

# **NORTHWELL SCHOOL MENTAL HEALTH PARTNERSHIP**

**COMMACK INFORMATION SESSION**

**FEBRUARY 29, 2024**



**Cohen Children's**  
Northwell Health®

**Physician Partners**

# Our Teams



# NORTHWELL SCHOOL MENTAL HEALTH ADMINISTRATIVE TEAM



**Vera Feuer, MD**

- AVP, School Mental Health,
- Medical Director, Mineola, Commack and Rockville Centre Behavioral Health Centers
- Director, Pediatric Emergency Psychiatry and Behavioral Health Urgent Care



**Scott Falkowitz, DO**

- Associate Director, School Mental Health



**Bianca Del Gatto, LMHC**

- Administrative Director, Commack, Mineola and Rockville Centre Behavioral Health Centers



**Alissa Alleva**

- Administrative Coordinator, School Mental Health



**Gina-Marie Bounds, MPA**

- AVP, Pediatric Subspecialties, CCMC



**Bradley Lewis**

- Administrative Director, South Oaks Hospital and School Based Mental Health Consultation Program

# NORTHWELL SCHOOL MENTAL HEALTH COMMACK CLINICAL TEAM



**Erica Lo Re, DO**

- Child and Adolescent Psychiatrist



**Scott Falkowitz, DO**

- Child and Adolescent Psychiatrist



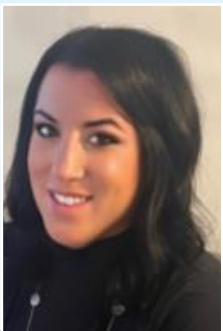
**Eleonora Kuzma, Psy.D**

- Psychologist



**Brittney Chatel, LMHC**

- Licensed Mental Health Counselor



**Michelle Grabovsky, LMHC**

- Licensed Mental Health Counselor



**Peter Martin, LMHC**

- Licensed Mental Health Counselor

Commack

Half Hollow Hills

Harborfields

Hauppauge

Huntington

Northport

Sachem

Smithtown

S. Huntington

Wyandanch

# OUR TEAM



Dr. Vera Feuer  
Medical Director  
Fellowship CAP - Zucker SOM  
Residency - Drexel University  
Med School - University of Szeged  
Fluent in Hungarian



Dr. Scott Falkowitz  
Child and Adolescent Psychiatrist  
Associate Director  
Fellowship CAP - New York Presbyterian Hospital  
Residency - NYIT College of Osteopathic  
Medicine  
Med School - NYIT College of Osteopathic  
Medicine



Dr. Ilana Dicker  
Child and Adolescent Psychiatrist  
Fellowship CAP - Zucker SOM  
Residency - Westchester Medical Center  
Med School - NYCOM  
Fluent in Hebrew



Dr. Pouria Farhoomandi  
Child and Adolescent Psychiatrist  
Fellowship CAP - Zucker SOM  
Residency - Mt. Sinai SOM  
Med School - Antigua College of Medicine



Dr. Erica Lo Re  
Child and Adolescent Psychiatrist  
Fellowship CAP - Mt. Sinai SOM  
Residency - Stony Brook  
Med School - NYCOM  
Fluent in Italian



Dr. Zoya Popivker  
Child and Adolescent Psychiatrist  
Fellowship CAP - Johns Hopkins  
Residency - Zucker SOM  
Med School - NYCOM



Dr. Eleonora Kuzma  
Child and Adolescent Psychologist  
Fellowship Cleveland Clinic  
MS & PhD - Nova Southeastern University  
Med School - NYCOM



Bianca Del Gatto  
Director of Operations  
MS Ed - Queens College  
LMHC - Queens College



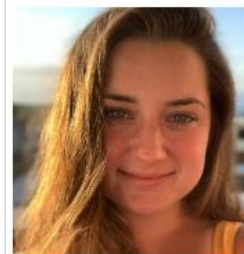
Jillian Campbell  
Associate Behavioral Health Counselor  
LMHC - Brooklyn College



