



St. Luke's Webinar Series

The NEW Back to School

Moderator: Jody Mccloud-Missmer

Heading back to school in a typical year can be stressful, but school year 2020 certainly has new challenges for students, parents, and teachers. Join St. Luke's Behavioral Health School-based team for the series, "The NEW Back to School" online events.



Candid Kid Covid Talk: What is COVID?

What symptoms/signs are we seeing in children due to this pandemic and what can we do to help?

Amy Pulcini, MSPAS, PA-C
Child/Adolescent psychiatric Physician Assistant with SLUHNYES! Program

Managing Back to School Covid Stress: A guide for parents, teachers, school staff and kids

Cultural awareness: Implications and tips for cultural sensitivity in the classroom while navigating COVID.

Migdalia Roman, LCSW
School Based Psychotherapist Bethlehem Area School District

Jason Frei, LCSW
School Based Psychotherapist Northampton Area School District

Grief, loss and trauma: Finding your "why" when your passion is "canceled"

Grief/Loss/re-inventing yourself and finding your "Why": When kids lose sports, extracurricular activities, dance, theater, music, band...What can kids, parents and adults alike do to help with the loss of identity due to pandemic

Amie Allanson-Dundon
Network Director, Clinical Therapy Services

Coping Skills for parents, teachers and kids

How to use mindfulness, stress reduction techniques and recognize signs of dangerous and risky behaviors.

Gennaro Landi, LPC
School Based Psychotherapist Bangor Area School District

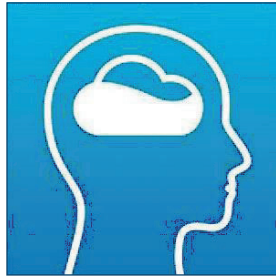


To view these webinars go to: sluhn.org/NewBack2School

Free Apps and Resources for Teens and Mental Health



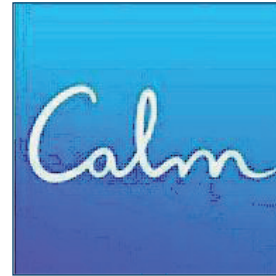
Mindshift
Helps manage everyday anxiety.



Recharge
Helps with good sleeping habits, regular exercise and daylight exposure: physical and mental health benefits.



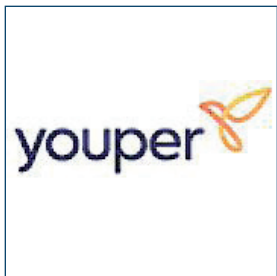
Up!
Mood diary for depression, mania and borderline personality disorder.



Calm
Helps with sleep, meditation and relaxation. Free with in-app purchases for better quality.



RootD
Works great for panic attacks and anxiety. Has a panic button that you can use when having a panic attack and walks the person through breathing and stress management.



Youper
Teaches talk based therapy techniques and mindfulness. It's like having a pocket therapist. Mood journal and mood tracking, personality tests, mindfulness. It uses artificial intelligence (AI) and teaches techniques from CBT, ACT and mindfulness.



Breathe2Relax-
Teaches breathing techniques to relieve and manage stress.



MoodTools
Self-help app to target depression, even uses the PHQ-9. Has a thought diary, suicide safety plan and meditation guides.



HeadSpace
Guided meditation app. It is free, but has in-app purchases for better quality.



Superbetter
It's a game to help build social, mental and emotional resilience. Appeals to teenager by allowing them to collect items for virtual rewards.

Outpatient Services
484-822-5700

St Luke's
Behavioral Health
Services