

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 at home during quarantine, 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 while out on quarantine. We are here to help, so do not hesitate to reach out for support.



Trauma Informed Counselor School Assignments

Beverly Copeland copelandb@santarosa.k12.fl.us	Ashley Hansford hansforda@santarosa.k12.fl.us	Rachel Haynes hansforda@santarosa.k12.fl.us	Courtney Gongwer gongwerc@santarosa.k12.fl.us	Sherl Craft crafts@santarosa.k12.fl.us
Pace High School	Berryhill Elementary	Jay Elem/Jay High	Holley-Navarre Primary	Gulf Breeze Elem.
S.S. Dixon Primary	Locklin/Santa Rosa High	Central School	Holley-Navarre Inter.	Gulf Breeze Middle
S.S. Dixon Intermediate	Hobbs Middle School	East Milton Elementary	Holley-Navarre Middle	Gulf Breeze High
Sims Middle School	Rhodes Elementary	Bagdad Elementary	Navarre High School	Oriole Beach Elem.
Chumuckla Elementary	Milton High School	Avalon Middle School	West Navarre Primary	Woodlawn Beach M.S.
Pea Ridge Elementary	King Middle School	Benny Russell Elem.	West Navarre Inter.	

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).



Work Space. 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 while in quarantine. Our Trauma Informed Counselors are on hand and ready to help you while you are away from school. Please reach out to them if you need assistance. Other school and community-based resources are on the back.

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.

MFLC Services – Military Family Life Counselors can provide support via phone or computer for students in military 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**)

Children's Home Society: Free 24/7 counseling through the Family Support Warm Line **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.



It's OK to get help