

SOCIAL WORK SPEAKS WINTER 2021 EDITION

A Newsletter From Your Secondary School Social Workers



2022 Happy New Year!

As we make our way into 2022, we know we are not alone in wanting to make some changes to better mental health. The last two years have been constantly changing, and it has required all of us to be willing to adapt at any moment. It has not been easy on any of our minds or bodies.

One easy mental health strategy you can incorporate in your day to day life is mindfulness! Mindfulness is defined as "a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations". Mindfulness activities can be found on youtube and several other websites! Here is a great website with strategies, and more information! <https://www.mindful.org/>

Perry Township Secondary School Social Workers

PERRY MERIDIAN HIGH SCHOOL:

TRACEY KAPPEL

317-789-4436

TKAPPEL@PERRYSCHOOLS.ORG

SOUTHPORT HIGH SCHOOL:

JORIE DEPALMA

317-789-4895

JDEPALMA@PERRYSCHOOLS.ORG

PERRY MERIDIAN MIDDLE AND 6TH GRADE ACADEMY:

LINDSEY WRIGHT

317-789-1340

LJWRIGHT@PERRYSCHOOLS.ORG

SOUTHPORT MIDDLE AND 6TH GRADE ACADEMY:

BRIE SCHOCH

317-789-4627

BSCHOCH@PERRYSCHOOLS.ORG

COMPASS EDUCATION CENTER:

KRISTEN WHITE

317-789-3949

KWHITE@PERRYSCHOOLS.ORG

Resources of the Month



United Way of Central Indiana Winter Assistance Fund, **runs from December 1, 2021, through May 31, 2022**, is targeted to help Indianapolis residents who struggle to afford increased utility costs but don't qualify for the government's Low-Income Energy Assistance Program.

More information about how to apply found [here](#) or Call Indiana 211.



Kids' Voice of Indiana

Advocate. Educate. Protect.

Kids' Voice of Indiana created a resource portal for several different categories, including food pantries, mental health and legal services- specific for Indianapolis families. This is a great way to find providers of services that your family may need! Click [here](#) to access the portal.

Helping Others

In the past 3 months, Indianapolis has welcomed around 300 Afghan Refugees. Many of these families have settled in Perry Township. Exodus Refugee is one of the resettlement agencies supporting these families. See ways to help and welcome our new community members [here](#)!

CRISIS HELP:

MENTAL HEALTH SUPPORT LINES:

Suicide hotline: 1-800-784-2344

Crisis Call Center: 1-800-273-8255,

Text ANSWER to 839863

Crisis text line: text HELLO to 741-741

Department of Child Services (DCS) Abuse/Neglect Reporting Hotline:
1-800-800-5556

FREE MENTAL HEALTH ASSESSMENT:

<https://vallevistahospital.com/>

1-800-447-1348

COMMUNITY SUPPORTS:

Valle Vista Behavioral Health: 1-800-447-1348

Adult and Child Mental Health: 877-882-5122

Community North Hospital: 317-621-6262