

DEPARTMENT OF SCHOOL SOCIAL WORK

REGION 1 COMMUNITY RESOURCE INFORMATION

BACK-TO-SCHOOL 2020



Welcome Back-To-School!!!! During this time of uncertainty, DeKalb County School Social Workers are here to support students and their families. School Social Workers function as a link between the home, school and community. We can assist families who are experiencing social, familial and/or economic challenges that impact the learning process of students.

The beginning of the school year is often usually an exciting time, but it can also be a bit challenging. This is particularly the case this year as we start off with virtual learning because of the COVID-19 pandemic. We wanted to share some resources you may find helpful.



ONLINE SAFETY TIPS

- ⇒ Set expectations and time limits
- ⇒ Monitor usage (i.e. check browsing history)
- ⇒ Know who their online "friends" are
- ⇒ Make sure you have an antivirus program
- ⇒ Familiarize yourself with different apps and how they are used
- ⇒ Make sure that security settings are in place
- ⇒ Use parental controls and filters

LOW COST INTERNET ACCESS

EVERYONEON

A nonprofit organization dedicated to creating social and economic opportunity by connecting low-income families to affordable internet service and computers.

www.EveryoneOn.org

COX CONNECT2COMPETE

Home internet with wifi for only \$9.95 per month for eligible low income households. To qualify, your household must have at least one K-12 student and participate in a government assistance program. Applicants may need to provide documentation for eligibility.

<https://www.cox.com/residential/internet/connect2compete.html>



INTERNET ESSENTIALS FROM COMCAST

Affordable high-speed Internet for \$9.95 + tax per month for low income eligible households. You may qualify if you are eligible for public assistance programs (i.e National School Lunch Program, Medicaid, SNAP, SSI, and others).

<https://www.internetessentials.com/>

ACCESS FROM AT&T

Internet service for \$10.00 per month or less. Access from AT&T provides low-cost internet service for eligible households.

<https://www.att.com/internet/access/>

SPECTRUM INTERNET ASSIST

The Spectrum Internet Assist program provides reliable, high-speed internet access at an affordable price for low-income eligible households.

<https://www.spectrum.net/support/spectrum-internet-assist/>



Mental Health and Wellbeing

These are stressful times for both parents and students alike. We have all had to adjust to a “new normal,” even if it is just temporary. Our lives have all been impacted one way or another by the pandemic and the adjustments we have had to make. From working remotely or learning virtually to having to restrict our movements and be more conscientious when we leave our homes. Some people have lost loved ones or access to them, jobs, homes, etc., but we have all experienced losses. All these things create different feelings within all of us. Whatever we feel is okay and having an awareness of what those feelings are is the first step in being able to effectively cope with them. Below are some resources that can be used to ensure that we are taking care of our mental health and wellbeing.



Medical & Mental Health Resources

CETPA

6020 Dawson Boulevard, Suite I
Norcross, GA 30093
(770) 662-0249
<https://www.cetpa.org/>

DeKalb Community Service Board

Central Access Line Call (404) 892-4646
<https://dekcsb.org/>

Mercy Care – Chamblee (works w/ Uninsured)

5134 Peachtree Road
Chamblee, GA 30341
678-872-7100
<https://mercyatlanta.org/>

Oakhurst Medical Centers

5582 Memorial Drive
Stone Mountain GA 30083
(404) 298-8998
<https://www.oakmed.org/>

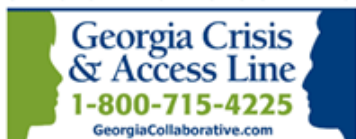
Psychology Today (referral site)

<https://www.psychologytoday.com/us>
Click “Find a Therapist” tab to search for a variety of therapy options close to your home

The Summit Counseling Center

2750 Old Alabama Road, #200
Johns Creek, GA 30022
(678) 893-5300
<https://summitcounseling.org/>

A CRISIS HAS NO SCHEDULE



Help is available 24/7 for problems with developmental disabilities, mental health, drugs, or alcohol.
Provided through the Georgia Collaborative ASO

Georgia COVID-19 Emotional Support Line

866-399-8938

Effective June 1, 2020 - Hours of Operation: 8 am - 11 pm



Ways to nurture one's self:

1. Take a warm relaxing bath.
2. Have a cup of tea.
3. Read a good book or listen to music.
4. Take 30 minutes to just be by yourself.
5. Take a walk.

REGION ONE SCHOOL SOCIAL WORKERS

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