

MADISON COUNTY SCHOOL BOARD

Ms. Anna Graham, Superintendent
Mrs. Cathy Jones, Asst. Superintendent
Mrs. Tina Weaver, Dir. of Administration

60 School Board Ct.
Madison, VA 22727
(540) 948-3780

November 23, 2020

Dear Parent or Guardian,

Madison County Public Schools knows that education involves more than just academics, and schools can play a critical role in helping children navigate the increasing social and emotional challenges they face. Sadly, during this unprecedented time of virtual learning, social distancing and disruption to normal routines, students and families are navigating increased stressors in many areas of life. In our effort to support MCPS students and families, we are providing information to increase awareness and resources to support mental health for those families and their children who are in need. There still exists significant stigma around mental health, and specifically, topics like self-harm and suicide can be difficult to discuss. However, the good news is that awareness and support are highly effective interventions in addressing mental health concerns and preventing teen suicide. To that end, MCPS is providing all families with general information to help parents and caregivers distinguish between behaviors that are consistent with normal child-adolescent development and those that are cause for concern about a more serious situation.

According to the National Institute for Mental Health, *"in general, if a child's behavior persists for a few weeks or longer, causes distress for the child or the child's family, and interferes with functioning at school, at home, or with friends, then consider seeking help. If a child's behavior is unsafe, or if a child talks about wanting to hurt him or herself or someone else, then seek help immediately."* ("Children and Mental Health." National Institute of Mental Health, U.S. Department of Health and Human Services [Children and Mental Health](#)),

MCPS is also providing parents and caregivers with a comprehensive list of mental health providers and resources. This list will also be available online through each school's website and in Canvas. The information provided will include links to resources and providers' contact information. School counselors are available at each school and can provide age appropriate resources, additional support, and assistance, as well as referrals to outside mental health professionals and agencies, if needed.

If you are currently concerned about your child's mental health or risk for suicide, please immediately contact a mental health professional or your family physician. We are willing to assist families in seeking this help for their children, if needed.

If you have any questions or concerns please do not hesitate to contact your child's school counselor.

Sincerely,

Anna Graham, Superintendent
540-948-3780

agraham@madisonschools.k12.va.us

Madison Primary School
158 Primary School Dr.
(540) 948-3781

Waverly Yowell Elementary School
1809 N. Main Street
(540) 948-4511

Wm. Wetsel Middle School
186 Mountaineer Lane
(540) 948-3783

Madison Co. High School
68 Mountaineer Lane
Madison, VA 22727 (540) 948-3785

TEACHING - LEARNING - CARING
www2.madisonschools.k12.va.us

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GENERAL STRATEGIES & SUGGESTIONS FOR COPING AND OVERALL WELLNESS

- **Routine:** Create & stick to a daily schedule. We all need structure, but it is particularly important for healthy child and adolescent development.
- **Take care of your physical health:** Exercise regularly; try to eat healthy, well-balanced meals; practice deep breathing, stretching and/or mindfulness.
- **Rest:** Get plenty of sleep! The National Sleep Foundation recommends that adults get 7-9 hours of sleep each night, It is recommended that preschoolers through teenagers get 8-10 hours of sleep each night.
- **Limit screen time and overexposure to negative news coverage.** Take regular breaks from news and social media outlets.
- **Make time to unwind.** Participate in activities that you enjoy. Children may also enjoy creating artwork, reading books and playing games with family members.
- **Stay connected:** By text, phone, email or in person, connect with someone each day. Talk with people you trust about your concerns and how you are feeling.

MCPS School Psychologist: Comer Gaither, Psy.D. (cgaither@madisonschools.k12.va.us)

MCPS School Counselors:

Madison Primary School: Karen Organ-Lohr (korganlohr@madisonschools.k12.va.us)

Waverly Yowell Elementary: Nicole Keys (nkeys@madisonschools.k12.va.us)

Wetsel Middle School: Claire Edwards (cm Edwards@madisonschools.k12.va.us) and Sue Wood (swood@madisonschools.k12.va.us)

Madison Co. High School: Chelsea Cummings (ccummings@madisonschools.k12.va.us) and Torie Knighton (tknighton@madisonschools.k12.va.us)

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Local Mental Health Service Providers & Resources

One call can make a difference.

You may need to call several facilities in order to determine the one that best meets your needs. This list is provided as a resource and does not indicate any recommendation from MCPS.

Emergency Services

National Suicide Prevention Hotline: Call **1-800-273-8255** to speak with a trained counselor 24/7 - Free, Confidential support!

Crisis Text Line: Text **741741** to connect with a trained Crisis Counselor 24/7 - Free & Confidential!

Disaster Distress Helpline: Call **1-800-985-5990** (press 2 for Spanish), or text **TalkWithUs** for English or **Hablanos** for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.

