

# Elementary CASSP

## NEWSLETTER

Serving Cumberland



& Perry Counties

May 2020

### Get the Scoop What is CASSP?

The Elementary School-Based CASSP program, an entity of the Cumberland-Perry County Mental Health Office, helps families of elementary school-aged children by providing information, referrals, and identifying services for families and caregivers. This voluntary program provides short-term assistance to families; while accessing appropriate supportive programs. During this time, the CASSP School Based Workers can provide services by phone and, when needed, in the home settings. The Elementary School-Based program helps with:

- Advocacy
- Basic Needs (Food, Clothing, Shelter)
- Behavior Management
- Community Resources
- Counseling
- Financial
- Medical Needs and Insurance
- Parenting
- Summer Programs
- Support Groups

### Wellness Make it your goal!

Wellness is making choices towards a healthy and fulfilling life. It involves finding purpose, seeking enjoyment in your work and leisure activities, pursuing happiness in relationships; striving towards a healthy self and living environment; and an overall goal of happiness.

#### Wellness and self-care tips during a stressful time:

- Minimize stressors
- Balance your social interactions
- Fuel your body with good nutrition
- Relax your muscles
- Meditate
- Get some sleep
- Exercise, take a walk
- Walk outside, enjoy nature
- Take "me" time
- Reframe your thinking into positive thoughts
- Reach out for help

### CASSP is a service of



1615 Ritner Highway . Carlisle

[ccpa.net/mhidd](http://ccpa.net/mhidd)

### Get Connected With Telehealth Services

Telehealth uses mobile technology to link doctors and patients through remote patient monitoring tools. This module can connect physicians, outpatient therapists, psychiatrists, psychologists, evaluators for Behavioral Health Services, and healthcare providers beyond traditional clinical settings. Telehealth allows for continuous contact between patients, healthcare and mental health providers. This method is being used during the COVID-19 emergency, and offers providers a steady stream of real-time patient health data. Telehealth services have expanded to include telephonic video technology, accessed through smart phones and laptops. Many mental health providers are using Telehealth services. Contact your insurance company or Perform Care for more information, Perform Care: 1.888.700.7370.



### Food Resources

Big Spring Food Bank . Newville	717.422.4603
Perry County Food Bank	717.582.9978
Bread of Life Outreach	717.567.9181
New Hope Ministries . Mechanicsburg	717.766.7333
New Hope Ministries . Lemoyne	717.774.6255
Christian Life Assembly Food Bank	717.737.6560
Mechanicsburg Presbyterian Church	717.697.0451
Project Share Carlisle	717.249.7773
Central PA Food Bank <a href="http://centralpafoodbank.org">centralpafoodbank.org</a>	717.567.1700

[Sheetz](#) is offering a turkey sandwich, chips and drink for children every day at all locations.

### CASSP Social Worker School District Contacts

Camp Hill, West Shore, Susquenita, & East Penn	717.580.6503
Greenwood, West Perry, & Newport	717.580.3303
Carlisle & South Middleton	717.512.8802
Big Spring & Shippensburg	717.574.7327
Mechanicsburg & Cumberland Valley	717.713.9096