

Summer Wellness & Safety



Who We Are

Catholic Charities School-Based Mental Health program (SBMH) operates through a grant from DBH- School Behavioral Health Expansion. We have been present in DC schools since Fall 2019. We currently partner with 25 schools in DCPS and DCPCS. We strive to support students, families, teachers, and school staff through tiered services. Tiered services provide support via school- wide interventions, small groups, and individualized services. Some of our general services include individual, group, and family therapy. We also provide classroom support through push-ins, teacher consultations, and classroom observations. Our new services include connections to psychiatric support, crisis management, and medication management. We are dedicated to providing services virtually as well utilizing HIPPA Compliant telehealth platforms.

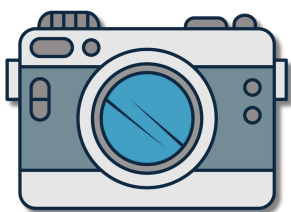
Meet Our Team!

Francesca Orfila, LICSW: Program Manager
Shawnita McComb, LPC: Clinical Supervisor
Anna Heath, LICSW: Clinical Supervisor
Martine Moraille, LGPC: School-Based Therapist
Karen Jones, LGSW: School-Based Therapist
Claire Shelly, LGSW: School-Based Therapist
Megan Healy, LICSW: School-Based Therapist
Priya Kharbanda, LGSW: School-Based Therapist
Juliet Onufrak, LGSW: School-Based Therapist
Sophia Radich, LGSW: School-Based Therapist
Joseph Tampellini, LGSW: School-Based Therapist
Elena Narsingh, LGSW: School-Based Therapist
James Marafino, LICSW: School-Based Therapist
Victoria Isola, LGSW: School-Based Therapist
Timothy Le, LGPC: School-Based Therapist
Lois Baker, LGSW: School-Based Therapist





THERAPIST SPOTLIGHT



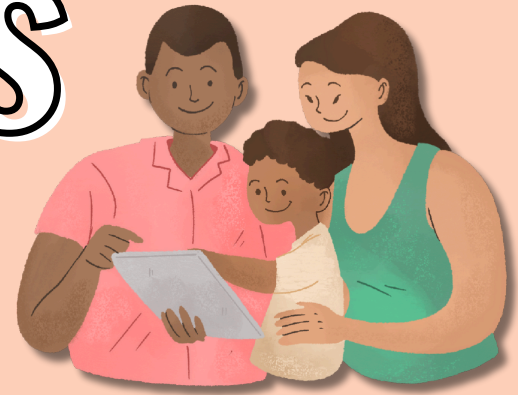
[Karen Jones, LGSW]

I AM KAREN RENEE' JONES, AND I AM SO EXCITED TO BE A SCHOOL BASED MENTAL HEALTH THERAPIST ENTERING MY 5TH YEAR WITH HENDLEY ELEMENTARY SCHOOL, IN WARD 8, SOUTHEAST DC. I AM A NATIVE WASHINGTONIAN, MOTHER OF TWO DAUGHTERS, AND FOUR GRANDQUEENS! I OBTAINED MY MASTER OF SOCIAL WORK FROM THE CATHOLIC UNIVERSITY OF AMERICA, IN MAY 2020 AND COMPLETED MY CERTIFICATION REQUIREMENTS AS A TRAUMA INFORMED-COGNITIVE BEHAVIORAL THERAPIST IN 2024.

I AM A CREATIVE GURU AND ENERGIZED WHEN WRITING POETRY/SHORT STORIES, PAINTING, CRAFTING, AND MAKING GREETING CARDS. I ENJOY READING, WATCHING, AND ANALYZING THRILLER, HORROR, AND TRUE CRIME STORIES. FUN FACTS ABOUT ME ARE THAT MY ALTER EGO IS THE HIGH PRIESTESS, A POSITIVE RAPPER/SONGWRITER! I ALSO LOVE TURQUOISE EVERYTHING, CRYSTALS, SUNFLOWERS, AND THROWING THEMED PARTIES FOR MY GRANDQUEENS! ON BEHALF OF THE SBMH TEAM, I SEND YOU AND YOURS WISHES FOR A SAFE AND AWESOME SUMMER!



