

A message from

School Counseling Department Riverbend High School



Dear parents and students,

We know that this is an uneasy, uncertain time for us all. We, your school counselors and school social worker, want you to know that we are thinking about all of you and will continue to be here for you. While we are out of our offices, we wanted to communicate with you on what to expect from the School Counseling Department at Riverbend and some helpful resources.

How can I reach my school counselor and social worker?

All Riverbend counselors and Mrs. Parrish, school social worker, will be available through email. If you have a question, please email us! We are here to help. Our secretary, Mrs. Bohnstedt and registrar, Mrs. Jacobsen are also available through email to answer any questions you may have.

Mental Health Resources

The current outbreak of coronavirus can be scary, stressful, and cause a lot of anxiety with all of us. We urge you to please practice self-care, check on your loved ones, and seek immediate help if you or someone you know is expressing any suicidal thoughts. Here are our top resources:

[COVID-19 Mental Health Supports / Resources](#)

- [RACSB](#) 24-hour emergency mental health services: (540) 373-6876
- The [Fredericksburg Regional Food Bank](#) (540) 371-7666 can provide food for families in addition to what we distribute at schools.
- Suicide hotline: 800-273-TALK
- Substance abuse hotline: 800-662-HELP
- Spotsylvania Sheriff's Department non-emergency number: (540) 507-7200
- [Virginia 211](#) offers local information about services, food/rent support, etc.: dial 211 or visit their website
- Families can [sign up for Spotsylvania County text alerts here](#)
- Child Protective Services: (540) 507-7898 OR (800) 552-7096 after hours
- The [RACSB](#) Spotsy Office (540) 582-3980 is able to provide telehealth intakes/therapy appointments via Zoom. They are also able to provide therapy to individuals over the phone if they do not have internet access.
- [Mental Health America of Fredericksburg](#) offers personalized assistance in locating a mental health provider. Call their office at (540) 371-2704 Monday through Friday from 9am to 2pm.
- Food & healthcare assistance through [Spotsylvania DSS](#) - Citizens may apply for benefits (SNAP, TANF, Medicaid and Child Care) online at www.commonhelp.virginia.gov or by calling toll free 855-635-4370. For Medicaid only applications call 855-242-8282. Citizens may reach staff by contacting their caseworker via email or phone. If you do not know your caseworker, call 540-507-7898.
- Unemployment benefits can be requested through the [Virginia Employment Commission](#) - File a new claim online or by calling (866) 832-2363 Monday through Friday from 8:15am to 4:30pm
- Families who rent and are at risk of being evicted can learn more from the [VA Poverty Law Center](#).
 - Eviction Helpline: 1-833-NoEvict
 - Statewide Legal Aid Number: 1-866-LEGLAID

Wellness APPS



BREATHE



CALM



YOUPER



MINDSHIFT



MOODPATH



TIDE



WELLTRACK



SELF-HELP ANXIETY
MANAGEMENT



HEADSPACE

Academic Support

Here are some helpful tips for staying on top of academics while we are out:

1. Keep in touch with your teachers. When you have questions, be sure to ASK your teacher directly.
2. Make a schedule for yourself based on your personal needs and when you work best. KEEP your schedule and stay consistent!
3. Take breaks from your phone and social media to GET OUTSIDE!
4. Need extra support? Visit <https://www.khanacademy.org/> for help in most high school core subjects.

College Board has notified us of some changes to the SAT and AP testing. The March make-ups and May 2 SAT have been canceled. We know this may cause some stress for our juniors but as of right now, the June test is still scheduled. There are changes to AP Testing and course access. Please visit the link below for all information and be sure to check your email for more information from Mrs. Cheryl Wonsik and your AP teachers.

<https://pages.collegeboard.org/collegeboard-covid-19-updates>

In closing...

If you need something, please reach out to us. We will be mostly available through email.. Stay safe! Stay healthy!

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