March 24, 2020

Hello from the APW JSHS support staff team!

We want everyone to know that we are here and available to help support you as we are all adjusting to this difficult and ever-changing situation. The school counselors, along with the school psychologist and behavior specialist, are available to provide counseling support to our students. We check our email every day. Please reach out to us whether it is to touch base, check in, or if you have concerns for any reason. Our team is available to assist you in any way possible because we care about each and every one of you.

We realize this is a difficult time and that there are a lot of unanswered questions. You may be struggling with school work, miss seeing your friends on a daily basis, or just have cabin fever. You are not alone. We are all in this together and communication is the key to get through this. These are unchartered waters for us all and your concerns are likely shared by others.

We have great resources for our APW families and we hope you utilize all that we have available. Additionally, our School Based Health Center staff are now working directly through ConnextCare. If you have any medical or behavioral health concerns, please reach out to ConnextCare at 315-298-6564 for medical concerns or 315-298-6564 ext. 2026 for behavioral health concerns. If you require immediate assistance or require emergency medical services, please call 911.

Please refer to the following link for additional mental health information during this unprecedented time:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

We miss you all and we are hoping you are taking all the necessary measures to stay healthy. Please take care of yourselves and we can’t wait to see you!

Sincerely,

The APW JSHS Support Staff

•Mrs. Coppola – High School Counselor, last names A-K [mcoppola@apw.cnyric.org](mailto:mcoppola@apw.cnyric.org)

•Mr. Algie – High School Counselor, last names L-Z [ralgie@apw.cnyric.org](mailto:ralgie@apw.cnyric.org)

•Mrs. Paterson – Jr. High School Counselor [jpaterson@apw.cnyric.org](mailto:jpaterson@apw.cnyric.org)

•Mr. Olsen – School Psychologist – [tolsen@apw.cnyric.org](mailto:tolsen@apw.cnyric.org)

•Mrs. Tanner – Behavior Specialist – [stanner@apw.cnyric.org](mailto:stanner@apw.cnyric.org)