

A Note from Ms. Linderer, School Counselor

March 27, 2020

Dear Parents and Guardians,

I want to touch base with you regarding my availability and share a few resources for you. I will also check in with our kids to see how they're doing in this unexpected, unusual time for all of us. I have spent this week learning as much as I can about how to accomplish my job virtually, and the state department's office of counseling is providing guidance as well.

First, I plan to keep "office hours" in which I'll be checking my emails and make myself available for assisting you and the children. Tentatively, those hours are from 8:00-4:00 Monday through Friday. I will be able to provide my usual academic and social emotional support for staff, students, and families. Please reach out via email (slinderer@icmsokc.com) to schedule an appointment if you'd like to chat. I do check my email once or twice during the evenings and weekends, so you are welcome to contact me if you are concerned about your child.

Some of you may already be aware that I am a Crisis Counselor for Crisis Text Line, and I urge you to take advantage of connecting with them if you should find yourself overwhelmed, upset, or anxious. CTL is there to help you move from a hot moment to cool calm. Trained counselors are available 24/7, and it's free, anonymous, and confidential. I have chatted with kids as young as 8 and adults up to 78, so it's great for the whole family. Text "Home" to 741741, or reach out to Crisis Text Line on Facebook Messenger. Here is a direct link to CTL's Coronavirus help page: <https://www.crisistext-line.org/get-help/coronavirus>.

In addition, I am a faithful follower of the [Child Mind Institute](#). Please take a few moments to check this out. If you click on the link, you will find many resources for COVID-19 on their landing page. However, CMI is a wonderful parenting resource for many situations besides our current one. It is based in science and research, and is dedicated to physical and mental health of children. There is a symptom checker feature in case you need help to try and work out the puzzle that is Your Middle Schooler.

An excellent general resource you may not be aware of is [Aunt Bertha](#). It is a social care network to assist you in finding help with many life situations. When you reach the site, you'll be prompted to type in your zip code in order to give you the most pertinent results. I've attached a screenshot below as the simplest way to describe what Aunt Bertha can help you with.

Two resources shared by the OK SDE's Office of Counseling are: 1) [SEL Resource](#), which led me to this page that I like--[Inside SEL](#)--because it has resources for adult self care as well as many parenting resources; and 2) [Talking to Children About COVID-19](#).

Even though academic virtual classes begin April 6, I am available now if you have any concerns that I may be able to help you with. Please contact me directly via email (slinderer@icmsokc.com).

Warm regards,

Susan Linderer, M.Ed.

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