

CONCORD ELEMENTARY SCHOOL

CASS SCHOOL DISTRICT 63

1019 Concord Place • Darien, Illinois 60561-5124

331/481-4010 • Fax 331/481-4011

Laura Anderson, Ed.D.

Principal & District Director of Teaching & Learning

LAnderson@CassD63.org



Wednesday, March 18, 2020

Dear Students, Parents and Guardians:

These are truly unprecedented times we are currently facing. The COVID-19 virus has impacted our day to day lives and caused major adjustments to be made. No school for weeks and the use of E-Learning is something we are all navigating for the first time. During these challenging times, we may experience a variety of emotions. Some students may find excitement in staying home, while others are feeling fear and anxiety. There are still many unknowns as we move forward. As school professionals, we are processing these events so that we are better able to serve our students' needs. As the School Counselors, District Social Worker and District School Psychologist, we are available for your children if they need additional support during these times. Please feel free to contact any of us regarding concerns you may have. Our contact information is as follows:

Mrs. Lia Lamb
Cass Junior High School Counselor
LLamb@CassD63.org

Ms. Helen Park
Concord Elementary School Counselor
HPark@CassD63.org

Ms. Alyse Lucas
District School Psychologist
ALucas@CassD63.org

Mrs. Blair Thompson
District Social Worker
BThompson@CassD63.org

We have also attached a list of resources should you like to seek counseling or support for your child outside of school.

In addition, we know there may be some difficult conversations going on at home to help process your child's confusion and anxiety. Remember that taking some SEL breaks to find some balance in the midst of everything is encouraged. While this event is deeply concerning and challenging during this time, we are here to help.

With warmest regards,

Lia Lamb, Alyse Lucas, Helen Park and Blair Thompson

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Administrative Office

Cass School District 63

8502 Bailey Road • Darien, Illinois 60561-5333

331/481-4000 • Fax 331/481-4001

Kerry J. Foderaro, Ed.D.

Superintendent

KFoderaro@CassD63.org

Cass Junior High School

Cass School District 63

8502 Bailey Road • Darien, Illinois 60561-5333

331/481-4020 • Fax 331/481-4021

Mrs. Christine Marcinkewicz

School Principal & District Director of Technology

CMarcinkewicz@CassD63.org

Referral List

Counseling Agencies (sliding fee scale/may take insurance)

<p>Lutheran Social Services of Illinois 544 South Cornell Villa Park, IL 60181 Phone: 630-993-0100 Fax: 630-993-1402 Hours: 10 am to 10 pm Ask for Daniel (Intake person)</p>	<p>*Provides individual, couple, family, and group counseling *Additional locations include Epiphany Lutheran Church (Elmhurst), Gloria Dei Lutheran Church (Downers Grove), St. Paul Lutheran Church (Wheaton) * Accepts all major insurance *Sliding Scale available and Scholarship programs *Based on income (maximum pricing @ \$100/hour)</p>
<p>Metropolitan Family Services of DuPage 222 East Willow Avenue Wheaton, Illinois 60187 Phone: 630-784-4800 Fax: 630-682-5276 Hours: M, W, TH 8:30 am to 9:00 pm T 8:30am to 7pm and F 8:30 am to 5pm Ask for Julie (Intake person)</p>	<p>*Provides counseling for individual, special needs, behavioral/situational problems, and mental illness *Children, families, adult and senior services, psychiatric services available at certain centers *Additional locations in Naperville, Woodridge, Elmhurst City Hall, Treasure House Resale Shop</p>
<p>Catholic Charities 26 W. St. Charles Road Lombard, IL 60148 Phone: 630-495-8008, 800-240-7011 Joliet : 815-730-4891 ext. 301 800-240-7011 ext. 301 Fax: 630-495-9854 Hours: M – F 8:30 am to 4:30 pm Ask for Germaine (Intake person)</p>	<p>*Provides individual, family, couples, and group counseling *Most insurance accepted *Sliding Scale determined by income and Department of Health Services</p>
<p>DuPage County Health Department 111 N. County Farm Road Wheaton, IL 60187 Phone: 630-682-7400 (Intake Line) Hours: M – F 8:30 a.m. - 5:00 p.m.</p>	<p>*Provides group, individual, and family counseling *Medicaid, Medicare, some private insurance, and sliding fee scale. BCBS (no HMO) *Additional locations include Addison, Lombard, Westmont and Wheaton *DuPage county residents for kids and adults</p>
<p>Associates in Family Care 650 E. Diehl Road, Ste. 121 Naperville, IL 60563 Phone: 630-983-0600 ext. 10 Ask for Donna (Intake person) Simone Schmale specializes in children</p>	<p>*Locations include Naperville, Downers Grove, and Aurora *Provides individual and family counseling *Takes most insurance BCBS, Medicare, and PPO *Sliding scale available *no Medicaid or kids care</p>
<p>Community House 415 W. Eighth Street Hinsdale, IL 60521 Phone: 630-323-7500 Ext. 239 Hours: M-TH 8 - 8, F 8 - 6, Sat./Sun. 8 – 5</p>	<p>*Provides individual, couple, and family counseling *Most PPO insurance plans are accepted. *Many individuals and families are eligible to pay a reduced fee. *Intake Counselor will give an estimate of fee</p>

