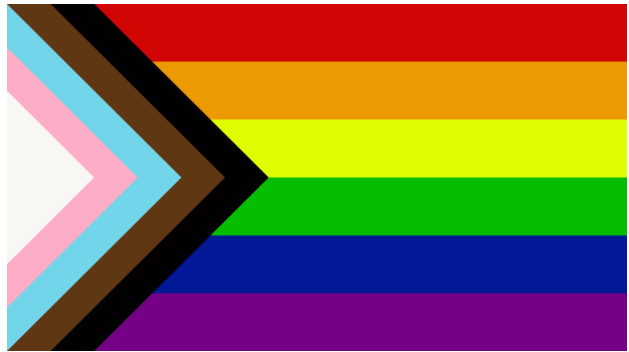


**“You never completely have your rights,
one person, until you all have your rights.”**

-[Marsha P. Johnson](#)

**SCHOOL
MENTAL HEALTH**
Tip of the Week



Resources to Stay Safe and Well

This week we're excited to launch our first quarterly publication of **Regional Resources to Stay Safe and Well** - intended for ALL students, staff and families. This new publication is available in English and Spanish, accessible via link and PDF, and is designed to be shared widely by schools through email, social media, and posted on district websites. [CLICK HERE](#) to access these resources.

Thank you in advance for getting the word out and promoting safety and wellness. We'd love to know how you use and share this resource, and ways we can improve it.



Regional Resources to Stay Safe and Well is made possible thanks to the PNW BOCES Suicide Prevention for Schools Regional Leadership

Team.

En beca y solidaridad,

Andrew, Ann, and the GCSC Team

Resources

[Supporting Black LGBTQ+ Youth \(PNW BOCES\)](#)

[CSS Student Leadership Summit Resources \(Co-sponsored by ACTION Collaborative Network, Elmsford UFSD, & Ossining UFSD\)](#)

[Podcast: Self-Care for Black Educators \(Leading Equity\)](#)

[Trans Student Educational Resources Infographics](#)

[Uplift Black and Brown LGBTQ Activists \(Learning for Justice\)](#)

[New York City schools integrate LGBTQ stories in social studies curriculum \(Chalkbeat\)](#)

[The Historical Legacy of Juneteenth \(NMAAHC\)](#)

[17 Ways to Celebrate Juneteenth With Kids \(We Are Teachers\)](#)

Last week's tip: [Pride with Joy](#)

Events

[Juneteenth events across the region](#)

[Weekly calendar for The LOFT: LGBTQ+ Community Services Center](#)

June 10: [Building Safety with Diverse SOGIE Youth and their Caregivers \(SMHRTC\)](#)

June 10: [Blake's Place: A Transmasculine Support Group \(BEAM\)](#)

June 10: [Join the Conversation: Familia Adelante \(Multi-risk Reduction Behavioral Health Prevention for Latino Youth & Families; Global MHTTC\)](#)

June 11: [Addressing Our Bias when Working with the LGBTQ+ Community Part I: Identifying Our Bias and its Impact on Our Work \(National Hispanic and Latino MHTTC\)](#)

June 12: [Yorktown Pride Party](#)

June 15: [Race & Education | Indigenous Education: Past, Present and Future \(The Hunt Institute\)](#)

June 15: [Risk, Resilience, & Trajectories in Preteen Suicide Synthesis Workshop \(National Institutes of Health\)](#)

June 15: [Providing Trauma-Informed Care for LGBTQ+ Children & Youth: Integrating FAP and TF-CBT \(U. of Maryland School of Social Work\)](#)

June 16: [The Latinx LGBTQ+ Community: The consequences of Intersectionality and the Use of the Affirmative Model for Latinx Populations \(National Hispanic and Latino MHTTC\)](#)

June 16: [A Space to be Whole: A Landscape Analysis of Education-Based Racial Affinity Groups in the U.S. \(Black Teacher Project\)](#)

June 18: [ACTION Collaborative Network Juneteenth Celebration](#)

June 23: [Heart Space - Holding Space for LGBTQ+ Folks \(BEAM\)](#)

June 24: [Abuso y Agresión Sexual en Poblaciones Latinas: Dinámicas e Intervenciones \(National Hispanic and Latino MHTTC\)](#)

June 25: [BEAM Collective Pride Celebration DJ Party \(virtual\)](#)

June 28: [Teaching to Strengths: Supporting Students Living with Trauma, Violence, and Chronic Stress \(RBERN\)](#)

June 29: [Beyond Crises: Overcoming Linguistic and Cultural Inequities in Communities, Schools and Classrooms \(RBERN\)](#)

June 29: [Race & Education | Misogynoir in Education: Experiences of Black Women in Education \(The Hunt Institute\)](#)

July 19-21: [New York Council of Administrators of Special Education](#)

Summer Institute

July 21: 8th Annual Regional Leadership Institute (RLI): Leading for the Future

Aug 10: Regional Sharing Summit: Future-Focused Leadership

Sept 21: DBT STEPS-A Administrators' Introduction

Sept. 27: CODA (Co-Occurring Disorders Awareness) in Schools Collaborative Kick Off

Starting Oct. 13: Implicit Bias Awareness Series

Oct 20-22: DBT STEPS-A Curriculum Implementation

Oct 26-27: DBT STEPS-A Intermediate Workshop

If you are unsafe at home, reach out to an advocate 24/7.

New York State Domestic and Sexual Violence Hotline

Call 1-800-942-6906; Text 1-844-997-2121

English & español/Multi-language Accessibility

Deaf or Hard of Hearing: 711

<https://opdv.ny.gov/>

The National Suicide Prevention Lifeline provides 24/7, free and confidential support and resources for anyone in distress.

Call 1-800-273-8255

<https://suicidepreventionlifeline.org/>

Lifeline ofrece 24/7, gratuito servicios en español, no es necesario hablar ingles si usted necesita ayuda.

Llamada 1-888-628-9454

<https://suicidepreventionlifeline.org/help-yourself/en-espanol/>

Trevor Project, for LGBTQ+ Youth

Call 1-866-488-7386; Text START to 678-678

Chat <https://www.thetrevorproject.org/get-help-now>

**Are you a Veteran in crisis or concerned about one?
Connect with the Veterans Crisis Line to reach caring, qualified
responders with the Department of Veterans Affairs.**

Call 1-800-273-8255; Text 838255

<https://www.veteranscrisisline.net/>

[Find Your Regional NYS Food Bank](#)

CLICK HERE IF YOU'D LIKE TO START RECEIVING THE TIP!

SUPERINTENDENTS

James M. Ryan, Ed.D.
DISTRICT SUPERINTENDENT

Todd Currie
ASSISTANT SUPERINTENDENT

Lynn Allen, Ed.D.
ASSISTANT SUPERINTENDENT

Louis T. Riolo
ASSISTANT SUPERINTENDENT

BOARD MEMBERS

Richard Kreps
PRESIDENT

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*All local BOCES provide professional development and support services and you should check with your local BOCES to see what is offered.
These offerings are not intended to take the place of similar offerings provided by your own BOCES.*