



FORDHAM PREP

Faith, Scholarship, Service since 1841



441 EAST FORDHAM ROAD
BRONX, NY 10458

Dear Fordham Prep Families,

This coronavirus shutdown time is an unprecedented event in all of our lives. As we adjust to the new normal of distance learning, we are also navigating a good deal of uncertainty and loss. In addition to the loss of lives, which are heartbreaking, there are more widespread losses that can weigh heavily particularly for teens (losing the opportunity to spend in person time with our friends and extended families, a May graduation, prom, sports and autonomy and independence, to name a few).

In this time of staying at home, you may have noticed an impact on your motivation, sleep, and mood, as day-to-day structured living has all changed. Navigating all this change does not point towards one solution for all, however positive coping is the goal for surviving this time period well. This is all about finding out what works for you.

There are many, many resources out there, so we thought it would be most helpful to share a few of our favorites for parents and students to explore:

- **Love is Louder** is a great [website](#) because it hits the three big areas of being well while staying at home: finding calm, staying active and connected, with lots of other resources.
- Here is an excellent [talk](#) with Lisa Damour, PhD entitled “**Teens in Lockdown**” from *The New York Times*.
- In *The New York Times* [article](#) “**Helping Teens Make Room for Uncomfortable Emotions**” Dr. Damour emphasizes that showing up differently in face of negative emotions is what helps and creates changes. In her words, "Psychological health, however, is not about being free from emotional discomfort, but about having the right feeling at the right time, and being able to bear the unpleasant ones."

- Meditation as an emotion regulation skill cannot be underestimated. **Calm** is a popular app focused on sleep, meditation, and relaxation. They compiled a free list of content, hand-picked to support mental and emotional wellness through this time. You can find resources [here](#).

Below are several crisis resources, please know that you do not have to wait for the shutdown to end to receive help for your child. There are several tele-health options for getting a consultation, including:

- [Teladoc](#)
- [Substance Abuse and Mental Health Services Administration Disaster Distress Helpline](#)
1-800-985-5990
- [National Suicide Prevention Lifeline](#)
1-800-273-TALK (8255)
- Preventing Youth Suicide: Tips for Parents and Educators (NASP)
[English version](#) / [Spanish version](#)
- [NYC Well](#)
- [Crisis Text Line](#)
Text 741741 from anywhere in the U.S. to text with a trained Crisis Counselor
- [The Trevor Project](#)
Lifeline 1-866-488-7386

Finally, trying to have fun! This [resource](#) from **Big Talk** has some great, thought provoking questions to generate conversations.

Please note that Dr. Kelly works directly with sophomores and seniors, and Mr. Degen works with freshmen and juniors. Contact information for both can be found below.

We remain available in the Counseling Department and will everyone to see their power to choose positive coping, as frequently as possible, in these trying days.

Sincerely,

Jennifer Kelly, PsyD
School Psychologist
Licensed NYS Clinical Psychologist
Certified NYS School Psychologist
kellyj@fordhamprep.org
718-367-7500 x277

Robert Degen, LCSW
School Social Worker
Licensed Clinical Social Worker
degenr@fordhamprep.org
718-367-7500 x278

Feedback, thoughts, or suggestions for the Prep? Click [here](#).

Need Prep gear? Check out our [Ye Olde Prep Shoppe](#).

Shop on Amazon? Signup for [AmazonSmile](#) so that Amazon donates 0.5% of your eligible purchases to Fordham Prep. Make sure to search for "*Fordham Preparatory School*."

Copyright 2015 Fordham Preparatory School All Rights Reserved



Fordham Preparatory School would like to continue connecting with you via email. If you prefer to be removed from our list, please contact Fordham Preparatory School directly. To stop receiving all email messages distributed through our SchoolMessenger service, follow this link and confirm: [Unsubscribe](#)

SchoolMessenger is a notification service used by the nation's leading school systems to connect with parents, students and staff through voice, SMS text, email, and social media.