

Samuel Bowles- Student Support Team

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Bowles School Website: https://bowles.springfieldpublicschools.com/student_support_team

RESOURCE LIST FOR STUDENTS AND FAMILIES

HEALTH	
Telehealth Services:	MassHealth: Find resources and information related to the coronavirus for MassHealth applicants, members, and providers.
Medication/Pediatrics	<ul style="list-style-type: none"> ● CVS - free medication delivery ● ANYTIME Pediatrics Telemedicine ● PM Pediatrics - 8AM-Midnight free consultation
Virtual Afterschool Program	<p>The Virtual Afterschool Program 2020 will begin in October through Microsoft Teams! This program is open for students in 1st to 5th grade at Bowles Elementary School. Programming will provide additional homework help & tutoring, coaching, fitness & wellness activities along with hands-on activities and special guests!</p> <p>If interested, please contact Channing Calcasola by Friday, October 2nd Channing Calcasola (Bowles Program Coordinator) (413) 355-6229 CCalcasola@springfieldcityhall.com</p>
SOCIAL-EMOTIONAL	
Counseling	<p>Some of these agencies are providing teleconferencing as an option. Please call the number attached to the agency for more details.</p> <ul style="list-style-type: none"> ● Behavioral Health Network (BHN) - 413-737-2439 ● Gandara Mental Health - 413-736-8329 ● Mental Health Association- 413-734-5376 ● CHD – 413-737-1426 ● CT Family Services – 285-8642 ● Brightside- 788-7366 ● South Bay- 495-1500 ● River Valley-540-1234 ● School St. Counseling- 846-4300

AA/Drug Treatment:	<p>SAMHSA’s National Helpline – 1-800-662-HELP (4357)</p> <p>SAMHSA’s National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders</p> <p>Partnership for Drug-Free Kids: You can connect to us in the following ways, with support available in English and Spanish. We’re available from 9:00am-midnight ET weekdays and noon-5:00pm ET on weekends.</p> <ul style="list-style-type: none"> • Text a Message to 55753 • Send an Email • Call 1-855-378-4373 (1-855-DRUGFREE)
Behavior Strategies	<ul style="list-style-type: none"> • Centervention - K-8 behavior interventions • Positive behavior resources and strategies • Positive behavior support - strategies for families at home
Mindfulness & Stress Management	<ul style="list-style-type: none"> • CosmicKids - online yoga & meditation, and lesson plans • Mindfulness activities for children and teens • Mindfulness for kids
Daily Journal	<p>Have students write a daily journal to help with coping, mindfulness, anxiety. Can also be used to write stories, poetry, etc.</p>

SUPPORT to FAMILIES	
Managing Self and Child Anxiety/Stress:	<ul style="list-style-type: none"> • CDC website for facts/tips on managing stress for parents (how to support children’s stress), responders, and those who have been released from quarantine. • Behavioral Health Network/Crisis – 417 Liberty St. Entrance B, Springfield – 733-6661. • Samaritans Statewide Helpline - 24/7 crisis service for those in need of emotional support
Managing Social Media	<p>Guide for families on addressing/raising awareness on social media usage for youths.</p>
Parenting During Isolation:	<ul style="list-style-type: none"> • abcnews website on “parenting during isolation” advice from parenting expert Rachel Simmons. • Home with Kids - A collection of suggestions • Playworks – games families can do at home through social media. <p>Parental Stress Line: 1-800-632-8188 24/7 All Languages available</p>
Domestic Violence:	<p>DOVE’s 24 hour hotline: 617-471-1234</p> <p>National Domestic Violence Hotline: 1-800-799-7233</p>
Refugee/Immigration Services:	<ul style="list-style-type: none"> • Ascentria Care Alliance 425 Union St. West Springfield 413-562-6015 • Multicultural Resource Center 425 Union St. West Springfield 413-726-1352 • Jewish Family Services of Western MA – Main Office 15 Lenox St. Springfield 413-737-2601

Food:

- **Food Bank of Western Mass.** – The mobile Food Bank will be resuming operations soon. Please call the number first before going to the site. Here are some of the Food Bank locations:
 Open Pantry – 35 Chestnut St.- 731-5668
 Mobile Market- Open Pantry- 260 State Street, 731-5668
 Mobile Market- Springfield Saab Court- 18 Saab Court, 747-0127
 Mobile Market- Dakin – 171 Union St. – 247-9738
 Mobile Market- Dunbar- 33 Oak St, 247-9738
 Mobile Market- North End- 50 Waverly St., 247-9738

- **The Market at the Gray House**
 E: foodpantry@grayhouse.org
 22 Sheldon St. Springfield
 413-734-6696

<http://grayhouse.org/food-pantry/>

Thursdays 9am-12pm
2nd & 4th Fridays from 4-6pm

Documents Needed:

- A form of ID for all members of the household
- Proof of income
- Proof of address or a lease agreement

***If you have a MassHealth card, this will cover requirements 1 & 2.

Community Survival Center

- Food Pantry serves families living in Indian Orchard, Pine point & 16 Acres.
 At 1st visit, must provide: proof of address, household income, rent receipt & birth certificate/health insurance of children.
 **If you qualify for the food pantry, you also get access to toiletries, diapers, school supplies. **
 240 Main St, Indian Orchard
 413-543-3930
communitysurvivalcenter.org/

SNAP Benefits – 247-9738 , press #2 for Directory

Food Source Hotline: 1-800-645-8333 (SNAP info. and other information on where to find food resources in MA. 160 languages available)

Clothing/Shelter:

For Food stamps/shelter Local Department of Transitional Assistance Area Office is currently closed. You can access self-service in the following manner:
1-877-382-2363
DTAconnect.com

	<p>Community Survival Center 240 Main St, Indian Orchard 413-543-3930 communitysurvivalcenter.org/</p> <p>Thrift Shop: small home items & hygiene products. Due to COVID-19 hours are limited</p> <p>Emergency Shelter Directory https://www.homelessshelterdirectory.org/cgi-bin/id/city?city=Springfield&state=MA</p>
<p>Job Loss/Unemployment:</p>	<p>Small Business Assistance for COVID-19 EOLWD and DUA are also filing emergency regulations that will allow people impacted by COVID-19 to collect unemployment in the following circumstances:</p> <ul style="list-style-type: none"> • The workplace is shut down and expects to reopen in four or fewer weeks. Workers must remain in contact with their employer and be available for any work their employer may have for them that they are able to do, but do not otherwise need to be looking for work. • An employer may extend the period of the shut-down to eight weeks, and the employees will remain eligible for the longer period under the same conditions described above. • If necessary, DUA may extend these time periods. <p>Apply for Unemployment Benefits</p>
<p>Fuel Assistance:</p>	<p>Fuel assistance: Partners for Community 11-13 Hampden St. Springfield MA, 01103 413-272-2200</p>