

Babylon UFSD

2021-2022

Communication Guide

HS Main Office 893-7910

Al Cirone, Principal

Neal Campbell, Assistant Principal

HS Guidance Office 893-7942

Francesca Castro, Counselor

Rebecca Cifelli, Counselor

Tracy Lesnick, Counselor

Stephen Vaccaro, Counselor

Allison Waters, Psychologist

Dennis McGovern, Social Worker

Babylon Memorial GS 893-7980

Steven Goldberg, Principal

Lauren Fretto, Assistant Principal

Kristen Scheriff, Counselor

Jessica Linder, Psychologist

Elaine DiGiacomo, Social Worker

Babylon Elementary School 893-7960

Danielle Flaumenhaft, Principal

Patricia Bocchimuzzo, Psychologist

Kristen Scheriff, Counselor

District Directors

District Director of Special Education

Lisa Consolo 893-7941

District Athletic Director

Mike DeJoseph 893-7933

District Director of Information Technology

Dave Dileo 893-7983

District Director of Guidance

Dennis Murphy 893-7942

Directors 7-12

Director of Science

Melissa Callahan

Director of Discipline

Mike Collins

Director of English

Teresa Collins

Director of Fine Arts (K-12)

Charles Leech

Director of Technology

Frank Mancuso

Director of Practical Arts

Dennis McGovern

Director of Math

John Michele

Director of Social Studies

Christopher Ryan

Director of World Languages

Michelle Scharff

Director of Special Education

Stephen Vaccaro

Looking for information?

1. Visit the District and School Websites
2. Phone Messages – numbers listed
3. District & Staff Email Addresses:
FirstinitialLastname@babylonufsd.com

What you can expect from the staff?

1. Timely responses from teachers, support staff, and administrators
2. Professionalism, courtesy, and respect from all staff members.
3. Honest dialogue regarding your child.

What is expected of parents/guardians?

Courtesy, respect, and understanding go a long way in helping all parties reach a successful outcome for your child.

Whom do I contact for ...

Attendance and Health Concerns:

1. Nurse/Attendance
2. Guidance Counselor (K-12)
3. Social Worker, Psychologist

Academic Concerns:

1. Classroom Teacher (K-6)
2. Guidance Counselor (K-12)
3. Academic Director (7-12)
4. Principal, Assistant Principal

Behavioral/Social and Emotional Concerns:

“My child is being bullied in school by other children”

1. Classroom Teacher (K-6)
2. Guidance Counselor (K-12)
3. Social Worker, Psychologist
4. Principal, Assistant Principal

“My child is having a difficult time w/friends,” or “My child seems depressed,” or “My child suddenly hates school”

1. Classroom Teacher (K-6)
2. Guidance Counselor (K-12)
3. Social Worker, Psychologist
4. Principal, Assistant Principal

“I need help accessing community resources”

1. District/School Website
2. Social Worker, Psychologist, Guidance Counselor (K-12)
3. Principal, Assistant Principal

“I (my child) need(s) help coping in times of crisis/difficulty”

1. Guidance Counselor (K-12)
2. Social Worker, Psychologist
3. Principal, Assistant Principal

“I noticed changes in my child’s eating, sleeping, friends, use/abuse of drugs or alcohol”

1. Guidance Counselor (K-12)
2. Social Worker, Psychologist
3. Principal, Assistant Principal

Family Issues/Changes in the Home

“There have been changes in our home such as loss of a family member, divorce, financial stress, job loss, or food insecurity”

1. Guidance Counselor (K-12)
2. Social Worker, Psychologist
3. Principal, Assistant Principal

Mental Health and Community Resources

Mental Health Resources

Suffolk County Directory of Behavioral Health Services

<https://www.suffolkcountyny.gov/Departments/Health-Services/Mental-Hygiene/Directory-of-Behavioral-Health-Services>

Suffolk County Crisis Response DASH (Diagnostic, Assessment, and Stabilization Hub)

90 Adams Avenue
Hauppauge, NY 11788
631-952-3333

CPEP (Comprehensive Psychiatric Emergency Program)

Stonybrook Psychiatric Associates
Dept. of Psychiatry & Behavioral Health
HSC, Level T-10, Rm 020
Stonybrook, NY 11794
631-444-6050

Response Hot Line

<http://www.responsecrisiscenter.org>
631-751-7500

Suffolk County Dept. of Social Services Emergency Services Hotline

631-854-9100

Suffolk County Mobile Crisis

998 Cooked Hill Road
West Brentwood, NY 11717
631-761-3303

South Oaks Hospital

400 Sunrise Highway
Amityville, NY 11707
631-608-5610

Babylon Youth Bureau

281 Phelps Lane
North Babylon, NY 11703
631-422-7626

Community Resources

Suffolk County Department of Social Services

2 South 2nd Street
Deer Park, NY 11729
631-854-6600

Island Harvest Food Bank Locator

<https://www.islandharvest.org/families>

Long Island Cares Food Bank

<https://www.licares.org/find-food/>

Healthy Coping Skills:

Practice your healthy coping skills. Here are a few healthy coping tips to consider:

- ✓ Take breaks from media.
- ✓ Exercise. Moving your body regularly is helpful for your body and for your mind.
- ✓ Make it a priority to have regular, nutritious meals. Try to keep healthy snacks like fruits and vegetables around for snacking.
- ✓ Set a bedtime and wake time on a regular schedule and keep a relaxing routine prior to sleep.
- ✓ Keep your mind busy. Instead of avoiding thinking about something, find something else to focus on, like learning a new skill or engaging in a low stress conversation.
- ✓ Practice gratitude, for example by making a goal to jot down 3 small positive moments at the end of the day.
- ✓ Connect to nature. Getting outside in the fresh air, even for a few minutes each day, is good for your mental health.
- ✓ Find creative outlets, such as journaling or music that allow you to redirect your thoughts by shifting your focus onto the creative process.

Warning Signs of Stress in Children:

Children and adolescents respond to stress in different ways. Parents and caretakers can look out for signs of stress including:

- ✓ Difficulty with attention and focus.
- ✓ Changes in eating or sleeping habits.
- ✓ Avoiding activities, especially activities they previously enjoyed.
- ✓ Somatic/physical symptoms, like headaches, stomachaches, etc.
- ✓ High level of worry and obsessive thoughts.
- ✓ Sadness, irritability, and anger.
- ✓ Seeming to lose attained skills, such as having more toileting accidents.
- ✓ Use of substances.

“Patience, Flexibility and Compassion”

How Parents Can Help Children to Cope:

Validate your child and let them know it is normal to feel sad, scared, or mad sometimes. Remind them that they will not always feel that way.

- ✓ Help them remember how they have gotten through hard times in the past.
- ✓ Keep lines of communication open with your child. Talk openly and bring up difficult topics even if your child does not.
- ✓ When children ask questions, thank them for bringing up the topic and answer honestly. If you do not know the answer, let them know, and think together about how to get the answer.
- ✓ When children bring up opinions they have heard, ask neutrally where they learned those so that you can help them evaluate whether and how much to trust their sources.
- ✓ Share information at a developmentally appropriate level. Reassure your children about the ways you and the community are keeping them safe. Check if your child has understood what you said by asking them to repeat back to you what they heard.
- ✓ Talk with your older children or adolescents about how you are assessing risk and what helped you make your decisions. Then, find a way for them to stay connected with their peers within the boundaries that you set. This could be virtually or through safe in-person socializing.
- ✓ Show your child how you cope with stress. Children are learning from what you do more than what you say.
- ✓ As much as possible, keep some routines. While it is important to build flexibility, having some structure is good for mental health during a time of uncertainty.
- ✓ Take advantage of a different schedule to try new ways to make meaningful connections with your children. Take up reading a series out loud, listening to music, outdoor walks, or building sets together.
- ✓ Reach out for parenting help if you need it.

Dealing with Complicated Grief, Posttraumatic Stress Symptoms, and Other Intense Reactions

After the peak of a disaster, most people return to their regular functioning. However, in the months after the disaster, some more serious mental health consequences can start to arise. Monitor yourself and loved ones for signs that you might need some additional supports. Some of the more common mental health disorders that you or a loved one might experience are:

- Depression
- Complicated Bereavement
- Post-Traumatic Stress Disorder
- Substance Use Disorder
- Anxiety Disorders

Remember that you are not alone. If you are feeling stressed, overwhelmed, or thinking about hurting yourself or someone else, please reach out for help.

SupportServices@BabylonUFSD.com

SupportServices@BabylonUFSD.com is a way for students and parents to contact school officials regarding issues affecting student health, safety, and welfare. If you have a concern about a school or community issue related to our young people, do not hesitate to contact us.

Internet Based Resources:

How to Talk with Children About Difficult News:
www.apa.org/topics/child-development

Coping Tools for Youth and Families:
www.mentalhealthdny.org/parents/coping-tools-for-youth-and-families/

Dignity for All Students Act (DASA)

DASA seeks to provide all students with a safe and supportive school environment free from harassment, bullying and discrimination based on an individual's real or perceived race, weight, national origin, ethnicity, religion, religious practices, mental or physical abilities, sexual orientation, gender and/or gender identity. Incidents of bullying, harassment, threats, intimidation, or discrimination must be reported to school personnel.