

Bergenfield Counseling Department

Virtual counseling updates with resources
to support our students and families!

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Counselors K-12 are here to help...

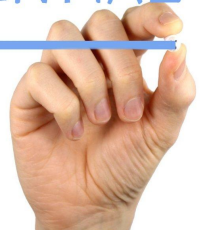
- During the closure of schools due to the health emergency, the Bergenfield Counseling Department continues to operate virtually.
- School counselors are available through email, telephone (blocked number), and via Zoom video conferencing.
- Initial communication with you/your child will typically be via email.
- To schedule a virtual appointment, students and parents may email the Counselor/Student Assistance Counselor directly to find a mutually agreed upon date/time. Zoom conferences may *not* be recorded by any party.

Counselor availability:

- Bergenfield counselors are available via email Monday- Friday from 8:00 am- 2:30 pm.
- If you have any questions or concerns, email them. If you need additional assistance, they will reach out with further instructions.
- Be sure to keep in touch with your teachers too!

Please click link:

CONFIDENTIAL



Virtual Counseling Privacy Statement

BHS Counselors:

Ms. Lauren LaPorta

Grade 12 A-C

Grade 11 A – Es

Grade 10 A-Domingo

llaporta@bergenfield.org

Mrs. Dana Massey

Grade 12 D-K

Grade 11 Et-L

Grade 10 Donovan-Martin

dlmassey@bergenfield.org

Ms. Estefania Valera

9th Grade Counselor A-Z

evalera@bergenfield.org

Melissa Yoskowitz

Grade 12 L-P

Grade 11 M-Ra

Grade 10 Martinez - Reyes

myoskowitz@bergenfield.org

Mr. Butler/Ms. Eliscu

Grade 12 Q-Z

Grade 11 Rb-Z

Grade 10 Reynoso-Z

leliscu@bergenfield.org

RWB Counselors:

Michael Merlo (8th)

School Counselor

mmerlo@bergenfield.org

Lana Restivo (7th)

School Counselor

lrestivo@bergenfield.org

Marybeth Iorio (6th)

School Counselor

miorio@bergenfield.org

Elementary/Alternative HS/SAC:

Linda DePinto - District Student Assistance Counselor (SAC)
ldepinto@bergenfield.org

John Mahoney - AHS/Lincoln School
jmahoney@bergenfield.org

JoAnn Ruiz-Vazquez - Franklin/Hoover
jruiz-vazquez@bergenfield.org

Stephanie Rossi - Washington/Jefferson
srossi@bergenfield.org

Social Emotional Resources

K-12

Elementary/Middle School:



- [Corona Virus: Clear Answers for Kids!](#)
- [Cosmic Kids Yoga](#)
- [Mindfulness for Kids & Parents](#)
- [Yoga for Kids](#)
- [Yoga for Teens](#)
- [Color by Numbers](#)
- [Zensational Kids](#)
- [Feelings Check In](#)

Free SEL Apps:

- [Breathe, Think, Do with Sesame Street](#) - Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges.
- [Mind Yeti](#) - (k-5) Mind Yeti is an app that provides mindfulness instruction and meditative scripts for a variety of moods and needs.

- [Wellbeyond Meditation for Kids](#) - This app has 5 free guided meditations (there are more available for in-app purchase) that encourage sleep, kindness, feelings, focus, and centering.
- [Emoji Maker](#) - This is a really fun app that allows students to create their own emoji to express how they are feeling!
- [Zen: Coloring Pages for Kids](#) - This app is what you expect: a coloring book with animals and familiar characters that your kids will love!
- [Emotions Face to Face](#) - This app helps students recognize facial expressions in a fun memory game.
- [And more!](#)

High School:



Mindy & Body:

- [30 Minute Meditation](#)
- [3-minute Mindful Breathing](#)
- [5 minute meditation](#)
- [Yoga for Teens](#)
- [Stress Relief Yoga](#)
- [HIIT workout](#)

Things to do while away from school:

- Journal
- Start a 30 day challenge
- Write a letter to a friend or family member
- Make a list of things you're grateful for

Activities:

- [Mandala Creator](#)
- [Color Online](#)
- [Positivity Boards](#)
- [Vision Boards](#)
- [Learn to Code!](#)
- [Go on a virtual tour!](#)
- [And more self care for teens!](#)

- Read a book or magazine...for fun!
- Follow someone new on SnapChat or Instagram
- FaceTime or HouseParty with friends
- Or...disconnect from social media...even for 30 minutes!

Crisis Resources

If you or someone you know is in a crisis situation, here are some resources for immediate assistance:

- [Bergenfield Police Department](#): Call 201-387-4000
- [NJ Hopeline](#): Call 1-855-654-6735
 - Specialists/counselors available 24/7 who offer counseling and support over the phone
- [2nd Floor Helpline](#): Call or text 888-222-2228
 - A confidential and anonymous helpline for New Jersey's youth and young adults.
- [NJ Mental Health Cares](#): Call 1-866-202-HELP (4357)
 - The state's behavioral health information and referral service now also offers free, confidential help to people dealing with anxiety and worry related to the Novel Coronavirus (COVID-19) outbreak.
- [National Suicide Prevention Helpline](#): Call 1-800-273-TALK (8255)
 - Connect to a skilled, trained counselor at a crisis center 24/7
- [Performcare - Mobile Response Services](#): Call 1-877-652-7624
 - Available 24 hours a day, 7 days a week to help children and youth who are experiencing emotional or behavioral crisis. Defuse an immediate crisis, keep children and their families safe, and maintain the children in their own homes or current living situations (such as a foster home, treatment home or group home) in the community.

