



Looking Back on March

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What you need to know this month:

Appointments During School Vacation

Spring is here, and the snow is melting! While we round the corner into April, we are also creeping up on April Vacation. The Youth Tele Behavioral Health Program offers students the ability to have telehealth, Amp, and A-CRA sessions over school vacations using Zoom from home. This is based on the

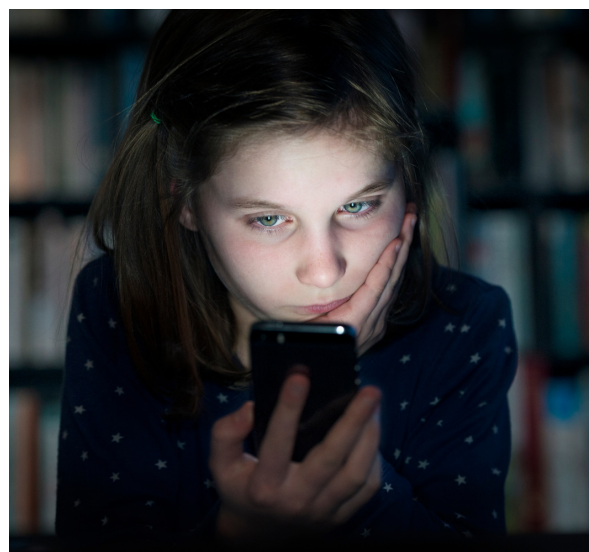
counselor's or mentor's individual schedule, so be sure to reach out to create a plan for April Vacation.

It's also important to make sure that there is a private and calm space in the home for sessions to take place.

If you do not have access to a phone or laptop for at-home sessions, be sure to reach out to your Community Health Worker or Mentor.



How Do I Know If My Child is Being Bullied Online?



Many people who experience online harassment may not want to discuss what is going on, especially if they are being threatened or blackmailed. According to the **National Crime Prevention Center (NCPC)**, there are several behavioral changes that someone may exemplify when they are being subjected to cyberbullying. There are also distinct signs that someone may be a cyberbully themselves.

Behavior of a Victim

1. Becoming suddenly shy and withdrawn
2. Ceasing to use phones, computers, or any other usual internet-connected devices
3. Acting more aggressively towards others
4. Increasingly more moody, agitated, anxious, or stressed out
5. Change in eating, sleeping, and self-hygiene habits
6. Talking about or acting on thoughts of self-harm
7. Sudden large drop in academic performance

Behavior of a Cyberbully

1. Turning off their phone when someone comes near them
2. Appearing nervous or jumpy when online
3. Being secretive of online habits
4. Spending excessive amounts of time online
5. Becoming angry or upset when online privileges are taken away

How to talk to your child about cyberbullying

Project Bread's FoodSource Hotline:
1-800-645-8333

Food assistance in 180 languages

Mon-Fri : 8:00am - 7:00pm
Sat : 10:00am - 2:00pm
Sun : Closed

By the Numbers

516

The amount of telehealth counseling sessions completed in the first two months of 2022 across all schools serviced by the Youth Tele Behavioral Health Program.

Events

Coming up...



April 12 - Creating Healthy Tech and Media Habits with Your Teen

Free webinar from Families for Depression Awareness

[More information here](#)

April 15 - BRACE Project Launch

Anti-bullying initiative by YOU, Inc.

[More information here](#)

April 20 - The Truth About Trauma

Free webinar from McLean Hospital discussing facts from fiction with Patricia Mangones

[More information here](#)

April 27 - Learn About Local Summer Camps for Kids

Parent Cafe event via MOC / Family Resource Centers

[More information here](#)

Project Bread & SNAP

Project Bread provides food assistance for hungry families in Massachusetts. Counselors at Project Bread can also tell you if you are eligible for SNAP benefits and assist you in the application process for free.

GettingSNAP.org

Financial Assistance for Food

- ✗ SNAP helps households meet their nutritional and dietary needs.
- ✗ SNAP enables households to purchase food that is healthy & culturally appropriate.
- ✗ SNAP supports work, helping low-wage households.



Internet Cyber Safety Month



In March, the Youth Tele Behavioral Health Program has focused on educating adolescents and their families about how to stay safe online, and what to do if they feel unsafe. Our resources can be found on our Instagram and Facebook, as well as [here](#).

Questions or comments regarding the newsletter?
Contact Macy Ghilardi: macy.ghilardi@heywood.org

Questions or comments regarding the Youth Tele Behavioral Health Program?
Contact management: sbtelehealth@heywood.org