Brittney Chatel  
Associate Behavioral Health Counselor  
LMHC - Adelphi University



Stephanie Orellana  
Associate Behavioral Health Counselor  
LMHC - Queens College



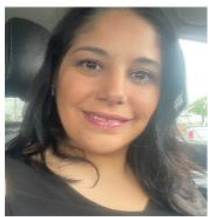
Nicole Casquarrelli Associate  
Behavioral Health Counselor  
LMHC - LIU Post



Michelle Grabosky  
Associate Behavioral Health Counselor  
LMHC - Hofstra University



Peter Martin  
Associate Behavioral Health Counselor  
LMHC - SUNY Old Westbury



Alissa Alleva  
Administrative Coordinator



Sophia Zucker  
Care Coordinator  
MS Ed - St. John's University



Douglas Segovia  
Care Coordinator  
Bilingual Spanish



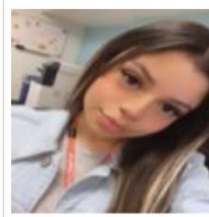
Dana Hanley  
Care Coordinator



Brittany Baez  
Care Coordinator - Per Diem  
MSW - Fordham University  
Bilingual Spanish



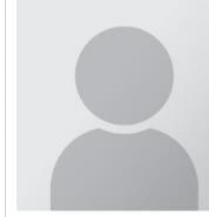
Kailly Prado  
Medical Office Assistant/Front Desk  
Bilingual Spanish



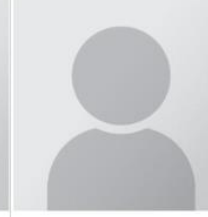
Tatiana Valenzuela  
Medical Office Assistant/Front Desk  
Bilingual Spanish



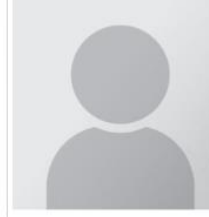
Keila Marquez  
Medical Office Assistant/Front Desk  
Bilingual Spanish



Faria Nabila  
Medical Office Assistant/Front Desk



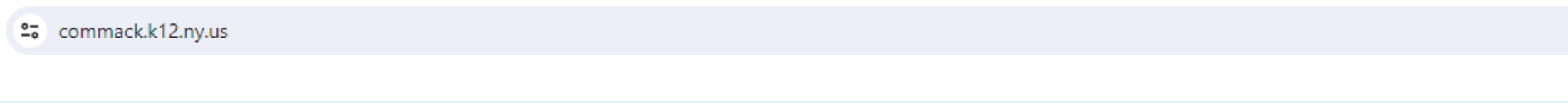
Leah Strong  
Medical Office Assistant/Front Desk



Daniela Restrepo  
Medical office associate  
Bilingual Spanish

# OUR MISSION AND MODEL

# INFORMATION AVAILABLE ON THE SCHOOL WEBSITE



## Northwell Health February Newsletter

Lots of heart in the February Northwell School Mental Health Newsletter! Taking care of your heart tips and information during American Heart Month are included in this issue, as well as and workshop opportunities. Sign up for virtual Lunch & Learn session on Competition & Academic Burnout or Risk Behavior in Teens. These workshops are dedicated to supporting parents, such as the series on School Avoidance. Register for the evening virtual "Health Starts at Home" series with Cohen Children's Medical Center. Learn about raising confident kids,

gender and sexuality, and more. Commack's partnership with Northwell Health gives our families access to a dedicated Behavioral Health Center which will provide timely access to mental health services including evaluations, referrals for counseling, and immediate treatment. *The Northwell Behavioral Health Center will be open during winter break.*

Please be reminded that Northwell Behavioral Health Center is more than a resource for a person in crisis. The highlight of the services offered is that they assist families to find providers (doctors, therapists, psychiatrists, and more), who take their insurance. The center is exclusively available for students of partnering districts and is located at 2171 Jericho Turnpike, Suite 345, in Commack.