National Domestic Violence Hotline: Call **1-800-799-7233** or text **LOVEIS** to 22522

Veteran's Crisis Line: Call **1-800-273-TALK (8255)** or [Crisis Chat](#) or text: **8388255**

Novant Health UVA Health System Culpeper Medical Center: Emergency Dept. (24/7 Mental Health Emergencies)

501 Sunset Lane, Culpeper T: (540) 829-4189 .

<https://www.novanthealthuva.org/locations/medical-centers--emergency-rooms/culpeper-medical-center.aspx>

Sentara Martha Jefferson Hospital: Emergency Dept. (24/7 Mental Health Emergencies)

500 Martha Jefferson Dr., Charlottesville T: (434) 656-7150

<https://www.sentara.com/charlottesville-virginia/hospitalslocations/locations/martha-jefferson-hospital.aspx>

Rappahannock-Rapidan Community Services Board (24/7 Crisis Services)

650 Laurel St., Culpeper T: (540) 825-5656 OR (540) 825-3100

<https://www.rrcsb.org/>

Mental Health Service Providers

Health Connect America

14115 Lovers Lane, Culpeper T: (540) 399-9970 OR (540) 222-2594

<https://healthconnectamerica.com/location/culpeper/>

Family Focus Counseling Centers, PC

John Borgens, LCSW 767 Madison Road, Suite 112-114, Culpeper T: (540) 829-9666 F: (540)349-2369

Individual and family work, behavior problems learning disabilities, anger and impulse control, substance abuse issues

<http://www.familyfocusva.com>

National Counseling Group

Bryna May, LPC 13230 Lovers Lane, Culpeper T: (540) 825-0705

In-home counseling, mentoring, mental health support services, individual and family counseling, substance abuse groups, dual diagnosis treatment, outpatient mental heal, substance abuse counseling, urine analysis/drug screens, polygraph services, supervised visitation, Re-Think (anger management) program, Therapeutic Foster care

<https://www.ncgcommunity.com/culpeperIntensive>

Region 10 - Greene Counseling Center

9963 Spotswood Trail, Stanardsville T: (434) 481-3890

<http://regionten.org/>

Creative Therapy Services Lindy Swimm, LCSW

214 N. East St., Culpeper T: (703) 380-6559 *Not Accepting New Clients

lindyswimm@gmail.com

Chrysalis Counseling Elise Stevenson, PhD, LCSW

605 N. Main Street, Culpeper T: (540) 727-0770

108 Schoolhouse Rd Ste 204, Madison T: (540)738-2245

54 E. Lee St., Warrenton T: (540) 347-0613

Intensive in-home counseling, mental health support services, therapeutic day treatment, substance abuse treatment, sex offender treatment, functional family therapy, outpatient therapy, psychiatric services, supervised visitation

www.chrysaliscenters.com

Water Wellness, LLC *Amanda Findley, LCSW*

317 S. Main St., Culpeper T: (540) 445-1820

Women's Issues, Child and Adolescent Issues, Stress Management, Binge Eating, Weight Management, Body Image, Anger Issues, Anxiety, Obsessive Compulsive Disorder, Separation Anxiety, Depression, Mood Disorders, School Issues, Social Skills Issues, Trauma, Grief and Loss, Life Transitions, Limited Deaf and Hard of Hearing Issues

<http://www.hopewaterwellness.com/>

Heartprints Coaching, Counseling and Consulting *Sharon Brani, M.Ed., LPC, NBCC*

700 Southridge Pkwy., Suite 301A, Culpeper T: (540) 825-1134

Life Coaching, Parent Coaching, Adoption Coaching, Spiritual Transformation Coaching, Health and Wellness Coaching

<https://heartprintscoaching.com>

Phyllis Byrne, LPC

13226 Lovers Lane, Culpeper T: (540) 829-9777

Family Life Counseling, LLC *John Flemming*

14115 Lovers Lane, Suite 160 B, Culpeper T: (540) 222-5402

In-Home Counseling, Supervised Visitation, Court Testimony, Mentoring Services

<https://www.family-life-counseling.org> jflemming@family-life-counseling.org

Commonwealth Counseling Services, Inc. *Lorie Davis, PhD.*

74 Legion Post Lane, Madison T: (540) 948-3372

Professional Alternatives Counseling *Ronald Nolley, LCSW*

1200 Sunset Lane, Suite 2122, Culpeper T: (540) 825-2788

www.professionalcounselingpiedmontva.com info@professionalcounselingpiedmontva.com

Empowering Families Program *Dr. Dan Price, LPC, Psy.D.*

The Culpeper Wellness Center 206 S. East Street, Culpeper T: (540) 829-6685

The Wellness Center – Charlottesville 901 Preston Ave, Ste. 201, Charlottesville T: (434) 971-8454

Intensive in-home counseling, mental health support services, individual and family therapy, psychological testing.

www.empoweringfamiiesprogram.com danpsy@aol.com

Psychology Associate, P.C. *Rosemary G. Nagel, Director*

112 Belleview Ave., Orange T: (540) 672-0474

Intensive In-home counseling, mentoring, outpatient services, outpatient individual and family therapy, psychological testing, ADHD assessment and treatment, risk assessment, forensic evaluation, anger control, parent-child attachment therapy

rgnagel@verizon.net

Jane Probst, LCSW

206 W. Edmondson St., Culpeper T: (540) 827-7395

Rafala Professional Counseling Services *Cindy Rafala, LPC | Gary Rafala, LPC*

700 Southridge Parkway, Suite 301 B, Culpeper T: (540) 829-0036

General practice counselors, occasionally work with children and teens

Dr. Kathleen Ross-Kidder

763 Madison Rd., Suite 206, Culpeper T: (540) 358-0930

www.advocate4ed.com/index.html

Ann Tate, LCSW

T: (540) 829-9033

Wendy Swenson, MSW, LCSW

400 Southridge Pkwy., Suite A, Culpeper T: (540) 661-6869

www.the5needs.com

wswensonlcsw@gmail.com

Jamie Austin, LPC

111 Spicers Mill Rd Ste C, Orange T: (540)661-9718