PARENT'S CORNER



5 Summer Wellness Tips

- Keep a regular sleep routine by going to bed and waking up at around the same time each day.
 - Kids aged 6 to 13 need 9 to 11 hours of sleep
 - Youth aged 14 to 17 need 8 to 10 hours of sleep each night. Getting enough sleep is beneficial for your mental and physical health.
- Take time to connect with your children about their feelings. It is normal for children to feel all kinds of emotions, positive and negative.
 - Spend time talking about feelings and helping your child to notice and name the emotions they are feeling.

- Ask your child to teach you a mindfulness activity they learned at school! If they can't remember one, sit quietly and breathe deeply together for one minute.
- Help your child balance screen time with other activities. Some ideas include puzzles, board games, card games, reading books, tag, bubbles and sidewalk chalk.
- Take some time to acknowledge you're doing the best you can and engage in self-care:
 - Connect with other adults
 - Get some exercise
 - Catch up on your favorite show
 - Read a book
 - Listen to music



“Self-care is turning some of the nurturing energy you give to your child, towards yourself.”

— Kristi Yeh, LMFT

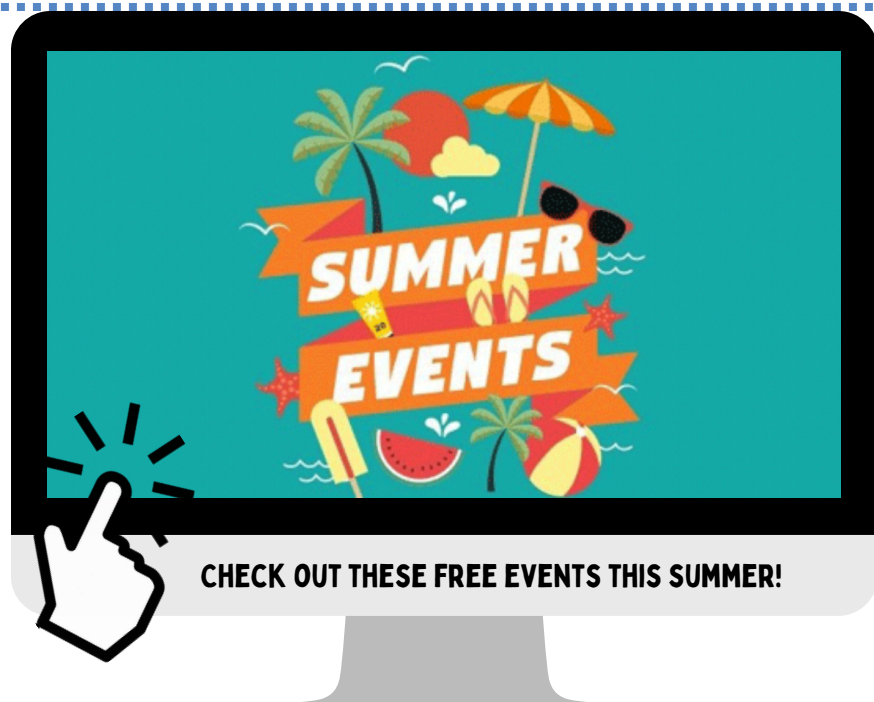
KIDS CORNER



SUMMER SAFETY TIPS:

5. ALWAYS WEAR SUNSCREEN, EVEN WHEN IT'S CLOUDY OR YOU'RE INDOORS!
4. DRINK 8 TO 12 CUPS OF WATER DURING THE DAY
3. WEAR A HELMET ANYTIME YOU'RE ON WHEELS
2. ALWAYS WEAR A LIFEJACKET WHEN IN OPEN WATER, AND ONLY SWIM WHEN THERE IS A LIFEGUARD ON DUTY
- 1 MAKE SURE YOUR CAREGIVER KNOWS WHERE YOU ARE AND WHO YOU'RE WITH IF YOU LEAVE THE HOUSE!