[Click here for the newsletter.](#)

Visit our website below:





# VISION AND PURPOSE

## PARTNERING WITH SCHOOLS TO ADVANCE THE MENTAL HEALTH OF CHILDREN AND FAMILIES

### Identify emerging mental health issues early

- Provide professional trainings, support and collaboration to school staff
- Provide parent workshops

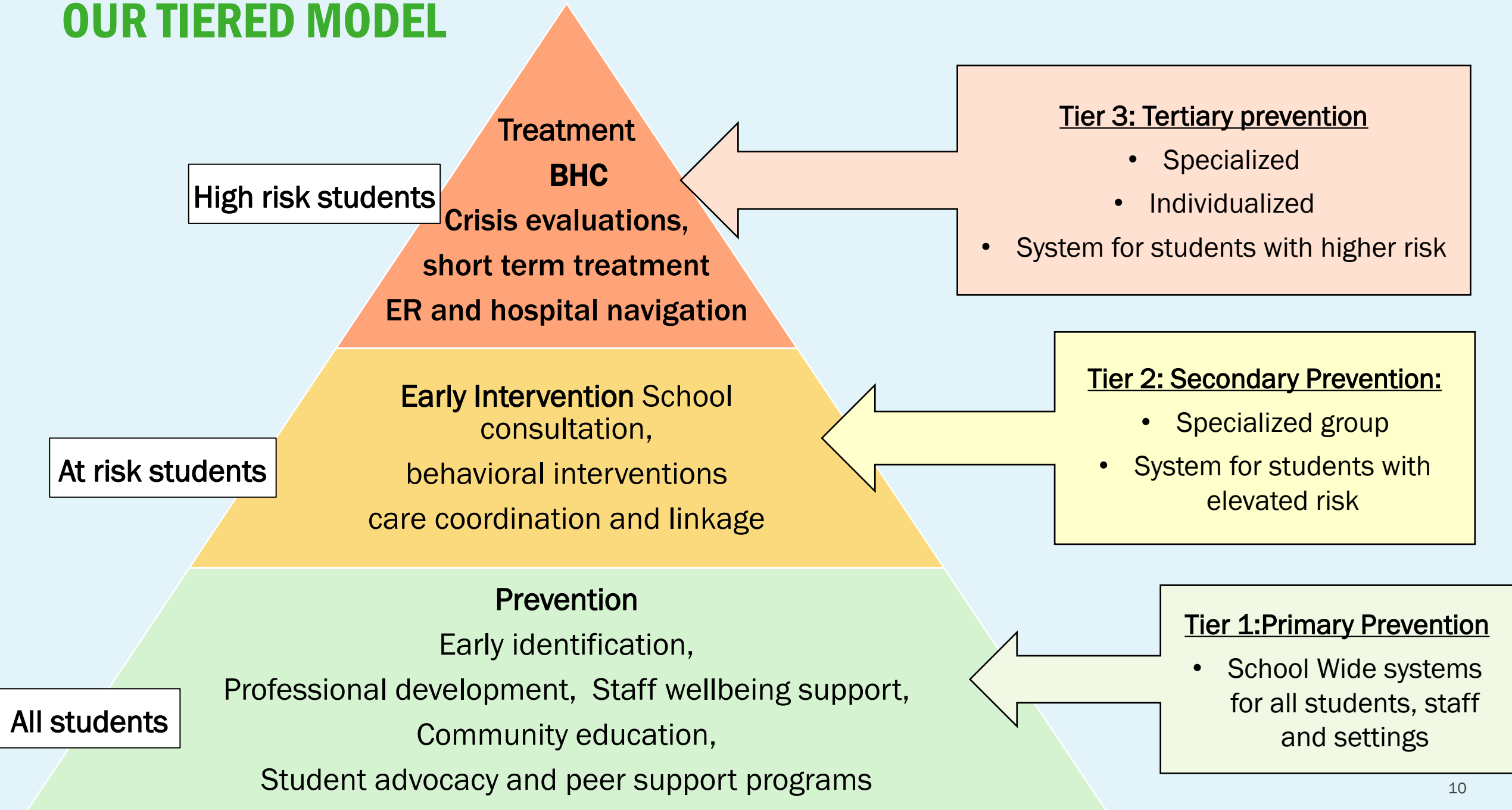
### Increase access

- Maximize our clinicians' reach and utilization
- Provide care where families live
- Support families with care coordination

### Address disparities and stigma

- Provide community and student education
- Support and empower families and students

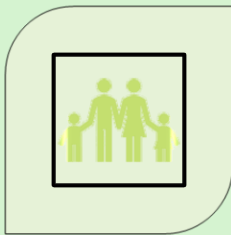
# OUR TIERED MODEL



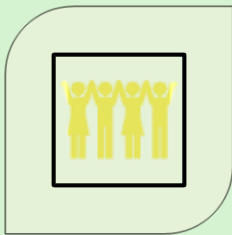
# EDUCATION FOR COMMUNITY



**COMMUNITY  
EDUCATION  
SERIES**



**PARENT  
WORKSHOPS**



**SUPPORT  
GROUPS**



**MONTHLY  
NEWSLETTERS**



**COHEN STRONG STUDENT  
ADVOCACY PROGRAM**



**DIRECT TO STUDENT  
HEALTH EDUCATION**



**YOU TUBE CHANNEL**



**PODCASTS**

# COMMUNITY EDUCATION: UPCOMING EVENTS

March 21, 2024 – 12:30 PM

- **Risk Behaviors in Teens: “Everyone Does It”**  
Presented by: Scott Krakower, DO and Anne Van Der Veer

April 18th, 2024 – 12:30 PM

- **Promoting Positive Sibling Relationships**  
Presented by: Dr. Vera Feuer, MD and Anne Van Der Veer

May 16<sup>th</sup>, 2024 – 12:30 PM

- **Raising Confident, Emotionally Healthy Kids**  
Presented by: Dr. Scott Falkowitz, MD and Dr. Zoya Popivker, MD

**Topic:**  
Emotional Intensity, Anger & Calming Strategies:  
