



BHM SCHOOLS

Buffalo Hanover Montrose

Stay Connected with Your School Social Workers and School Counselors

School	Name	E-mail
ECSE	Stephanie DeSmith	sdesmith@bhmschools.org
Tatanka Elementary School	Breanna Landrus	blandrus@bhmschools.org
Discovery Elementary School	Patti Fisher	pfisher@bhmschools.org
Northwinds Elementary School	Madison Hageman	mhageman@bhmschools.org
Parkside Elementary School	Stephanie DeSmith	sdesmith@bhmschools.org
Montrose Elementary School	Jessica Grundmann	jgrundmann@bhmschools.org
Hanover Elementary School	Jessica Grundmann	jgrundmann@bhmschools.org
Buffalo Community Middle School	Social Workers: Patti Fisher Jen Holte Counselors: Ashley Kamphenkel (6th) Penny Thalacker (7th) Kaitlin Kolbinger (8th)	pfisher@bhmschools.org jholte@bhmschools.org akamphenkel@bhmschools.org pthalack@bhmschools.org kkolbinger@bhmschools.org
Buffalo High School Phoenix Learning Center	Social Workers: Kristi Clouthier Krista Kern Counselors: Mark Jones (A-F) Shanlee Braun (G-K) Christina Cox (L-Rn) Jennifer Blair (Ro-Z)	kclouthier@bhmschools.org kkern@bhmschools.org mjones@bhmschools.org ssbraun@bhmschools.org ccox@bhmschools.org jblair@bhmschools.org
PRIDE Transitions	Krista Kern	kkern@bhmschools.org

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Mental Health Resources and Information about COVID-19 **Coronavirus**

[Managing Corona Virus Anxiety](#)

[How to Talk to Kids and Teens about the Coronavirus](#)

[Talking to Kids about the Coronavirus](#)

[Coping With Stress During Infectious Disease Outbreaks](#)

[Social Story](#)

[Ultimate Guide to Mental Health and Education Resources for Kids and Teens](#)

[How to talk with your child about the Corona Virus](#)

[10 reasons a daily routine is important for your child and how to set one](#)

[How to help manage stress and anxiety](#)

Social Emotional Learning (SEL) at Home

Learn about growth mindset, having a positive attitude, gratitude, empathy and more with [Class Dojo Ideas](#).

Visit [Big Life Journal](#) for Podcasts and lots of free activities families can do together.

Watch a [Brain Pop](#) (also available in Spanish) which is full of SEL videos and lessons.

Check out [Cosmic Kids](#) on YouTube for fun yoga classes.

Take a look at [GoNoodle](#) for safe and kid-friendly videos and games.

[Pathways 2 Success](#) has 100+ FREE social emotional activities for children and teens.

Visit [Emotional ABC's](#) website for support with your child's emotional skills.

Apps: Mindshift CBT, Headspace, [Calm.Com App](#), Virtual Hope Box



Available School-Linked Mental Health Providers

Central Minnesota Mental Health Center (CMMHC)

Sheri Tesch, Jamie Peterson, Nancy Gohl

Questions contact: Sheri Tesch at 612-219-6384 or stesch@cmmhc.com

Mental Health Crisis Resources

Social distancing can be extremely isolating for anyone, and especially for those who may suffer from depression. If you are experiencing a mental health crisis, here is a list of numbers you can call. If you are in danger of hurting yourself, please talk to a trusted adult or call 911.

Wright County Crisis Response

320-253-5555 or 1-800-635-8008

National Suicide Hotline

www.imalive.org

1-800-442-HOPE (4673) or 1-800-SUICIDE (784-2433)

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

1-800-273-TALK (8255)

Crisis Call Center

www.crisiscallcenter.org

1-800-273-8255 or text CARE to 839863

Crisis Text Line

www.crisistextline.org

Text MN to 741741

The Trevor Lifeline (LGBTQ)

www.thetrevorproject.org/get-help-now

1-866-488-7386 or text START to 678678 (5am-12pm)

Transgender Suicide Hotline

<https://www.translifeline.org/>

1-877-565-8860 (9am-3am)

National Alliance on Mental Illness (NAMI)/ OK2TALK

www.ok2talk.org/gethelp

1-800-950-NAMI (6264) (M-F, 9am-5pm)

Sexual Abuse, Assault, Rape

www.online.rainn.org

1-800-656-HOPE (4673)

Central Minnesota Mental Health Center (CMMHC)

<https://cmmhc.org/>

Sheri Tesch

612-219-6384

Children's Mental Health Outreach Worker - Wright County Human Services

Tammy Peterson

763-684-2321

Tammy.Peterson@co.wright.mn.us

For more helpful resources, visit <https://bit.ly/2KSRyje>.

