Fall has arrived! The change in seasons brings anticipation of favorite traditions as well as new opportunities. Change also comes with mixed emotions as we continue to navigate life in the midst of the pandemic. Whether your family is going with the flow, feeling like you're facing relentless challenges, or somewhere in between, Broken Arrow Public Schools wants you to know that you are not alone.

This month's newsletter highlights the supports and services available to students and families in Broken Arrow Public Schools through our school counselors and our school-based community mental health agency partners. In addition, you'll find guidance on when to seek help if you have concerns about your student's social-emotional well-being. Also you will find important information regarding bullying prevention and simple strategies for talking to your child or teen about substance abuse prevention. Please take advantage of the various resources mentioned throughout this publication.

School Counselor Contacts
Broken Arrow Public Schools is committed to the overall well-being of students and families. If you need to contact your school counselor, email them to let them know the best way to reach you and they will reply according to your preference. They are available to help! Please click HERE for a list of the school counselors and their email addresses.

Remember, school counseling is available to all families including those participating in the BA Virtual Academy. Please contact your child's counselor at their assigned site to access services.

A Note for Virtual Academy Families
Students who are enrolled in the Broken Arrow Virtual Academy are encouraged to utilize the services, supports, and resources offered through the district. Some are available virtually, while others necessitate some in-person contact. All are conducted with appropriate safety protocols. Contact your child's counselor at their home site or their virtual roster teacher for more information.

- Connect with Counseling Services (see pg. 2 for more info.)
- Access medical care through Team Clinics
- Pick up school lunch at the cafeteria
- Participate in extracurricular activities

When to Seek Help
Raising children and teens can be both a rewarding and challenging experience for parents and caregivers. Sometimes, despite your best efforts, you may need to seek professional help to support and guide your family along the way. The articles below share practical advice on deciding when to reach out as well as how to prepare children and teens.

When Is It Time to Get My Child Help for Mental Health Issues?
by Child Mind Institute, Understood Founding Partner

Preparing Teens to Seek Professional Help
Center for Parent and Teen Communication

On page 2 of this newsletter, you'll learn more about Counseling Services that are available through partnerships with Broken Arrow Public Schools.

Holiday Assistance through BA Neighbors
Click the image below for more information about this important community resource!
Counseling Services through Agency Partners

Community mental health agencies have been providing therapeutic services in school settings for decades. Broken Arrow Public Schools is proud to continue the partnership with Daybreak Family Services and Family & Children’s Services to meet the social-emotional, behavioral, and mental health needs of our students and their families.

There are many benefits to having these partners in each of our schools, including:

- **reduced time out of class** as travel to another location for an appointment is not necessary.
- **flexibility** in how services are provided. Not only can therapists see a student during the school day, they can also meet with the student and family at home during school breaks or for additional sessions. Virtual appointments are possible as well.
- **multiple payment options**. Agency partners can bill your insurance or Medicaid, accept private pay, or assess your eligibility for financial assistance.
- **team support and communication**. Parents, caregivers, teachers, school counselors, and therapist can work together to ensure appropriate information is shared easily and students receive consistent support for their needs.

Learn more! Click on the image above to watch a short video about school-based mental health services.

2 Ways to Connect

1. Contact your school counselor. 
   (See the link on page one for contact info.)

2. Complete this short form and your school counselor will follow up.

Arrowhead Elem.  
Aspen Creek Elem.  
Country Lane Prim.  
Country Lane Int.  
Creekwood Elem.  
Highland Park Elem.  
Leisure Park Elem.  
Liberty Elem.  
Lynn Wood Elem.  
Rhoades Elem.

Timber Ridge Elem.  
Vandever Elem.  
Wolf Creek Elem.  
Centennial M.S.  
Oliver M.S.  
Oneta Ridge M.S.  
Sequoyah M.S.  
Freshman Academy  
BA High School  
BA Options Academy

Arrow Springs ECC  
Aspen Creek ECC  
Creekwood ECC  
Park Lane ECC  
Oak Crest Elem.

