



Mental Health Resources For Commack Students and Families

Mental Health Support Services:

If your child is in need of support in areas related to social-emotional health, the Commack UFSD has multilayered resources available to students and families. For students in need, our mental health staff are available to speak with parents about concerns they may be experiencing with their children, including discussions on if school-based counseling or additional resources / mental health supports outside of school may be beneficial.

In addition to the mental health supports currently available in school, we are pleased to announce the additional support of **After-School Counseling Groups for students** at Cedar Road School as well as a **Parent Resource Center** led by our own mental health staff who will be providing parent workshops two times per month on a variety of helpful topics.

Parent Resource Center:

The Parent Support Workshop Series is an educational workshop for parents that is designed to support parents and guardians in addressing various concerns impacting their children. This series is anticipated to meet twice a month throughout the school year and will include presentations on various topics such as how to support students experiencing anxiety, how to encourage coping and emotion regulation strategies, parenting and behavior management skills, organizational skills, and more.

[Please click here for more information about the Parent Resource Center workshops and newsletter.](https://www.commackschools.org/Downloads/Dec621PRCNEWSLETTER.pdf)
[\(https://www.commackschools.org/Downloads/Dec621PRCNEWSLETTER.pdf\)](https://www.commackschools.org/Downloads/Dec621PRCNEWSLETTER.pdf)

After-School Counseling Groups:

The after-school counseling groups for students are designed to be an additional level of support to assist students in managing common child and adolescent challenges affecting their school day. Group topics may include managing anxiety, social skills, emotion regulation, or organizational skills / executive functioning skills depending on the student's grade level. Completion of a screening questionnaire and a discussion with mental health staff regarding your current social-emotional concerns will be used to help determine if participation in afterschool counseling services may be beneficial.

For more information regarding these after-school supports, please contact Ms. Susan Crupi at 631-912-2293 or email Ms. Alexa Pata (apata@commack.k12.ny.us) for students in grades K-5 or Ms. Emily Dugan (edugan@commack.k12.ny.us) for students in grades 6-12.

For more information regarding supports available in school, please contact your school's mental health providers or your child's school counselor which are listed on the staff directory on each school's website.
