

June 15, 2020

Dear HVMS Families,

We sure did miss getting to be with you all since March and see your faces each day!!!!
We hope you will enjoy each other this summer and stay active, healthy and safe!

We put some ideas and resources together for your families and hope for your best this summer and hope that we will all get to be together in September.

We will not be available till this fall. If you need any support, please reach out to the people in your life that you are close to and to any of the supports mentioned below.

Sincerely,

Your HVMS Counseling Team

IF YOU ARE EXPERIENCING A MENTAL HEALTH CRISIS,

call 911, or

visit the emergency room or

PLEASE CALL ONE OF THESE NUMBERS.

Clackamas County Crisis Line - 503.655.8585

Multnomah County Crisis Line - 503.988.4888

Washington County Crisis Line - 503.291.9111

Women's Crisis Line - 503.654.2288

Western Psychological Counseling Services(Available in the summer)

If your family or student needs emotional support, please fill out the quick link below

[Western Psychological School Based Program](#)

Parenting Support

[Childmind](#)

Connecting with your family

Connect through play

- **Board/Card Games**
- **Video games**
- **Sports**

Connect through activities

- **Cooking and Meals**
- **Physical movement**
- **Your family's spiritual beliefs**
- **Taking Walks**
- **Watching your favorite TV shows or movies**
- **Getting into nature**

Summer Virtual Activities

[45 Virtual Summer Camps](#)

[Good Housekeeping 30 Virtual Camps](#)

LOCAL RESOURCES

[Wichita Center](#) - 503-353-5663

[Food Resources from District.](#)

[Oregon Food Bank Location Find](#)

May 22, 2020

Every day can present new challenges as we face uncertainties. #WeThriveInside is a resource through Child's Mind Institute. They provide innovative telehealth, inspiring videos and online resources to families, as we all work to contain our worries during this "new normal". You can access these resources through the following link: <https://childmind.org/wethriveinside/>

We also want you to help that we are here to support your child(ren). As we continue on with on-line learning, students may feel overwhelmed or stressed, especially if they are falling behind or if there are other barriers that prevent them from logging on and completing/finishing assignments. We can help your child(ren) to make an engagement plan that works for them and

can follow up by communicating their needs to appropriate staff. Please reach out if we can help.

Sincerely,

Your counseling team

[Michelle Madera](#)

Last names: A through Han

[Hillary Smith](#)

Last names: Hao through Ng

[Kevin Wright](#)

Last names: Nh through Z

May 15, 2020

Caring for yourself is caring for your student

Hello Parents and Caregivers,

We just wanted to reach out to say Hello and Hang in there with all the changes that this COVID Challenge has brought into all our lives.

You are not alone as a parent and there are people and resources available to help support you and your families. Please reach out to Ms. Smith, Mrs. Madera or Mr. Wright if you want to talk or need support of any kind.

As parents, we so greatly influence our children's ability to cope with stress and change. As we take care of our own emotional, spiritual, physical, financial and other needs, our calm and joy flows to our children like fresh spring water from the mountains.

Some examples parents have shared with us that helps them move back towards calm are:

- * to remember to slow down and breath deeply
- * make a daily schedule
- * play with your family
- * share your worries and an anxieties with someone you trust
- * practice your spiritual beliefs
- * make meals together
- * stay active: walk, ride bikes, do Yoga, dance to a dance video or whatever you enjoy
- * and reach out and help others

You will find many resources on the district web site, our HVMS FB page-Parent Newsletter and Mailroom.

We look forward to hearing from you!

Sincerely,
The HVMS Counseling Team

[Michelle Madera](#)

Last names: A through Han

[Hillary Smith](#)

Last names: Hao through Ng

[Kevin Wright](#)

Last names: Nh through Z

May 8th, 2020

The COVID- 19 outbreak has introduced a new set of challenges and struggles for students as well as for families as we adjust to new routines and a new normal . Adjusting to these changes may introduce new mental, social, and emotional hurdles to overcome and we want to continue to communicate community resources to you that we think would be helpful. At HVMS, we partner with Western Psychological Counseling Services and we have included some links below for some NO COST psycho-education style clubs via zoom that are open to adults and students. Staff at Western Psychological& Counseling Services have created these clubs specifically with NCSD students as well as parents in mind.

