

October 14, 2020

Dear Ridgefield Families,

As the coronavirus pandemic continues, I marvel at our community's resilience. Still, after seven months, the very real challenges and stressors we collectively face can have a compounding effect. For that reason, I am writing this particular update, joined by Teresa Vance, our Assistant Director of Social/Emotional Learning. We wish to share resources on mental wellness and health you may not otherwise be aware of to help your students through these difficult times.

The first resource includes two documents ([*Steps to Keep Your Family Healthy Today*](#) and [*LEARN Saves Lives-Suicide Prevention Tips for Teens*](#)) from the Forefront Suicide Prevention Center at the University of Washington. You will find this document beneficial if you have questions or seek information regarding mental health and ways to talk with your student about suicide prevention. It will also help you recognize when someone may be at risk and how to connect them with immediate help.

The second resource is a [link](#) to a list of mental health providers and crisis response organizations in the Clark County area. We are also providing a third document, a list of the [primary organizations](#) in the Clark County area who support families with grief and bereavement.

If you desire additional assistance accessing any of the supports identified above, we encourage you to contact your student's school counselor. You may quickly access contact information on our SEL school counselor webpage, located at [school counseling](#), and clicking on the email next to your student's school counselor.

Thank you for your continued support and partnership. If you have any questions about social-emotional learning, please call or email.

Sincerely,



Dr. Nathan McCann
Superintendent



Teresa Vance
Assistant Director SEL