

*(disclaimer: these resources are ever-changing and do not fully represent everything available in our community. These are individuals and organizations that Deep has worked with over the years and has come to trust as community partners*

## MENTAL HEALTH

### People/Allies/Experts → People to ask for advice

- **Jess Matthewson, MA**  
Youth to Adult Program Manager  
Gateway Community Service Board  
Phone: (912) 346-1904  
Email: [Jessica.Matthewson@GatewayBHS.org](mailto:Jessica.Matthewson@GatewayBHS.org)
- **Shaniqua Harmon**, counselor at Savannah Rape Crisis Center, [counselor@rccsav.org](mailto:counselor@rccsav.org), office (912) 233-3000, cell 678-485-8375,
- **Karen Abato**, LGBTQ Center mental health coordinator AND art therapist (sliding scale \$50), works with adults at Recovery Place, 912-220-0071, [karenabato@gmail.com](mailto:karenabato@gmail.com)
- **Melissa Dotterweich**, LMSW, [Clinical Coordinator/Therapist](#) at Coastal Children’s Advocacy Center
- **Charita Smith**, LCSW - The Counseling Center, therapist of color with lots of trauma counseling experience, specializes in youth therapy and family support, works at [Counseling Center](#) (912) 692-0425
- **Tara Tolbert**, SCCPSS head social worker, [tara.tolbert@sccpss.com](mailto:tara.tolbert@sccpss.com)
- **Brooke Foley**, Chatham County Juvenile Court case manager, [bfoley@chathamcounty.org](mailto:bfoley@chathamcounty.org)
- **T’Challa O’Bryant**, counselor Charles Ellis, [T'Challa.O'Bryant@sccpss.com](mailto:T'Challa.O'Bryant@sccpss.com)
- **Carla Cantrell**, Charles Ellis counselor, [Carla.cantrell@sccpss.com](mailto:Carla.cantrell@sccpss.com)
- **Emily Bower**, NLA grad, Deep donor, psychologist, [ehbower@gmail.com](mailto:ehbower@gmail.com)
- **Madison Carr**, MSW, Individual and Family Therapist, Office Manager of Georgia Outreach Psychiatry, Counseling and Therapy Services, ph 912 349 4495, [madison@georgiaoutreach.com](mailto:madison@georgiaoutreach.com)
- **SCMPD Non-Emergency**: 912-652-6500
- **SCMPD Special Victims Unit (SVU)**: 912-651-6742
  - Hillary Nielsen, SVU detective and Megan’s friend: 770-380-0026
- **LGBTQ-friendly counselors**:
  - [Ruthie Parmett](#) (Dare knows from SKTCS), Ruthie Parmett, (Cassius), Mobile (617)290-5544, Email [ruthieparmett@yahoo.com](mailto:ruthieparmett@yahoo.com)
  - [Bridget Cross](#) (Dare knows, she’s a writer, too.)
  - [Karen Abato](#) (art therapist and works at LGBT center),
  - [Betsy Powers](#) (Dare and Megan know her) (386) 866-3371
  - Steve Knight (reco’d by Chris Mattson as “very LGBTQ friendly”, cis white gay man)
- **School social workers**:
  - **Ashunti Lyons**: Southwest Middle School, [ashunti.lyons@sccpss.com](mailto:ashunti.lyons@sccpss.com); 912-665-8920
  - **Eron Waters Cooper**: West Chatham Middle School, [eron.cooper@sccpss.com](mailto:eron.cooper@sccpss.com)
  - **Debi Cone**, Islands schools, [debra.cone@sccpss.com](mailto:debra.cone@sccpss.com) (Megan knows her)

- **Immigration**
  - Charles Kuck, lawyer, cell phone: (641) 715-3298

## SUICIDE/SELF-HARM

- [Georgia Crisis and Access Line](#): 1-800-715-4225, 24/7, 365. Phone crisis intervention services, dispatch mobile crisis team, can help find detox bed, link to urgent appointment services, access a state funded provider in a non-emergency
- National Suicide Prevention Lifeline: 1-800-273-8255: confidential emotional support 24/7
- Crisis Text Line: Text GA to 741741, confidential text message service for people in crisis