[What is COVID-19?](#)

[Parenting in the age of COVID-19](#)

[Mindfulness in times of stress](#)

[Take a sacred pause](#)

[Zoom meetings in Spanish](#)

Western Psychological is also able to provide confidential virtual counseling for students. You can fill out the form in the link below and you will be contacted by a staff member from Western

who can initiate services for your child if you are interested. If you have questions about these services or would like some support in accessing Western please reach out to your student's counselor and we can help!

[WPCS School Based Referral Form](#)

Sincerely,

Your Counseling Team

Michelle Madera (Families: A-Han, maderam@nclack.k12.or.us)

Hilary Smith (Families: Hao-Ng, smithhi@nclack.k12.or.us)

Kevin Wright (Families: Nh-Z, wrightk@nclack.k12.or.us)

May 1st, 2020

Dear Heron Families,

As we all learn to navigate this new normal, your counselors know that, while we're all in this together, every family may be facing unforeseen challenges and experiencing their own ups and downs. The counseling team is continually adding resources and articles to [our website](#) that we hope you find valuable. We would also like to highlight a few of those resources here.



Resources to help you through COVID-19



Recursos Para Ayudarlo Durante el COVID-19

These are challenging times. If you need help, call.

211
For food service eligibility please call or text the numbers listed.
Call..... 211 or 1-866-686-4155
Text your zip code to..... 898211 (TX7211)
Email..... help@211info.org

General Numbers
Clackamas County Call Center..... 503-655-8224
Aging & Disability Resource Connection..... 503-650-5622

Housing
Coordinated Housing Access (CHA)..... 503-655-8575
Clackamas Housing Rights and Resources..... 503-650-5750
Renter Assistance: Fannie Mae..... 1-800-2FANNIE

Mental Health/Peer Supports
24/7 Crisis and Support Line..... 503-655-8585
Cascadia Behavioral Health..... 503-674-7777
Health Center - Willamette Behavioral Health Center..... 503-656-6061
MHAD EVOLE..... 503-922-2377
Morrison Child and Family Services..... 503-258-4381
Senior Loneliness Line..... 503-200-1633
Suicide Prevention Hotline..... 1-800-273-8255
Western Psychological..... 503-658-5515
Youth ERA..... 971-334-9295

Violence and Discrimination
A Safe Place Family Justice Center..... 503-654-2288
Casa Esperanza..... 503-674-9882
Clackamas Women's Services..... 503-654-2288
District Attorney's Victim Assistance..... 503-655-8616
El Programa Hispano - Proyecto Única..... 503-323-4448
Oregon Hate and Bias Incident Reporting Line..... 1-844-242-6227

Unemployment and Workforce
Employment Department's Claim System..... 1-877-345-4884
WorkSource Clackamas..... 971-673-6400

Meals and Food Boxes
ADRC Home Food Delivery..... 503-650-5622
Clackamas Service Center..... 503-660-6178
Oregon Food Bank Statewide Food Finder..... 503-650-7061
The Community Care Initiative..... 503-794-8008

Child and Family Services
Children's Center (Child Abuse Intervention)..... 503-655-7725
Northwest Family Services..... 503-546-6377
WIC..... 503-655-8476

Substance Use and Recovery Resources
Bridges to Change - Recovery Mentor Support..... 971-256-4135
Treatment Services..... 503-560-7800
CODA..... 503-640-7444
DePaul Detox and Outpatient..... 503-535-1151
Lifeworks NW..... 503-645-9010
Mental Health and Addiction Association of Oregon..... 971-337-6767
Project Hope..... 503-314-3309

LGBTQ+
SAGE (adults)..... 1-877-360-LGBT
Trans Lifeline (all ages)..... 1-877-565-8860
Trevor Project (youth)..... 866-488-7386

Healthcare & Health Insurance
Clackamas Health Center..... 503-655-8471
Locations: Beavercreek Health Center; Gladstone Health Center; Sunnyside Health Center; Sandy Health Center
Oregon Health Plan..... 1-800-699-9075
Volunteers in Medicine Founders Clinic..... 503-722-4400

