

## Help in Crisis

The Crisis Response System known as the "**Community Warmline**" is a service that provides Anne Arundel County Residents in crisis with supportive assistance and linkages to resources within the community.

The "Community Warmline" can receive calls 24 hours a day, 7 days a week. Non-emergency calls are handled by staff and will provide the caller with information, support and referrals. The Crisis Response System Staff intervene with callers who are experiencing a mental health and/or substance use disorder emergency. Also, the Crisis Response System "Community Warmline" coordinates calls with the police, fire and community agencies that are requesting information on crisis matters.

**Crisis WARMLINE**  
410-768-5522  
24 hours a day  
7 days a week

**Maryland Youth Crisis Hotline**  
1-800-422-0009  
24 hours a day, 7 days a week



See page 2 to Take Time for Yourself

See page 3 for details on

- Partners for Success services
- Virtual learning resources
- Area events

## Services? Amendments? Accommodations? You've got questions? We've got answers!

Grab your student's IEP and/or interim report and get your questions or concerns addressed with the Partners for Success Team at a personal consultation. Please let us know if you need an interpreter.

### Chesapeake, North County, Northeast & Old Mill High School feeders

Virtual appointments available: *Feb 17 morning, Feb 24 afternoon, March 3 afternoon*

Sign up at <https://www.signupgenius.com/go/8050A4EADAE2EA1FE3-2021>

### Annapolis, Glen Burnie, Broadneck & Severna Park High School feeders

Virtual appointments available: *Feb 17 afternoon, Feb 22 morning, March 1 mid-day*

Sign up <https://www.signupgenius.com/go/8050A4EADAE2EA1FE3-20211>

### Arundel, Meade, Crofton, South River & Southern High School feeders

Virtual appointments available: *Feb 16 morning, Feb 18 afternoon, March 1 mid-day*

Sign up at <https://www.signupgenius.com/go/8050A4EADAE2EA1FE3-20212>

Not sure what Feeder system you are in? No worries! We can direct you.

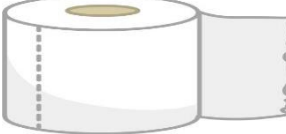










These times don't work for you? We can arrange a time that does.

Email [partnersforsuccess@aacps.org](mailto:partnersforsuccess@aacps.org) or call 410-222-555-3805

**Need *more effective, less adversarial ways to understand and communicate with your kids* during all this time together?**

Check out Lives in the Balance at <https://www.livesinthebalance.org/welcome-video> and <https://www.livesinthebalance.org/parents-families> for ideas for non-punitive, non-adversarial, and collaborative ideas that teach skills on the better side of human nature.

# Take Time for Yourself Bingo

<p>Take a bubble bath</p> 	<p>Yoga</p>  <p>Find a 10 minute YouTube video</p>	<p>Read the comics</p> 	<p>Take a roll of toilet paper and make a path through your home.</p> 	<p>Create goofy selfies!</p> 																
<p>Prepare your favorite meal from when you were a child.</p> 	<p>Find the words to your favorite song and sing LOUDLY.</p> 	<p>Make a paper chain with 5 links. On each link put an exercise you can do for 1 minute, like jumping jacks, mountain climbers, sit ups, push-ups....</p> 	<p>Find a favorite photo, copy and create a puzzle.</p> <p><a href="https://im-a-puzzle.com/">https://im-a-puzzle.com/</a></p> 	<p>Do a crossword, Suduko, or word search. Now make your own.</p> <table border="1" data-bbox="1279 886 1464 1003"> <tr><td>s</td><td>d</td><td>o</td><td>g</td></tr> <tr><td>C</td><td>u</td><td>c</td><td>m</td></tr> <tr><td>A</td><td>x</td><td>a</td><td>t</td></tr> <tr><td>T</td><td>e</td><td>t</td><td>k</td></tr> </table>	s	d	o	g	C	u	c	m	A	x	a	t	T	e	t	k
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<p>Write a note or make a card for a neighbor, senior citizen, essential worker.</p> 	<p>Write a letter to yourself!</p> 	<p>FREE</p> 	<p>Collect winter seed pods in a basket. (Pinecones, magnolia pods....)</p> 	<p>Spray paint your collection of seed pods!</p> <p>OR Create your own entry!</p>																
<p>Have a sandwich making contest!</p> 	<p>Walk in a public park or area and collect a bag of trash.</p> 	<p>Put a mask on and practice smiling with your eyes.</p> 	<p>Celebrate National Day!</p> <p><a href="https://nationaldaycalendar.com/what-is-today/">https://nationaldaycalendar.com/what-is-today/</a></p> 	<p>DANCE!</p> 																



## Virtual Learning Resources

**Early Childhood Technical Assistance (ECTA) Center** Supporting Young Children and Families during COVID-19:  
<https://ectacenter.org/to-pics/disaster/coronaviruses-talking.asp>

**MSDE** Resources to Support Students with Disabilities During the COVID-19 Pandemic:  
<https://marylandlearninglinks.org/resources-to-support-distance-learning/>

**Pathfinders for Autism** offers prerecorded sessions of past webinars:  
<https://pathfindersforautism.org/recorded-webinars/>

## What is PFS?

Partners for Success (PFS) is a collaborative effort between AACPS and MSDE to ensure parents are informed, active participants in their child's education.

The Partners for Success team proactively works to provide the tools and information necessary to empower parents to support their child's educational program.

Our team assists parents with strategies to feel acknowledged, heard and respected.

### Contact PFS for:

- Explanation of the Individual Education Program (IEP) and assistance for your specific situation
- Help in organizing your thoughts, concerns and input for discussions with school staff
- Review of IEP Drafts and preparation for upcoming IEP meetings
- Suggestions for resources for specific concerns

## Who are your Partners?

**Chesapeake, North County, Northeast, Old Mill High School Feeders**  
Aretha Perry [Aeperry1@aacps.org](mailto:Aeperry1@aacps.org)

**Annapolis, Glen Burnie, Broadneck, Severna Park High School Feeders**  
Leanne Carmona [Lcarmona@aacps.org](mailto:Lcarmona@aacps.org)  
Estefania Holler [Eholler@aacps.org](mailto:Eholler@aacps.org)

**Arundel, Meade, Crofton, South River, Southern High School Feeders**  
Kathy Flaherty [Kmflaherty@aacps.org](mailto:Kmflaherty@aacps.org)  
Chris Ostendorff [Costendorff@aacps.org](mailto:Costendorff@aacps.org)

Do you have questions about AACPS virtual learning and reopening plans?  
<https://www.aacps.org/virtuallearning>  
AACPS Family Support Helpline 410-222-5001

AA Special Education Citizens Advisory Committee (AA SECAC) presents

**Special Education Roundtable Discussion**  
**Thursday March 11 6:30-8:30 Virtual Meeting**

For more information: [www.aasecac.org](http://www.aasecac.org)  
Register at: [info@aasecac.org](mailto:info@aasecac.org)