

School Year 2022 - 2023

Dear Oyster-Adams Staff, Caregivers, and Parents,

Welcome back to the 2022-2023 school year! I am excited to reconnect and see students back, while recognizing that this past year held many changes, challenges, losses, and moments of strength for many. Your Mary's Center team is very excited to be in partnership with Oyster-Adams this school year. Below are the services that Mary's Center will be offering to students, families, and school staff:



Jessie Turpin, (she, her) is a licensed School Based Mental Health Therapist from Mary's Center, and offers individual, group, and family therapy to students and families experiencing mental health stressors and needs, such as anxiety, depression, disruptive behavior, trauma, hyperactivity, grief/loss etc. while striving to increase success at school and home. Jessie is eager to support caregivers and parents in talking about parenting skills and empowering parents to engage in the therapy process with their child. Jessie will be available for caregiver consultations, teacher consultations, classroom observations of students, and crisis management support.

In addition to therapy services, Mary's Center, in partnership with Family Support Worker, Alexi Rodriguez will also be offering social service supports for caregivers and families should they need access to community resources, support with food and housing, legal support, insurance enrollment, medical or dental services.

We look forward to reconnecting, meeting new staff, and to the year of partnership with Oyster-Adams.

Sincerely,

Jessie Turpin

**MENTAL
HEALTH
MATTERS**



Below are some common questions that many school staff and caregivers have about mental health services.

Why may my child/student benefit from mental health services?

A lot of children, like adults, can benefit from therapy. Children have experienced significant stress, change, and isolation during the COVID-19 pandemic these past few years, triggering an increase in mental health symptoms across the nation. Significant life events - such as the death of a loved one, divorce, a move, a separation from a caregiver, exposure to community violence, a major illness, or another traumatic event - can cause stress that interferes with a child's behavior, mood, sleep, appetite, and overall functioning. Therapy can help children work through these challenges as well as develop problem solving skills that can help improve behavioral functioning, success in the classroom, family relationships, and peer relationships.

Which students can receive therapy at Oyster-Adams?

Any student that is enrolled at Oyster-Adams and is not currently receiving therapy elsewhere is eligible to receive therapy from the Mary's Center School Based Mental Health Therapist. The following health insurances are accepted: Medicaid (Trusted, Medstar, Ameri-Health, Health Services for Children with Special Needs); Straight Medicaid; DC Healthcare Alliance; Medicare; and private insurances.

Can families receive support for community resources?

In addition to therapy services, Mary's Center, in partnership with Oyster-Adams will also be offering social services for caregivers and families should they need referrals to community resources, support with food and housing, legal support, insurance enrollment, medical or dental services. Referrals by school staff can be made [here](#)