211
Para saber si es elegible para servicios de alimentos por favor llame o mande un mensaje de texto a los siguientes números:
Línea de..... 211 o al 1-866-686-4155
Mande un mensaje de texto a..... 898211 (TX7211)
Mande un correo electrónico a..... help@211info.org

Números Generales
Centro de Llamadas del Condado de Clackamas..... 503-655-8224
Consejo de Recursos para Envejecimiento y Discapacidad..... 503-650-5622

Vivienda
Acceso a Viviendas Coordinadas (CHA)..... 503-655-8575
Asistencia para Inquilinos: Fannie Mae..... 1-800-2FANNIE
Derechos y Recursos de Viviendas de Clackamas..... 503-650-5750

Salud Mental/Apoyo Mutuo
Centro Cascadia de Salud del Comportamiento..... 503-674-7777
Centro Willamette de Salud del Comportamiento..... 503-656-6061
Consejo de Recursos para Envejecimiento y Discapacidad..... 503-650-5622

Centro Morrison de Servicios para Niños y Familias
Centro Psicológico Western..... 503-258-4381
ERA Juvenil..... 971-334-9295
Línea de Crisis y Apoyo 24/7..... 503-655-8585
Línea Directa para la Prevención de Suicidios..... 1-800-273-8255
Línea para Adultos Mayores con Soledad..... 503-200-1633
MHAD EVOLE..... 503-922-2377

Violencia y Discriminación
Asistencia a Víctimas del Fisco de Distrito..... 503-655-8616
Casa Esperanza..... 503-674-9882
Centro de Justicia Familiar Un Lugar Seguro..... 503-654-2288
El Programa Hispano - Proyecto Única..... 503-323-4448
Línea de denuncia de incidentes de odio y parcialidad de Oregon..... 1-844-242-6227
Servicios para Mujeres Clackamas..... 503-654-2288

Servicios para Niños y Familias
Centro de Niños (intervención de abuso infantil)..... 503-655-7725
Servicios para Familias Northwest..... 503-546-6377
WIC..... 503-655-8476

Comidas y Cajas con Alimentos
Banco de Alimentos de Oregon que Encuentra Alimentos en Todo el Estado..... 503-505-7061
Centro de Servicios Clackamas..... 503-560-6178
Entrega de Alimentos a Domicilio ADRC..... 503-650-5622
La Iniciativa de Cuidados Comunitarios..... 503-794-8008

Desempleo y Fuerza Laboral
Fuente de Trabajo Clackamas..... 971-673-6400
Sistema de Reclamos del Departamento de Empleo..... 1-877-345-3484

Uso de Sustancias y Recursos de Recuperaciones
Bridges to Change..... 503-560-7800
Centro de Ayuda de Recuperación de Mentores..... 971-256-4135
CODA..... 503-640-7444
Asociación de Oregon de la Salud Mental y Adicción..... 971-337-6767
Centro de Desintoxicación y Pacientes Ambulatorios DePaul..... 503-535-1151
Centro de Servicios de Tratamiento Lifeworks NW..... 503-645-9010
Proyecto Hope..... 503-314-3309

LGBTQ+
Línea de Vida para Trans (todas las edades)..... 1-877-360-LGBT
Proyecto Trevor (jóvenes)..... 866-488-7386
SAGE (adultos)..... 1-877-360-LGBT

Centros de Salud y Seguro Médico
Centro de Salud del Condado de Clackamas..... 503-655-8471
Localidades: Centro de Salud de Beavercreek, Centro de Salud de Gladstone, Centro de Salud de Sunnyside, Centro de Salud de Sandy
Plan de Salud de Oregon..... 1-800-699-9075
Voluntarios de la Clínica de Fundadores de Medicina..... 503-722-4400

Clackamas County has an updated list of current resources available to the community. There are resources available in [multiple languages](#), so please [click here](#) to learn more.

