

THIS DOCUMENT UPDATES PERIODICALLY

Last Updated: 2/3/2022

Dear Parents, Guardians, Community and Staff,

This past year presented so many different challenges and obstacles that tested our strength and resiliency. The pandemic forced us to cope with situations we never even imagined, and a lot of us struggled with our mental health as a result. As we enter summer intercession, there are still community tools and resources available that can support your well-being.

Crisis Hotlines 24/7, FREE, Confidential

- Maricopa Crisis Line (602) 222-9444
- Crisis Text Line 741-741
- Teen Lifeline (602) 248-8336
- Trevor Lifeline for LGBTQ youth 1-866-488-7386
- Domestic Violence 800-799-7233 or Text "LOVEIS" to 22522

If you are interested in locating mental health/counseling services for you or a loved one, below are some helpful places to start:

Insurance Provider

- Your insurance company can assist in locating mental health providers covered in your plan. Check out the insurance website for search tools of local agencies that accept your insurance plan.

Psychology Today

- Psychology Today provides a database of local therapists, psychiatrists, treatment centers, and support groups. Use the search tool for insurance, zip code, specialty, etc. to locate the best provider to fit your family's needs.

• <https://www.psychologytoday.com/us>

notMYkid

- notMYkid is a non-profit organization and licensed outpatient mental health treatment center providing individual, family and group therapy, peer support and group coaching. For more information or to schedule a consult, fill out the pre-screening tool available on their website: <https://notmykid.org/behavioral-health/>

211 Arizona Information and Referral Service

- 2-1-1 Arizona operators assist individuals and families in locating resources to improve and save lives such as:
 - Supplemental Food and Nutrition Programs
 - Shelter and Housing Options
 - Utilities Assistance
 - Employment and Education Opportunities
 - Services for Veterans
 - Support groups for individuals with mental illnesses or special needs
 - Healthcare, vaccination, and health epidemic information
 - Addiction Prevention and Rehabilitation Programs
 - A safe, confidential path out of physical and/or emotional domestic violence.
- <https://www.211.org/>

Chandler Care Center

- For resources, food boxes, community referrals, parenting programs, immunizations, or health and wellness reach out the Chandler Care Center for additional assistance.
- Chandler Care Center 777 E. Galveston St. Chandler, AZ 85225 480-812-7900 www.chandlerCAREcenter.com

Not OK

- Not OK app is a free pre-crisis app that takes the guesswork out of asking for help. This app allows users to send a text and their location to trusted contacts, guided breathing support, and crisis hotlines all at the touch of a button. <https://www.notokapp.com/>

For Providence HS employees, EAP preferred offers 24-hour telephone access to confidential counseling services to support a variety of issues and challenges. Coverage includes up to 6 one on one counseling sessions at no cost to you. EAP preferred is the CUSD provider until June 30th, 2021.

- **EAPpreferred** (602)264-4600 <http://eappreferred.com/>

Effective July 1st, the employee assistance program provider will be changing to ComPsych. Reach out to their 24/7 line for additional information.

- **ComPsych** (833)955-3386 24/7 <https://www.compsych.com/>

We look forward to our return for the 21-22 school year and continuing to care for our students and community!

Kindly,

Rhonda Rickard
Principal
Providence High School
(480)284-5999

Child Find

Providence High School actively seeks students, grades 9-12 and up to age 21, that may benefit from special education services. We use this notice as one means of annually informing our school staff, the public, and all parents/guardians within the school's boundaries of our responsibility to make a free, appropriate public education (FAPE) available to all middle and high school age students with disabilities.

In order to provide FAPE:

Screening for possible disabilities will be completed within 45 calendar days after notification to the responsible public agency by the parents/guardians of the student, or after any student enrolls in our school without appropriate records of screening, evaluation, and progress in school. The Child Study

Team (CST) will look at the student's ability in the areas of academics, vision, hearing, adaptive living, communication, social/emotional and motor skills.

For students who have not been involved in special education services previously, this CST may then suggest modifications and accommodations to be implemented in the general education setting for a period of time. The CST will reconvene after these pre-referral interventions have been in use to determine their effectiveness.

- If after consultation with the parents/guardians, the responsible public agency determines that a full and individual evaluation is warranted, the public agency will provide required notices to the parents/guardians within 60 calendar days.
- An initial, comprehensive evaluation of a student being considered for special education will be completed, at no cost to the parents /guardians, as soon as possible, but time may not exceed 60 calendar days from receipt of informed written parents/guardians consent.
- In the case of a student who is identified with a special education need, a reevaluation of that need is conducted every 3 years, or more frequently if requested by the student's parents/guardians or teacher. The re-evaluation process need not include formal assessments.
- Some students who are not eligible for special education services may be eligible for support under Section 504 of the Rehabilitation Act of 1973. If eligible, school staff and the parents/guardians may develop a written plan to assist the student.
- If you have knowledge of a student, aged 13 through 21 years of age - including those attending private schools and home schools - who may require special education services, please call the school. Here is the website for AZ Find <https://www.azed.gov/specialeducation/az-find/>