

Cynthia Martell & Caitlin Nolting
Captain Albert Stevens School
31 Elementary Avenue, Belfast, ME 04915

August, 2025

Dear CASS Families,

Welcome back! Kate and I are excited to connect with you and your children! We look forward to providing families with a solid support system at Captain Albert Stevens Elementary.

For all students, Cynthia will continue offering social-emotional learning, personal safety, skills for academic success, and career readiness via regularly scheduled classroom lessons. Watch for communications regarding each month's topic and ways that you can reinforce this learning at home. Please don't ever hesitate to reach out for more information on a topic being covered.

Some students benefit from additional support when adjusting to the social and academic demands of school. If you feel that your student is struggling do not hesitate to reach out to us. You can reach us via telephone, email, or you can make a referral for additional support for your student using our [Student Support Referral Link](#). We will work together, with you and your student's teacher, to develop a plan to support your child at school.

Cynthia can offer short-term support for students individually, as well as in small groups. If you are hoping that your student can participate in a particular support group (Self-Esteem, Changing Families, Anger Management, Grief & Loss, Friendship Skills, etc.) please reach out as soon as possible. Topics for group support are typically based upon the needs that arise.

For some students, a longer-term, more in-depth, individualized, therapeutic intervention is required. In this case, Kate is available to offer this deeper level of support for students, and you, our families, as well.

Lastly, we are looking forward to another year with our CASS Civil Rights Team. Cynthia and Sara McFarland, retired CASS teacher, co-advise this important and fun group. [The Maine Civil Rights Team Project is sponsored by the Maine Attorney General](#). Our mission is to work toward a safe and welcoming school for everyone.

We thank you for the privilege of working with your amazing children! Please do not hesitate to reach out to us if there is anything we can do to support you and your student in having the best school year ever!

Warmly,

Cynthia Martell/School Counselor
cmartell@rsu71.org/338-3510 X313

Kate Nolting/School Social Worker
cnolting@rsu71.org/338-3510 X163

CASS Referral for Mental Health Support
(Return to CASS Main Office)

Student _____ Grade _____

Teacher _____

Referred by _____ Date _____

Concerns/Reason for referral:

Please share any interventions to date & the results of those:

What are some of this students strengths and interests?

Other relevant information:

Who is the preferred contact person for this family and what is the best method of communication?

Teachers: list two days/times that could be convenient for them to meet with us:

Confirmation of receipt of this referral and sharing of initial intervention plan:

_____ Date _____