



SANTA FE INDIAN SCHOOL

Department of Student Wellness

1501 Cerrillos Road

Post Office Box 5340

Santa Fe, NM 87505

Phone: (505) 216-7493

FAX: (505) 212-0576

March 17, 2020

Re: SFIS Student Wellness Programs During School Closure

Dear Santa Fe Indian School Parents and Students,

It is during challenging times like these that we are able to bring our best selves forward and make decisions that will support our own wellness and those of our loved ones. I want to deeply thank the Santa Fe Indian School leadership team for making the difficult decision to close the school campus and honor the Social Distancing recommendations that are being encouraged during this time to slow the spread of COVID-19 in our communities. It is with the utmost respect to our most vulnerable community members that we honor these Social Distancing Guidelines by doing our best to stay home and avoid unnecessary groups, activities and social gatherings.

Due to the school campus closure, business as usual cannot be accomplished by the Student Wellness Programs. Below is information about each program.

SFIS Counseling Center

SFIS Counseling Center provides mental health and substance abuse counseling to SFIS students on campus during the school year. Our team is strongly motivated to continue providing social and emotional support to our SFIS students and to be a resource to families and staff during this school closure.

Phone Check -Ins

If your student is an active client with a counselor, you may expect a phone call from the Counselor on a weekly basis for a check in. You or your student may also call that counselor directly at their numbers below if you need any assistance related to mental health, substance abuse or behavioral issues. If we do not have an accurate phone number on file, you will not receive a call. You are welcome to call counselors during business hours.



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Telehealth Counseling Sessions

Our Counseling Center does have the capability of providing Telehealth Counseling Sessions to students that have access to a smartphone or computer with a web browser. We will be discussing this option during the phone check-ins. This option will only be available for existing active clients, not NEW or FORMER clients.

*****If your student does NOT currently have an SFIS counselor, and is experiencing mental distress or problem behaviors at a level that it is causing difficulty with their daily functioning for more than 2 days, please contact Maria Brock, LCSW Director of Student Wellness and Clinical Supervisor of the Counseling Center. She is a licensed mental health therapist and can help you and your student get the services you need in a timely manner.*****

Crisis Mental Health Services

SFIS Counseling Center is unable to provide crisis services to students who may be experiencing serious severe mental health or behavioral problems.

These include:

- Threatening to, or talking about wanting to, hurt or kill oneself
- Seeking access to firearms, available pills, or other means to kill oneself
- Talking or writing about death, dying, or suicide, when these actions are out of the ordinary for the person
- Talking about feeling hopeless, helpless, or worthless
- Displaying rage, uncontrolled anger, or seeking revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Saying he or she feels trapped like there's no way out
- Increasing alcohol or drug use, substance use, gambling, or other addiction
- Withdrawing from friends, family, and society
- Demonstrating anxiety, agitation, and insomnia (or sleeping all the time)

If your student is exhibiting any of the above, please call:



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NM Crisis and Access Line (toll free 24/7) 1-855-662-7474

If the situation is life threatening, please call:

911

SFIS School Counseling Contacts

Staff will be available for your call **Monday-Friday 8am-4pm**, please leave a detailed message if you reach the voice mail. (please only voice calls at this time, NO TEXTS please)

Maria Brock, LCSW (Clinical Supervisor)	505-908-1315
Amber Tenorio, LMFT (Middle School Clinical Counselor)	505-660-7947
Angie Restrepo, LMHC (High School Clinical Counselor)	505-629-9977
Fatehpal Khalsa, LMHC (High School Clinical Counselor)	505-692-0127
Hailee Strassner, LPCC (High School Clinical Counselor)	505-629-9915
Mary Bradtke, LMHC (High School Clinical Counselor)	505-670-5187
Milton Sanchez, LMSW (High School & PASS II Counselor)	505-629-3889
MorningStar Garcia, LCSW (Middle School Counselor)	505-505-901-1815
Myron Burger, LSAA (Substance Abuse Counselor)	505-216-7424 (will check msgs. weekly on Wednesdays)

SFIS School Health Center

The SFIS School Health Center provides school nursing services to students while they are on campus. We have a collaborative agreement with Indian Health Services-Santa Fe Service Unit who provides more comprehensive health services to students (when a parental consent is on file).

During this school closure all on site health services are suspended and the School Nurse will not be onsite. The School Nurse, Toni Frank, RN will be making some follow up phone calls and collaborate with the providers at IHS-Santa Fe Service Unit to ensure that any SFIS students who had scheduled



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appointments or unmet health needs that were identified at the time of school closure. She will be able to assist you to reschedule the appointment or provide a referral for services.

Services provided by Indian Health Services-Santa Fe Service Unit (urgent care, primary care, dental, optometry) will remain open and available, unless otherwise notified.

To access Indian Health Services-Santa Fe Services Unit please call: 505-946-9282 Urgent Care services are available on a same-day appointment basis, 8:00 am - 7:30 pm, 7 days a week.

If your student has an emergency medical need, please take them to your local health care provider or to the emergency room or call 911.

If your student is having symptoms of fever, cough, difficulty breathing or flu like symptoms PLEASE KEEP THEM AT HOME AND CONTACT THE STATE CORONA VIRUS HOTLINE 1-855-600-3453.

The School Nurse, Toni Frank, RN is available via phone for any general questions related to student health Monday-Friday 8am-4pm 505-670-8075.

Food Services

SFIS Food Services will be closed during the school closure and re-open when we students return. Please contact your tribal education office, local public school district or visit Roadrunner Food bank website www.rafb.org and click on Find Help at the top for information about local food resources in your community that are available at this time.

Please contact Maria Brock, LCSW Student Wellness Department if you have any questions about the above information.

In service to children and families,

Maria Brock, LCSW

Student Wellness Director

Santa Fe Indian School