TYWLS Astoria - Social Emotional / School Mental Health & Wellness

At TYWLS Astoria, we support students in overall mental health and wellness through social and emotional lessons in Health classes, Advisory, classroom discussions, and school culture initiatives. As part of our whole girl model we understand that TYWLS students as women and adolescents today’s society face many challenges that affect their mental health and school experience, including but not limited to:

- Body image pressure and eating disorders
- Academic challenges
- Peer or family conflict
- Divorce or family separation
- Media messaging and technology addiction
- Death and grief
- Incarcerated, military, or other absent caregivers
- School refusal or attendance
- Housing or financial struggles
- Immigration struggles
- Drug and alcohol use or addiction
- Self-harm/Suicide ideation
- Racial/Religious identity
- Gender/Sexual identity
- Stress management
- Sexism/Gender discrimination and exploitation
- Medical health and disability
- Migration or relocation
- New sibling or kinship caregiver at home
- Racism/microaggression
- Sex/Sexuality

In our school protocol, prevention and support for student concerns are referred to our School Counselors, who will confidentially assess, and then can connect with teachers, family, administration, and outside resources.

**School Counseling**

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<tr>
<th>School Counselor</th>
<th>Virtual/Remote Learning Schedule</th>
<th>Email</th>
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<tbody>
<tr>
<td>Gayathri Iyer, Middle School Counselor</td>
<td>9:30AM-12:00PM; 1:15PM-3:30PM (scheduled and open group or 1:1)</td>
<td><a href="mailto:gayathri@tywls-astoria.org">gayathri@tywls-astoria.org</a></td>
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<tr>
<td>Meryem Ibrahim, High School Counselor</td>
<td>9:30am-12:00pm, 1:15pm-3:00pm (scheduled and open group or 1:1)</td>
<td><a href="mailto:meryem@tywls-astoria.org">meryem@tywls-astoria.org</a></td>
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All TYWLS students are introduced to the opportunity and benefits of checking in with School Counselor in Suite 410, and teachers, families and students often refer for meetings, breaks, or mediations at appropriate times. School Counselors also meet with some students 6th through 12th grade weekly in small group or individual counseling, including
those mandated by their Individualized Education Plan, providing cognitive-behavior therapy on goal-setting, reflection, mindfulness, frustration tolerance, conflict mediation, and solution-focused strategies to academic and social emotional situations. School Counselors also provide crisis management, post-disciplinary follow-up, teacher and special education consultation, and family resources.

**Mandated Reporting**

As part of the New York state law, and in care for our student’s wellness and safety, school staff is required to report any suspicion of child abuse or maltreatment to Administration for Children’s Services, notify the Principal of these reports, remain anonymous as source to those investigated, and work with outside agencies that support families.

**TYWLS Keeps TYWLS Safe / NYC DOE Respect for All**

We encourage students and families to connect with School Counselors for personal safety and wellness about any concerns expressed in person or online, during or outside the school day regarding a student’s emotional or physical safety. This includes bullying or discrimination for race, gender, religion, sexuality, or disability. We also encourage reporting about escalating conflict, thoughts of suicide, self-harm, or other serious mental health concerns. Students are made aware of informed consent in counseling that they have the right to confidentiality when working through any personal concerns, but that all risk of harm must involve reporting to school principal, family, and outside resources as appropriate. We handle all reports with collaborative protocol, timeliness, and best care practices to minimize disruption to school day or distress to child.

**Restorative Discipline**

Michael Cohen, Assistant Principal  
Allison Persad, Principal

As part of our safety culture, all behavior issues that involve harm to others are investigated according to NYC Department of Education Chancellor’s Regulations, and depending on the level can result in consequences, and serious or repeat cases can lead to suspension. After the disciplinary concern is addressed, the student is referred to counseling and the Lost at School team to work with restorative practices to help with prevention and support of future incidents through reflective apology or research on accountability, conflict mediation, community service, and social-emotional skill building.