### **What Happens at School: Protocol from SCCPSS (from T'Challa O'Bryant and Carla Cantrell)**

- If students have suicidal ideations or threaten to do self harm or actually harm themselves, SCCPSS protocol is that students must be seen by a mental health professional and the school must be provided documentation that the child was indeed seen before the child can return to school.
- [Mobile crisis response](#): The Georgia Crisis and Access Line can be contacted by the parent. They can go to homes and provide free assessments. The number for Georgia Crisis and Access Line is [800.715.4225](#).
- Also, parents can take their child to Coastal Harbor at 1149 Cornell Avenue in Savannah. They will also provide a free assessment. The number for Coastal Harbor is [912.354.3911](#).
- If someone says that they have been mistreated or abused in any way, this would need to be reported to DFCS. The number for DFCS is [1-855-422-4453](#) or 1-855-GA-CHILD. (Calls are anonymous.)
- Please know that we are available if you need to run anything past us! We are all in this together!

### **What Happens in Deep Programming: Our protocol**

- Set expectations on Day 1:
  - Youth: Be free in Deep. Know that if you indicate that you want to harm yourself/others or you are being harmed, as adults concerned with your well-being, we will need to take action to support you.
  - Comms to parents on Day 1: Explain mandated reporting to parents. Parents and kids need agency within this system. Parents add to our Mental Health doc—Who do you know? Villagemaking means taking care of and watching out for our kids together. “Here is our commitment to you. This is the process we go through.”
- Incident reports: a partnership with school counselors, esp for YAP

### **Organizations to support our young people**

- [Counseling Center](#) (a part of Recovery Place), 65th Street, youth and family counseling, Charita Smith, LCSW - The Counseling Center, therapist of color with lots of trauma counseling experience, specializes in youth therapy and family support, works at [Counseling Center](#) (912) 692-0425 (a part of Recovery Place), 65th Street, knows Deep well (daughter is Kayla Flowers), takes Medicaid and private insurance, can self-refer walk-in (parent/guardian needs to make initial appt)
- [Coastal Children’s Advocacy Center](#), 40th and Habersham. If a police report is filed for abuse re: a youth, therapists on staff are trained to interview the young person in a human way (instead of going to the cold police station). Maybe also work with interviews for DFCS? Play and art therapy. Coastal Children’s Advocacy Center (CCAC) is a private, non-profit agency that provides a safe, confidential, child-friendly site for free investigative and therapeutic services to victims of child abuse.
- [Full Circle Center for Grief and Loss](#), a division of Hospice Savannah
  - Call 912-303-9442. Holland Morgan, MSW, is a friend of Megan’s, and a dear man.
  - FREE bereavement/grief counseling for individuals and families in Chatham County—death could be from ANY circumstance, not just occurring while under hospice care, support groups at Full Circle Center for Grief and Loss (Megan was a bereavement volunteer.)
  - Community-based support for young people affected by violence and homicide (in progress)
  - Camp Aloha in May, a weekend camp for young people who’ve experienced loss
- [Georgia Outreach](#)
  - Accepts Medicaid, possible sliding scale
  - Wants to fill gap for orgs that don’t have social workers on staff, be involved with community

- Referral form
- [Heads-Up Guidance Services \(HUGS\)](#)
  - Provides counseling services for under/uninsured and working class
  - Women's abuse/trauma group
  - Social skills and recreational therapy
  - Youth empowerment services
  - Free group sessions for ages 12-18
  - Substance abuse counseling/addiction recovery
- [Park Place Outreach](#), Savannah youth emergency shelter, housing resource for displaced youth, emancipation process, teaching artist Marquice Williams works here
- [Gateway Behavioral Health Resources](#), Therapists and group therapy sessions, works on a sliding scale. Other services provided for 16-26 year olds:
  - Purchasing vital records such as birth certificates, social security cards, or ID's
  - School supplies
  - GED test fees
  - Emergency housing and food
  - Clothes for new job/interview
  - Bus passes
  - Bicycles
  - Transportation to access any of these things
  - Contact Jess Mathewson to access. [jessica.matthewson@gatewaybhs.org](mailto:jessica.matthewson@gatewaybhs.org)

