



To the Middletown Community:

We hope this letter finds you well. As we navigate the challenges of potential school closures, it is imperative that we prioritize the mental health and well-being of our students. The transition away from a structured learning environment can create feelings of isolation, anxiety, and uncertainty for many young individuals. We must take proactive steps to support their emotional and psychological well-being during this time.

The hurried, unplanned and unprofessional communication about their schools, community and district has elicited a trauma response in many of our students, educators and parents. As their trusted adults and caregivers, many of us have already begun to see this translate into their daily behaviors, and for others, we can anticipate seeing this over the course of the next few weeks.

Save Middletown Schools has leaned on our community of licensed social workers, psychologists and licensed mental health professionals to put together a list of resources to support both the silent and loud needs of our students (and all of you) today. Below you will find information on behavior to be on the lookout for, links on how to talk to your children in age appropriate ways, supportive books and videos, as well as hotlines that are available and free to you.

Saving Our Schools, Saving Middletown Schools and Saving Our District begins and ends with our students. Our job as adults in this community is to ensure the safety of our students. We hope these resources allow you to continue to build and foster that safe space at home, on stage, on the sports field, and in our schools.

Thank you,
The Mental Health & Wellness Committee
Save Middletown Schools



Suggested Resources from our Licensed Professionals:

Free Hotlines & Therapy:

<https://www.performcarenj.org/families/resources/behavioral.aspx>

Books & Videos:

https://docs.google.com/document/d/1lh9_92Xw2Vngaw8oZ1IPnmnnGKtyBP1PoemqK6sROls/edit?usp=sharing

Age-Appropriate Conversations & Behaviors to be Aware of:

https://docs.google.com/document/d/1fwY-85Z20N_44TU8XdUdwZmnn0QJKhHRuSFBDP0s24w/edit?usp=sharing

Behavior Responses to Stress:

<https://drive.google.com/file/d/1yj5OUjvj8eGPdEkVox4ZKlhUFO9OclZY/view?usp=sharing>

The National Child Traumatic Stress Response (resources in multiple languages):

<https://nctsn.org/resources/all-nctsn-resources>

