We are connected even during the summer!

If you need assistance, please contact our Student Services Department at: 352-527-0090

Jennifer Kreusch – School Counselor
Jodi Jordan – School Social Worker
Sarah Nunley – School Psychologist
Be sure to stay informed of all the latest news and announcements.

https://rce.citrusschools.org/

http://www.citrus.k12.fl.us
Meal Distribution Information

Summer Feeding Schedule

Citrus County Schools will continue to feed children during the summer. We will continue to use the current school sites and bus stop locations, however, please note that school sites and bus stops are subject to change with notice. The days of meal service have been changed. Meal Service will take place twice a week.

*Meal Service times will remain from 10:00am – 1:00pm*

**Meal Service Schedule Summer 2020**

- **Tuesday, May 26th**: 2 Days of Meals
- **Thursday, May 28th**: 4 Days of Meals
- **Monday, June 1st**: 3 Days of Meals
- **Thursday, June 4th**: 4 Days of Meals
- **Monday, June 8th**: 3 Days of Meals
- **Thursday, June 11th**: 4 Days of Meals
- **Monday, June 15th**: 3 Days of Meals
- **Thursday, June 18th**: 4 Days of Meals
- **Monday, June 22nd**: 3 Days of Meals
- **Thursday, June 25th**: 4 Days of Meals
- **Monday, June 29th**: 3 Days of Meals
- **Wednesday, July 1st**: 4 Days of Meals
- **Monday, July 6th**: 3 Days of Meals
- **Thursday, July 9th**: 4 Days of Meals
- **Monday, July 13th**: 3 Days of Meals
- **Thursday, July 16th**: 4 Days of Meals
- **Monday, July 20th**: 3 Days of Meals
- **Thursday, July 23rd**: 4 Days of Meals
- **Monday, July 27th**: 4 Days of Meals. Last Day of Service
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)
Mental Health Matters

We’re Glad You’re Here...

Help is all around you!

Mental Wellness Matters

SCHOOL RESOURCES
Talk to a teacher, school counselor, social worker, or psychologist.

COMMUNITY RESOURCES
LifeStream Behavioral Center
Main Line 352-315-7500
Mobile Response Team (MRT)
352-408-6625

The Centers
Main Line 352-628-5020

NATIONAL RESOURCES
National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Crisis Text Line:
Text "MHFA" to 741741 for free 24/7 crisis counseling

National Human Trafficking Hotline
1-888-373-7887 or text "HELP" to BeFree (233733)

Substance Abuse National Helpline
1-800-662-HELP (4357)
Mental Health Providers

**DEBORAH A. MARTIN, INC.**
Licensed Clinical Social Worker and Associates
708 NE 6th St.
Crystal River, FL 34428
352-226-4969

**TREE OF LIFE COUNSELING CENTER, LLC**
Laurie Keefe-Cecere, LCSW
8163 S. Florida Ave
Floral City, FL 34436
352-400-9118
(For ages 18+ only)

**MARY ANN ELLIS, MS**
(Licensed School Psychologist)
Growing Well Family Behavioral Services
2014 E. Pennsylvania Ave.
Dunnellon, FL 34432
352-465-2444

**GAIL J. PURDY, PhD**
(Licensed Clinical Psychologist)
8546 W. Homosassa Trail, Suite 5 (2nd Floor)
Homosassa, FL 34446
352-628-7811

**LIFE RESOLUTIONS**
Trina Scalf, LMHC
427 NE 3rd. Street
Crystal River, FL
352-702-5503

**ECCLESIA BEHAVIORAL HEALTH**
107 Dr. Martin Luther King Jr. Ave., Suite 7
Inverness, FL
352-291-5555

**THE LIGHTHOUSE CENTER, INC. & IMPACT COUNSELING AND CONSULTING, LLC**
Myra Ricketts, LMHC
(Owner and Clinical Director)
Impactyourlife.bravesites.com
918 E Norvell Bryant Hwy. Hernando, FL 34442
352-419-4856
Cynthia Critchfield, President
Behavioral Health Services
110 South Apopka Ave, Inverness, FL 34452
352-560-7027

**ELISE CONROY, PhD**
418 E. Fort Dade Ave.
Brooksville, FL 34601
352-544-0910

**THOMAS HIBBARD PhD (Clinical Psychologist)**
103-B N Apopka Ave.
Inverness, FL 34450
352-880-0100

**MARC KEPNER, LLC**
2653 SW 87th Drive
Suite A
Gainesville, Florida 32608
352-269-4806
Debbie Kelley, LLC Counseling Services
Debbie Kelley, Ph.D., LMHC
Debbiekelleyflc.com
107 Dr Martin Luther King Ave
Inverness, Florida 34450
352-701-6602

