Rock Crusher Elementary Student Support

Information to support you while you are away at school.
We are CONNECTED.
We are HERE.
We are only an EMAIL away.

We are available to talk! Contact us between 8:00 am–4:00 pm to connect. (Hours may vary)

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Principal</td>
<td>Sean Furniss</td>
<td><a href="mailto:furnisss@citrus.k12.fl.us">furnisss@citrus.k12.fl.us</a></td>
<td>352-795-2010 ext. 4607</td>
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<tr>
<td>Assistant Principal</td>
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<td>ESE Specialist</td>
<td>Jackie Dillersberger</td>
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<tr>
<td>School Counselor</td>
<td>Jennifer Kreusch</td>
<td><a href="mailto:kreuschj@citrus.k12.fl.us">kreuschj@citrus.k12.fl.us</a></td>
<td>352-795-2010 ext. 4610</td>
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<tr>
<td>School Social Worker</td>
<td>Jodi Jordan</td>
<td><a href="mailto:jordanj@citrus.k12.fl.us">jordanj@citrus.k12.fl.us</a></td>
<td>352-400-2442</td>
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<td>School Psychologist</td>
<td>Sarah Nunley</td>
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<tr>
<td>Instructional TOSA</td>
<td>Cindy Myers</td>
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<td>352-795-2010 ext. 4682</td>
</tr>
<tr>
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<td>Maggie Skinner</td>
<td><a href="mailto:skinnerm@citrus.k12.fl.us">skinnerm@citrus.k12.fl.us</a></td>
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</tr>
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Be sure to stay informed of all the latest news and announcements.

http://www.citrus.k12.fl.us
If you need immediate assistance:

• Emergency – call 911
• LifeStream: 352-228-4770
• Citrus County CASA: 352-344-8111
• National Suicide Prevention Lifeline: 1-800-273-8255
• Child Abuse Reporting Hotline: 1-800-96-ABUSE (962-2873)
• National Domestic Violence Hotline: 1-800-799-7233
• Substance Abuse and Mental Health Helpline: 1-800-622-HELP (4357)
• LifeStream Mobile Response Team
• (352) 408-6625
• Available 24 hrs. a day
• Immediate response to mental health crisis for anyone under 25
• Immediate short-term therapy
• Case management Services
• ANYONE can call

Since schools are now closed until 4/15, we wanted to remind all our community partners that... the Mobile Response Team is available 24 hours a day in Citrus, Lake and Sumter counties. Anyone can call us!

Our purpose is to immediately respond when someone under the age of 25 is having a mental health crisis and they are entering Baker Act Territory. We can stabilize, de-escalate and get folks into immediate (short term) therapy or case management services.

Most of our calls have come from schools, but ANYONE can call! DCF, YFA, CHS, The Centers, Case Managers, Social Workers, Health Care workers, Boys & Girls Club, YMCA, Youth groups/ Ministers, First Responders, Moms, Dads, Cousins, Uncles.....

If you want assistance with getting a youth stabilized, de-escalated and into immediate services (thus avoiding the Baker Act) please call the Mobile Response Team at (352) 408-6625 ... 24/7!

Please note, for a Baker Act, call 911.
Meal Distribution Information

Click here for information
Things to do while away from school

- Journal!
- Write a Letter to a Friend or Family Member!
- Make a List of Things You’re Grateful For!
- Read a Book or Magazine...for fun!
- Have a Dance Party with Friends via FaceTime!
- Disconnect from Social Media...even if it’s just for 30 minutes!
- Go for a walk or a run

Center yourself when thing get overwhelming by practicing mindful techniques:
- stretch for 10 seconds
- take 3 deep breaths
- send loving-kindness thoughts
Things to **remember** while away from school

Keep a schedule! It will provide consistency each day!

• Wake up, eat breakfast, get dressed, brush your teeth
• Say the Pledge of Allegiance, begin schoolwork
• Have lunch and recess (get outside and play!)
• Complete schoolwork
• Spend quality time with your family
• Eat dinner, take a bath/shower, brush your teeth, go to bed early
Self-care for you and your families

5 WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS
@HOLISTICALLYGRACE

INFORM
LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM, WITHOUT OVERWHELM. SET BOUNDARIES AROUND TIME, TRUSTED SOURCES.

CONNECT
REACH OUT FOR EMOTIONAL SUPPORT, CONTACT LOVED ONES, ISOLATION IS DETRIMENTAL TO OUR HEALTH

SOOTHE
DEEP BELLY BREATHING, GROUNDING TECHNIQUES, GUIDED IMAGERY, PRAYER, CALMING SOUNDS, LAUGHTER, SINGING

CONTROL
FOCUS ON THINGS WE CAN CONTROL: WASH HANDS, HYDRATE, NOURISH, CONTACT HR REGARDING WORK POLICIES, ADJUST FINANCES

HONOR + DISTRIBUTE
ACKNOWLEDGE FEAR, ANXIETY. FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE, READ, CRAFT, ETC.
Remember to wash your hands regularly!
Managing Covid-19 Anxiety

• For Parents:
  • Avoid excessive exposure to media coverage
  • Connect to family, friends, teachers through calls/text/email
  • Add time for daily stress relief exercises
  • Focus on your own mental health

• For Students:
  • Reassure them that they are safe
  • Help them talk about their worries
  • Limit their exposure to news coverage
  • Create a routine and provide structure
ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

5 things you can see
4 things you can touch
3 things you can hear
2 things you can smell
1 thing you can taste
Zones of Regulation

Explain how you are feeling and use a strategy to help you return to the green zone.
Join 30 Days of Kindness.

• We are capable of widespread compassion.
• We must demonstrate abundant hope.
• We can make the world a little brighter.