**Technology & Mental Health**

TYWLS Astoria is proud to offer one-to-one laptops, innovative learning on multiple digital platforms, and career and technical education in cutting-edge technology as part of college and career readiness. We do, however, urge for responsible, mindful tech use, guided or supervised by adults. There are many contemporary studies on the relationship between
adolescents and screen time, and impulsive, instantaneous, and blurred lines of private and public communication and its effects on mental health including sleep, mood, interpersonal relationships, and safety from harm from targeted predators or marketing. We encourage families to consider giving their child a personal mobile phone as a similar privilege as giving them a personal vehicle, with extreme support on where, when, how to travel and with whom. For support on this, please reach out to the counselors and teachers.

**ThriveNYC / Outside Partnerships**

In addition to psychoeducational and academic guidance classroom lessons from our School Counselors, TYWLS Astoria is partners with ThriveNYC, NYC Department of Education’s collaboration with the NYC Department of Health and Mental Hygiene to bring resources and workshops to our community. Through this, and our support from Student Leadership Network, we have been able to offer free training to staff, students, and families from organizations like Elmcor, Mayor’s Office to End Gender-Based Violence, Mallika, Generation Q, National Alliance for Mental Illness, LGBT Network, Floating Hospital, Day One, Anti-Defamation League, Girls Leadership Power Collaborative and more. These workshops provide prevention and support for topics affecting our adolescents and community like body image and eating disorders, vaping, gender and sexuality, anti-bullying, boundaries and consent, suicide and self-injury prevention, and responsive practices for mental health issues.

**Outside Therapy & Community Organization Referrals**

Students in need of support for mental health concerns often benefit from regular therapy that can be provided by a licensed mental health counselor, clinical social worker, or psychologist that use research-based therapeutic strategies and empathy to help your child. In early adolescence, group or family therapy can also be of benefit to families, as well as community-based workshops on parent education and support. Overall, students, families, and staff at TYWLS report progress from outside therapy as a preventative service, and building self-awareness and growth mindset as a learner at school. Mental health counseling is not recorded on any school documents or college transcripts, and we work to minimize stigma around students receiving help of any kind.

TYWLS Astoria does not endorse/recommend any specific provider. We encourage you to use NYC Well, the free, confidential citywide 24/7 talk, text, or chat line in any language to consult on any concerns and receive counseling support. For crisis outside the school day, please call National Suicide Hotline at 1-800-273-TALK, or 911.

**List of Mental Health Providers in Astoria / Queens North**

*The Floating Hospital - Astoria Health Center*
Website: [http://www.thefloatinghospital.org](http://www.thefloatinghospital.org)
Address: 8-13 Astoria Blvd, 2nd Floor, Astoria, NY 11102
Phone: (718) 545-0934
Hours: Sun-Sat 8AM-7PM
Services: Mental health assessment services, Behavioral health- social services
Language Spoken: English, Spanish
Fees & Payment Policies: Accepts Medicaid, Accepts Medicaid managed care. Please call to learn about (or confirm) accepted plans, Accepts Medicare, Sliding fee scale/assistance based on need

**HANAC - Child & Family Counseling Program**
Address: 23-16 30th Avenue, 2nd Floor, Astoria, NY 11102
Phone: (718) 274-9007
Hours: Mon-Fri 9AM - 5PM
Services: At-risk family prevention program, with a focus on the Greek community, providing family counseling, parenting aids, and crisis intervention, child advocacy (under 18 years old), and community outreach
Language Spoken: English, Greek, Spanish
Fees & Payment Policies: Offers FREE services

**Community Healthcare Network (CHN) - Long Island City Health Center**
Website: [https://www.chnnyc.org/locations/longislandcity/](https://www.chnnyc.org/locations/longislandcity/)
Phone: (718) 482-7772, Fax: (718) 482-9648
Hours: Mon/Wed 8AM-8PM Tues/Thurs/Fri 8AM-5PM Sat 9AM-4PM
Services: Behavioral health - social services, Mental health assessment services, Family counseling, Individual counseling
Language Spoken: English, Bengali, Spanish
Fees & Payment Policies: Accepts Medicaid, Accepts Medicaid managed care. Please call to learn about (or confirm) accepted plans, Accepts Medicare, Offers FREE services, Sliding fee scale/assistance based on need, Financial counselor on staff to assist uninsured patients.

