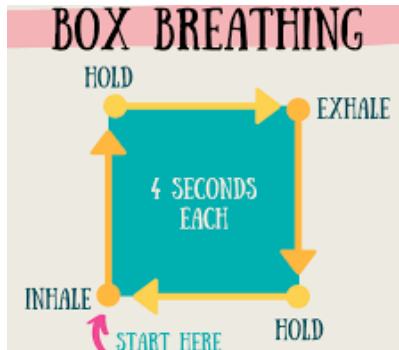
KD: 717-382-4871 ext. 1131

Coping Strategies

Ground your senses:

Five things you see.
Four things you feel.
Three things you hear.
Two things you smell.
One thing you taste.

Ask for help from a trusted adult.
Move your body.
Spend time on your hobbies.
Stretch your body.
Practice positive self-talk.
Journal your thoughts and feelings.
Sing along to music.
Set limits with social media.



Question your physiological needs:

Did you eat today?
Get enough sleep?
Drink enough water?
Feeling too hot or cold?

Apps & Websites

HEADSPACE
COLORFY
CALM
SUPERBETTER
MOODPATH
A FRIEND ASKS

worrywisekids.org
kiwico.com/kids-at-home
NAMI.org
addictionrecoveryguide.org
teens.drugabuse.gov
shared-care.ca/toolkits

Rams
RESOURCE PANTRY
Our pantry includes non-perishable food, clothing and shoes, personal care products, and home items to further meet the needs of SESD students & families.

Please contact us to donate or access the center.

Drop-off & pick-up options available!

COMMUNITY RESOURCES

To find your nearest food pantry:

Central PA Food Bank

717-564-1700

YMCA Southern Community Services

(717)-235-0446 Ext. 401 or 408

Emergency food assistance, rental assistance, budget counseling,
homeless assistance and more.

Mason Dixon Community Services

(717) 456-5559

Emergency Services: food, utilities, housing, etc.

Food Pantry open Monday-Thursday: 9am-12pm,
and 1st Thursday every month 5pm-7pm.

Gifts of Grace

473 Plank Road, New Freedom, PA 17349

Food pantry operates first 4 Monday's of the month at 9:00 AM.

Stewartstown United Methodist Church

26 S. Main Street, Stewartstown

Tuesday and Saturday (10am-12pm) drive up food pantry.

Everyone is welcome, no personal info is required.

Community Progress Council

(717) 846-4600

Housing/financial counseling, WIC, Self-sufficiency programs.

YWCA of York County

(717) 845-2631

Racial and Social Justice, Victim Services (emergency domestic violence shelter,
safety planning, counseling, legal help) Youth programs, summer camps, etc.

Global Recovery Community

To find NA, AA, GA, OA and other 12-step meetings visit:

Meetings.intherooms.com

Community Youth Nights

(FREE; one-time registration)

Peach Bottom Recreational Center (5 Pendyrus Street, Delta)

Ages 7-11: 1st & 3rd Thursday 6pm-7:30pm

Ages 12-17: 2nd and 4th Thursday 6pm-7:30pm

Fawn Grove Church of the Nazarene (5300 Fawn Grove Rd, Pylesville, MD)

Wednesday 7pm-8:30pm.

Helplines

If you are a victim of violence in immediate danger
or need emergency assistance, dial 9-1-1.

Crisis & Suicide Hotline:

Call or Text 9-8-8

Suicide Prevention LifeLine:

Text "HOME" to 741-741

Wellspan Philhaven W.A.R.M.Line

WellSpan Addiction Recovery & Mentoring

1-844-WARMLINE (9276-5463)

24-hour support line for those affected by addiction, with a heavy
focus on providing support, resources and mentoring for those
battling an opioid-use disorder. You can remain anonymous.

Youth Hope Line: 1-877-968-8454

Counseling for teens by teens.

The Trevor Project: 1-866-488-7386

Crisis support for LGBTQ young people.

National Domestic Violence Hotline:

800-799-SAFE (7233)

National Eating Disorders Association

Information and Referral Helpline:

800-931-2237

YWCA Victims of Violence Helpline:

717-846-5400

Teen Health Questions: 888-711-TEEN



Pennsylvania

Get Connected. Get Help.™

Wellspan Philhaven

Behavioral & mental health needs: counseling,
support groups, crisis intervention services, and more.

York County Crisis Services

717-851-5320 or 800-673-2496

Wellspan York Hospital ER

1001 South George Street, York, PA 17403

WellSpan Behavioral Health at Edgar Square

1101 Edgar Street, York, PA 17403

Monday-Thursday 8AM-7:30PM, Friday 8AM-4:30PM

Certified Community

Behavioral Health START Clinic

(Specialized Treatment and Recovery Team)

If you have urgent mental health / addiction needs,
for age 12 and above only.

Loretta Claiborne Building

605 South George Street, York, PA 17401

Monday-Thursday 8AM-8PM, Friday 8AM-4PM

TrueNorth Wellness Services

SESD partners with TrueNorth to provide a Liaison for your
building level Student Assistance Program (SAP).

TrueNorth also provides individual & family counseling;
services are dependent on insurance, custody, etc.

Contact us for more information.