

# River Valley School District

## SOCIAL-EMOTIONAL SUPPORTS AND COMMUNITY RESOURCES

**River Valley School District support staff are available for *any* student or family struggling at this time.**

**Matt Cook**, Three Oaks and Chikaming Elementary School Counselor:  
[mcook@rivervalleyschools.org](mailto:mcook@rivervalleyschools.org)

**Elizabeth Kickert**, River Valley Middle-High School Social Worker: (269) 262-1772  
[ekickert@rivervalleyschools.org](mailto:ekickert@rivervalleyschools.org)

**Gregory Shaffer**, River Valley Middle-High School Guidance Counselor:  
[gshaffer@rivervalleyschools.org](mailto:gshaffer@rivervalleyschools.org)

**Libby Lake**, River Valley School District Family Therapist:  
[lake@rivervalleyschools.org](mailto:lake@rivervalleyschools.org)

## COMMUNITY MENTAL HEALTH RESOURCES

**United Way of SW MI (multiple resources)**

<https://www.uwsm.org/emergency-preparedness-response>

**Riverwood Center**

1485 M-139

Benton Harbor, MI 49022 269-925-0585 or 1-800-336-0341

**Children's Mobile Intensive Crisis Team**

(269) 934-0747 (no insurance/out of pocket costs)

**Children's Advocacy Center of Southwest Michigan**

4938 Niles Road

St. Joseph, MI 49085 269-556-9640 info@swmichiganccac.org

**Lory's Place- Grief Support**

1234 Napier Avenue St. Joseph, MI 49085 269-983-2707 lorysplace.org

**OutCenter**

269-934-5633

(free onsite counseling)

**Suicide Prevention Lifeline**

1-800-273-8255

**Crisis Text Line**

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

Text HOME to 741741

Provides 24-hour confidential, text support by a trained crisis counselor, to people in crisis

**Gryphon Place**

Helping those in conflict and crisis: <https://gryphon.org/>

**Ok2Say: Anonymous tips of potential harm to students**

<https://www.michigan.gov/ok2say/> Phone: 1-855-565-2729

Text: 652729

**LOCAL AREA COMMUNITY RESOURCES**

**Neighbor by Neighbor**

Provides connection to social services in the area <https://nbyharborcountry.org/>

269-231-0648

**211**

<https://www.mi211.org/>

A free and confidential service that helps people find local resources they need

**Southwest Michigan Community Agency**

Food assistance, utilities, assistance for people with basic needs 185 E Main St, Ste 303

Benton Harbor, MI 49022

(269) 925-9077

contact@smcaa.com [www.smcaa.com](http://www.smcaa.com)

**Harbor Country Mission**

Harbor Country Mission Harbor Country Mission aids those who are in and on the border of financial poverty.

(269) 326-0077

9600 Red Arrow Highway Bridgman, MI 49016

<http://www.harborcountrymission.org/> [admin@harborcountrymission.org](mailto:admin@harborcountrymission.org)

**Comcast: Internet Access**

SUPPORTING FAMILIES TO DISCUSS CORONAVIRUS:

Free Wifi with no credit check/contract

<https://www.internetessentials.com/>

- [Common Sense Media: \*Help Your Family De-Stress During COVID-19 Uncertainty\*](#)
- [Child Mind Institute: \*Talking to Kids about COVID-19\*](#)
- [Child Mind Institute: \*Supporting Kids During COVID-19: Tips for Nurturing and Protecting Children at Home\*](#)
- [National Assoc.of School Nurses and School Psychologists: \*Talking to Children about COVID-19\*](#)

- [\*CDC: Talking to kids about COVID-19\*](#)
- [\*Substance Abuse and Mental Health Services Administration: Coping with Stress During an Infectious Disease Outbreak:\*](#)
- [\*Go Zen: Help Kids Cope Around the Coronavirus \(Three Expert Videos\)\*](#)