“How you can help your child manage  
anger/outbursts”  
**Date/Time:**  
Thursday, January 18<sup>th</sup>, 2024, 12:30pm  
**Registration:**  
[Click here](#) to register for this session



**Topic:**  
Competition & Burnout: “How can parents help with  
academic stress, competition and burnout”  
**Date/Time:**  
Thursday, February 15<sup>th</sup>, 2024, 12:30pm  
**Registration:**  
[Click here](#) to register for this session



**Topic:**  
Risk Behaviors in Teens: “Everyone Does It”  
**Date/Time:**  
Thursday, March 21<sup>st</sup>, 2024, 12:30pm  
**Registration:**  
[Click here](#) to register for this session



**Topic:**  
Sibling Relationships  
**Date/Time:**  
Thursday, April 18<sup>th</sup>, 2024, 12:30pm  
**Registration:**  
[Click here](#) to register for this session



**Topic:**  
Raising Confident, Emotionally Healthy Kids: “Raising  
confident and Resilient Kids”  
**Date/Time:**  
Thursday, May 16<sup>th</sup>, 2024, 12:30pm  
**Registration:**  
[Click here](#) to register for this session



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**Questions? Please email:**  
[CCMCommunityOutreach@northwell.edu](mailto:CCMCommunityOutreach@northwell.edu)

**FAQs:**  
Is registration required for this program?  
Yes. Registration is required for this webinar.

When will I receive the webinar information for this program? The webinar information will be sent to you after you register. Please do not share this information with others.