****If it is an emergency, call 9-1-1 or go directly to the local emergency room!****

Additional Hotline/Hotlines can be found here:

<https://www.nj.gov/dcf/news/publications/HotlinesHelplines.pdf>
(English & Spanish)

-New Jersey Department of Children and Families

Toll-Free Hotlines/Helpines		
Child Abuse/Neglect Hotline 1-877-NJ ABUSE (652-2873) 1-800-835-5510 (TTY) 24 hours a day - 7 days a week <small>Any person having reasonable cause to believe that a child has been abused or neglected has a legal responsibility to report it to DC's Child Protection and Permanency (CP&P). Calls can be made anonymously.</small>	Children's System of Care 1-877-652-7624 24 hours a day - 7 days a week <small>Call this number to find out about services for children and teens with emotional and behavioral health care challenges and their families.</small>	
Safe Haven Hotline 1-877-839-2339 24 hours a day - 7 days a week <small>This hotline is for distressed parents who wish to give up an unharmed infant, 30 days or younger, anonymously. While no names or records are required, callers are encouraged to voluntarily provide information.</small>	Crisis Text Line Text "NJ" to 741741 24 hours a day - 7 days a week <small>Connect with a crisis counselor, trained in active listening and collaborative problem solving, helping to defuse a "hot" moment or a crisis.</small>	
2ND Floor Youth Helpline 1-888-222-2228 24 hours a day - 7 days a week <small>This is a youth helpline serving all youth and young adults in New Jersey. Youth who call are assisted with their daily life challenges by professional staff and trained volunteers. Anonymity and confidentiality are assured except in life-threatening situations.</small>	Family Helpline 1-800-THE-KIDS (843-5437) 24 hours a day - 7 days a week <small>If you're feeling stressed out, call to speak to a trained volunteer of Parents Anonymous who can provide support and refer you to resources in your community.</small>	
2-1-1 www.nj211.org 24 hours a day - 7 days a week <small>This phone number connects callers to various human services organizations in their community.</small>	Domestic Violence Hotline 1-800-572-SAFE (7233) 24 hours a day - 7 days a week <small>Call this number for information about domestic violence services in your local area.</small>	
Foster Home Recruitment Line 1-877-NJ-FOSTER (653-6783) 9 a.m. - 5 p.m. Monday - Friday <small>Many children in New Jersey need temporary homes until their parents are able to care for them or until a permanent home is found. Call to learn how you can open your heart and your home by becoming a foster parent.</small>	NJ Helps www.njhelps.org <small>At this web site you can find out about services and programs for children, families and individuals. You can also screen for eligibility for programs such as Food Stamps, Medicaid and others.</small>	
DCF Info Line 1-855-INFO-DCF (463-6323) 8:30 a.m. - 4:30 p.m. Monday - Friday <small>This helpline provides callers with general information about the Department of Children and Families (DCF) programs and services.</small>	Adoption Hotline 1-800-99-ADOPT (992-3678) 9 a.m. - 5 p.m. Monday - Friday <small>Share your love. Consider adopting a child into your family. Call to learn how you can change a child's life forever by becoming an adoptive parent.</small>	
	DCF Office of Constituent Relations 1-877-543-7864 8:30 a.m. - 4:30 p.m. Monday - Friday <small>This helpline provides a timely response to constituents' issues and concerns regarding programs and services provided by DCF.</small>	

www.nj.gov/hcf

**Economic Hardship:
Free/Reduced Meal Information**

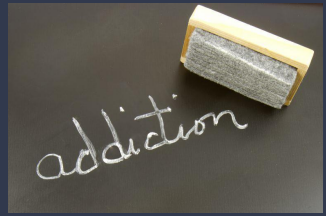
If your family's financial situation has changed:

- A family who does not already receive Free and Reduced Meal Services may complete the application listed below.
- Completed applications should be emailed to **Diane Edwards** at dedwards@bergenfield.org

[Free/Reduced Meal Application \(English\)](#)
[Free/Reduced Meal Application \(Spanish\)](#)

Substance Abuse

Resources:



-Online Resources for parents and teens:

- <https://www.samhsa.gov/find-help/atod>
- <https://www.performcarenj.org/families/substance/index.aspx>

-Site includes podcasts and information:

- <https://www.smartrecovery.org/>

-Great Parent Websites:

- <https://drugfree.org/>

-Crisis Text Line:

- <https://www.crisistextline.org/>

-Narcotics Anonymous - Online Meetings

- <https://bergenarea.org/>

-Alcoholics Anonymous Online Meetings:

- <http://aa-intergroup.org/directory.php>
- https://www.aa.org/pages/en_US

-Vaping Intervention and Prevention:

- <https://teen.smokefree.gov/>

-Bergen County Addiction Services

- <https://www.co.bergen.nj.us/addiction-services>

Please remember:



- We are here for you!
- Take care of your family.
- Take care of yourself.
- Do something kind for someone else.
- Don't hesitate to reach out for help when you need it.

We are all in this together.
Bear Pride!