

Dear Parents/Guardians,

We hope this email finds you all in good health and safe. As we move forward during this difficult time, the Pocono Mountain School District School would like to assure you that the district Counselors are here to support our students and families. As the Pocono Mountain School District moves to an online Educational Learning Platform, please know the Counselors are available to communicate with you through email and/or Edgenuity to assist with your child's social-emotional wellbeing, and serve our students' academic needs. Counselors can be reached via the following email addresses:

POCONO MOUNTAIN EAST HIGH SCHOOL (Grades 9 – 12) 839-7121 Ext. 80460 & 80461

Ms. Laurie Strunk	A – D	lstrunk@pmsd.org
Mr. Larry Bias	E – K	lbias@pmsd.org
Mr. Brian Fitzpatrick	L – Q	bfitzpatrick@pmsd.org
Ms. Nicole Metzger	R – Z	nmetzger@pmsd.org
Ms. Renee Garvey	Careers	rgarvey@pmsd.org

POCONO MOUNTAIN WEST HIGH SCHOOL (Grades 9 – 12) 839-7121 Ext. 81460 & 81461

Ms. Stephanie Sluck	A – B	ssluck@pmsd.org
Ms. Courtney McClelland	Os – Se	cmcclelland@pmsd.org
Ms. Jennifer Odom	C – Fo	jodom@pmsd.org
Ms. Madison Below	Fr – Lan	mbelow@pmsd.org
Mr. Robert Magda	Lao – Or	rmagda@pmsd.org
Mr. Nicholas Lopuhovsky	Sh – Z	nlopuhovsky@pmsd.org
Mr. Brian Cusatis	Careers	bcusatis@pmsd.org

POCONO MOUNTAIN EAST JUNIOR HIGH SCHOOL (Grades 7 – 8) 839-7121 Ext. 50460

Ms. Wendy Hoppel	7 th Grade	whoppel@pmsd.org
Ms. Mary Bradley	8 th Grade	mbradley@pmsd.org

POCONO MOUNTAIN WEST JUNIOR HIGH SCHOOL (Grades 7 – 8) 839-7121 Ext. 51460

Mr. Ken Hassenbein	7 & 8 White	khassenbein@pmsd.org
Ms. Christina Tolerico	7 & 8 Red	ctolerico@pmsd.org
Ms. Nicole Benzie	7 & 8 Blue	nbenzie@pmsd.org

POCONO MOUNTAIN ACADEMY 839-7121 Ext. 70400

Ms. Nicole Kenney-Cetta	7 – 12	ncetta@pmsd.org
Ms. Stephanie Sluck	Cyber	ssluck@pmsd.org

CLEAR RUN ELEMENTARY CENTER 839-7121 Ext. 28460

Mrs. Larissa Laing	K, 1	llaing@pmsd.org
Mrs. Janelle Krehely	1, 2	jkrehely@pmsd.org

CLEAR RUN INTERMEDIATE SCHOOL 839-7121 Ext. 61460

Mr. Kevin Scanlon	3	kscanlon@pmsd.org
Ms. Marisa Nimtien	4	mnimtien@pmsd.org
Ms. Kelly Sussenbach	5	ksussenbach@pmsd.org
Ms. Ginger Chelik	6	gchelik@pmsd.org

SWIFTWATER ELEMENTARY CENTER 839-7121 Ext. 29400

Mr. Harry Amato	K, 3	hamato@pmsd.org
Ms. Kelly Bender	K, 2	kbender@pmsd.org
Mr. Christopher Lepore	K, 1	clepore@pmsd.org

SWIFTWATER INTERMEDIATE SCHOOL 839-7121 Ext. 60460

Mr. Robert Falabella	4	rfalabella@pmsd.org
Ms. Deidre Ditze	6	dditze@pmsd.org
Ms. Andrea Jacoby	5	ajacoby@pmsd.org

TOBYHANNA ELEMENTARY CENTER 839-7121 Ext. 24412

Ms. Jane Dial	K, 4, 5, 6	jdial@pmsd.org
Ms. Jennifer Ednie	1, 2, 3, 6	jednie@pmsd.org

Counselors will continue to move forward with contacting parents/guardians about 504 documents, as well as reach out to parents/guardians for any other concerns they might have for their children for as long as schools are closed.

In addition, here is a non-exhaustive list of things school counselors can assist with during the state-mandate school closure. For specific resources, refer to our Resources list below.

- Social/emotional well-being
- Access to food banks/nutrition and community resources
- Mental health and crisis support
- Stress management including mindfulness, yoga, meditation
- Study skills and time management assistance
- How to talk to your child about COVID-19

Should any student or family need any support during this time, please do not hesitate to reach out to a counselor. If they cannot answer your question, they will help you find the person or resource to assist you. We are in this together! Stay calm, stay home, stay safe!

Sincerely,

Pocono Mountain School District Counselors

Resources

Mental Health/Crisis:

Should you have an immediate concern for someone's safety please call 9-1-1.

- Suicide Prevention Line: 800-273-TALK (8255)
- **24/7 Mental Health Crisis Hotline**
Carbon, Monroe, Pike Counties;
Call: 570-992-0879

New Perspectives Toll Free:
800-849-1868

National Crisis Text Line: 741741

- All other services, please refer to our website at <https://www.pmsd.org/domain/36>

Safe2Say Reporting: 1-844-723-2729 or visit [HERE](#)

Safe2Say Something is a youth violence prevention program run by the Pennsylvania Office of the Attorney General. The program teaches youth and adults how to recognize the warning signs and signals, especially within social media, from individuals who may be a threat to themselves or others and to “say something” BEFORE it is too late.

Pennsylvania 2-1-1 Northeast - Visit here <http://www.helpline-nepa.info/info/index.htm>

PA 2-1-1 is a free, confidential, non-emergency, comprehensive information and referral service that connects Northampton County residents with the health and human services they need. For more information/resources regarding the following:

Health/Dental; Disaster Services/COVID-19 Response; Rental Payment Assistance; housing/Shelter/Housing Search Assistance; Electric Service Payment Assistance; Utility Assistance; Food/Meals/Food Pantry; Employment/Income/Financial Assistance; Mental Health; Crisis Services/Helplines/Warmline; Clothing/Household Items; Substance Abuse/Disorders; Family Services; Transportation; Veteran/Military; Disability Services; Legal Assistance; Community/Services/Events

Additional Resources(counselors add resources relevant to your grade level)

- ✓ Childhood Stress [Kids Health](#)
- ✓ Talking to your kids about Covid 19 <https://parents.cmionline.com/>

Mindfulness:

- ✓ Headspace & Smiling Mind Apps (free)
- ✓ [20 Minute Beginners Meditation](#)
- ✓ [Guided Meditation for Teenagers](#)
- ✓ [Yoga4Classroom](#)
- ✓ Shanthi Project Mindfulness Guide
https://mcusercontent.com/4847d6bc77e63cda928cc0064/files/1ead95d1-d514-469d-81e0-8a1af1d156d5/SP_At_Home_Mindfulness_Guide_and_Resources_FINAL.pdf