# CCMC COMMUNITY WEBINARS

What?

Health Starts at Home: An Educational Series for Parents, Guardians and Caregivers

Who?

Cohen Children's Medical Center's Community Outreach Program.

When?

Alternating Tuesdays and Thursdays from 6:00 PM – 7:00 PM

Why?

To learn about various topics that prominently impact young people, including Substance Use, Vaping, Home Safety, Healthy Eating, Body Image, and more

March Session: 3/15, 6PM  
Gender and Sexuality

Cohen Children's Medical Center

## Health Starts At Home

An Educational Series for Parents, Guardians, and Caregivers



Join us for monthly virtual educational workshops surrounding topics that most prominently impact the lives of young people.

\*Alternating Tuesdays and Thursdays from 6:00 PM - 7:00 PM

### About the Program:

Cohen Children's Medical Center's outreach education programs are an extension of our commitment to provide the very best care to meet the unique needs of children from birth through adolescence.

Since families are the first and often most important source of health information and skills for young people, our goal is to support their efforts at nurturing, encouraging healthy habits, and building positive health-promoting behaviors for life.

For more information, please email:

[CCMCCommunityOutreach@northwell.edu](mailto:CCMCCommunityOutreach@northwell.edu)

[Click here](#) to register for the educational series or scan the code below:



School Mental Health School Avoidance Workshop: A workshop for parent education with an opportunity for parents to support each other.



Cohen Children's Medical Center's School Mental Health Program is proud to provide a 6-week educational lunch and learn workshop series for parents to learn about school avoidance with a focus on skills and strategies to support children.

This workshop will educate on:

- What is school avoidance?
- Who does school avoidance impact and why?
- Strategies to decrease school avoidance
- Where you can find additional resources

The workshop is a 6-week program, on Tuesdays at 12:00-12:45pm on the following dates: 2/27, 3/5, 3/12, 3/19, 3/26, 4/2

[Click here to register](#) or scan the QR code below:



Is registration required to join the webinars?  
Yes. Registration is required to attend the workshop.

Where is the link to join the webinars?  
The link to join the webinar will be sent to you by Zoom after you register.

What if I have additional questions?  
Please email us at [SchoolAvoidance@northwell.edu](mailto:SchoolAvoidance@northwell.edu).



# SCHOOL AVOIDANCE

## What?

School Avoidance Parent Lunch and Learn

## Why?

A workshop for parent education with an opportunity for parents to support each other.

## When?

6-week program, on Tuesdays at 12:00-12:45pm on 2/27, 3/5, 3/12, 3/19, 3/26 and 4/2

## How?

[Click here](#) to register or scan the QR code



# COMMUNITY NEWSLETTERS



Sent monthly to school leadership for forwarding and posting on website



Relevant topics (resources, articles)



Community Education information



Best Practice Highlights



Staff Highlights

Northwell Health

## School Mental Health Newsletter: FEBRUARY 2024



### February is... AMERICAN HEART MONTH



Click here to learn more about the history!

### BLACK HISTORY MONTH

Important Phone Numbers to Know:

- South Oaks Hospital Admissions - 631-608-5835
- Cohen Children's Medical Center Pediatric Behavioral Health Urgent Care - 718-470-3348
- Cohen Children's Pediatric ED - 718-470-3768
- RVC Behavioral Health Center - 516-927-1630
- Mineola Behavioral Health Center - 516-321-5770
- Commack Behavioral Health Center - 631-775-3280
- Long Island Crisis Center - 516-679-1111
- Center for Hope - 516-216-5194
- National Suicide Prevention Lifeline: call or text 988

### Jewish Disability Awareness Inclusion Month

Click here to review 11 ways to celebrate Jewish Disability Awareness and Inclusion



Join us in celebrating Dr. Vera Feuer AVP, School Mental Health, nominated for a coveted Northwell Health "Truly Award"

