

Dear OMHS Community,

The School Counseling Department has put together some resources should you or anyone in your family need them. School Counselors are also available to speak with students over the phone, with parent or guardian permission, and our contact information is listed below. We typically would be welcoming students into our office for these conversations, but this is a bit more difficult through the E-Learning platform. We hope you find these resources helpful and please don't hesitate to reach out if you need anything further.

One pager on Coping with Tragedy:

<https://www.aacps.org/site/handlers/filedownload.ashx?moduleinstanceid=14819&dataid=27274&FileName=Coping%20with%20Tragedy%20A%20Guide%20to%20Dealing%20with%20Shock%20and%20Grief.pdf>

Local Resources for Group or Individual Counseling

Chesapeake Life Center (Group and Individual Counseling, plus online resources):

<https://www.hospicechesapeake.org/family-support/about-chesapeake-life-center/>

Baltimore Washington Counseling Center (Located on Vetran's Highway, but seeing clients online now)

<http://www.bwcc-counseling.com/>

Anne Arundel System of Care: <https://www.aacounty.org/services-and-programs/systems-of-care>

Call Systems of Care Monday through Friday between 8:30 a.m. and 5:00 p.m. to receive one-to-one assistance and support over the telephone. Information and referral specialists are available to help callers find local resources including mental health services, food, housing, utilities, crisis or emergency services, mentoring, parent training and education, eligibility screening for benefits and much, much more. [1-800-485-0041](tel:1-800-485-0041)

Crisis Response in Anne Arundel County: http://www.aamentalhealth.org/pr_warmline.cfm

Crisis Warmline: 410-768-5522 (24 hours a day, 7 days a week)

Old Mill High School
School Counseling Department

| Counselor Name | Caseload | Contact Information | AM Block | PM Block |
|------------------|---|--|------------------|----------------|
| Kenneth Barrett | 9 th Grade Students (not in AVID, IB or ESOL) | kbarrett@aacps.org or Google Text: (301) 615-4118 | 8:00 – 9:30 am | 1:00 – 2:30 pm |
| Katlyn Falls | 10 th – 12 th Grade Last Names E-J & All ESOL Students | kfalls@aacps.org or Google Text: (410) 541-6344 | 9:30 – 11: 00 am | 1:00 – 2:30 pm |
| Inez Ford | 10 th – 12 th Grade Last Names K-Q | iford@aacps.org or Google Text: (301) 744-9938 | 9:30 – 11:00 am | 2:30 – 4:00 pm |
| Erik Hansen | All AVID Students | ebhansen@aacps.org or Google Text: (443) 216-9022 | 8:00 - 9:30 am | 2:30 – 4:00 pm |
| Katherine Hanna | 10 th – 12 th Grade Last Names R-Z | kghanna@aacps.org or Google Text: (920) 666-1426 | 9:30 – 11: 00 am | 1:00 – 2:30 pm |
| Carrie Klimes | All IB Students | cklimes@aacps.org or Google Text: (301) 744-9809 | 9:30 – 11: 00 am | 1:00 – 2:30 pm |
| Colleen Tapscott | 10 th – 12 th Grade Last Names A-D | ctapscott@aacps.org or Google Text: (410) 929-6064 | 8:00 – 9:30 am | 1:00 – 2:30 pm |