

Santa Rosa County District Schools

Student Support Services and Resources



Student support services and resources are available to all students impacted by Covid-19. If you need support while on a “stay at home” directive , readjusting upon return, or need other Covid-related supports, we highly encourage you to connect with our Trauma Informed Counselors who are assigned to every school in our district. Along with our counselors, there are many other resources still available to students if they are unable to attend school due to Covid-19. We are here to help, so do not hesitate to reach out for support.



Trauma Informed Counselor School Assignments

Courtney Gongwer
gongwerc@santarosa.k12.fl.us

Pea Ridge Elementary
 Pace High School
 S.S. Dixon Primary
 S.S. Dixon Intermediate
 Sims Middle School
 Benny Russell Elementary

Ashley Sharp
sharpa@santarosa.k12.fl.us

Berryhill Elementary
 Locklin/Santa Rosa High
 Hobbs Middle School
 East Milton Elementary
 Milton High School

Mignon Mattingly Gillis
mattinglygillism@santarosa.k12.fl.us

Jay Elementary/Jay High
 Central School
 Chumuckla Elementary
 Bagdad Elementary
 Avalon Middle School

Sherl Craft
crafts@santarosa.k12.fl.us

Gulf Breeze Elementary
 Gulf Breeze Middle
 Gulf Breeze High
 East Bay 6-8 (middle)
 Woodlawn Beach Middle

Mike Villanueva
villanuevam@santarosa.k12.fl.us

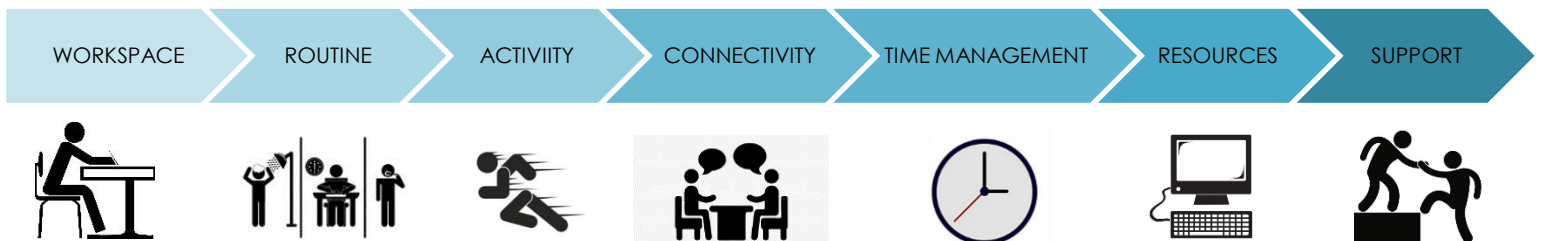
Rhodes Elementary
 King Middle School
 West Navarre Primary
 West Navarre Intermediate
 Oriole Beach Elementary

Debbie L. Anderson
andersondl@santarosa.k12.fl.us

Holley-Navarre Primary
 Holley-Navarre Intermediate
 Holley-Navarre Middle
 Navarre High School
 East Bay K-5 (elementary)

Counselors are available and ready to assist students. You can email them directly or contact your child's school for further information and assistance.

Daily Strategies for Covid-19 and Mental Health—Applying the simple daily strategies below can assist you during this stressful time (NAMI COVID-19 Information and Resources, December 2020).



Workspace. Create a structured, dedicated work environment as free from distractions as possible.

Routine. Try to maintain a routine that reflects your normal, daily routine, including how you dress. Include structured breaks and regular patterns for self-care.

Activity. Regular exercise and mindfulness activities are key during times of stress or crisis. Exercise and mindfulness activities help mitigate depression and anxiety while improving cognition and confidence. Develop a daily routine for both, even if this is as simple as a 15-minute walk and/or quiet time with deep breathing.

Connectivity. Humans need to feel and be connected. Utilize video tools such as Microsoft Teams, Skype, Facetime, Zoom and What's App to connect visually with familiar faces.

Time Management. Be mindful of over- or under-working. Try to structure your daily work time in a way that mirrors your normal school hours.

Resources. Map out your important resources, ranging from daily necessities to a variety of supports from school and the community.

Support. The Santa Rosa County School District is here to support your needs. Please reach out if you need assistance. Other school and community-based resources are listed below.



Other School-Based Resources Available to Students

Certified School Counselors/Guidance Counselors - Our Certified School Counselors can assist with linking resources and supports to families.

CDAC Services – CDAC Counselors are available to provide ongoing support for students who are currently receiving services at school in a group and/or individual setting.

MFLC Services – Military Family Life Counselors can provide a wide range of support to military children and youth and their families. Contact your school for more detailed information about these supports.

Community-Based Resources

Mobile Response Team (MRT): Provides around-the-clock intervention and support to all individuals in Escambia, Santa Rosa, Okaloosa and Walton Counties dealing with a behavioral or mental health crisis. It is a mobile unit, so it comes to you if needed. They also provide help over the phone. **24/7 Hotline – 1-866-517-7766**

Crisis Text Line: 24/7, confidential crisis support by text (Text **GULF** to **741741**)

Suicide Prevention Lifeline: 1-800-273-TALK (8255) www.suicidepreventionlifeline.org

Children's Home Society: Free 24/7 counseling through the [Family Support Warm Line](http://www.family-support.com) **1-888-733-6303** (Telehealth Services available).

SAMHSA Disaster Distress Helpline: **800-985-5990** or text **TALKWITHUS** to **66746** (TTY 1-800-846-8517)

NAMI Pensacola Help Line: The NAMI Pensacola HELPLINE responds to over a thousand requests each year and provides free referrals, information and support. **850-208-1609** or email at: namipensacola@gmail.com. They are currently providing online support groups through Zoom. Visit www.namipensacola.com for more information.

www.FloridaBlue.com/COVID19 **1-833-848-1762**- 24/7 free, bilingual helpline for all Floridians.

If you have any other questions related to mental health resources or supports contact Autumn Wright, Coordinator of Mental Health Services at 850-983-5568 or email at wrighta@santarosa.k12.fl.us.