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Food Support

[RESTAURANTS](#) offering free breakfast and/or lunches for kids

FIRST CALL FOR HELP - UNITED WAY- 211 or 651-291-0211.

BUFFALO FOOD SHELF 301 12th Avenue South Buffalo, MN 55313 763-684-1699

Hours: Friday, 10:30 a.m.–12:30 p.m.; Tuesday, 5:30 p.m.–8:00 p.m.; and Thursday evening, 6:30 p.m.–8:30 p.m. Available to Buffalo area residents ONLY in need of food. Address verification required, dated in the last 30 days.

HANOVER FOOD SHELF St. Paul's Lutheran Church 11024 Church Street Northeast 763-498-8311 or 763-420-2836 Hours: 1st and 3rd Mondays of the month: 5:00 p.m.–7:00 p.m.; Tuesday, noon–2:00 p.m.; Wednesday, 10:00 a.m.–2:00 p.m.; and Friday, noon–2:00 p.m. The Hanover area food shelf is open to anyone in the Hanover area.

WAVERLY FOOD SHELF Wright County Community Action, Inc. 411 Elm Avenue Waverly, MN 55390 763-658-4414 or 320-963-6500 Hours: Monday, Wednesday, and Friday, 8:00 a.m.–11:30 a.m. Tuesday and Thursday, noon–3:30 p.m. On an emergency basis: four-day supply, three meals a day. Eligible 3 to 4 times a year depending on circumstances. Available to the Wright County area.

HELPING HANDS – DELANO 140 Elm Avenue Delano, MN 55328 763-972-3360

Hours: Thursday from 2:00 p.m.–4:00 p.m. and the evening of the 3rd Thursday of the month from 5:00 p.m.–7:00 p.m. Available to serve all Delano area residents in need of emergency food once a month.

WRIGHT COUNTY WOMEN, INFANTS & CHILDREN PROGRAM (WIC) 130 Division Street West Maple Lake, MN 55358 320-963-6500 Nutrition education program that provides supplemental foods promoting good health for pregnant, breast-feeding, and postpartum women, infants, and children up to age five. Provides vouchers for baby formula, milk, cheese, eggs, juice, cereal, beans and lentils, and peanut butter.

MONTICELLO FOOD SHELF 215 Cedar Street (Old Fire Hall) Monticello, MN 55362 763-295-4031 Hours: Monday, 10:00 a.m.–11:30 a.m.; Wednesday, 10:00 a.m.–11:30 a.m. and 6:00 p.m.–7:30 p.m.; Friday, 10:00 a.m.–11:30 a.m. By appointment only. Food shelf available to Monticello school area residents.

COMMUNITY FOOD SHELF – ANNANDALE 390 Annandale Blvd, Annandale, MN 55302 320-274-3663 Emergency only: 320-274-7155 Hours: Monday 4:00 p.m.– 5:45 p.m.; Wednesday 5:00 p.m.– 6:45 p.m.; and Saturday 9 a.m.–11:15 a.m. Available to Annandale school district residents.

CLEARWATER-CLEAR LAKE FOOD SHELF 1100 County Road 75 Clearwater, MN 55320 320-558-2954 Available for families in Clear Lake and Clearwater. Nonprofit organization providing emergency food and support information.

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COKATO AREA FOOD SHELF 395 Broadway South Cokato, MN 55321 - 320-286-2662 Available for residents in the Dassel/Cokato area. Must call by Thursday at noon to sign up for that Friday's pick up at 9:30 a.m. For emergency use only. Proof of residence and children's birth certificates may be required. Use is limited to monthly; with six uses total.

FARE FOR ALL 763-450-3880 or 800-582-4291 Fare For All sells packages of fruits, vegetables, and frozen meats at a reduced price. Open to everyone. Call for a location near you.

FRIENDS FOR LIFE FOOD SHELF- 309 Lewis Ave. S. Watertown, 952-955-1980.

Call to schedule an appointment. Hours: Monday 6-8 pm, Tuesday 9-12 noon, and Friday 9-12 noon.

Ideas to Act for the Common Good

Volunteering and service are more important during a crisis than ever. Social distancing does not mean social isolation. We're all in this together, so be a helper. Let's all do our part to contribute to the common good, so that when this crisis is over, we're proud of how we came together to keep our young people, our communities, and our democracies thriving.

Check out this link from Youth Service America for 10 ideas on how you can help Buffalo, Montrose, Hanover and the surrounding communities: [Youth Service American-Youth Changing the World](#).



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