



Dear Tahanto Regional Middle/High School Students and Guardians,

With the rapid development of COVID-19, the School Counseling Office has created some guidelines in the event Berlin-Boylston Public Schools begin online learning. According to the American School Counselor Association General Guidelines, virtual counseling will be done with the same standards and adherence to ethics as school counselors working in traditional school settings. We have outlined the important details below. These details and any future updates can be found on our school counseling website.

In the event of a mental health emergency, please call 911, go to your local emergency room or contact Community Health Link (Emergency Mental Health Services) at 1(800) 977-5555. The following is a link to Youth Mobile Crisis from Community Healthlink. This community-based support provides individuals 21 and under with 24-hour access to assessment and evaluation of pressing mental health concerns. Those that feel emotionally unsafe and exhibit concerning behaviors, and suicidal and homicidal ideation are urged to reach out to this team. Youth Mobile Crisis will provide the individual in need and their family with resources and tools to help maintain safety.

<http://www.communityhealthlink.org/chl/youth-and-family-services/youth-mobile-crisis-intervention-ymci>

Additionally, here's a resource from the National Association of School Psychologists (NASP) regarding how to talk about COVID-19 with your children: [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Mrs. Rodman, Mr. Picariello, Miss Ford, and Dr. Trainor will be available during the typical school day hours to answer questions or concerns via email. In some instances, a student may require telecounseling via Google Hangouts. Details of telecounseling are outlined below. We recognize the challenges and limitations of virtual/distance school counseling. In terms of confidentiality with telecounseling, please be aware of who is around you when you join a Google Hangout. Counselors will be sure to schedule telecounseling sessions in a private room, but students and families should be aware of unintended viewers when discussing confidential matters. We also acknowledge that tone and intended

messages may be misread or misunderstood when engaging in strictly e-mail or virtual conversations. To this end, counselors would like to remind students that anything they say or share with their counselor is confidential unless we feel the student is in danger of hurting themselves or others. If we have any concerns or questions while engaging in virtual counseling, parents/guardians will be contacted.

Telecounseling will be available Monday - Friday during scheduled times that work best between you and the counselor. Students, and when necessary, families on behalf of your student, please feel free to reach out to your counselor to schedule a telecounseling session following the steps below:

1. Email your counselor
2. In your email, let them know what potential times you may be available to tele-counsel during school hours. They will be in touch with you to set up a specific time.
3. Your counselor will send you directions for joining a Google Hangouts video call through Google Hangouts messaging platform.
4. Begin counseling session at schedule time

We look forward to continuing to work together and providing support for all students to reach their academic potential while addressing any personal, emotional, or social needs. Stay safe and be well!

Ilene Rodman, High School School Counselor - irodman@bbrsd.org
Greg Picariello, Middle School School Counselor - gpicariello@bbrsd.org
Kara Ford, School Adjustment Counselor - kford@bbrsd.org
Kim Trainor, School Psychologist - ktrainor@bbrsd.org