

WALLINGFORD-SWARTHMORE  
SCHOOL DISTRICT

**MEET THE PARENT  
ENGAGEMENT COMMITTEE**



**MEGAN McCULLOUGH, LSW, Ed. D**

WSSD Director of Student Services-  
Behavioral Health

**KRISTIN DUNNING, MA**

SHHS School Counselor

**SUSAN CHALEBY, MS, LPC**

SHHS Behavioral Health Counselor

**LAUREN DeSANCTIS, M.S.Ed.**

Elementary School Counselor

**ASHLEY YINGST, LSW**

Elementary Behavioral Health Counselor

**DANIELLE BERTONI, MS**

SHMS School Counselor

**EVE CANNON, LPC, ATR-BC, NCC**

ESS Professional Development Trainer  
and Coach

**JODI LaROSE**

WSSD Executive Administrative Assistant



WALLINGFORD-SWARTHMORE  
SCHOOL DISTRICT



**DELCO CRISIS CONTACTS**

- Delaware County Crisis Connections team:  
*1-855-889-7827*
- Peer Support Warm Line:  
*1-855-464-9342*
- PA Get Help Now:  
*1-800-622-4357 (D/A Treatment Services 24/7)*
- Domestic Abuse Project:  
*1-610-565-4590*
- 24/7 National Suicide Prevention Hotline:  
*1-800-273-8255*
- 24/7 Crisis Text Line:  
*Text PA to 741-741*

I believe in the sun,  
even when it rains.

*~Anne Frank*

**THE PARENT ENGAGEMENT  
COMMITTEE PRESENTS**

# Mental Health Resource Night

**MONDAY**

**APRIL 18, 2022**

**6PM-8:30PM**

**GRADES K-12**



## Strath Haven Middle School

**200 S. PROVIDENCE RD.  
WALLINGFORD, PA 19086**

[www.wssd.org](http://www.wssd.org)

## TONIGHT'S AGENDA

# 6PM-8:30PM

### AUDITORIUM

6:00PM-6:30PM

Welcome parents and students!  
Please Join the Parent Engagement Committee for our introductions and review of current initiatives.

### RESOURCE TABLES

6:30PM-6:40PM

Find pamphlets, brochures and flyers for some of the most recommended and respected mental health organizations in the community.

### **PRESENTATIONS:**

#### PARENT/CAREGIVER SESSIONS

6:40PM-7:30PM & 7:40PM-8:30PM

Each session will be presented twice, so pick two sessions you'd like to attend! For descriptions, presenters and locations, please refer to session overviews.

#### STUDENT SESSION

6:40PM-8:30PM

This is a one-time session for students in grades 8-12. For description, presenter and location, please refer to session overviews.

### ENJOY!

*Light refreshments are provided throughout the evening*

## SESSION OVERVIEWS



### NURTURING YOUR HEART, SELF-CARE FOR TEENS (FOR STUDENTS GRADES 8-12) ~DIANDRA KAUFMAN, LCSW Room C228

This workshop helps young people build their own feelings of greatness and inner wealth by promoting awareness of who they have been taught they are and who they want to become.

### PARENTING WITH POSITIVE DISCIPLINE ~JACQUELINE BRADLEY-DIVER, MA, LBS, CAADC Room C215

This workshop addresses the topic of raising capable young people, knowing the builders and barriers and understanding significance and belonging.

### DESTIGMATIZING MENTAL HEALTH ~MATTHEW COFFMAN, MS, LPC & VANESSA HARI, MA, LPC Room C216

This workshop helps parents/care-givers gain a better understanding of mental health, signs, symptoms and what can make a child appear "fragile, aggressive or withdrawn." This workshop will also provide useful techniques to help your child be more successful and resilient.

## SESSION OVERVIEWS

### SUBSTANCE ABUSE PREVENTION

~ANDREW EISEMAN & FRANK J. MCCARTNEY, DEA AGENTS

Room C229

Learn about recent drug trends and what is commonly abused among students. Gain understanding of why kids use, how to detect signs and what prevention education resources are available.

### SUPPORTING ADOLESCENT ANXIETY (GRADES 6-12) ~SUPRIYA WILLIAMSON, PH.D & JACI ZARABBA, PSY.D

Room C230

Anxiety can harm family and peer relationships as well as school performance. Learn signs to look for and how to provide support. This is for parents/caretakers of kids grades 6-12.

### HELPING CHILDREN MANAGE ANXIETY (GRADES K-5) ~AMANDA CHUSID, PSY.D & AMY YOUNG, PSY.D

Room C231

This session addresses how anxiety and worry can manifest in younger kids. Gain insight into what signs to look for and what strategies to use. This is for parents/caretakers of kids grades K-5.

### HELPING CHILDREN DEVELOP HEALTHY FRIENDSHIPS ~LAUREN DeSANCTIS, MS. ED. & ASHLEY YINGST, LSW

Room C232

Gain a better understanding of various social skills that support healthy relationships. This session will also explore the adult's role in their child's growth.