### Quick Reads:



**THE WELL**  
What the heck is heart rate variability?  
[Click here](#) to read

**HEARTTRUTH.GOV**  
Self-care tips for heart health  
[Click here](#) to read

**THE WELL**  
Raising teenagers while keeping your sanity!  
[Click here](#) to read

### THE SCHOOL MENTAL HEALTH TEAM WISHES YOU AN ENJOYABLE Winter Break

Explore 25 things to do on Long Island during the February. [Click the link above!](#)



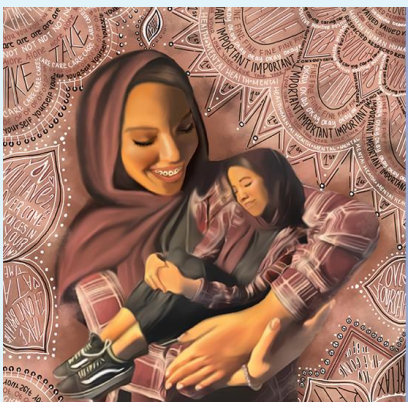
# ART CONTEST



1<sup>st</sup> place Elementary winner 2023



1<sup>st</sup> place Middle School winner 2023



1<sup>st</sup> place High School winner 2023

## SCHOOL MENTAL HEALTH ERASE THE STIGMA – ART CONTEST

The Northwell School Mental Health Erase the Stigma Creative Art Contest is accepting entries across all age groups for original artwork and photography to be featured on inspirational cards.

The contest aims to bring attention to **Mental Health Awareness Month in May** and help fight mental health stigma. This year's theme is **"#HopeStartsHere"**. Through this art contest, we hope to highlight mental health as an essential part of overall health and provide a creative space in which students may share their voice.

The artwork will be judged on originality, creativity and how well it expresses the contest theme. Winners from each age group will receive prizes and have their work displayed and produced for utilization by the schools and Cohen Children's Medical Center.

**The submission deadline is April 15<sup>th</sup>, 2024.**

To submit an entry and read contest guidelines, scan the **QR code** below or visit <https://redcap.link/2024EraseTheStigma>



### Contest Rules

Artwork and photos **MUST** be original work that combines drawing, pictures, or photography to express the contest theme.

- Materials used may include pencil, ink, charcoal, crayon, markers, pastel, paint, mixed media, collage, graphic design or similar 2D media.
- Scanning your artwork (a painting, drawing, etc.) will give us the best image quality. If you don't have access to a scanner, it's okay to take a picture of it.
- Please submit your photo in a high-resolution format.
- Please include a description with your artwork.
- Artwork or photos cannot show depictions of nudity, blood, or violence and photos cannot show a person's face.

### Age Groups:

- Elementary School (PK–5)
- Middle School (6–8)
- High School (9–12)

### Prizes:

Amazon Gift Cards and other surprises  
3 winners from each age group  
Raffle for all contestants

Winners get to attend a special event on June 1<sup>st</sup> and will be notified by May 1<sup>st</sup>

## ERASE THE STIGMA



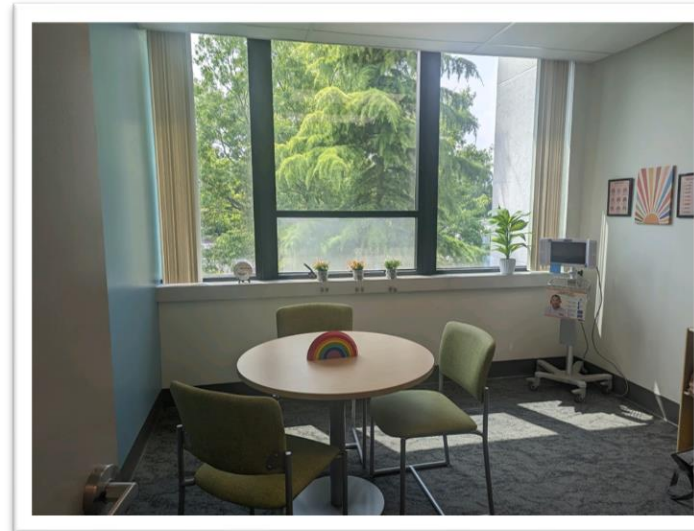
Applications open

March 15<sup>th</sup>-April 15<sup>th</sup>!





