



Anna L. Klein School  
Virtual School Counseling/Community Resources

Dear Families,

With the uncertainty and stress centered around COVID-19 (Coronavirus), it is normal for students of all ages to experience stress. The ALK School Counseling Department has prepared this document with some information and resources to help you and your child talk about the Coronavirus. Also, providing our contact information in the event that you would like to reach out to our staff.

During the closure of schools due to the healthy emergency, the ALK School Counseling Department will be operating virtually. School counselors are available through email, phone, and virtual meetings (e.g. Zoom, Google Hangouts). School counselors will be checking their emails periodically, is the best avenue to reach your school counselor.

**OFFICE HOURS:**

**MONDAY - FRIDAY from 8:30am - 12:30pm**

Emails/Inquiries received after school hours will be answered during the next business day.

**COUNSELOR INFORMATION:**

Ms. Angela Travelli (K-4th Grade): [atravelli@alkschool.org](mailto:atravelli@alkschool.org)

Ms. Evelyn Collazo (5th-8th Grade): [ecollazo@alkschool.org](mailto:ecollazo@alkschool.org)

Mr. Paul DePinto, Licensed Professional Counselor: [pdepinto@alkschool.org](mailto:pdepinto@alkschool.org)

**If you or someone you know is in crisis, please dial 911.  
Call 1-800-273-TALK (8255) to reach a 24-hour crisis center.**

**Call NJ Perform Care: 1-877-652-7624  
(social, emotional, or behavioral distress contact)**

**Call 2nd Floor Helpline: 1-888-222-2228  
(confidential helpline for NJ youth and young adults)**

**Resources for Parents and Students**

**[Talking to Your Kids About Coronavirus](#)**

**[Parent Resources Guide: Talking to your children about COVID-19](#)**

**[Care for Your Coronavirus Anxiety](#)**

**[Helping Children Cope with Emergencies](#)**

**[Children and Youth with Special Healthcare Needs in Emergencies](#)**



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### **ADDITIONAL INFORMATION:**

#### **Resources For Immediate Response**

##### [Disaster Distress Helpline](#)

Call 1-800-985-5990 or text TalkWithUs to 66746. The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.

##### [The Trevor Project](#)

Call 1-866-488-7386 or text START to 678678. A national 24-hour, toll-free confidential suicide hotline for LGBTQ youth.

##### [Dial 2-1-1](#)

If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services, visit 211.org or dial 211 to speak to someone who can help. Run by the United Way.

##### [National Domestic Violence Hotline](#)

For any victims and survivors who need support, call 1-800-799-7233 or 1-800-799-7233 for TTY, or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.

The ALK School Counseling Department would like to ensure that students and parents are fully informed about the benefits and limitations of a virtual platform.

##### **Benefits:**

- Online platforms provide school counselors with the ability to communicate and disseminate information to the student body as well as parents/guardians in an efficient manner.
- Communicating online provides flexibility for the counselors as well as accessibility for students to review information at their convenience.
- Parents also have more flexibility to participate in meetings through alternative methods (e.g. Zoom).
- Certain students may feel more comfortable using the school counseling services through a virtual platform compared to appointments in person.
- Less anxiety may be associated with disclosing information electronically to school counselors.
- Online services can give students a greater sense of autonomy and empowerment to use school counseling services.
- School counselors have the ability to collaborate with other staff/teachers online to make sure the students are receiving the proper services needed for their success within and outside of the classroom.



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**Limitations:**

- Confidentiality and Privacy cannot be guaranteed with services provided through online platforms.
- In the event that a student/parent identifies or a school counselor believes that the virtual meeting is not private or other participants not anticipated are observed, the meeting will be rescheduled for another time when confidentiality and privacy can be ensured.
- Depending on each individual student's needs, telehealth may or may not be the best medium. School counselors will try to recommend the best medium based on each individual student and their visual and/or verbal needs.
- In a crisis situation, please dial 911.
- Timing of connections with students and parents based on virtual activity.
- Technical issues
  - In the event of technological failure during a meeting, the school counselor will make attempts to reconnect for ten minutes. If the internet or technological failure cannot be resolved, the school counselor will call you back via the telephone.
  - If the technological failure interferes with the goals of the meeting being achieved, another meeting will be scheduled at a mutually convenient date and time.

**Local Resources**

**Guttenberg Police Department: 201-868-3300**

**State/National Resources**

[NJ Hope Line](#) for suicide prevention, available at 1-855-654-6735.

[PerformCare](#) partners with the New Jersey Children's System of Care (CSOC) to coordinate the care of your child. New Jersey Children's System of Care addresses behavioral, mental health, or emotional challenges and provides access to needed services. The contact number is 1-877-652-7624.

- **Mobile response stabilization services (MRSS)- PerformCare also has options to authorize mobile response stabilization services (MRSS) to come to your home within one hour of notification to provide face-to-face crisis services. The goal is to stabilize behavior and keep your child at home. Mobile response is available 24 hours a day, seven days a week, and can offer up to eight weeks of stabilization services.**

The [NJHelps](#) Services Home Page is designed to give consumers a "one-stop" shopping resource for the wide range of programs, information, and services provided by the Department of Human Services and its partners, to assist individuals, families, and communities throughout the State of New Jersey.



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The [Rutgers University Behavioral Health Care](#) has a center that connects callers to the appropriate division of statewide behavioral health services system at 1-800-969-5300.

The [Substance Abuse and Mental Health Services Administration](#) (SAMHSA) has a national helpline at 1-800-985-5990, or text officials there at TalkWithUs to 66746 (TTY 1-800-846-8517).

[Crisis Text Line](#): Free text line, 24/7 support for those in crisis. Text HOME to 741741

[2nd Floor Youth Helpline of NJ](#) - CALL 888-222-2228 a confidential and anonymous helpline for New Jersey's youth and young adults. They are available 24/7.