Jess Mathewson, MA

Youth to Adult Program Manager

Gateway Community Service Board

Phone: (912) 346-1904

Email: [Jessica.Mathewson@GatewayBHS.org](mailto:Jessica.Mathewson@GatewayBHS.org)

## LGBT+

- [Resources compiled for LGBT+ youth](#) (Megan, updated 3/26/18)
- Starland Family Practice, for medically transitioning (hormones), v. supportive reco'd by Chris Mattson
- [Savannah LGBT Center](#), (912) 200-9195, 1515 Bull Street, Savannah, GA 31401. Very active on their Facebook page, lots of events, great people who live in our town!
- [Transcendents SAV](#): This is a Trans (umbrella) and Ally networking and support group for the greater Savannah, GA area. We meet the fourth Sunday of every month at Unity Church of Savannah from 3pm-5pm. (Coco connected us to [Justin Michael Lane, on Fb](#))

- [Savannah Stand Out Youth](#): contact from Coco is Cole Byars. 912-288-1034, Discussion groups Fridays 7-9pm, not at LGBT Center (Cole recommends calling as website is under construction.)
- [Trevor Project](#), LGBTQ hotline
- [It Gets Better Project](#), LGBTQ support and hope
- [Trans Lifeline](#): (877) 565-8860, staffed by people who identify as transgender
- Info and resources for allies of trans kids: <http://www.imatyfa.org/>
- [My Kid Is Gay](#), a website for parents that also provides an e-care package for families.

## DOMESTIC VIOLENCE/SEXUAL ASSAULT

- [Domestic violence mini-lesson](#) by Louise Tremblay
- [National Domestic Violence Hotline](#)
- [Savannah Rape Crisis Center](#), includes local anonymous hotline
- [National Sexual Assault Hotline](#)

Keith's process: Listen to young person, listen to guardian. Is she ok? Are you ok? When she's able to come back, get her back to Deep—a space for writing and processing. Get the feelings out on paper and begin to make sense by getting it on paper.

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### **Suicide Talk, ASIST training with [Chatham Safety Net](#), 4/4/18**

Statements from the point of someone thinking about suicide

T: I need to Tell

- I need to openly tell someone about my thoughts of suicide (need for relief, invitation to ask)
- I would like to tell several people (also you as a helper should not be helping alone)

- I am aware that I may be cautious in saying it as openly as I want to (making an invitation)
- I will be watching for reactions (your face: is it open or closed? If you show judgment they may shut down)

A: I need someone to Ask

- Once I have given you any reason to think that I might be thinking about suicide, please Ask me exactly about suicide.
- Ask me as directly and clearly and as soon as you can: “Are you thinking about killing yourself?” (You need to say the words “suicide” and “killing yourself” v. “harming yourself. It makes a difference and can be a relief to the person sharing.)
- Right now that is exactly what I want you to do

L: I need someone to Listen

- I hope you are a good listener
- I hope you will listen to what I NEED to say, not to what you might like me to say
- I have not really talked to anyone about suicide (you might be the first person who’s open to talking about it)
- I need to clear my thoughts by talking through them

K: I need help Keeping Safe (as a responder, you give “first aid” key to their survival in this moment, then you refer them to an expert/other resources--If it was a heart attack, you’d do CPR, but you’re not a heart surgeon, so they’re sent to the hospital etc.)

- I don’t know what to do.
- Can you help me think about what needs to be done?
- Can you help me avoid dangers I may not fully recognize?

#### Self-care after someone discloses suicidal thoughts to you

- Focus on what you did do, not what you didn’t
- Remember that it’s ‘okay’ to feel upset – it’s a sign you care
- Talk to others about how you’re feeling – don’t bottle it up, don’t do it alone
- And remember not to shoulder all of the responsibility for keeping your loved one safe

## IMMIGRATION

- [2019 immigration rights and resources document](#)