If you are struggling with access to food during this time, the [Wichita Family Support Center](#) is open on Tuesdays and Thursdays from 10am-2pm for picking up food and hygiene product

boxes for families. If you would like to donate to our Family Support Center, you can view their list of needed items and ways to donate by [clicking here](#).

The Partners for a Hunger Free Oregon also have a [continually updated list](#) of resources for access to food.

If there is other information you are interested in or if you could use support with accessing any resources, please reach out to your student's counselor.

Sincerely,

Your Counseling Team

Michelle Madera (Families: A-Han, maderam@nclack.k12.or.us)

Hilary Smith (Families: Hao-Ng, smithhi@nclack.k12.or.us)

Kevin Wright (Families: Nh-Z, wrightk@nclack.k12.or.us)

April 24th, 2020

Dear Heron Families,

Each April is designated as "Month of The Military Child." It is a time to honor the sacrifices made by military families worldwide with an emphasis on the experience of dependent children of military members serving at home and overseas. We hear from many of our students from Military Families "my parent serves our country and I do too."

Month of the Military Child is sponsored by the Department of Defence and other organizations such as DoDea.

https://dod.defense.gov/News/Special-Reports/0415_military-child/

On April 18, many people will wear purple to show support and honor the sacrifices of our military families. Purple indicates the combination of all branches of the military; Air Force blue, Army green, Navy Blue, Marine red and Coast Guard blue.

HVMS planned to provide a luncheon to honor our students and parents who are active duty, guard, reserves, retired or veterans. Unfortunately, due to the COVID virus, we are not able to honor you with a lunch this year but look forward to next year's luncheon.

We are still wanting to make sure we know all of our students who come from military families. If you are currently serving or have served in the military in the past, please email your school counselor or fill out [this quick form](#) to let them know so we can make sure we know who all our military connected students and families are.

Thank you again for you Service

Sincerely,

HVMS School Counselors

Michelle Madera

Families: A-Han

maderam@nclack.k12.or.us

Hilary Smith

Families: Hao-Ng

smithhi@nclack.k12.or.us

Kevin Wright

Families: Nh-Z

wrightk@nclack.k12.or.us

April 4th, 2020

Dear HVMS Families,

As a counseling staff, we want to reach out to you and offer our best wishes and support to you during this season of challenge and change with the effects of COVID-19. This crisis has impacted our HVMS families and community in such a variety of ways and in severity and intensity.

It seems that some of the main thoughts and feelings that we and others may be experiencing are uncertainty, what if, worry and fear. We want you to know you are not alone and to KEEP REACHING OUT to your loved ones, your support people, the HVMS Newsletter, and NCSD COVID-19 page. Our [counseling website](#) will also be continually updated with resources for students and families for coping with the stress of this time.

Your counselors will be reaching out by phone to all families over the coming weeks. We are available for students and families to answer questions, offer resources, and talk about any concerns you have for your student(s). For your awareness, calls from Michelle, Kevin, or Hilary will show up as a blocked phone number.

Please contact your counselor by email or by filling out [this quick form](#) if you have any questions or concerns at any point, or if your student needs some extra support.

Michelle Madera: Students A-Han, maderam@nclack.k12.or.us

Hilary Smith: Students Hao-Ng, smithhi@nclack.k12.or.us

Kevin Wright: Students Nh-Z, wrightk@nclack.k12.or.us

Helpful Resources

Crisis Line Phone Numbers:

- Clackamas County 24 hour crisis line: 503-655-8585
- National Suicide Prevention Lifeline at 1-800-273-TALK En español: 1-888-628-9454
- Crisis Text Line (text "HOME" to 741741)

Hotlines for Youth:

- The Teen Line: 1-310-855-HOPE (4673)
- Oregon Youthline call 877-968-8491 or text "teen2teen" to 839863
- Substance use help: 1-800-662-HELP (4357)
- For LGBTQIA+ Youth: The Trevor Project website or call (866) 488-7386
- For Native Youth: WeRNative, You are Not Alone Network

School Based Mental Health/Substance Use Services:

Western Psychological is offering office, phone and virtual therapy visits. If your child needs further mental health support or if you are concerned about their substance use please fill this [online referral](#).