Rosewood Elem.  
Spring Creek Elem.  
Childers M.S.  
Freshman Academy  
BA High School

David Peters, LCSW  
Executive Director

Faith Crittenden, LCSW  
Program Director: Children’s Mental Health & School-Based Services
According to the Anti-Defamation League, "BULLYING is the repeated actions or threats of action directed toward a person by one or more people who have or are perceived to have more power or status than their target in order to cause fear, distress or harm."

Parents and caregivers play an important role when it comes to preventing and intervening with bullying. Whether you may have concerns that your child has been bullied, may exhibit bullying behaviors, or you want to help empower them to be an ally instead of a bystander, having informed conversations with them is a crucial first step. Check out the resources below for strategies you can use.

**Bullying and Cyberbullying Prevention Strategies and Resources**
Anti-Defamation League

**Talking with Your Kids about Bullying: A Guide for Parents**
Anti-Bullying Coalition - preventbullyingtulsa.org

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**Report It!**

Broken Arrow Public Schools strives to ensure a safe environment for every student. Help us stop bullying, drug usage, and violent threats.

If you have witnessed or hear about a bullying situation, drug use, or a threat of violence against you, another student or the school, please [CLICK HERE TO REPORT IT].

To access information bullying, drug use, and violence please click [HERE] to access the student handbooks and policies.

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**October is...**

Experts at the National Childhood Traumatic Stress Network (NCTSN) state that this month "has been a time to highlight the vital role of substance abuse prevention in both individual and community health has, to remember those who have lost their lives to substance abuse, to acknowledge those in recovery, as well as children, parents, family, and friends supporting them. Studies show that the earlier an individual starts smoking, drinking or using other drugs, the greater the likelihood of developing addiction. Every year that substance use is delayed during the period of adolescent brain development, the risk of addiction and substance abuse decrease."

"Parents are often concerned that their children will start (or are already) using drugs such as tobacco, alcohol, marijuana, and others—including the misuse of prescription drugs. Research supported by the National Institute on Drug Abuse (NIDA) shows the important role that parents play in preventing drug use in their children. Check out the Family Check-Up: Positive Parenting Prevents Drug Use Guide to learn more!"

Click [HERE] for a list of substance abuse prevention resources from NCTSN.

Many schools in the district celebrate Red Ribbon Week to inspire kids to be drug free. Learn more about the Red Ribbon Week prevention campaign [HERE].
Social Emotional & Counseling Services
Family Newsletter

Student Hotspots Available for Checkout through TCCL

"Tulsa City-County Library now has Student Hotspots available for checkout at all locations. TCCL knows that there are pockets of our community that do not have connectivity and access to Wi-Fi, so we are extending our services beyond our buildings to offer connectivity to area students as an extension of our work to close the digital divide. The hotspots are available on a first-come-first-serve basis for students in kindergarten through 12th grade. They may be checked out for 14 days with no renewals."
Visit www.tulsalibrary.org/hotspot or call 918-549-7323 for more details.

OKPTA Cultivate

"The Oklahoma PTA is our state’s oldest and largest child advocacy association. OKPTA Cultivate is a project of the Prevention and Safety Committee of the Oklahoma PTA. The mission is to provide effective strategies to cultivate school and community environments where children thrive.
This site is meant to be a starting place, inspiration, and a reminder where parents can work together to cultivate healthy environments for children."
Click on the logo above to learn more about a variety of topics including mental health, substance abuse, bullying, suicidality, and healthy teen dating relationships.

Happening by or on October 31!

Emergency Rent Assistance Available
"There are still millions of dollars of emergency rental assistance available to Tulsa County residents who need help paying their rent because of job loss or income reduction due to the coronavirus pandemic. Any household in Tulsa County behind on rent or facing eviction because of the COVID-19 pandemic should apply and may be eligible for this rental assistance." Applications will be accepted through October 31. Click HERE for more information.

Daylight Saving Time Ends
Set your clocks back one hour.

October 31

Hunter's Blue Moon
2nd Full Moon of October