# THE BEHAVIORAL HEALTH CENTER



## Location

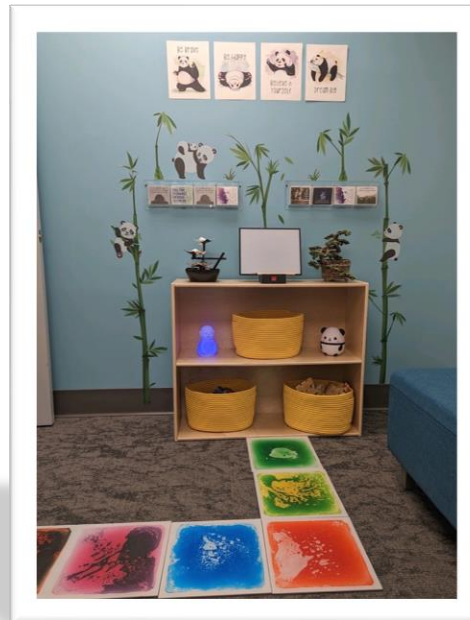
- 2171 Jericho Turnpike, Suite 345, Commack NY, 11725

## Hours of Operation

- Monday , Tuesday, Wednesday, Thursday: 8a-8p
- Friday 9:30-5:30

## Contact Information

- Phone: 631-775-3280
- Fax: 631- 486-7447
- Email: [COMBH@northwell.edu](mailto:COMBH@northwell.edu)



# GOALS OF BHC VISIT



Provide urgent access for patients in crisis and timely psychiatric assessment and referrals for all



