



Coronado Middle School FAQs & Community Resources Page

When are counselors available?

- *Ms. Kint and Ms. Vu are available by email during school hours on school days. Ms. Vu's office hours for students are Monday through Friday, 11am-1pm. Ms. Kint's office hours for students are Monday - Friday, 1pm-3pm. Counselor's email addresses can be found on the Counseling & Support PowerSchool page ([linked here](#)) and below. If you, or someone you know is experiencing a health, or mental health emergency, call 9-1-1.*
paulina.t.vu@coronadousd.net
misty.kint@coronadousd.net

How can my child sign up for a virtual counseling session?

- *You, or your child can email the counselor to request a virtual counseling session.*

How can I help my child remain calm during the crisis?

- *Keep a consistent schedule and designate a space for school work*
<https://www.familiesinschools.org/creating-a-new-routine-for-your-child/>
- *Remember to be reasonable and kind to yourself. You have taken on a new role.*
<https://covid-19.sdcoe.net/Health-Practices/Mental-Health-Resources>
- *Schedule learning breaks, activities, and on-line play dates*
<https://rochester.kidsoutandabout.com/content/250-creative-ways-keep-your-family-sane-during-covid-19-crisis>
- *Use the counselor lessons on the PowerSchool page to access breathing techniques, relaxation music, yoga, encouraging quotes, and much more.*
- *Limit or restrict consumption of news and talk shows*
- *Limit social media access when it becomes excessive or unhealthy*
<https://parentguide.first5california.com/en-US/chapter/children-and-technology>
- *Encourage your child to connect with teachers, counselors, and friends.*
- *Encourage your child to get fresh air and exercise*
<https://www.livewellsd.org/content/livewell/home/live-well-every-day/LiveWellatHome.html>
- *Manage your own anxiety and help your child manage their emotions*

https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20

- *Help your child focus on what they can control (washing hands, wearing a mask, finishing school work, etc.)*
<https://www.youtube.com/watch?v=S9s5CnQAwL4>

Should I talk to my children about COVID-19?

- *The National Association of School Psychologists (NASP) and the National Association of School Nurses (NASN) have tips for talking with your child about COVID-19. Find information and tips [here](#).*
- *More tips from Child Mind Institute*
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- *More tips from the Health Department at Harvard University*
https://www.health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192?mc_cid=797cda1119&mc_eid=98be1a1004

How can I submit tips to building administrators regarding safety of students, remotely?

- *You can report minor concerns using the Concerned Person Reporting Form ([linked here](#)) or you can email the counselors.*
- **California Child Abuse Hotline** - *For more information, or to report suspected child abuse, call 858-560-2191. Within the State of California you may call toll free 1(800) 344-6000. The Hotline is contacted when a member of the community has a concern regarding potential abuse or neglect of a child. Upon notification of the concern (via phone or fax), the Hotline Social Worker does an immediate assessment of the referral. If the child is determined to be at risk, a social worker is assigned to investigate. Hotline staff are available 24 hours per day.*
- **Coronado Call Center** - *Coronado has set up a call center to help answer questions and hear the concerns of residents. Please call (619) 522-6380 if you are concerned about a neighbor or family member, have concerns about food and other resources, or if you have questions about our local schools, City services or City business. The call center is open from 9 a.m. to 5 p.m., seven days a week.*

How can I get help for my child if there is a crisis on days that school counselors are not available?

- *If you have an emergency call 911, otherwise use the resources below.*
- **Access and Crisis Line** - *Provides support in crisis intervention, mental health referrals,*

alcohol and drug support services and community resources. Calls are confidential, free of charge, available seven days a week, 24 hours a day, and offered in more than 150 languages. Please call 888-724-7240.

<https://www.optumsandiego.com/content/sandiego/en/access---crisis-line.html>

- **Crisis Text Line** - Text HOME to 741741 from anywhere in the United States, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.
- **National Suicide Prevention Lifeline** - 1-800-273-8255 We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

What resources are available for military families?

- **Military Family Life Counselors (MFLC)** are providing telehealth service to our military community during the COVID-19 worldwide pandemic. These services include telephonic and video non-medical counseling in areas where face-to-face support is restricted due to COVID-19. We are pleased to announce this temporary capability to provide continuity of care. The model of MFLC telehealth is below.
 - Support for Adults: Telephonic and video non-medical counseling
 - Support for Children and Youth: Individual video non-medical counseling sessions for minors age 13 to 17 (parent or guardian must be available at the start of each video session to give parental consent and provide line of sight requirements)
 - Family video non-medical counseling for minors 6 to 12 years of age (parent or guardian must attend each session)
- Our CMS MFLC, Mrs. Lisa Poli, can be contacted at 619.592.0821 to establish a telephonic or video non-medical counseling appointment. Email is not an available option.
- If you or any military-connected families you know are struggling during this time, please contact Mindy Hayes at 619-991-2509 and mindy.hayes@navy.mil, School Liaison Officer Naval Base Coronado, for more resources.
- Counseling and additional resources
<https://www.militaryonesource.mil>
www.navylifefsw.com/slo
- Online Tutoring (free for active duty)
<https://www.tutor.com>
- Anchored4Life (A4L) offers numerous live webinars offered focusing on A4L's 10 core topics. A4L's purpose is to deliver high-quality transition and resilience support for the youth of our military service members.
<https://anchored4life.com/e-learning-series>

What community resources will be available for families to access?

- **Coronado Unified School District** - Meals consisting of five day's worth of breakfast and lunch will be distributed on Mondays only from 11 a.m. to 1 p.m. or until supplies last at the sites below. Meals will be handed out to students age 18 and under. Village Elementary School - 600 6th St. (distribution on H Street) and Silver Strand Elementary School -1350 Leyte Rd.
- **2-1-1** connects people with San Diego county's more than 6,000 social services available. They offer support in housing and utilities, food assistance, enrollment services, military and veteran services, health, social, and disaster services. Assistance is free, confidential, available 24/7, and offered in more than 200 languages.
- **City of Coronado** is broadcasting programs it typically offers at the Library, Spreckels Center and Community Center such as chair yoga, Library Story hour, Cultural Arts videos and Recreation dance programs for kids. In partnership with the Library, Recreation Department and Cultural Arts Commission, the City is creating new content daily. The City is engaging staff, local creatives and teachers to provide programming that otherwise would not be available to our citizens during this time. For online programming please visit <https://coronado.12milesout.com/livevideo>
- **Coronado Public Library** - Although closed, the Coronado Public Library continued to offer services to the community including access to eBooks, audio-books, movies and magazines. Online services are still available. A lot of people are asking about how to get a Coronado Public Library card at this time. This is how: Fill in an application online through our website, www.coronadolibrary.org. Then take a photo of your California or Military ID on your phone and email it to cmorris@coronado.ca.us. We will email back a barcode number and a temporary PIN. Physical cards will be held for pickup when the library reopens. If you have any questions, call (619) 522-7390.