HIGH FIVE FOR SUMMER SAFETY



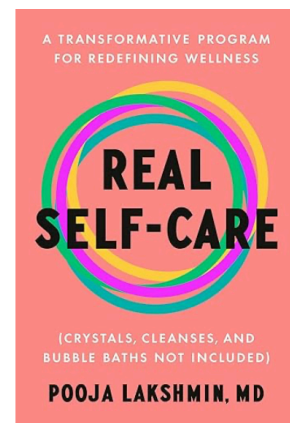
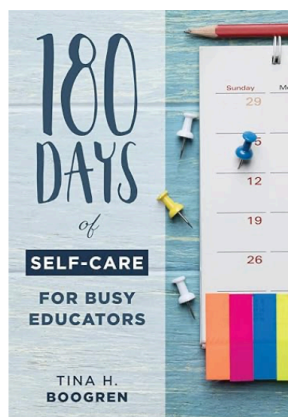
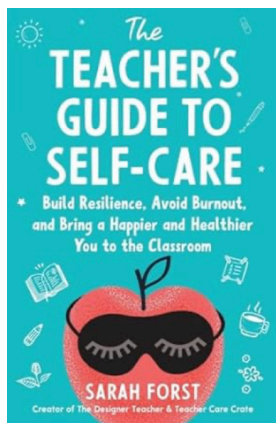
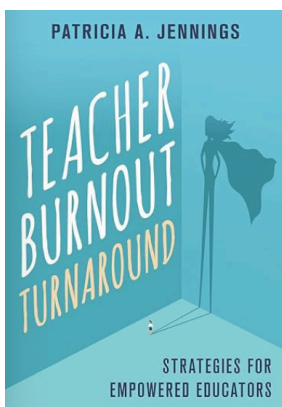
TEACHER'S CORNER



Relax & Recharge

- **Put on your oxygen mask first!** We must take care of ourselves before we are able to fully help others. However you envision putting on your oxygen mask (daily exercise, reading, or being in nature), carve out time in your life to do those activities that help you when life becomes hectic.
- **Listen to your body.** Don't ignore physical manifestations of stress – they can be a clue that it is time to slow down. It is important to keep the scheduled visits to the doctor and dentist and be aware of changing safety precautions.
- **Practice mindfulness.** Did you know Headspace offers FREE access to K-12 teachers? Sign up [here](#) for a subscription
- **Engage in movement.** Engaging in physical activity stimulates brain chemicals that may leave you feeling happier, more relaxed, and less anxious. Aim to get 150 minutes of moderate-intensity exercise per week. This can look like: mowing the lawn, hiking, biking, tennis, dancing, brisk walking, or swimming

Check out these books for more self care ideas:

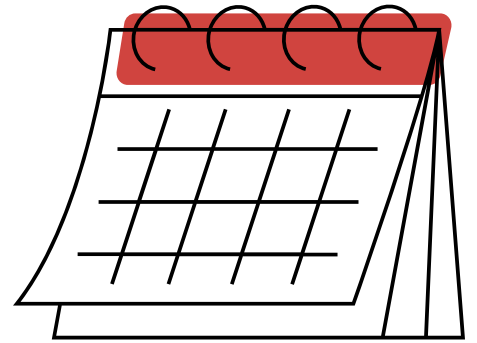


PARENT WORKSHOPS



JULY 17TH:

**SUMMER WELLNESS &
SAFETY**

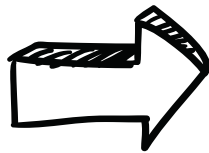


AUGUST 14TH:



RETURNING TO SCHOOL

Check out our
upcoming workshops



RESOURCES



Anchor Mental Health

1001 Lawrence St NE Washington, DC 20017 | 202-635-5966

www.catholiccharitiesdc.org/program/anchor-mental-health-counseling

CHAMPS (Children & Adolescent Mobile Psychiatric Service)

1001 Lawrence St NE Washington, DC 20017 | 202-481-1440

24/7 emergency response service for children, teenagers and adolescent adults in behavioral health crisis.

www.catholiccharitiesdc.org/program/champs-child-and-adolescent-mobile-psychiatric-service

DC ACCESS Helpline

1-888-793-4357 | 24/7

dbh.dc.gov/service/access-helpline

School Based Mental Health

Francesca Orfila, LICSW, Program Manager

1018 Monroe St NE Washington, DC 20017

francesca.orfila@cc-dc.org | 202-271-4539

www.catholiccharitiesdc.org/program/school-based-mental-health

SBMH Link Tree