Coordinate care and improve linkage



Provide short term crisis care



Improve communication between schools, community providers and our team



Educate and support families



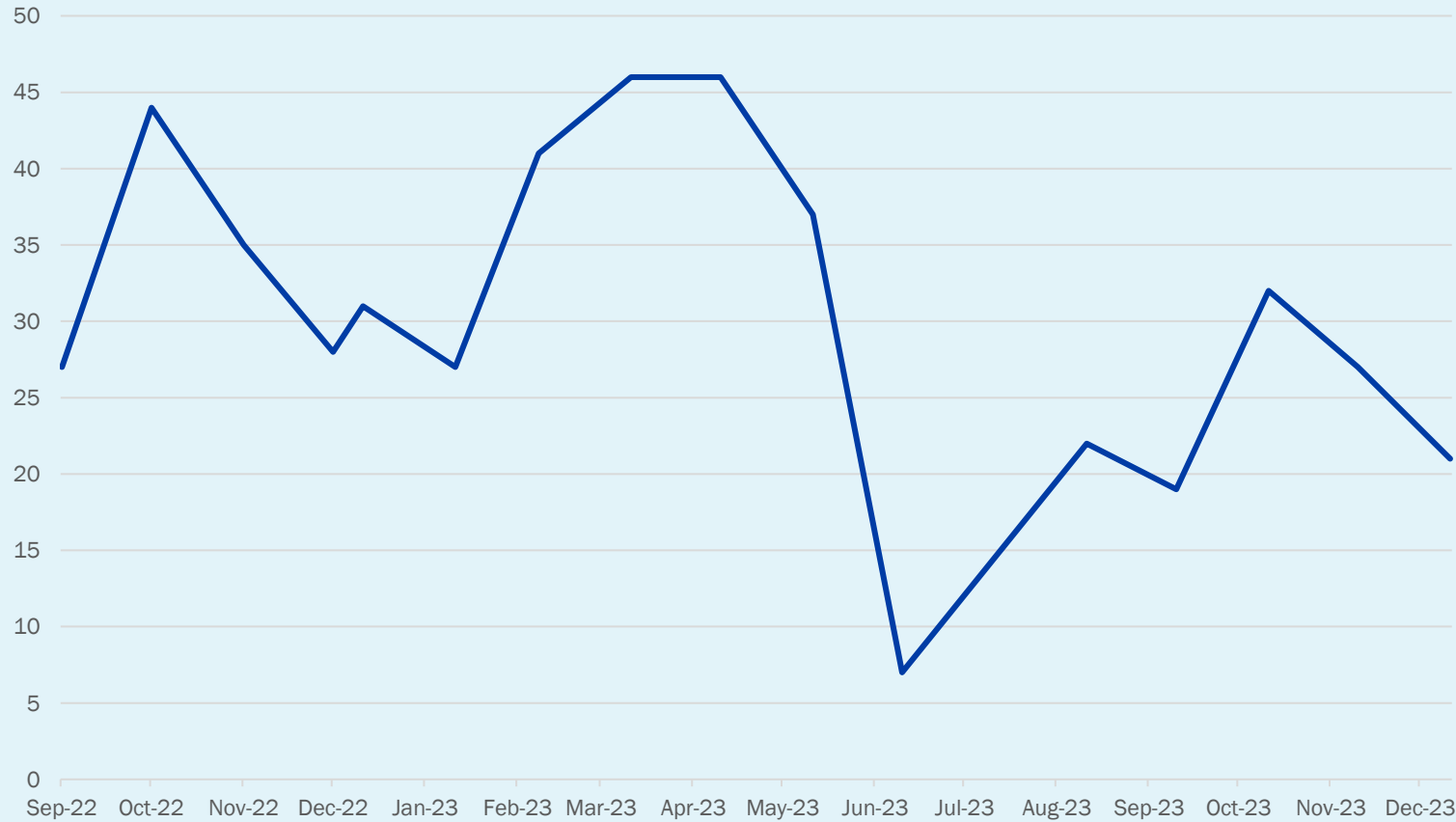
Help avoid hospital admissions and emergency room visits



Support school staff

# STATISTICS – SEPT 2022-DEC 2023

## Visits by Commack Students



## Connection to Student Services

Was student able to make appt. w/ long term care provider?

Yes	74%	239
No Response	13%	41
Student/Parent Declined Treatment	7%	23
No	5%	17
No, but resources were sent	2%	5

If yes, did student attend the appt. w/ long term provider?

Yes	94%	219
No	3%	7
No Response	3%	6

# FREQUENTLY ASKED QUESTIONS

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**Q: Will information be shared with school?**

A: This is subject to parental consent. We encourage parents to consent to communication, because it enhances the support available to the student.

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**Q: Can we get a copy of the evaluation?**

A: The BHC medical record is the students' personal health record and as such can be released to the parent. If they agree to, they can share with the school.

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**Q: Can you provide letter to return to school?**

A: When there is a safety concern and written documentation of no imminent risk is required, we can provide that letter.

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**Q: Do you provide diagnosis and recommendations?**

A: When requested and with parental consent we can provide letter with diagnosis and what was recommended.

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**Q: Do parents need insurance to access the Behavioral Health Center?**

A: Yes. Insurance is billed for services rendered to the extent that it exists, but uninsured students within a partnering district will not be denied care. When applicable, our team members will assist the student/family in obtaining insurance coverage.

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**Q: Is there a co-pay?**

A: Yes, according to existing insurance.

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**Q: Can you evaluate students who speak foreign languages?**

A: Yes. We have access to video interpreter and sign language interpreter. We also have our intake forms and scales and many education materials available in Spanish.

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**WE GROW  
STRONGER  
TOGETHER**



**Cohen Children's**  
Northwell Health®

**Physician Partners**

**THANK YOU**