**BRENT R. RICHTER, MED, NCC, LMHC**
415 Tompkins St.
Inverness, FL 34450
352-442-9220

**Agencies**
**The Centers** 352-628-5020
New Beginnings Youth Shelter 352-540-6015
Isaiah Foundation Inc. 352-564-0088
Citrus Abuse Shelter Association 352-344-8111
National Alliance on Mental Illness 844-687-6264 (Telehealth through Zoom: adult groups)
National Suicide Prevention Lifeline 1-800-273-8255

**LIFE STREAM**
2020 Tally Road
Leesburg, FL 34748
24 Hour Access Center / Crisis Line
1-800-355-9394 or 352-315-7800
Main Line 352-315-7500
Mobile Response Team (MRT)
352-408-8825

**Langley Health Services**
352-419-5760
151 E Highland Blvd.
Suite 151
Inverness, FL 34452

**Key**
*Accepts forms of Medicaid
+Sliding fee scale
*Offers telehealth services

**Disclaimer** — This list is provided as information to parents. No endorsement is given or implied for health and/or medical professionals, services, and suppliers listed herein, nor any liability for errors or omissions by the Citrus County School Board.

**REVISED:** 5/27/2020
• 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

LifeStream Mobile Response Team is standing by and ready to serve!

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.
LifeStream

Out-Patient Services

Children's Clinical Outpatient Services are committed to embracing the strengths of every child and helping them find meaningful ways to express themselves. Children will learn ways to navigate challenges with the help of therapists who care and are passionate about connecting with children to foster encouragement and resilience.

EVIDENCED-BASED THERAPEUTIC APPROACHES

- Play Therapy
- Cognitive Behavioral Therapy
- Solutions-Focused Brief Therapy
- CPRT: Child Parent Relationship Training

Services are provided to children and adolescents requiring therapeutic intervention. These services are designed to relieve distressing symptoms and improve behavior, interpersonal and other skills needed to function in the home, peer and school environments. Services include help to caregivers and families that build stability and parenting skills.

For more information or to enroll please contact:
LifeStream Children’s Clinical Outpatient Services
Phone: 352-463-1652 option 3
Email: CCOSP6@lsbc.net
Website: www.lsbc.net

5/11/2020
24 Hours a Day
7 Days a Week
352-344-8111
Advocates are always available to answer calls, help with crisis intervention, provide information and referrals, arrange emergency shelter and assist in safety planning.
Click the link below to view resources available in our area.

https://citrusresourcedirectory.com/
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
Tips for Families

Tips for Families: Responding to Inappropriate Behavior

Prevention is Key
- Create clear expectations and rules
- Provide structure with routines and visual reminders
- Recognize and acknowledge desired behaviors

When Problem Behavior Occurs...
- Respond immediately and stay calm
- Use the lowest level of response that works; include teaching what to do in the future
- Consider changing routines, adding more structure and teaching a replacement behavior

Maintain Relationships
- Model behaviors you want to see when correcting mistakes
- Include your children by offering choices and generating solutions

Links To Support Families With Tips:
- https://fvsu.edu/pbisforfamilies
- https://www.freemontbehavioralcenters.com/
- https://www.ufl/healthcaredurkees.org/calm

Connect with FL PBIS
fpbis.org
Zones of Regulation

Explain how you are feeling and use a strategy to help you return to the green zone.
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
MAKING MY WORLD A BRAVE PLACE TO BE!
My plan for the healthiest & happiest me!

EMBRACE GROWTH AND CHANGE
3 Things to embrace/change rather than fear/control:
•
•
•

LOOK FOR THE BEST IN SELF & OTHERS
4 Things I am grateful for or learning from:
•
•
•
•

FIND BALANCE THAT WORKS 4 ME
4 Ways I care for my heart, mind, body and spirit:
•
•
•
•

SURROUND MYSELF WITH + SUPPORT
3 support systems & 1 new resource I have:
•
•
•

SET GOALS THAT SPARK MY HEART
3 things I will try, shoot for or become and 1 BIG DREAM:
•
•
•

“A DREAM WRITTEN DOWN WITH A DATE BECOMES A GOAL. A GOAL BROKEN DOWN INTO STEPS BECOMES A PLAN. A PLAN BACKED BY ACTION MAKES YOUR DREAMS COME TRUE.” – GREG REID
Remember to wash your hands regularly!