**The New York Foundling Queens Community Services**
Website: [http://www.nyfoundling.org/what-we-do/family-supportpreventive-services](http://www.nyfoundling.org/what-we-do/family-supportpreventive-services)
Address: 33-00 Northern Boulevard, Long Island City, NY 11101
Phone: (718) 784-4422, Fax: (718) 784-7084
Hours: Mon-Fri 9AM-7PM
Services: A family support program providing at-risk families with children ages 17 and younger with preventive individual and family counseling, Behavioral health - social services, Parenting support, Support groups, Family counseling, Group counseling, Youth counseling
Language Spoken: English, Hindi, Spanish, Urdu
Fees & Payment Policies: Offers FREE services

**Catholic Charities of Brooklyn and Queens - Corona Behavioral Health Clinic**
Website: [https://www.ccbq.org/](https://www.ccbq.org/)
Address: 91-14 37th Ave, Jackson Heights, NY 11372
Phone: (718) 779-1600
Hours: Mon/Tues/Wed/Thurs 9AM-8PM Fri 9AM-5PM
Services: Outpatient mental health center providing individuals (ages 5+) with short- and long-term psychotherapy, medication management, and psychological assessments. Behavioral health - social services, Disabilities services, Mental health assessment services, Individual counseling, Mental health medication adherence
Western Queens Consultation Center - Sunnyside
Website: http://mhpwq.org/western-queens-consultation-center/
Address: 44-04 Queens Blvd, 2nd Fl, Sunnyside, NY 11104
Phone: (718) 706-1663
Hours: Mon-Fri 9AM-9PM Sat 9AM-6PM
Services: Mental health agency providing children, adolescents and adults who have mental illness with psychiatric consultation, individual, family therapy, and crisis intervention, Behavioral health - social services, Mental health assessment services, Couples counseling, Individual counseling.
Language Spoken: English, Portuguese, Spanish
Fees & Payment Policies: Accepts Medicaid, Accepts Medicaid managed care, Sliding fee scale/assistance based on need

Community Mediation Services, Inc. (CMS)
Website: http://mediatenyc.org/
Address: 89-64 163rd St, Jamaica, NY 11432
Phone: (718) 523-6868 ext 200, Fax: (718) 523-8204
Hours: Mon-Fri 9AM-7PM Sat 11AM-12PM
Services: Organization providing youth, adults and families with mediation, anger management, family crisis intervention, prevention, counseling and mentor programs, Behavioral health - social services, Legal services, Mentoring, Parenting support, Veterans’ services, Anger management classes, Veterans Mediation Program, Youth counseling
Language Spoken: English, Portuguese, Spanish
Fees & Payment Policies: Offers FREE services, Sliding fee scale/assistance based on need, Sliding fee scale may apply to anger management and family mediation services.

Psychotherapy and Counseling Center
Website: https://www.queenscounselingservices.com/
Address: 36-36 33rd Street Suite 502, Astoria, NY 11102
Phone: 718-426.-110
Hours: Mon-Fri 9AM-9PM, Sat 9AM-6PM
Services: Individual Therapy, Child Therapy, Adolescent Therapy, Parent-Child Therapy, Family Therapy, Couples Therapy, Women’s Therapy Groups, Parenting Groups

Child Center of New York
Website: https://childcenterny.org/
Address: 67-14 41st Avenue, Woodside, Woodside, NY 11377
Phone: 718-458-4242
Hours: Mon-Fri 9AM-5PM
Services: Behavioral Health, Child Therapy, Adolescent Therapy, Parent-Child Therapy, Parent & Family Support Services

Aristotle’s Psychological Center
Website: http://www.aristotlespsychological.com/
Address: 3109 37th St, Astoria, NY 11103
Phone: (718) 721-4300
Hours: Mon-Fri 10AM-9PM
Services: Psychotherapy, Counseling, Psychiatry, Mediation, Anger Management Groups, Phases of Life Groups, Teen Girls Groups

*Crespo Mental Health*
Website: [https://www.crespomentalhealth.com/](https://www.crespomentalhealth.com/)
Address: 40-12 31st Avenue, Astoria, NY 11103
Phone: (718) 766-7160
Services: Individual Therapy, Couples Therapy, Testing, Consulting, Workshops