Cathy Ruffalo Ext. 250 Dir. Of clinical services Ask for Kari (Intake person)	*Sliding scale available; may have a long waiting list
The Center for Hope & Healing 241 S. Frontage Rd., Suite 35 Burr Ridge, IL 60527 thecenterforhopeandhealing.com Phone: 630-468-2341 Jessica K. Paganis, LCSW + PLAY Project Home Consultant jkpaganis13@comcast.net	*Counseling and therapy center in the community *Specializes in supporting children and families affected by Autism Spectrum Disorders, Sensory Processing Disorder, Attention Deficit Hyperactivity Disorder, and Global Developmental Delays *Family oriented clinic offering a full range of comprehensive services that meet the needs of not only the child but the family as a whole.

Private Counseling Agencies (may take insurance)

Swati Varma, PsyD & Associates 1010 Jorie Blvd Suite 246 Oakbrook, Illinois 60523 Phone 312-380-9532 https://drswativarma.com/ Email: Drswati.psyd@gmail.com	*Family Therapy, Child, Adult, Adolescent, *Insurance Accepted: Aetna, Blue Choice, Blue Cross Blue Shield (BCBS), Cigna, Optum/United Health Care, Out of Network Provider *Free Initial Consultation *Evening Availability
Gina L. Spielman, LCSW & Associates Centennial Place 445 W. Jackson Ave. , Suite 105 Naperville, IL 60540 Phone 630-212-7048, Fax 630-385-8570 www.ginaspielman.com	*Individual, Couples, Family & Group Counseling *They use supportive, expressive, insight-oriented & cognitive therapies, child behavioral therapy *Accept insurance, may have sliding scales * Daytime, evening & weekend office hours
Rita Yadava, M.D. Gaurav Yadava, M.D. 1200 S York Rd Elmhurst Center For Health, Suite 4150 Elmhurst, Illinois 60126 Phone 630-530-5577, Fax 630-530-4477 Closed Wednesdays	*Additional location: Dreyer Medical Clinic - Fox Valley Villages, Tel: 630-530-5577 Fax: 630-530-4477 *Pediatric Neurology; developmental & behavioral disabilities, ADHD, learning disabilities, & Autism *Hospital Affiliations: Elmhurst Memorial, Hinsdale, Good Samaritan
Dr. Aimee Koerner-Frank Vine Counseling Center 600 S. Washington Suite #302 Naperville (773)345-7087	*Cost per Session: \$90 - \$225 *Sliding Scale: Yes *Pay By: Cash, Check, Discover, Health Savings Account, MasterCard, Visa *Accepted Insurance Plans: BlueCross and BlueShield, Private Pay, Sliding fee scale, Out of Network
Alex E. McKibbin, MS, LCPC Licensed Clinical Professional Counselor/Therapist 24402 W Lockport Street, Suite 224 Plainfield, IL 60544'	*Insurances accepted: Aetna, APS, BCBS, CAREBRIDGE, EAP,CERIDIAN, LIFE WORKS, EAP CHARLES NECHTAM & ASSOCIATES, Cigna, Compsych CURA-LINC HEALTHCARE EAP, DIAKON EAP

<p>Contact Information Phone: 630-456-2519 Fax: 815-230-3652 Email: alex@alexemckibbin.com</p>	<p>EMPLOYEE RESOURCE SYSTEMS (ERS), Humana/Lifesynch, MAGELLAN, MAGELLAN EAP, MHNET TRICARE, MILITARY ONE SOURCE, MINES & ASSOCIATES, PHCS, PSYCHARE, PSYCHEALTH, TRICARE, UBH, UNICARE, VALUEOPTIONS</p> <p>*provides counseling services to people of all age groups: adults, adolescents, children, seniors, couples and families.</p>
<p>The 83rd Professional Group Psychiatric & Counseling Annette Ochs, LCSW 6723 Kingery Highway Willowbrook, IL Phone 630-850-0600</p>	<p>*Talat Ghaus, MD Psychiatry, diagnostic evaluation, and pharmacotherapy *Annette Ochs, LCSW Defiant behavior and ADHD</p>
<p>West Suburban Multi-Specialty 386 N. York Road, Suite 100 Elmhurst, IL 60126 Phone 630-834-1557</p>	<p>*Contact Timothy M Cullinane, MD and/or Eugene Kwon, MD *In association with Elmhurst Memorial Healthcare</p>