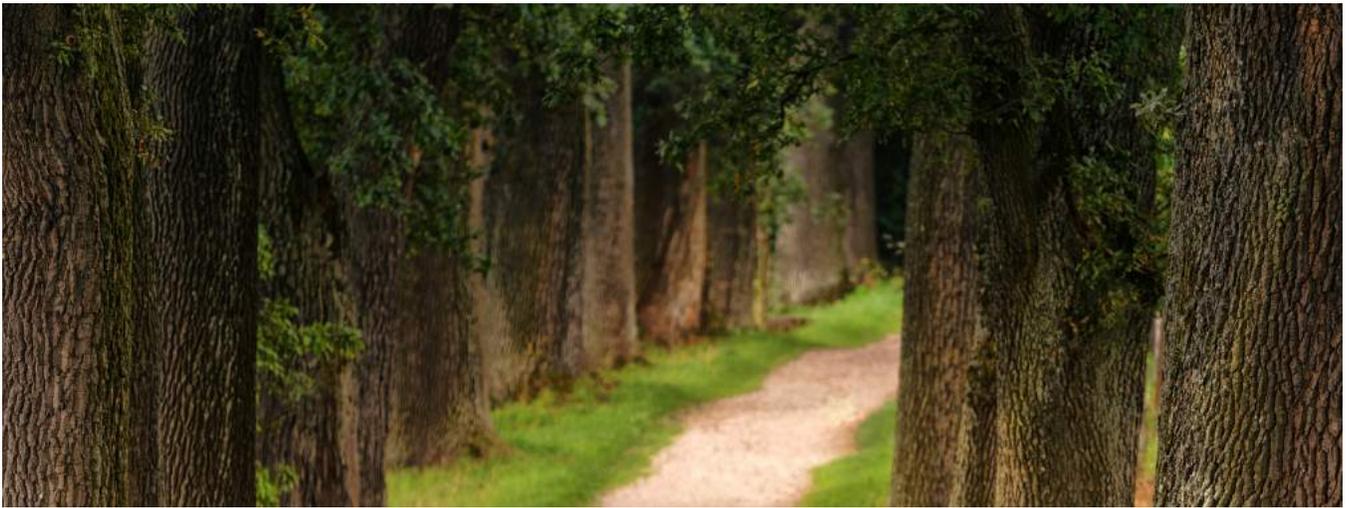


OCS FALL NEWSLETTER

FOCUS ON MENTAL HEALTH & TAKING CARE OF OUR COMMUNITY



WHAT YOU SHOULD KNOW

YOU ARE NOT ALONE

The world has changed.

The pandemic has touched every student, every family, in every part of the world. Families have experienced loss and found strength in their communities and neighbors.

Odyssey is no different. While we are thankful to have students back on campus, we know many come to us with new mental health challenges.

The volume of calls to the National Alliance for Mental Illness in Nevada increased by 217% in 2020 compared to 2019. Specifically, calls reporting anxiety and social isolation increased from 50% - 80%.

According to the Department of Education, nearly three in ten parents surveyed in May 2020 said their child experienced "harm to their emotional or mental health," and 45% stated separation from teachers and classmates was a "specific challenge."

We are here to help.

Help is Available

TEEN SUPPORT GROUPS **Core Mental Health Teen Group**

Ages:12-15

Time: Fridays at 4 pm

Many insurances accepted

Beginning September 24th Core Mental Health will provide an ongoing teen support group. Call 725/735-2700

Teen Talk support group

Southern Hills Hospital

Ages: 12-17

Time: Thursdays 4-5p or 5:30-6:30 p

Call 702/290-7725 to inquire about securing a spot for your student.

The Harbor: 702/486-5331

An all-inclusive assessment/intake resource agency. The Harbor can refer and recommend your child for several mental, behavioral, and emotional needs.

Mobile Crisis Center: 702/486-7865

24 hour answering service. This center will provide same day intake and follow care to get your child to the right place for their specific mental health needs.

For emergencies call 911.



The best way to help your child is to make sure you are also taking care of yourself!

WHAT CAN PARENTS DO?

- Get your child involved in social and physical activities.
- Talk with your child about healthy things they can do when they feel overwhelmed, sad or stressed.
- Listen to what they say.
- Make time for family and/or close family friends.
- EVERYONE take a break from their phones and social media!



**FOR MORE INFORMATION OR ASSISTANCE, PLEASE
CONTACT YOUR ODYSSEY SOCIAL WORKERS
702-257-0578**

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